

Working *toward a* Cure



A commitment to education and serving our community brings us together. Our mission is simple; bring awareness to cystic fibrosis - a disease working toward a cure.

Enjoy these delicious CF-friendly recipes featuring ingredients that also help to promote eye health. Each recipe was crafted by the talented chefs at the Cameron Mitchell family of restaurants. Prepare these delicious bites in the comfort of your home or enjoy them at the noted restaurants.

CAMERON'S *Garden Beignet* American Bistro

FILLING:

1 bunch Kale, cleaned & chopped

6 oz Julienned Yellow Onion

3 oz Unsalted Butter

1 oz Extra Virgin Olive Oil

2 oz Goat Cheese, crumbled

Kosher Salt, to taste

Suggestion for deep frying batter: Drakes

Sauté kale and yellow onion with unsalted butter and EVOO. Take off heat. Fold in goat cheese.

Portion filling into ¼ oz balls. Batter and fry.

Garnish with Roasted Garlic & Lemon Aioli. Yields 8

Kale is a green, leafy super-food that promotes vision & retina health.

ROASTED GARLIC & LEMON AIOLI

1 Cup Mayo

1 tsp Pured Garlic

1 oz Lemon Juice

Cracked Black Pepper, to taste

Kosher Salt, to taste

Mix all ingredients until combined in small bowl. Yields 1 cup



2 oz Goat Cheese, whipped
 2 oz Ricotta, whipped
 1 Roasted Fig, sliced
 1 Focaccia Batard, bias cut & toasted
 Crushed Pistachios, to taste
 Flake Sea Salt, to taste

Slice focaccia batard on the bias and toast lightly in oven. In a small bowl, mix whipped goat cheese and whipped ricotta together. Spread ¼ oz cheese mixture on toast. Garnish with sliced roasted fig, pistachios and sea salt. Yields 8



THE GUILD HOUSE

Goat Cheese & Fig Crostini



Figs pack a punch of Omega-3 and vitamin A, while the nutrients in Brussel Sprouts help combat dry eye.

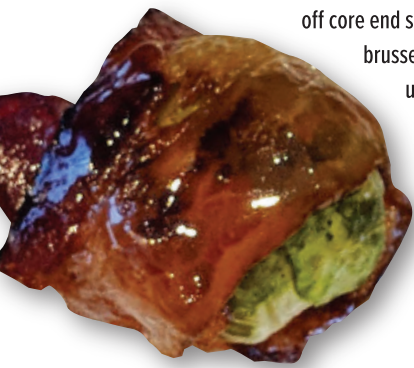


Sweet Maple Bacon Brussels

16 Brussel Sprouts
 1 oz Maple Syrup
 Kosher Salt, to taste
 Black Pepper, to taste
 8 slices Smoked Bacon
 1 oz Balsamic Glaze

Cut bacon in half and blanch. Pat dry and set aside. Trim stems off brussels and remove outer leaves. In a medium bowl, toss them with maple syrup, salt and pepper. Cut each slice of bacon in half lengthwise. Wrap each brussel sprout with a piece of bacon and secure carefully with a toothpick. Cut off core end so after baking, brussels will sit straight up for serving on platter. Bake at 400° for 12-15 minutes. Drizzle with balsamic.

Yields 16



Infused Water

Proper hydration provides unlimited benefits, especially when it comes to promoting healthy vision and combating dry eye symptoms. Add flavorful dimension to filtered water with fruits, vegetables & herbs.

Fill a glass water vessel with room temperature or cold filtered water.

Add chosen flavors and chill in refrigerator for at least 2 hours

Try these refreshing combinations:

Strawberry + Lime + Kiwi

Grapefruit + Rosemary

Peach + Plum + Mint

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Gigande White Bean & Zucchini Crostini

DIP:

- | | |
|--------------------------------------|------------------|
| 1 can Great White Northern Beans | 1 tsp Oregano |
| 1/8 th Cup Roasted Garlic | Salt, to taste |
| 2 Tbsp Lemon Juice | Pepper, to taste |
| 2 Tbsp Olive Oil | |

Purée beans, garlic and lemon juice in food processor. With food processor running, gradually add oil and season to taste. Yields 8

TO BUILD CROSTINI:

- | | |
|---|------------------|
| 1 Focaccia Batard, sliced in 1/4 inch thick | 1 oz Lemon Juice |
| 1 Zucchini, ribbon cut on mandolin approx. 2" long, 3/8 inch wide | 1 oz Olive Oil |
| 1 Oven Roasted Tomato, chopped | |

Zucchini is a good source of eye-protecting nutrients including vitamin C, zeaxanthin & lutein.



HUDSON 29
KITCHEN + DRINK

Compressed Cucumber

1 English Seedless Cucumber, sliced

8 tsp Hummus

1 Oven Roasted Tomato, sliced

Sea Salt, to taste

Basil, chopped

8 drops Aged Balsamic Vinegar

8 drops Extra Virgin Olive Oil

Cucumbers are 95% water, making them a great source of hydration.

Slice cucumber. Sprinkle with sea salt then vacuum seal until ready to serve. Spread 1 tsp hummus on each compressed cucumber slice. Garnish with small piece of oven roasted tomato, chopped basil, 1 drop of aged balsamic vinegar and EVOO. Yields approx. 9-12 bites

ReVision
LASIK AND CATARACT SURGERY

Infused Water

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Fill a glass water vessel with room temperature or cold filtered water.

Add chosen flavors and chill in refrigerator for at least 2 hours

Try these refreshing combinations:

Orange + Blueberry + Basil

Lemon + Raspberry + Rosemary

Cucumber + Mint + Jalapeño

CAMERON MITCHELL
PREMIER EVENTS

Sweet & Spicy Bacon Strips

1 oz Crushed Red Pepper

10 Tbsp Brown Sugar

5 oz Applewood Smoked Bacon

Cut bacon strips in half. Coat with brown sugar and sprinkle with crushed red pepper to personal heat preference. Lay flat and bake at 350° for 15 minutes or until desired crispness. Yields 10, .5 oz portions

Crumble and toss with dark leafy green salad to enjoy eye health benefits!

