

# Recipe for Innovation



5 Innovative Recipes by Kristen Kish



# The Rice Connection

Crispy Rice,  
Egg Yolk Custard,  
Crab, Bacon

Inspired by:

**Cisco (CSCO)**

 **Invesco QQQ**

Recipe by: Kristen Kish

**Serves 4** **Prep Time** 20 minutes **Cook Time** 5 hours

## Ingredients

### Crispy Rice

- 2 cups sushi rice
- 3 cups water
- 1 tbsp rice vinegar
- kosher salt  
(to taste)

### Egg Yolk Custard

- 12 egg yolks
- 8 tbsp clarified butter or ghee
- 8 oz jumbo lump crab meat
- 4 oz bacon lardons, rendered until crispy
- white pepper  
(to taste)

### Plating

- 4 lemon wedges
- 3 scallions, green part only cut on an angle, soaked in ice water
- 12 sprigs of cilantro, 2 inches of stem left on
- freshly ground black pepper (to taste)

## Tools

- half-pint deli cups or ring molds
- immersion circulator
- vacuum sealer
- mandolin
- sauté pan



Inspired by Cisco's innovative communications technology that keeps us all connected, The Rice Connection is further proof of the incredible things that happen when cultures come together. For Chef Kristen, nothing ties the world's culinary cultures together like rice. Molded crispy rice serves as the base for this dish as it soaks in flavors from lump crab and rendered bacon. With a jammy egg yolk custard to top it all off, The Rice Connection is a beautifully innovative marriage of textures, flavors and cultures.

### Crispy Rice

- 1** Cook rice using a rice cooker according to package directions.
- 2** Once cooked and cool enough to handle (but not cold), divide cooked rice into four lightly sprayed half-pint deli cups or ring molds, pressing evenly. If you don't have ring molds or deli cups, free form patties with your hands slightly dampened with water. Cover and refrigerate until ready to serve.

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# The Rice Connection (cont.)

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## Egg Yolk Custard

- 1 With an immersion circulator, bring a water bath to 147°F.
- 2 In a bowl, whisk to combine egg yolks and white pepper, taking care not to incorporate air. Transfer mixture to a vacuum seal bag and seal using vacuum sealer.
- 3 Add sealed mixture to the water bath and cook for 5 hours, massaging every 30 minutes to ensure even cooking. The mixture is done when it firmly holds its shape while being pressed.
- 4 Once done, submerge in an ice bath and refrigerate until ready to serve.

## Plating

- 1 Submerge the egg custard in the water bath until warm.
- 2 Over medium-high heat, add enough clarified butter (not all set aside) to pool slightly in the bottom of a sauté pan. Add rice cakes and season with salt.
- 3 Cook on one side until rice is crisped and the kernels are slightly puffed and golden. Baste some butter a few times over the visible part of the rice.
- 4 In a separate sauté pan, heat a little more clarified butter. Add the crisped rice cake back and cook until warmed through, about 2 minutes.
- 5 Spoon the crab and bacon between 4 bowls. Place a crispy rice cake crispy side up on top.
- 6 Garnish with a dollop of egg yolk custard, cucumbers, cilantro sprigs, fresh black pepper and scallions. Place a lemon wedge on the side. 🍋

# Crumbs & Caviar

Caramelized Onion  
Dip, Potato  
Chips, Caviar

Inspired by:

**PepsiCo (PEP)**

 **Invesco QQQ**

Recipe by: Kristen Kish

**Serves** 6-8 **Prep Time** 15 minutes **Cook Time** 1 hour 10 minutes

## Ingredients

### Onion Dip

- 2 large parsnips, peeled and largely diced
- 2 tbsp grapeseed or other neutral oil
- kosher salt (to taste)
- fresh black pepper (to taste)
- 2 large yellow onions, halved and sliced
- ⅓ cup mascarpone cheese
- 1-2 tbsp water
- ¼ cup crème fraîche
- 1 tbsp whole-grain mustard
- 2 tbsp chopped chives
- 1 lemon, zested

### Chips

- 2 lbs russet potatoes
- ½ tsp baking soda
- 2 quarts water
- canola oil (for frying)
- fine sea salt (to taste)
- fresh black pepper (to taste)

### Plating

black sturgeon caviar

## Tools

large skillet  
blender  
mixing bowl  
serving dish  
large pot



Sometimes even the smallest traditions can be just as innovative as invention. Inspired by the innovative pantry collection of PepsiCo, which produces some of the most well-known snacks, Crumbs & Caviar turns the American staple of potato chips and French onion dip on its head. Caviar adds an elevated and decadent layer to the rich savoriness of homemade French onion dip and crispy potato chips. Coupled with the crumb collection method of Chef Kristen's grandmother, Crumbs & Caviar brings innovation to low-key snacking.

### Onion Dip

- 1 Preheat the oven to 400°F.
- 2 Heat 1-2 tablespoons of grapeseed oil in a large skillet over medium-high heat, until it begins to shimmer. Add the onions and a pinch of salt, sweating them until the liquid begins to cook out and the onions are tender. Reduce heat to low and slowly caramelize,

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# Crumbs & Caviar (Cont.)

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stirring occasionally, until dark amber in color, about 40 minutes to 1 hour. Let cool slightly.

- 3 Once cooled, transfer onions to a cutting board and chop until you have about a half cup. Set aside.
- 4 Toss parsnips in oil and season with salt. Roast in the oven until very tender, about 20-25 minutes. Remove from the oven and set aside to cool slightly.
- 5 While the parsnips are still warm, add to a blender with mascarpone and water and blend on high until smooth.
- 6 Scoop mixture into a bowl and fold in the onions, crème fraîche, lemon zest and mustard. Season with salt and pepper to taste. Cover and chill in the refrigerator until ready to use.

## **Chips**

- 1 In a large bowl, combine the water and baking soda.
- 2 Carefully slice potatoes on a mandolin lengthwise, and add to the baking soda mixture. Let soak for about an hour.
- 3 Bring oil to 350°F in a large pot.
- 4 Remove the sliced potatoes from the water and pat very dry, working in batches if necessary. Fry the potatoes until deeply golden brown, 2-3 minutes per batch. Season with fine sea salt and freshly ground black pepper.

## **Plating**

- 1 Transfer the onion dip to a serving dish and top with the chives. Serve with a generous portion of caviar and the potato chips. ☺

# Food Processor

Homemade Pasta,  
Vegetable Bolognese,  
Whipped Goat Cheese

Inspired by:

**Intel (INTC)**

 **Invesco QQQ**

Recipe by: Kristen Kish

**Serves** 4-6 **Prep Time** 1 hour 40 minutes **Cook Time** 45 minutes

## Ingredients

### Bolognese

- ¼ cup olive oil  
(more if needed)
- 1 small red onion, diced
- 1 lb shiitake mushrooms
- 1 large white sweet potato, peeled
- 1 tbsp garlic, finely minced
- 1 tbsp tomato paste
- ½ cup dry white wine
- 3 medium carrots
- 1 sprig fresh rosemary, finely chopped  
(sub 1 tsp dried)
- 2 tsp fresh thyme, finely chopped  
(sub 1 tsp dried)
- 3 Roma tomatoes, blended
- 1½ cups water  
(more if needed)
- 3 sprigs of basil
- ½ cup Parmesan cheese, grated
- kosher salt (to taste)
- black pepper (to taste)
- chili flakes (to taste)
- red wine vinegar (to taste)

### Rigatoni

- 8 large egg yolks
- 2 large whole eggs
- 2 tbsp butter
- semolina flour  
(for coating pasta)
- 2 cups all-purpose flour  
(more if needed)
- ½ cup Parmesan cheese

### Plating

- 4 oz goat cheese
- basil leaves (garnish)
- pinch of salt

### Tools

- food processor with shredding attachment
- pasta extruder (rigatoni)
- large Dutch oven



Give yourself and your chef's knife a night off with Food Processor. Just like Intel's processing chips, which have made complex tasks faster across all industries, this dish lets you kick back a bit and enjoy a homemade Bolognese pasta with just a few button presses. Goat cheese melts into a hearty vegetable Bolognese and gives a rich coating of flavor to the homemade pasta, making every bite an elevated take on a dinnertime staple from Chef Kristen's childhood.

### Bolognese

- 1** Using a food processor with the shredding attachment, separately shred the mushrooms, carrots and sweet potatoes, keeping them separate after shredding.
- 2** Place a large Dutch oven over medium-high heat with the olive oil. Add the red onions, seasoning with salt and cook for 1-2 minutes until translucent.

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# Food Processor (Cont.)

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- 3 Once onions are translucent, add the mushrooms and stir, allowing them to cook for 2-4 minutes. The sizzling is water being cooked out of the mushrooms.
- 4 Add the minced garlic and stir thoroughly, preventing the garlic from burning. Cook for another 5 minutes as the onions continue to caramelize and the mushrooms cook down.
- 5 Add the rosemary and thyme. Make a small well in the middle of the pot, add the tomato paste in the center of the well and cook it in oil (if you do not see oil in the well, add a little before adding tomato paste). Cook for another few minutes until caramelized, stirring constantly.
- 6 Add the carrots and stir to combine. If vegetables begin to stick to the pan, add a touch more oil and continue cooking for a few minutes.
- 7 Add the sweet potato and stir to combine. Add the white wine and continue cooking until the wine is gone. Add blended tomatoes and reduce slightly, about 1-2 minutes.
- 8 Add the basil and water to the pot, enough to cover the vegetables. Add salt and chili flakes to taste. Add Parmesan cheese and simmer for another 20-30 minutes, cooking the vegetables so they still have a nice bite. If the sauce sticks to the bottom, add a little water as the sauce simmers. The sauce should have a chili-like consistency when finished.
- 9 Add 1-2 teaspoons of vinegar to taste.

## Rigatoni

- 1 Add the egg yolks and whole eggs to a food processor fitted with the blade attachment. Pulse to combine. Add all-purpose flour and pulse until combined, stopping to scrape down the sides as needed. Pulse until a homogeneous mixture has formed. Tilt the mixture onto a clean work surface and knead until smooth. Wrap the dough in plastic and refrigerate for 30 minutes to 1 hour to rest.
- 2 Using a pasta extruder with a rigatoni attachment, extrude the pasta into rigatoni shapes, tossing in semolina flour as needed to prevent sticking.
- 3 When ready, cook pasta until al dente. Transfer to a large sauté pan with a generous amount of Bolognese. Add butter and Parmesan cheese.

## Plating

- 1 Using a food processor with the blade attachment, blend the goat cheese and a pinch of salt until smooth. Add a scoop of goat cheese to each bowl.
- 2 Arrange sauced pasta around the goat cheese. Garnish with additional cheese and torn basil leaves. 🍴

# That Phyllo Feeling

Baked Apple Phyllo  
Tart, Caramel Sauce,  
Liquid Nitrogen  
Vanilla Ice Cream

Inspired by:

**Meta (META)**

 **Invesco QQQ**

Recipe by: Kristen Kish

**Serves** 6-8 **Prep Time** 30 minutes **Cook Time** 1 hour

## Ingredients

### Apple Caramel Tart

- 6 sheets phyllo dough, cut in half
- 12 tbsp unsalted butter, divided as 4 tbsp and 8 tbsp, cut into 1 tbsp pieces for melting
- $\frac{3}{4}$  cup light brown sugar, lightly packed
- $\frac{1}{2}$  cup heavy cream, room temperature
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{4}$  tsp flaked sea salt
- 5 Granny Smith apples, peeled, cored, quartered and sliced into  $\frac{1}{8}$ " thick slices and tossed with  $\frac{1}{2}$  tbsp lemon juice

### Liquid Nitrogen Ice Cream

- 1 $\frac{1}{2}$  cups heavy cream
- 1 $\frac{1}{2}$  cups whole milk
- 5 egg yolks
- 1 vanilla bean, scraped (save pod)
- 1 pinch of salt
- 3 liters of liquid nitrogen

### Plating

- 1 tbsp powdered sugar

## Tools

- liquid nitrogen canister
- stand mixer
- small saucepan
- 7-inch wide, 2-inch tall cake pan
- pastry brush
- whisk



The sizzling of whisking a piping hot caramel, the thumping of a stand mixer as it trudges through nitrogen-frozen vanilla ice cream, the crunch of a finished phyllo crust. You eat with your eyes, but in this recipe, you'll cook with your ears. First coined in a Facebook group, Autonomous Sensory Meridian Response (ASMR) and viral experimentations with sound are among the social media and tech innovations that Meta's played a role in. A rich caramel sauce coats freshly tart apples as they sit nestled in delicate layers of phyllo. Finished off with liquid nitrogen-made vanilla ice cream and a drizzle more of sweet caramel, That Phyllo Feeling is an innovative slice of home.

### Apple Caramel Tart

- 1 Preheat the oven to 325°F.
- 2 In a small saucepan over medium-low heat, gently melt 4 tablespoons of butter. Add brown sugar and whisk to combine. Increase heat to medium-high and continue

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# The Phyllo Feeling (Cont.)

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whisking until mixture begins bubbling. Continue cooking until sugar dissolves, about 2-3 minutes. Carefully and slowly add heavy cream. Whisk together to form sauce. Reduce heat to low. Add vanilla extract and sea salt. Simmer, allowing salt to dissolve, about 1-2 minutes. Remove from heat and cool slightly.

- 3 Pour  $\frac{1}{2}$  sauce (about  $\frac{1}{2}$  cup) over the apples. Toss to combine.
- 4 Melt the remaining 8 tablespoons of butter. Lightly brush a 7-inch wide, 2-inch tall cake pan with butter. Add half a sheet of phyllo and press gently to fit into the cake pan, allowing phyllo to overhang. Brush lightly with butter. Repeat with another sheet of phyllo. Brush lightly with butter and add  $\frac{1}{3}$  of apple mixture. Repeat the process two more times, until the apple mixture is fully used.
- 5 Fold the overhanging phyllo on top of the tart. Gently crumple the last two half-sheets of phyllo and arrange on top so the surface of the tart is covered in crumpled phyllo. Brush top with butter.

## Liquid Nitrogen Ice Cream

- 1 Bring cream and milk to a boil with vanilla seeds, vanilla pod and salt.
- 2 Whisk together egg yolks and sugar until light and airy.
- 3 Temper eggs by slowly pouring a small portion of hot mixture into eggs, whisking as you add. Pour the eggs into the saucepan on low heat, bringing it to a nappe consistency (just thick enough to coat the back of a spoon), stirring constantly.
- 4 Immediately strain mixture into a fine-mesh strainer over a bowl resting in an ice bath. Put mixture into an airtight container in the freezer until completely chilled, preferably overnight.
- 5 After chilling, put the custard base into a stand mixer with a paddle attachment. Carefully pour liquid nitrogen in until a creamy soft serve consistency is achieved. Then add more liquid nitrogen until frozen to desired consistency, similar to a firm soft serve.

**Note:** You may not need all the liquid nitrogen. Transfer to the freezer until ready to serve.

## Plating

- 1 Dust the top of the tart with powdered sugar. Cut and serve slices with remaining caramel sauce and scoop of ice cream. 🍷

# The Cloud

Pavlova, Pistachio  
Cream, Vanilla  
Cream, Raspberries

Inspired by:

**Adobe (ADBE)**

 **Invesco QQQ**

Recipe by: Kristen Kish

**Serves** 10-12 **Prep Time** 30 minutes **Cook Time** 3 hours 45 minutes

## Ingredients

### Meringue

- 6 egg whites,  
room temperature
- 1½ cups castor sugar
- 3 tsp cornstarch
- 2 tsp white vinegar
- 1 tsp vanilla bean paste

### Pistachio Mousse

- 1 cup heavy cream
- 1 cup unsweetened  
soy milk
- 1 tbsp pistachio paste
- 2 sheets gelatin,  
bloomed
- 1 tsp rose water
- kosher salt (to taste)

### Plating

- Meringue
- Pistachio Mousse
- 2 tbsp powdered sugar
- 3 cups unsweetened  
whipped cream
- 2 pints raspberries
- 20 small gold leaf squares

## Tools

- mixer with whisk  
attachment
- iSi nitro (whipped  
cream dispenser)
- iSi nitrous oxide  
charger
- sheet tray
- small pot
- immersion blender



This innovative spin on a classic pavlova will send your tastebuds sky-high. This dish is inspired by Adobe, whose suite lets you pull creativity and innovation from anywhere you can find it. For Chef Kristen and The Cloud, that inspiration includes an Australian river with her wife and a sweet pavlova. Fresh raspberries rest atop pistachio whipped cream in this innovative spin on the classic meringue dessert. Finished off with flakes of gold leaf, The Cloud is an edible work of art.

### Meringue

- 1** Preheat the oven to 300°F.
- 2** To a mixer with a whisk attachment, add egg whites. Start on medium speed and allow whites to get frothy. Add in sugar a few tablespoons at a time until incorporated. Increase speed to high and whip to medium peaks.

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# The Cloud (Cont.)

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- 3** Add cornstarch and whip until combined. Add vinegar and vanilla, continuing to whip until stiff peaks form. Be sure not to overwhip.
- 4** Prepare a sheet tray with parchment paper, lightly coating with nonstick spray. Spoon the meringue onto the tray, making a round shape approx. 10 inches in diameter.
- 5** Place meringue in oven and bake for 10 minutes. Change oven temperature to 250°F and continue baking for 1 hour 30 minutes. Turn off the oven, without opening the door, and let sit for another 2 hours.
- 6** Remove meringue and let sit at room temperature in a low-humidity place until ready to serve.

## **Pistachio Mousse**

- 1** In a small pot, gently heat cream and soy milk. Add pistachio paste, rose water and salt, blending until smooth with an immersion blender. Add kosher salt to taste.
- 2** Add in gelatin and whisk by hand until fully melted. Strain, then transfer to a refrigerator to chill completely.

## **Plating**

- 1** Place pistachio mousse into an iSi with a nitrous oxide charger. Charge 1-2 times or until liquid disperses as a mousse-like texture.
- 2** Dust the meringue with powdered sugar. Pipe dollops of the pistachio mousse onto the meringue, followed by the whipped cream.
- 3** Garnish with raspberries and gold leaf. Serve immediately. ☺

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Autonomous Sensory Meridian Response (ASMR) a feeling of well-being combined with a tingling sensation in the scalp and down the back of the neck, as experienced by some people in response to a specific gentle stimulus, often a particular sound.

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