



THE ART OF FOOD RECIPE BOOK

THE ART OF FOOD CULINARY SERIES



In 2021, the Southern Arizona Arts and Cultural Alliance and Splendido partnered to promote the art of food, with the creation of a three-part digital cooking series. The video series highlights the culinary arts at Splendido, as well as the chefs that bring the wellness philosophy to life at the Oro Valley community.

SO MUCH MORE THAN A BEAUTIFUL PLACE TO LIVE

Just when you thought you had senior living communities all figured out, Splendido stands out from the crowd with an unbeatable combination of well-appointed homes, distinctive services, and a Life Care plan that is the only one of its kind in southern Arizona.

This award-winning Life Plan Community in Oro Valley provides residents 55 and better with a variety of educational, social, and cultural programs; resort-style amenities; and a continuum of care, if ever needed.

Culinary offerings are as dynamic as the community itself. There's an array of restaurants to satisfy nearly every craving, and all feature changing menu selections that incorporate the season's freshest flavors. Splendido's unwavering commitment to whole-person wellness carries through everything they do—from the food served to the programs offered.

The art of food cooking series - in partnership with the Southern Arizona Arts and Cultural Alliance





CURATED CUISINE

A focus on fresh, flavorful Ways to Age WellSM

Many of us watch our diet only when trying to lose weight or meet recommended levels of blood pressure or glucose—but it's important to remember that making a healthy diet part of your lifestyle can boost all aspects of your health, from eyesight to stress management to reducing risk of multiple chronic diseases.

That's why Splendido incorporates fresh, healthful selections into its menus with a focus on the Mediterranean Diet that's considered one of the healthiest eating plans you can choose. Researchers noticed decades ago that people living in countries that border the Mediterranean have reduced risk factors for coronary disease compared to people in the US and northern Europe. The reason: the traditional cuisines in the region.

"The focus is on fresh produce, fresh ingredients, and whole grains," says Masood Shirmohammadi, executive chef at Splendido. "And of course, olive oil is a key fat. We're using all these ingredients at Splendido, where our main focus is on from-scratch cooking—that typically accounts for about 90% of what we do here."

The Mediterranean Diet includes lean proteins like fish rather than red meat; at Splendido, residents always have a red meat option for dinner, but Mediterranean-style entrees prevail.

Chef Masood has been comfortable cooking Mediterranean-type dishes since he was a child: "When I think of the Mediterranean diet, Italy and Greece come to mind," he says. "But I grew up in Iran, and our cuisine is similar to Greek; there are similar dishes in a number of cultures." In his earlier career, Chef Masood earned accolades for his work in fine dining restaurants in Chicago, with signature bold flavors rooted in classical French cuisine.

"We serve dishes like Chicken Provençal; we've done vegetable minestrone and gazpacho; we do a picatta-style veal—but we're careful on the butter!" says Chef Masood. "When preparing meats, we concentrate on the technique and go lighter on the sauces and seasonings." That includes techniques like grilling chicken with garlic or roasting fish with lemon—so dishes are very flavorful without adding a lot of salt or heavy sauces.

Splendido rotates menu offerings frequently with a wide range of cuisines that even incorporate what residents have enjoyed cooking. "Our menus are constantly changing based on resident feedback," says Chef Masood. "We've even asked them to share their own recipes with us, and we try to incorporate some of their favorite dishes."



"The focus is on fresh produce, fresh ingredients, and whole grains."

- CHEF MASOOD



QUINOA SALAD WITH ROASTED SALMON



INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup red pepper, roasted, diced small
- 2 cups kale, chopped fine
- ½ cup carrot, julienned
- ½ cup pistachios, chopped
- ½ cup scallions, sliced thin
- ½ cup fresh cilantro, chopped
- 1 pound salmon filet, roasted, cooled
- 3 cups watercress, large stems removed
- 4 tsp dried cranberries

DRESSING

- 4 tsp fresh lime juice
- 2 tsp fresh orange juice
- ½ tsp cumin, ground
- ½ tsp turmeric powder
- ¾ tsp kosher salt
- ¼ tsp cayenne pepper
- ½ cup olive oil

PREP TIME

- Prep | 1 hour
- Cook | 20 minutes
- Ready in | 80 minutes

DIRECTIONS

- 01 PREPARE THE QUINOA**
Rinse the quinoa in a fine-mesh strainer. Rinse under cold running water, until the water runs clear. Drain quinoa fully.

Bring 2 cups of water to a boil in a medium-sized pot and add the quinoa. Lower the heat and cover; cook for about 15 minutes. Remove from the heat and let sit for 20 minutes, covered. Fluff with a fork to break up any clumps.

Transfer the quinoa to a large bowl and cool.

- 02 PREPARE THE SALMON**
Season the salmon with salt and pepper. Heat a bit of olive oil at medium heat until shimmering. Cook the salmon, skin side up, until golden and crisp, about 4 minutes. Carefully flip the fillets and reduce the heat to medium. Continue cooking until done to your liking, usually about 4 to 5 minutes more.

- 03 DRESSING PREP**
In a small bowl whisk together all of the dressing ingredients except the olive oil. Add the oil in slowly, whisking constantly.

- 04**
Once the quinoa has cooled and dressing prepared, combine the diced red pepper, kale, carrots, pistachios, cilantro, and cranberries with the quinoa and dressing. Add salt and pepper to taste.

- 05**
Mound a stack of watercress on a plate and top with 1 cup of the salad. Top with roasted salmon.



CHEF MASOOD SHIRMOHAMMADI

Executive Chef
Splendido



SPLENDIDO CHILLED MELON SOUP



INGREDIENTS

- 1 cantaloupe or honeydew melon
- 4 cups vanilla yogurt
- 1 cup orange juice
- 2 tsp natural honey
- 1 tsp fresh mint, chopped fine
- 1 tsp fresh lemon Juice
- 1 tsp salt
- ¼ cup fresh raspberries
- fresh mint garnish

PREP TIME

- Prep | 20 minutes
- Ready in | 30 minutes

DIRECTIONS

- 01** RASPBERRY GARNISH - In a blender, puree, then strain raspberries into a small bowl using a fine-mesh strainer. Add raspberry puree to ½ cup of the yogurt, mix well and place in a plastic squeeze bottle or plastic piping bag. Set aside as this will be used to garnish the soup.
- 02** Peel and remove seeds from melon. Cut melon into 1-inch pieces.
- 03** Place melon, yogurt, citrus juices, honey, mint, and salt in a blender cup and puree until smooth.
- 04** Serve chilled and garnish with raspberry yogurt sauce and fresh mint.



CHEF MASOOD SHIRMOHAMMADI

Executive Chef
Splendido



MEXICAN HOT CHOCOLATE GANACHE TART



INGREDIENTS

Mesquite Graham Cracker Crust

- 2 ½ cups graham cracker crumbs
- ½ cup granulated sugar
- ½ tsp ground cinnamon
- 4 tbs mesquite flour
- 12 tbs melted butter

Mexican Hot Chocolate Ganache

- 1 ½ pounds chocolate (55% or higher) chopped
- 8 tbs butter
- 6 tbs granulated sugar
- 2 cups heavy whipping cream
- ½ tsp salt
- 1 ½ tsp instant espresso powder
- ½ tsp ground cinnamon
- 1 tsp ancho chili powder

Prickly Pear Sauce

- 1 cup prickly pear puree
- ½ cup granulated sugar
- 1 ½ tbs cornstarch
- 1 tbs lime juice

Cinnamon Tortilla Triangle Garnish

- Two 8-inch flour tortillas
- 1 tsp ground cinnamon
- 4 tbs granulated sugar
- oil for frying

PREP TIME

- Prep | 15 minutes
- Bake | 15 minutes
- Ready in | 60 minutes (+ Chilling)

DIRECTIONS

01

CRUST - Combine all the dry ingredients in a bowl and mix well with a spoon. Add the melted butter and mix thoroughly. Grease with cooking spray 8 x 4 inch fluted tart shells with a removable bottom. Put approx. ½ cup of the crust mixture into each tart shell and press evenly on the bottom and up the sides of the tart shell. Bake for 15 minutes in a 350-degree oven. Let cool completely. Set aside.

02

GANACHE - In a saucepan combine the first 6 ingredients and heat to just a simmer. Stirring occasionally until the butter and sugar are melted. Make sure it does not boil or the ganache will separate. While the milk is steeping, put the chocolate into a large bowl, when the milk is hot but not boiling pour it over the chocolate and let sit for 1 minute. Then gently stir with a wire whisk in a circular motion in the middle of the bowl to gently combine the liquid mixture with the chocolate. When the mixer is done, it should be dark brown, smooth, and have a nice shine to it. Add in the cinnamon and the chili powder. Fill all eight tarts with the ganache and put them into the cooler to set. 6 hours chilling time is ideal.

03

PRICKLY PEAR SAUCE - In a small saucepan, combine the prickly pear puree and the sugar and heat to boiling. Make a slurry with ½ cup water and the cornstarch by mixing the two together. Add to the hot puree and stir until slightly thick. Take off the flame and add the lime juice and stir. Let cool completely before plating.

04

TORTILLA GARNISH - Combine the cinnamon and the sugar in a bowl and set aside. Cut the tortillas into 8 even triangles each (like you would cut a cake). In a deep fryer or pot with 2 inches of vegetable oil, heat oil to 365 degrees. Carefully drop the triangles into the oil. When they are just brown, take them out and drain and dredge them into the cinnamon-sugar mixture to coat. Shake off the excess cinnamon-sugar mixture.

05

Finish the chilled tarts with the prickly pear puree, a dollop of whipping cream, tortilla triangle garnish, and your favorite fresh fruit. You can enjoy this decadent dessert any time of year.



CHEF MARY TERESI WHITE

Pastry Chef
Splendido