

KYLE KNALL*Executive Chef of Electric Lemon***FRESH RECIPES FOR
#QUARANTINECOOKING****Class Overview**

Join Kyle Knall, Executive Chef of Electric Lemon, on Zoom as he demonstrates how to take a fresh approach to #quarantinecooking. Learn how to make his delicious Fancy Vegetable Dip and follow along from your own kitchen for his tips on cooking the perfect Grilled Avocado with Smoked Salmon!

**About Kyle Knall:**

Kyle Knall has always had a passion for food, one rooted in the traditions of the American South. After studying at Culinard in his hometown of Birmingham, Knall went to work for the influential, multi-time James Beard Foundation winning chef, Frank Stitt.

After four years under Stitt, Knall moved to New York City in 2008, immediately securing a line cook position at the Michelin-starred Gramercy Tavern. Working closely with chef Michael Anthony, another decorated James Beard honoree, Knall was promoted to sous chef for his final two years at Gramercy. In 2012, Knall was approached to serve as executive chef and partner of Maysville, a position he accepted at Anthony's encouragement. Here, he tapped into his Alabama roots to present imaginative Southern cuisine, executed with high-quality produce sourced from greater New York. Maysville received a two-star review from The New York Times, which praised Knall's "understated American style ... a winning blend of the refined and the unpretentious." The accolades continued as Knall and his partners opened Kenton's in New Orleans in 2015. New Orleans magazine named it the "Best New Restaurant" of 2016.

Today, as executive chef of STARR's Electric Lemon, located in Hudson Yards' Equinox Hotel, Knall presents light, balanced and bright cooking, keeping flavor at the forefront as he celebrates the bounty of the Mid-Atlantic.

FRESH RECIPES FOR #QUARANTINECOOKING

UTENSILS NEEDED FANCY VEGETABLES AND DIP



blender



mixing bowl



clean sponge



salad spinner



sauté pan

SEED MIX

- **1/2 cup** flax seeds
- **1/2 cup** chia seeds
- **1/2 cup** sunflower seeds
- **1/2 cup** white sesame seeds
- **1/2 cup** fried shallots
- Kosher salt to taste

METHOD:

Place all seeds in a sauté pan and toast on low heat for 3-4 minutes until they become aromatic and reserve at room temperature.

MISO DIP

- **1 cup** peeled carrot
- **1/2 cup** peeled carrot grams white balsamic vinegar or rice wine vinegar
- **1/4 cup** shiro miso
- **1 1/4** canola oil
- ginger powder to taste

METHOD:

Cut carrots into 1/2-inch pieces and place in blender with vinegar and miso. Blend on high and drizzle the oil into blender at a slow stream. Season with the ginger powder. Rinse all vegetables in ice cold water. Scrub the radish and carrots with sponge to remove all dirt.

PLATE

- **1/3 cup** miso dip
- **5 pc** gem lettuce
- **5 pc** sugar snap peas
- **4 pc** broccolini
- **4 pc** breakfast radish
- **4 pc** baby carrot
- **1 cucumber** cut lengthwise into 1/4
- **1 fennel bulb** with green on cut into 1/8
- Seeds underneath to garnish

UTENSILS FOR THE GRILLED AVOCADO



sauté pan



2 mixing bowls



whisk



chef knife



salad spinner

BUTTERMILK DRESSING

- **2 1/4 tbsp** brunoise shallot
- **2 1/3 cup** canola oil
- **2 tbsp** sherry vinegar
- black pepper to taste
- **2 tbsp** dijon mustard
- salt to taste
- **2 egg** yolks
- **2 tsp** lemon juice

METHOD:

Marinate the shallot with sherry vinegar and salt. In a separate bowl whisk egg yolks, dijon mustard and lemon juice. Slowly drizzle the canola oil to emulsify. Season with the marinated shallots, lemon juice, black pepper and buttermilk. Cut the avocado in half and remove the pit. Gently peel the skin off. Season with olive oil, salt and pepper. Warm the sauté pan to medium and place the avocado cut side down in the pan. Once the avocado has a bit of char, flip for another minute then remove from pan and season with lime juice.

PICKED HERBS

- **2 sprigs** of dill
- **2 sprigs** tarragon
- **2 sprigs** flat leaf parsley

PLATE

Place 15 grams of buttermilk dressing on a plate in the center. Place the roasted avocado directly on top of the buttermilk dressing. Take two pieces of smoked salmon and place inside the avocado where the pit was. Garnish the crunchy seeds and fresh herbs.