



SLCC Student David Chen

David emigrated to the U.S. from China with his mother and two brothers in 1984. He started working in restaurants while still in high school and has explored almost every aspect of the culinary arts. While at Weber State University, he studied engineering and ran his own landscaping business. Returning to the culinary scene, he helped open Chinese and Japanese restaurants and trained in every kitchen at the Grand America Hotel,



where he quickly moved up the career ladder. David is currently enrolled in the SLCC Culinary Institute, is on the faculty of the Park City Culinary Institute and a chef at the University of Utah Hospital. David has garnered numerous medals in local and national culinary competitions. David also started Zoe's Garden, an organic farm in Layton that delivers produce throughout Salt Lake City and Park City. An award-winning ice carver, David also makes guest appearances at his brother's acclaimed restaurant, Tona Sushi, in Ogden, Utah.

SLCC CULINARY ARTS



Coconut Curry Lentil Stew

Ingredients

2 tsp extra-virgin olive oil
2 oz red onion, 1/2" dice
1/2 tsp garlic, chopped
1/2 tsp ginger, finely chopped
2 oz carrot, diced
1 tsp curry powder
1/4 cup dry lentils
3 oz parsnip, diced
2 tsp tomato paste
1/3 cup water
1/2 cup coconut milk
6 oz purple cauliflower, 3/4" dice
6 oz butternut squash, 3/4" dice
2 oz green apple, 1/2" dice
6 oz spinach
1/2 tsp salt
2 tsp fresh chives, thinly sliced

In a large stock pot, heat olive oil over medium high heat. Sauté onion, garlic and ginger for 1 minute. Add carrot and sauté for 2 minutes.

Stir in lentils, curry powder, tomato paste, coconut milk and water. Bring to a boil and simmer for 20 minutes.

Add butternut squash and parsnip and simmer for 15 minutes. Add apple and purple cauliflower and simmer for 10 minutes until vegetables and lentils are tender. Add spinach and stir until wilted. Add salt and stir.

Serve hot in a shallow soup bowl. Garnish with chives.

