

## Martin Breslin

- **School:** Harvard University
- Self-Op
- **Position:** Director for Culinary Operations, Harvard University Hospitality and Dining Services (HUHDS)
- **Training:** Graduated from the Dublin College of Catering, Dublin, Ireland; City & Guilds of London
- **Previous Experience:** Restaurants, hotels and universities throughout the United Kingdom, in New York and in Boston
- **Industry Memberships and Affiliations:** National Association of College and University Food Services (NACUFS), American Culinary Federation (ACF), Research Chefs Association (RCA)
- **Awards:** ACF Medals: 4 gold, 1 silver and 1 bronze
- **What has been your greatest accomplishment in the food service industry?**



Working at Harvard University, I have the opportunity to integrate some of this academic community's cutting-edge research and theory into real-world menus and operations. Specifically, HUHDS has worked closely with the Harvard School of Public Health's Department of Nutrition, and with the Harvard Medical School's Center for Health and the Global Environment, as well as with numerous other faculty and researchers. As a result, our program stands as an example for others in the areas of nutrition and sustainability, and helps individually educate our guests to make healthy choices.



### BIBIMBAP

#### **Ingredients:**

- 1 tablespoon sugar, extra-fine granules
- 1 teaspoon lite soy sauce
- 1 dash ground black pepper
- 1 ounce garlic, peeled
- 2 tablespoons pure toasted sesame oil
- 1 ¼ pound AA shaved beef steak
- 1 pound carrots, large dice
- ¼ pound spinach
- 1 pound zucchini
- ½ pound mushrooms, sliced
- ½ pound scallions
- 1 teaspoon sesame oil
- 1 ¼ pounds medium-grain rice
- 5 eggs

#### **Method:**

For marinade, combine all ingredients (except oil and beef) in a bowl, add beef and marinate for at least 1 hour. Cook sticky rice and keep warm.

#### **To prepare vegetables:**

In a small bowl, combine sugar, salt and pepper. Add carrots, zucchini, mushrooms and spinach, and toss to coat. Heat 2 tablespoons oil in a large skillet over medium-high heat. Sauté vegetable mixture 4-5 minutes until crisp tender. Remove meat from marinade. In a large skillet, heat oil over medium-high heat.

Add beef and sauté 3-5 minutes until done. Keep warm.

To prepare vegetables, in a small bowl, combine sugar, salt and pepper. Add carrots, zucchini, mushrooms and spinach, and toss to coat.

Heat 2 tablespoons oil in a large skillet over medium-high heat. Sauté vegetable mixture 4-5 minutes until crisp tender.

On flattop, cook eggs sunny side up and keep in hot box.

Place rice in serving bowl. Arrange vegetables on top. Add beef and top with eggs and scallions. Serve with Sriracha sauce.

**Yield:** 10 servings



**IT TAKES A LOT OF SKILL**

Not everyone can bake from scratch. It takes talent. If you're one of the



**TO REALLY MESS THINGS UP.**

It takes effort and patience, but mostly gifted, keep up the good work.