

Wine and Dine Menu

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Jan 14, 2012

7pm

Shrimp Bruschetta

Ingredients:

½ pound of Cooked Shrimp, diced

4 slices of Bacon-Crumbled

3 Tablespoons chopped Fresh Basil

1 Teaspoon Minced Fresh Garlic

6 artichoke hearts cut into at least ¼'s (canned is best)

1 Tablespoon Extra Virgin Olive Oil

Salt and Pepper to taste

DOUBLE

Heat oven and toast sliced French or Italian bread while mixing the above ingredients.

Add all ingredients above in order in a bowl and toss gently. Place in a clean bowl for serving. Arrange toasted bread in a basket or on a platter.

This recipe can be doubled or tripled. If preparing early omit the bacon, toss in right before serving.

Variations:

Add Chopped Avocado

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Grilled Portabello Mushrooms on Savory Greens with Parmesan Chips

I specified portabello mushrooms because they are widely available during most of the year, but during the late fall, after the rains have come, my favorite mushroom to use for this recipe is fresh boletus. They are found wild up and down the northern California coast. Fresh oyster mushrooms would be delicious too. To make this a main course, add some roasted beets and carrots and grilled red onions.

Serves 6

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| 2 | teaspoons balsamic vinegar | Kosher salt and freshly ground black pepper | |
| 2 | teaspoons roasted garlic (page 247) | | |
| 1 | teaspoon chopped fresh rosemary | 4 | cups mixed young, tender, savory greens, such as mizuna, arugula, watercress, or red mustard |
| 2 | teaspoons chopped fresh sage | | Mustard Seed Vinaigrette (recipe follows) |
| $\frac{1}{4}$ | cup olive oil | | Parmesan Chips (recipe follows) |
| 1 $\frac{1}{2}$ | pounds stemmed and trimmed portabello mushrooms | | |

1 Prepare a charcoal fire or preheat a stovetop grill. In a medium bowl, whisk together the vinegar, roasted garlic, rosemary, sage, and oil. Brush the mushrooms liberally with the mixture. Season with salt and pepper.

Grill the mushrooms over hot coals or moderate heat, until just softened, turning once or twice.

To serve, arrange the greens on individual plates. Lightly drizzle with the vinaigrette. Slice the mushrooms thickly and arrange on the greens. Surround with the Parmesan Chips and serve immediately.

Mustard Seed Vinaigrette

Makes about $\frac{1}{2}$ cup

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| 1 | tablespoon Dijon-style mustard | 2 | tablespoon fresh orange juice |
| 2 | teaspoons toasted mustard seed (page 36) | 2 | teaspoons chopped fresh dill |
| 2 | tablespoons seasoned rice wine vinegar | $\frac{1}{4}$ | cup olive oil |
| | | | Kosher salt and freshly ground black pepper |

In a small bowl, whisk all the ingredients until combined. Prepare the vinaigrette at least 30 minutes before serving to allow the flavors to marry.

Parmesan Chips

Makes 12 chips

Vegetable spray

- 1 cup freshly and finely grated Parmesan or aged Asiago cheese

Preheat the oven to 350 degrees. Line a baking sheet with parchment or waxed paper. Lightly spray the paper with vegetable spray. Sprinkle the cheese into thin 3-inch rounds, 4 inches apart. Bake until the cheese melts and the chips begin to brown, 5 to 10 minutes. Using a metal spatula, carefully remove each chip and place on a rack or drape over a dowel or rolling pin to form curls. Cool. The Parmesan Chips should be used within a few hours.

DOUBLE

DOUBLE



Chicken Breasts Steamed in Cabbage with Cider Cream Sauce

This is an elegant preparation for chicken, elevating the humble bird to new heights. By enveloping the chicken breasts in cabbage, they remain moist and juicy.

Serves 4

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| <p>Cider Cream Sauce (recipe follows)</p> <p>4-8 large leaves of napa or other green cabbage</p> <p>3 tablespoons unsalted butter or olive oil</p> <p>2 cups peeled and sliced tart apples, cut approximately 1/4 inch thick</p> <p>2 tablespoons slivered shallots</p> | <p>1 teaspoon high-quality curry powder</p> <p>Kosher salt and freshly ground black pepper</p> <p>4 6-ounce boneless, skinless chicken breast halves</p> <p>1 cup thinly sliced mushrooms</p> <p>1/2 cup dry white wine</p> <p>Garnish: Roasted baby carrots and onions, fresh thyme leaves</p> |
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ADJUST FOR 10

1. Make the Cider Cream Sauce and set aside.

In lightly salted boiling water briefly blanch the cabbage leaves, about 30 seconds. Remove and plunge immediately into ice water to stop the cooking, then drain and set aside. In a medium sauté pan, heat 2 tablespoons of the butter or oil and sauté the apples and shallots until tender. Add the curry powder and sauté until fragrant, approximately 1 to 2 minutes. Season with salt and pepper.

Divide the sautéed apples among the four cabbage leaves. Place a chicken breast on top of the apple mixture and fold over the cabbage leaves to completely enclose. If necessary, place a second cabbage leaf around the mixture. In a large sauté pan, heat the remaining tablespoon of butter or oil. Add the sliced mushrooms and sauté 1 minute. Place the cabbage packets on top of the mushrooms, add the wine, cover, and steam over moderate heat for 7 to 10 minutes or until the breasts are just done, but moist.

To serve, remove the cabbage packets and mushrooms with a slotted spoon and place on warm plates on a pool of the Cider Cream Sauce. Garnish with the baby vegetables and a scattering of thyme leaves.

Cider Cream Sauce

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| <p>5 tablespoons unsalted butter, at room temperature</p> <p>1/2 cup sliced mushrooms</p> <p>1 1/2 cup minced scallions, white part only</p> <p>1 cup peeled, cored, and roughly chopped tart apples</p> | <p>1/2 cup apple cider or 1/2 cup applejack brandy</p> <p>2 cups rich chicken stock</p> <p>1 tablespoon fresh lemon juice</p> <p>3/4 cup heavy cream</p> <p>1 tablespoon drained green peppercorns</p> |
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In a medium saucepan, heat 1 tablespoon of the butter and sauté the mushrooms, scallions, and apples until lightly browned. Add the cider or brandy, stock, and lemon juice and reduce by half. Add the cream and reduce to a light sauce consistency. Remove from the heat, whisk in the remaining 4 tablespoons butter, and strain the sauce. Slightly crush the green peppercorns and add to the sauce, which can be kept warm in a thermos for up to 3 hours.

vinegar-glazed brussels sprouts with chestnuts and walnut oil

brussels sprouts, 1 pound

extra-virgin olive oil,
1 tablespoon

sea salt and freshly
ground pepper

unsalted butter,
1 tablespoon

low-sodium chicken broth,
1 cup

purchased, steamed
chestnuts, ½ cup (about
3 ounces), coarsely
chopped

light brown sugar,
1 tablespoon

red wine vinegar,
2 tablespoons

roasted walnut oil,
2 teaspoons

MAKES 4 SERVINGS

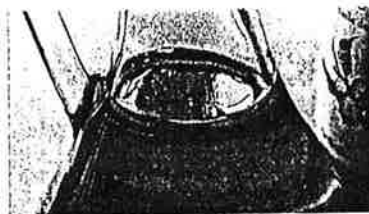
Trim the bases of the Brussels sprouts and remove and discard any blemished or discolored leaves.

In a large frying pan over medium heat, warm the olive oil. When the olive oil is hot, add the Brussels sprouts in a single layer and sprinkle lightly with salt. Cook, stirring once or twice, until the Brussels sprouts are golden brown and caramelized on all sides, about 4 minutes.

Raise the heat to medium-high and add the butter, broth, and chestnuts to the pan. Bring the broth to a boil and, using a wooden spoon, scrape up any browned bits from the bottom of the pan. Reduce the heat to medium-low and simmer, partially covered, until the sprouts are just tender when pierced with a sharp knife and most of the liquid has evaporated, 20–22 minutes.

Add ¼ cup of water to the pan, stir in the sugar and vinegar, and raise the heat to medium-high. Cook, stirring occasionally, until the liquid reduces to a glaze, 2–3 minutes. Remove the pan from the heat and stir in the walnut oil. Taste and adjust the seasonings with salt and pepper.

Transfer to a warmed serving bowl and serve right away.



In this dish, the potent nuttiness of walnut oil as well as sweet brown sugar and tart wine vinegar work together to counter the bitterness of cabbage-like Brussels sprouts. Chestnuts contribute another layer of nuttiness and a pleasing meaty texture.

DOUBLE



Mango Crème Brûlée

Mangoes are not a native California fruit, but we do see a great number of them, beginning in January, imported from Mexico and Central America. As a result, I always think of mangoes as one of the wintertime fruits—perfect for this brûlée. (The recipe would be just as delicious with papaya.)

Serves 8

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| 4 cups heavy cream | 4 tablespoons light-brown sugar for caramelizing |
| 1 4-inch vanilla bean | 4 tablespoons granulated sugar for caramelizing |
| Pinch of salt | Garnish: Mint sprigs and fresh berries, if desired |
| 8 egg yolks | |
| $\frac{1}{4}$ cup sugar | |
| $\frac{1}{2}$ cup diced fresh mango | |

Preheat the oven to 300 degrees. In a saucepan, heat the cream, vanilla bean, and salt to scalding. Remove the vanilla bean from the hot cream. Slit it open with a knife and scrape the tiny seeds back into the cream. In a bowl, beat the egg yolks and the sugar until well mixed and light in color. Slowly add the hot cream, stirring constantly to melt the sugar and not let the eggs scramble. Strain. Skim off any bubbles. Gently stir in the mango.

Divide the mixture among 8 ramekins. Place the ramekins in a roasting pan. Fill the pan with boiling water to reach halfway up the sides of the ramekins. Cover loosely with foil and bake for 55 to 65 minutes or until the center is just beginning to set and no longer liquid.

Remove the ramekins from the oven and cool. Refrigerate, covered, for at least 3 hours or overnight. Close to serving time, combine the sugars in a small bowl. Preheat a broiler and sprinkle 1 tablespoon of the mixed sugars evenly over the surface of each custard. Broil (as quickly as possible) until the sugar is caramelized. Alternately, you can caramelize the sugar with a propane torch (page 318). Serve within 1 hour to maintain the crispness of the sugar topping.

Serve garnished with mint sprigs and fresh berries, if desired.

ADJUST FOR 10