

SENSATIONAL SERVINGS



Energy Park 2009



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We Energies welcomes Chef Mark back to Energy Park for his fourth year of cooking, baking and grilling demonstrations.

CONTENTS

Thursday, August 6

Chorizo and Fennel Strudel	1
Farmers Market Vegetable and Goat Cheese Manicotti	2

Friday, August 7

Potato-Roasted Orange Roughy.	3
Halibut and Navy Bean Stew	3-4

Saturday, August 8

White Chocolate-Dipped S'Mores Granola Bars	4-5
Stromboli	5

Sunday, August 9

Fresh Fruit Florentine	6-7
Tower of Beef Tenderloin with Wild Mushroom Strata	7-8

Monday, August 10

Blood Orange Roast Pork Tenderloin.	8-9
Smoked Pork Tenderloin Wellington with Tennessee Whiskey Mango Barbeque Sauce	9-10

Tuesday, August 11

Wisconsin Cranberry, Apple and Cheddar Pizza	11-12
Honolulu Coconut Shrimp with Ginger/Soy Dipping Sauce	12-13

Wednesday, August 12

Caramelized Banana Ice Cream Torte	13-14
Grilled Shrimp and Sweet Potato Risotto	14-15

Thursday, August 13

Crispy Spring Rolls with Vietnamese Dipping Sauce	16-17
Port Poached Pears with Creamy Blue Cheese Ice Cream	17-18

Friday, August 14

Smoked Duck Breast with Apples, Pears and Peppercorns	18-19
Shrimp and Chicken Cassoulet	19-20

Saturday, August 15

Roast Cornish Game Hens with Minted Plum Sauce	20-21
Roast Leg of Lamb with Ratatouille and Spinach.	21-22

Sunday, August 16

Sweet Potato and Red Pepper Bisque with Nutmeg Cream	23
Oven Roasted Tomato Gazpacho with Avacado and Kalamata Olive Salsa	23-24

Thursday, August 6

CHORIZO AND FENNEL STRUDEL

Makes 6 servings

2 Tbs. olive oil
1 Tbs. minced shallots
1/2 pound mild chorizo sausage
1 cup minced fennel bulb, core removed
1 Tbs. chopped fine tarragon leaves
1 whole egg, beaten
1/2 cup dry bread crumbs, divided
Salt and pepper to taste
Melted butter as needed
3 sheets fresh Phyllo dough

Heat olive oil in a heavy-bottomed sauté pan; add the shallots and cook just until translucent. Add chorizo sausage and cook until fat renders out. Drain off the fat and add fennel; cook just until tender. Transfer mixture to a food processor and puree until a coarse paste forms. Blend in tarragon and egg; add half of the bread crumbs and season with salt and pepper.

Lay out one piece of Phyllo dough and lightly brush with melted butter. Sprinkle with 1/3 of the remaining bread crumbs; repeat twice with remaining dough and crumbs. Spread the chorizo mixture in a tube form along the bottom edge of the sheets from end to end. Roll strudel up tightly and place on a very lightly buttered pan. Score on a bias with a serrated knife to produce 12 equal slices. Bake at 400 degrees until evenly browned.

Plating suggestion:

With a serrated knife, slice strudel at score lines and serve atop your favorite tomato sauce. Sprinkle with Parmesan or Romano cheese.



FARMERS MARKET VEGETABLE AND GOAT CHEESE MANICOTTI

Makes 8 servings

PASTA AND STUFFING

8 large manicotti shells, cooled
2 Tbs. olive oil
1 medium carrot, peeled and diced small
1 green onion, sliced small
1 medium fennel bulb, shaved thin
1/2 zucchini, diced small
1 cup medium diced baby Bella mushrooms
2 Tbs. sun-dried tomatoes, diced small
1/4 cup dry white wine
1 cup heavy cream
1 Tbs. fresh basil leaves, sliced thin
Salt & pepper to taste
1 whole egg, beaten
12 oz. firm goat cheese, diced medium
Grated Parmesan cheese to garnish

Prepare manicotti according to package directions. Heat oil in a heavy-bottomed sauté pan. Add carrots, onion, fennel, zucchini and mushrooms. Sauté until vegetables are tender. Add sun-dried tomatoes and wine. Simmer until wine has almost evaporated and add cream, basil and salt and pepper. Remove from pan and cool. Gently toss with the egg and cheese. Stuff shells with the cold mixture and place shells in a baking dish which has been lightly sprayed with oil. Bake just until warm.

SAUCE

1 Tbs. olive oil
1 tsp. minced shallots
1-1/2 cups ripe tomato concassees
1 cup chicken stock
1/2 tsp. fresh oregano leaves, roughly chopped
1 cup heavy cream
Fresh ground black pepper
Pinch of saffron threads

Heat oil in a heavy-bottomed sauce pan. Add the shallots and sweat them just until translucent. Add tomatoes, chicken stock, and oregano and simmer until volume is reduced by half. Add cream, pepper and saffron and reduce until a sauce consistency is reached.

Plating suggestion:

Place a warm, stuffed manicotti in the center of the plate and ladle two ounces of sauce over the center. Sprinkle with Parmesan cheese and garnish with a fresh herb.

Friday, August 7

POTATO-ROASTED ORANGE ROUGHY

Makes 4 servings

2 Tbs. butter
1 tsp. minced shallots
1 tsp. minced garlic
1/2 cup finely diced mushrooms of choice
12 oz. fresh baby spinach
Butter to coat baking pan
4 6-oz. Orange Roughy fillets
Salt & pepper to taste
Juice from 1 fresh lime
2 small/medium Russet potatoes, sliced very thin
1/4 cup clarified butter

Heat oven to 375 degrees. Melt butter and sauté the shallots and garlic until translucent. Add mushrooms and cook until most of the liquid has evaporated. Add spinach in batches, as much as the pan will hold, and cook just until wilted. Remove from pan and cool completely before proceeding with preparing the fish. This step could be done as far as one day in advance.

TO PREPARE THE FISH

Place dry Roughy fillets on a buttered pan and season with salt, pepper and lime juice. Divide spinach equally among the 4 fillets making sure to cover the entire fillet and keeping the spinach as flat as possible. Shingle potato slices over entire fish to resemble scales. Drizzle with just enough clarified butter to coat the potatoes and bake until potatoes are golden brown. Serve immediately.

HALIBUT AND NAVY BEAN STEW

Makes 4 servings

4 slices of bacon, diced
2 Tbs. minced shallots
2 Tbs. minced garlic
1 Tbs. olive oil

1/4 cup celery, diced small
1/3 cup dry white wine
1 cup low-sodium clam juice
1 cup ripe tomato concassee'
1/4 cup tomato juice
1 15-oz. can of navy beans, drained
Pinch of saffron threads
Leaves from 1 thyme sprig
1/2 Tbs. chopped cilantro
4 6-oz. skinless/boneless Halibut fillets

Heat a heavy-bottomed Dutch oven over medium heat. Add bacon and cook until about half way done; drain. Stir in shallots, garlic and oil and sauté until translucent. Add celery and cook until tender. Add the white wine, clam juice, tomato concassee' and tomato juice. Simmer for about 10 minutes. Then add navy beans, saffron, thyme and cilantro. Bring to a simmer. Add the Halibut fillets, cover and simmer gently until the fish is fully cooked and opaque.

Plating suggestion:

Divide stew equally into 4 deep-dish plates. Place one portion of fish into each plate and garnish with a fresh herb of your choice.

Saturday, August 8

WHITE CHOCOLATE-DIPPED S'MORES GRANOLA BARS

Makes 24 bars

4 cups rolled oats (not quick cooking)
4 cups crisp rice cereal
1/2 cup granulated sugar
1/4 cup brown sugar
4 oz. unsalted butter
1/4 cup water
1/2 cup light corn syrup
1 tsp. salt
3 cups miniature marshmallows, divided
1-1/2 cups semi-sweet chocolate chips
2 cups white chocolate coating, melted

Heat oven to 425 degrees. Lightly butter two 9x13x2-inch pans. Evenly spread the oats onto the pans; bake for 3 minutes, stir and bake an additional 3 minutes or until they begin to smell nutty. Remove pans from oven; transfer oats to a bowl and add cereal.

In a large saucepan, combine sugars, butter, water, corn syrup and salt. Bring mixture to a boil for 5 minutes. Remove from heat and pour over cereal mixture; toss to combine. Add 1-1/2 cups marshmallows and stir until well combined.

Return mixture to pans and press flat. Sprinkle with remaining 1-1/2 cups of marshmallows and chocolate chips. Return pan to oven for 3 minutes, or until marshmallows have puffed and are slightly browned. Remove pans from oven; cool on rack for about 10 minutes. Cut into 24 squares while warm but not hot. Remove from pans and cool completely. Dip one end of each square into melted white chocolate coating and place on waxed paper to set.

Bars will keep up to one week if wrapped tightly.

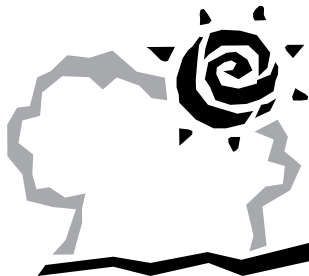
STROMBOLI

Makes 4 servings

- 4 8-inch flour tortillas
- 1/3 cup butter, softened
- 1/2 cup shredded Parmesan cheese
- 4 ozs. provolone cheese, sliced thin
- 4 ozs. pepperoni, sliced thin
- 4 ozs. ham, sliced thin
- 4 ozs. mozzarella cheese, shredded
- 1 cup marina or pizza sauce, heated

Heat oven to 400 degrees. Lightly spread one side of each tortilla with butter and sprinkle with 1 tablespoon Parmesan cheese; top each with 1/4 of the provolone, pepperoni and ham, leaving a border around edge. Sprinkle with mozzarella cheese.

Fold like a burrito and place seam side down on a baking sheet. Brush with remaining butter and sprinkle with remaining Parmesan cheese. Bake 12-15 minutes, or until golden brown. Slice in half diagonally. Serve with marinara or pizza sauce, if desired.



Sunday, August 9

FRESH FRUIT FLORENTINE

Makes 4 servings

FILLING

- 1 lb. firm ripe peaches, sliced 1/4-inch thick
- 6 oz. fresh berries (combination of blackberries, strawberries, and/or raspberries)
- 2 tsp. cornstarch
- 1 tsp. cake flour
- 1 Tbs. sugar

Combine peaches and berries in a bowl. Combine cornstarch, flour and sugar and sprinkle over fruit. Toss gently with a spatula and place in a shallow baking dish. Cover dish with aluminum foil and poke liberally with holes to release the steam. Bake at 375 degrees for about 30-40 minutes, or until the fruit is cooked but not browned. Remove from oven, remove the foil and allow to cool.

COOKIE LID TOPPING

- 2 Tbs. brown sugar
- 2 oz. butter, softened
- 2 Tbs. cake flour
- 1/8 tsp. baking powder
- 1/8 tsp. baking soda
- 1 Tbs. pecan pieces
- Pinch of cinnamon
- Sweetened whipped cream, powdered sugar, mint and berries for garnish

Gently mix together brown sugar and butter just until blended. Sift the flour, baking powder and baking soda onto mixture and gently blend. Add pecans and cinnamon and divide into four equal mounded portions on parchment paper. Bake at 375 degrees for about 12 minutes or until lightly browned. Topping should be crisp when it is removed.

FLORENTINE

- 2 Tbs. butter
- 1-1/2 Tbs. sugar
- 1 Tbs. light corn syrup
- 2 Tbs. heavy cream
- 2 Tbs. sliced almonds
- 1/2 Tbs. rolled oats

Combine butter, sugar, syrup and cream in a saucepan and bring to a boil. Stir in almonds and oats and cook over medium heat for about 2-3 minutes. Remove from heat but keep warm.

TO PREPARE THE CUPS:

Draw four 5-inch circles on a piece of parchment paper and place on a sheet pan. Spread warm batter within the circles. Bake at 375 degrees for about 8 minutes, or until slightly brown. Remove from oven and trim uneven edges. Return to oven to soften; remove and quickly place over a cup or bowl to form a cup. Cool.

Plating suggestion:

Place a dollop of whipped cream in the center of a plate. Place the Florentine cup onto it and carefully scoop 1/4 of the berry mixture into the cup. Place the cookie lid topping on the berry mixture, dust with powdered sugar, whipped cream, a berry and mint.

TOWER OF ROAST BEEF TENDERLOIN WITH WILD MUSHROOM STRATA

Makes 4 servings

CHEESE FILLING

6 oz. Boursin (or similar herb cheese), room temperature
1 cup fresh spinach, blanched and pressed dry
3 artichoke hearts, coarsely chopped

Place the cheese, spinach and artichokes in a bowl. Stir gently until just combined.

MUSHROOM FILLING

2 Tbs. butter
1 Tbs. minced shallot
1 Tbs. minced garlic
12 oz. wild mushrooms (shitake, oyster, chanterelle, morel, etc.), diced large
1/4 cup Cabernet Sauvignon
1/2 cup low-sodium beef broth
2 Tbs. low-sodium soy sauce
2 Tbs. dry sherry

Sweat the shallots and garlic in the butter. Add mushrooms and continue to sauté for 5 minutes. Deglaze with the Cabernet, reduce by 1/2; add broth and soy sauce and reduce to almost dry. Add sherry and cook for an additional 1-2 minutes.

TENDERLOIN

1 lb. center cut trimmed beef tenderloin
1/4 cup walnut pieces, roasted
1/4 cup whole mint leaves
1/4 cup shredded parmesan cheese
2 Tbs. walnut or grapeseed oil
Salt and pepper to taste
4 oz. fresh baby spinach leaves

Combine walnuts, mint, and parmesan cheese in a food processor or blender until smooth. Drizzle in oil until a paste forms. Season with salt and pepper and spread evenly over the tenderloin. Roast in a 325 degree oven until it reaches an internal temperature of 115 degrees. Turn off heat and allow tenderloin to rest for 10-15 minutes in the oven.

Plating suggestion:

Slice the beef into 12 thin slices. Place one slice of beef on the plate, top with a layer of mushroom filling, then baby spinach, then cheese filling. Repeat twice, ending with a dollop of cheese mixture on the top. Drizzle the juice from the mushroom mixture around the tower and serve.

Monday, August 10

BLOOD ORANGE ROAST PORK TENDERLOIN

Makes 4 servings

1 pork tenderloin, approx. 1 lb., trimmed
2 Tbs. olive oil, divided
2 blood oranges, peeled and sectioned (reserve peels)
1 cup Vidalia onion, large dice
1/2 Tbs. fresh rosemary leaves
1 cup blood orange juice
1/2 cup dry white wine
1/2 cup low-sodium chicken broth
1 large garlic clove, crushed
1/4 Tbs. cracked black pepper
2 Tbs. butter
Salt to taste

Heat oven to 450 degrees. Rub pork with 1 tablespoon oil and set aside. Toss blood orange peels, onions and rosemary with remaining oil. Place peel mixture in center of a heavy roasting pan and place pork on top. Roast for 30 minutes. Reduce heat to 275 degrees and continue roasting until pork reaches an internal temperature of 140 degrees. Remove the pork from the pan and keep warm. Place roasting pan, with the peel mixture, directly on a burner and add the orange juice, wine, broth, garlic and pepper. Simmer and reduce liquid to about 1 cup. Whisk in butter just until it melts; strain and reserve.

Plating suggestion:

Slice the pork on a bias about 1/2-inch thick, producing enough slices to create 4 equal portions. Serve with oven-roasted potatoes, rice pilaf, and fresh green vegetables.

SMOKED PORK TENDERLOIN WELLINGTON WITH TENNESSEE WHISKEY MANGO BARBEQUE SAUCE

Makes 6 servings

PORK

1 pork tenderloin, approx. 1 lb. trimmed
1/2 Tbs. chili powder
Salt & pepper to taste

Season pork with chili powder, salt and pepper and marinate for at least 1 hour.

SMOKING THE PORK

1 sturdy aluminum roasting pan with lid
2 cups hickory, maple, or mesquite wood chips, soaked and drained
1 wire rack to fit aluminum pan

Evenly spread wood chips in bottom of pan. Place pan directly on charcoal or gas grill and heat until it begins to smoke. Place seasoned pork onto a lightly sprayed wire rack and place rack onto the smoking chips. Cover with the lid and smoke for about 5 minutes. Turn pork over once during the process.

Remove from smoker and continue roasting in a 375 degree oven for about 15 minutes until medium rare or until the internal temperature reaches 120 degrees.

WELLINGTON

1 whole egg, beaten
1 loaf semi-soft Italian bread (about the same length as the pork)
Kitchen twine

Slice the bread horizontally, about 3/4 of the way through. Cut out a V-shaped pocket from both the top and bottom of the bread. Brush the bread with the beaten egg and place pork into the pocket. Close up the “Wellington,” and tie with twine. Finish roasting in a 325 degree oven to an internal temperature of 145 degrees. If necessary, cover bread with aluminum foil to prevent over-browning.

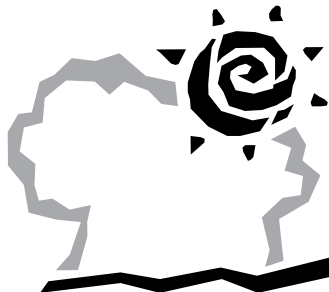
MANGO BARBEQUE SAUCE

1 Tbs. canola oil
1/2 cup onions, minced
3 garlic cloves, minced
1/4 cup Tennessee whiskey
1/2 cup light beef stock
3 Tbs. white balsamic vinegar
1Tbs. lime juice
1Tbs. orange juice
1Tbs. Worcestershire sauce
1/4 cup Hoisin sauce
1 cup ketchup
1Tbs. Ancho chili paste or minced Ancho chiles
1Tbs. brown sugar
Dash of hot sauce
Pinch of ground black pepper
1 cup diced ripe mango, divided

Sauté onions in oil until they begin to caramelize. Add garlic and sauté until fragrant. Deglaze and flambé’ with the whiskey. Add remaining ingredients reserving 1/2 cup diced mango. Simmer for about 45 minutes; allow to cool slightly then puree. Adjust seasoning and add reserved mango. Serve warm or cold.

Plating suggestion:

Untie pork “Wellington” and slice diagonally into 6 equal portions. Place each slice on a serving plate and top with sauce. Serve with oven-roasted potatoes or steak fries.



Tuesday, August 11

WISCONSIN CRANBERRY, APPLE AND CHEDDAR CHEESE PIZZA

Makes 4 eight-inch pizzas

PIZZA DOUGH

- 1 package dry yeast
- 1 tsp. honey
- 1 cup warm water
- 2 cups all-purpose flour
- 1 cup bread flour
- 1 tsp. salt

Dissolve yeast and honey in 1/4 cup of warm water. In a mixer fitted with a dough hook, combine the flours and salt. Add the yeast mixture and remaining 3/4 cup water and mix on low speed until the dough comes away from sides of bowl (about 5 minutes). Turn dough out onto clean work surface and knead by hand for 2-3 minutes. Dough should be smooth and firm. Cover with a clean, damp towel and let rise in a warm spot for about 30 minutes.

Divide dough into four equal pieces and shape into balls. On a smooth, unfloured surface, roll each ball under palm of hand until top of the dough is smooth and firm, about 1 minute. Cover dough balls with a damp towel and let rest for 15-20 minutes. Place each on a clean, lightly floured surface; press down on center, spreading dough into an 8-inch circle, leaving border thicker than the center. Prick dough about 12 times with a fork and place on pizza stone or heavy non-stick sheet pan. Top with ingredients listed below.

PIZZA

- 4 medium Granny Smith apples, peeled and sliced 1/4-inch thick
- 1 lb. sliced white mushrooms, lightly sautéed and cooled
- 1 tsp. minced fresh rosemary
- 1 tsp. fresh thyme leaves
- 1 lb. aged sharp cheddar cheese, shredded
- 1/4 cup pecan pieces
- 1/4 cup walnut pieces
- 1/2 cup minced dried cranberries

Heat oven to 500 degrees. Divide apples and mushrooms evenly among the four crusts. Season with rosemary and thyme and sprinkle with cheese. Top pizzas with nuts and cranberries. Bake until cheese melts and begins to brown, about 9-12 minutes. Reduce oven temperature to 300 degrees and continue to bake for 3-4 minutes. Remove from oven and allow to cool slightly. Slice and serve.

HONOLULU COCONUT SHRIMP WITH GINGER/SOY DIPPING SAUCE

Makes 6 servings

SAUCE

1 garlic clove, finely minced
1 Tbs. fresh ginger root, minced
2 cups low-sodium chicken stock
1/3 cup dry sherry
2 Tbs. low-sodium soy sauce
1 Tbs. arrowroot
Fish sauce to taste
Juice and zest from 1 lime
1 Tbs. chopped cilantro
1/2 Tbs. black sesame seeds

In a saucepan combine garlic, ginger, stock and sherry. Bring to simmer and allow to reduce slightly. Dilute arrowroot with soy sauce and whisk into sauce to thicken slightly (if the sauce is too thick, thin with water). Season with lime juice and fish sauce. Garnish with lime zest, cilantro and sesame seeds.

SHRIMP AND MARINADE

18 shrimp (16-20 count), peeled & deveined with tail left on
2 garlic cloves, mashed
2 Tbs. low-sodium soy sauce
2 Tbs. rice wine vinegar
1 Tbs. dry sherry
2 Tbs. Hoisin sauce

Mix all ingredients, except shrimp, in a stainless steel or glass bowl. Add shrimp and marinate 1 hour before frying.

BATTER

2/3 cup flour
1/4 cup ground unsalted cashews
1/4 cup ground macadamia nuts
2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 cup unsweetened coconut milk
2 whole eggs beaten
Flour for dredging
1 cup unsweetened flake coconut
Oil for frying (peanut oil preferred)

Combine dry ingredients in a bowl. Whisk in coconut milk until fully incorporated, then whisk in eggs. Remove shrimp from marinade and drain. Dredge shrimp in flour, shaking off excess. Dip into batter up to the tail, then in coconut. Fry at 350 degrees until golden brown. Remove and drain on paper towels.

Plating suggestion:

Ladle a portion of sauce onto center of plate. Place three shrimp onto the sauce pinwheel fashion. Garnish with fresh herbs of choice.

Wednesday, August 12

CARMELIZED BANANA ICE CREAM TORTE

Makes 12 servings

TORTE

1 pint strawberry ice cream
1 pint chocolate ice cream
1 pint vanilla ice cream
6 bananas (2 reserved for garnish)
1 Tbs. fresh lemon juice

Place strawberry ice cream in refrigerator for about 30 minutes until slightly softened; spread in 9x13x2-inch glass pan. Freeze until firm, about 45 minutes. Meanwhile, place chocolate ice cream in refrigerator to soften for about 30 minutes; then spread over

frozen strawberry ice cream. Freeze until firm. Place vanilla ice cream in refrigerator to soften for about 30 minutes.

In a large bowl, mash 4 bananas with lemon juice and stir into softened vanilla ice cream. Spread mixture evenly over chocolate layer. Cover and freeze for at least 3 hours.

CARMELIZED BANANAS

2 bananas (reserved from above)
1/4 cup turbinado sugar

Slice the bananas diagonally into 24 pieces and place in single layer on a flame-resistant surface. Sprinkle liberally with sugar and slowly caramelize with a butane kitchen torch, being careful not to burn. Allow to cool before removing.

TOPPING AND GARNISH

1 cup heavy cream
1 Tbs. sugar
1/4 tsp. vanilla extract
1 cup chocolate syrup
3 Tbs. chopped walnuts
12 maraschino cherries
2 mint sprigs

Combine heavy cream, sugar and vanilla and whip at medium speed until soft peaks form.

Plating suggestion:

With a hot knife, slice torte into 12 equal portions. Place 1 slice in center of each serving plate. Drizzle with chocolate and garnish with walnuts, whipped cream, cherries, caramelized bananas and mint.

GRILLED SHRIMP AND SWEET POTATO RISOTTO

Makes 6 servings

GRILLED SHRIMP

1/2 cup olive oil
1 Tbs. chopped fresh parsley
Juice from 1 lemon
2 Tbs. hot pepper sauce
3 cloves garlic, minced
1 Tbs. tomato paste
2 tsp. dried oregano

1 tsp. dried basil
Salt & pepper to taste
18 shrimp (16-20 count), peeled & deveined with tails removed
6 skewers, soaked

In a bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt and black pepper. Reserve 1/4 of mixture for basting. Place shrimp and remaining marinade into a large re-sealable plastic bag. Seal bag and place in refrigerator for 2 hours. Heat grill to medium-low. Remove shrimp from marinade (discard marinade) and thread onto skewers, piercing once near the tail and once near the head. Lightly oil grill grate. Cook shrimp for 2-3 minutes per side, or until opaque, basting frequently with reserved marinade.

RISOTTO

1/2 cup olive oil
1/4 cup minced onion
3 garlic cloves, minced
1-1/2 cups Arborio rice
1 cup white wine
2 quarts light shrimp, lobster or clam stock, warmed
1 lb. sweet potatoes, diced medium
1/2 cup heavy cream
Salt and pepper to taste
1/2 cup Parmesan cheese

Heat oil in heavy-bottomed sauce pan. Sauté onions and garlic until translucent; add rice. Stir and cook until rice is completely coated with oil. Add wine to deglaze and reduce volume by 1/2; add about 1/4 of the stock and stir. When liquid is almost completely absorbed, add another 1/4 of the stock; stir until absorbed. Add sweet potatoes and continue adding stock until rice is tender and creamy. Add cream and stir. Adjust seasonings and blend in Parmesan cheese..

Plating suggestion:

Place a portion of the risotto in the middle of a plate and arrange three of the shrimp symmetrically around the outside of the rice.



Thursday, August 13

CRISPY SPRING ROLLS WITH VIETNAMESE DIPPING SAUCE

Makes 2 dozen

SPRING ROLLS

24 spring roll wrappers (7-inch diameter)
Oil for frying (peanut oil preferred)
2 shitake mushroom caps, diced small
2 large oyster mushrooms, diced small
4 shrimp, peeled and deveined, diced small
4 pieces water chestnuts, diced small
1/2 lb. lean ground pork
2 Tbs. Vidalia onion, minced and rinsed
1 garlic clove, minced
Fish sauce to taste
1 splash dry sherry
Pepper to taste
1 Tbs. chopped cilantro
1 egg, beaten

Combine all ingredients except wrappers and oil in large bowl.

Lay a damp towel on a cutting board. Place 1 wrapper on towel and top with a portion of the filling mixture (shaped like a small log) on the bottom third of the wrapper. Fold bottom edge up and over filling, then fold each side in toward center and roll up tightly. When all rolls are complete, cover and refrigerate until ready to fry. (For best results, fry immediately.) heat oil to 350 degrees and fry rolls until golden brown. Serve piping hot with dipping sauce.

DIPPING SAUCE

1/2 cup water
1/2 cup rice wine vinegar
1/4 cup fish sauce
1/4 cup lime juice
1/4 cup granulated sugar
1 garlic clove, finely minced
1 Tbs. finely shredded carrot
1 Tbs. finely shredded daikon or red radish
1/2 Tbs. crushed red pepper flakes or minced fresh Thai bird chili, or to taste

Combine water, vinegar, fish sauce, lime juice, sugar and garlic in a food processor and blend well. Remove and place in a glass or ceramic bowl. Add carrots, radish and pepper flakes, or chili if using. Adjust taste to your liking.

PORT POACHED PEARS WITH CREAMY BLUE CHEESE ICE CREAM

Makes 6 servings

ICE CREAM

3 cups heavy cream
3/4 cup granulated sugar
1 cup milk
10 egg yolks
1/2 cup creamy blue cheese, crumbled

Bring heavy cream and 6 tablespoons of sugar to a light simmer; turn off the heat. Blend together remaining sugar, milk and egg yolks in a bowl. Ladle 1/4 cup of the warm cream and sugar mixture into the milk mixture and blend. When incorporated, add another 1/4 cup and repeat the process until the two mixtures are combined. Return the entire mixture to pan and heat to 165 degrees. Remove from heat and stir in blue cheese until entirely melted. Strain and chill. Process in an ice cream maker according to manufacturer's instructions.

PEARS

4 cups port wine (not tawny)
Peel and juice of 1 orange
1/2 cup granulated sugar
1/2 Tbs. whole black peppercorns
1 cinnamon stick
3 cloves
1 tsp. vanilla extract (or 1/2 vanilla bean, split)
6 ripe, firm pears, peeled
Mint and crumbled blue cheese for garnish

In a non-reactive pan, bring wine, orange peel and juice, sugar, peppercorns, cinnamon, cloves and vanilla to a simmer. Put pears into liquid. Add more wine or water, if necessary, to completely cover pears. Place a plate directly on top of pears; simmer for 45-60 minutes, or until pears are soft. Refrigerate pears in liquid overnight. Remove pears from liquid and cut in half from top to bottom. Remove seeds and stem. Carefully slice pears lengthwise, leaving top attached. Strain liquid; heat and reduce to a syrup and keep warm.

Plating suggestion:

Fan sliced pear on middle of serving plate. Surround with 3 small scoops of ice cream; drizzle with warm syrup, and garnish with mint and crumbled blue cheese.

Friday, August 14

**SMOKED DUCK BREAST WITH APPLES,
PEARS AND PEPPERCORNS**

Makes 6 servings

SAUCE

2 cups pure apple cider
1 Tbs. minced shallots
1 garlic clove, minced
1/2 Tbs. green peppercorns, drained and rinsed
2 cups low-sodium chicken stock
2 Granny Smith apples, peeled, quartered and sliced 1/4-inch thick
Cornstarch slurry, if needed
Toasted pecans for garnish

In heavy-bottomed sauce pan bring cider, shallots, garlic, peppercorns and stock to a simmer. Reduce by 1/3, add apples and reduce by another 1/3. Thicken with cornstarch slurry, if desired.

DUCK BREASTS

6 boneless, skinless duck breasts
2 Tbs. apple cider vinegar
3/4 cup pure apple cider
1 tsp. minced fresh sage
1/2 tsp. minced fresh rosemary
Pinch of salt and pepper

Combine all of marinade ingredients in stainless steel or glass bowl. Prick duck breasts with a fork and place in marinade for at least 6 hours (up to 24 hours) in refrigerator.

SMOKING

- 1 sturdy aluminum roasting pan with lid
- 2 cups hickory, maple or mesquite wood chips soaked and drained
- 1 wire rack that fits into the aluminum pan

Evenly spread wood chips in bottom of aluminum pan. Place pan on charcoal or gas grill and heat until chips begin to smoke. Place duck, bone side down, onto a lightly sprayed wire rack and place rack onto smoking chips. Cover with lid and smoke for about 3 minutes. Finish roasting in a 325 degree oven until duck breast reaches medium rare to medium.

Plating suggestion:

Slice the duck breast diagonally into 7 or 9 slices. Place small amount of sauce on serving dish; fan duck over warm sauce. Sprinkle with toasted pecans.

SHRIMP AND CHICKEN CASSOULET

Makes 6 servings

TOPPING

- 1-1/2 cups breadcrumbs (Panko if possible)
- 1 cup shredded parmesan cheese
- 1-1/2 Tbs. olive oil
- Salt and pepper to taste

Mix all ingredients and set aside.

CASSOULET

- 2 Tbs. olive oil
- 1/2 lb. Andouille sausage, smoked sausage or bacon, diced small
- 1/2 lb. chicken, uncooked and cut into 1-1/2 inch pieces
- 1/2 cup Vidalia onion, diced small
- 2 celery stalks, diced medium
- 3 garlic cloves, minced
- 1Tbs. Creole seasoning
- 1 tsp. fresh oregano
- 1-1/2 cups low-sodium chicken broth
- 5 ripe tomatoes, peeled and seeded
- 2 tsp. Worcestershire sauce
- 1 tsp. fresh thyme
- 3 green onions, sliced thin
- 2 (15 oz cans) white kidney or cannellini beans, rinsed
- 2 lbs. shrimp (16-20 count), peeled & deveined

In a large cast iron skillet or medium Dutch oven, heat olive oil over medium-high heat. Add sausage or bacon and cook until browned; add chicken and continue to brown. Add onion, celery, garlic, Creole seasoning and oregano; saute until vegetables are tender. Add broth, tomatoes, Worcestershire, thyme, green onion and beans; allow to simmer for 15-20 minutes.

Add shrimp to the skillet and cook for 8-10 minutes. Cover with topping and place in a 450 degree oven for 2-3 minutes or until breadcrumbs brown.

Plating suggestion:

Serve directly from skillet or place individual servings of cassoulet into oven-proof dishes, top with bread crumbs and bake separately. Serve with crusty French bread.

Saturday, August 15

ROAST CORNISH GAME HENS WITH MINTED PLUM SAUCE

Makes 8 servings

HENS AND GLAZE

- 4 cornish game hens
- Salt and pepper to taste
- 1 tart apple, cored and quartered
- 1 orange, unpeeled and quartered
- 1 onion, peeled and quartered
- 1 cup soy sauce
- 2 Tbs. honey
- 1/2 Tbs. balsamic vinegar
- 1 Tbs. freshly grated ginger
- 1/2 Tbs. cracked black pepper
- 1 garlic clove, mashed
- 1 Tbs. chopped cilantro

Heat oven to 450 degrees. Season hens with salt and pepper and stuff cavity with 1 piece each of the apple, onion and orange. Combine remainder of glaze ingredients in food processor and blend until smooth. Brush birds with glaze several times. Roast for 15-20 minutes, or until beginning to brown. Reduce oven temperature to 325 degrees. Continue brushing hens with glaze while roasting to an internal temperature of 165

degrees. Remove hens from oven; remove stuffing from cavity and discard. Brush hens several more times with glaze. Keep warm while preparing sauce.

SAUCE

3 Tbs. cider or champagne vinegar
2 Tbs. granulated sugar
1 Tbs. brown sugar
2/3 cup canned red plums, drained and pureed
1 cup demi-glace
2 Tbs. blackberry brandy
3 Tbs. unsalted butter
10 mint leaves, chopped

In heavy-bottomed sauce pan, combine the vinegar and sugars; bring to a slow boil for about 10 minutes, or until a syrup forms. Add plum puree and return to a simmer. Add the demi-glace; return again to a simmer and reduce slightly. Season with brandy. Whisk in butter just before serving.

Plating suggestion:

Remove leg and thigh from hens; slice breast meat away from bone, leaving skin intact. Place a small amount of sauce on a serving plate. Place leg and thigh portion on the sauce and overlap breast pieces. Serve with rice.

ROAST LEG OF SPRING LAMB WITH RATATOUILLE AND SPINACH

Makes 8 servings

LAMB AND SAUCE

1 boneless leg of lamb (approx. 3-4 pounds), rolled and tied,
1 Tbs. fresh rosemary leaves, minced fine
Salt and pepper to taste
1 lb. large dice mirepoix (50% onions, 25% carrots, 25% celery)
2 Tbs. Tennessee whiskey
2 Tbs. port wine
2 cups low-sodium beef broth
6 garlic cloves, roasted and pureed
6 mint leaves, chopped fine

Heat oven to 500 degrees. Roast lamb for 20 minutes; remove from oven. Remove lamb from pan onto clean surface. Season lamb with salt, pepper and rosemary. Place mirepoix into pan and place lamb directly onto vegetables. Roast at 300 degrees until an internal temperature of 130 degrees is reached. Remove lamb from pan and let rest

15 minutes. Heat pan with vegetables on top of stove until it begins to sizzle. Deglaze pan with whiskey and wine. Add broth, garlic and mint. Reduce sauce by 1/2. Strain and keep warm.

RATATOUILLE

2 Tbs. olive oil
1/2 cup red onions, diced small
1/2 cup Vidalia onions, diced small
4 garlic cloves, minced
1/2 red pepper, diced small
1/2 green pepper, diced small
1 cup eggplant, diced small
1 cup fresh tomato, diced small
1/2 cup zucchini, diced small
1/2 cup yellow squash, diced small
1 tsp. fresh thyme leaves
Salt and pepper to taste

In a heavy-bottomed pan, heat oil; add onions and sauté to caramelize. Add garlic and sauté for 2 minutes. Add remainder of ingredients and simmer over medium heat until all vegetables are tender and most of the liquid has evaporated. Adjust seasonings and keep warm.

SPINACH

1 Tbs. butter
1 lb. fresh spinach, picked free of large stems and washed

In sauté pan melt butter until it begins to brown. Add spinach and sauté just until wilted. Keep warm.

Plating suggestion:

Place a portion of the spinach in center of each plate: top with a portion of ratatouille. Slice lamb into thin slices and place a portion over vegetables. Glaze with sauce and serve immediately.



Sunday, August 16

SWEET POTATO AND RED PEPPER BISQUE WITH NUTMEG CREAM

Makes 6 servings

2 Tbs. olive oil
1 cup diced Vidalia onion
2 garlic cloves, roughly chopped
1 cup dry white wine
4 red bell peppers, seeded and cubed
1 lb. sweet potatoes, peeled and cubed
4 cups rich chicken broth
Cayenne pepper to taste
Salt to taste
1/3 cup unsweetened heavy cream, whipped to medium peaks
Fresh ground nutmeg

In heavy-bottomed sauce pan, caramelize onions; add garlic, and continue to sauté until soft and translucent. Deglaze pan with wine; add peppers, potatoes and broth. Simmer 30 minutes, or until peppers and potatoes are soft. Transfer to food processor or large blender and puree until smooth. Rinse pan; return puree to pan and reheat. Adjust seasonings to taste.

Plating suggestion:

Place in a shallow soup dish; garnish just before serving with a dollop of cream and freshly ground nutmeg.

OVEN ROASTED TOMATO GAZPACHO WITH AVACADO AND KALAMATA OLIVE SALSA

Makes 4 servings

GAZPACHO

2 lbs. ripe tomatoes
1 red pepper, halved, seeded, 1/2 diced small and 1/2 left whole
1 yellow pepper, halved, seeded, 1/2 diced small and 1/2 left whole
1 fresh green chili, halved, seeded, 1/2 diced small and 1/2 left whole

2 Tbs. extra virgin olive oil
1 European cucumber, peeled and diced small
2 garlic cloves, minced
Juice of 1 lemon
Juice of 1 lime
Hot sauce to taste
Salt and pepper to taste
1 Tbs. fresh basil chiffonade

Heat oven to 375 degrees. Place tomatoes, undiced peppers and undiced chili in a pan and roast. Remove each vegetable when it begins to blister. Place in a bowl and cover with plastic wrap for 10-15 minutes. Peel and discard blistered skin. Place vegetables in blender with olive oil; puree until smooth. In stainless steel or glass bowl, combine vegetable puree, diced peppers, cucumber, garlic, juices and seasonings. Allow to marinate in refrigerator for at least 4 hours, preferably overnight. If soup is too thick, thin with vegetable stock or tomato juice.

SALSA

1 ripe avocado, diced small
2 Tbs. cucumber, diced small
5 Kalamata olives, quartered
1 tsp. lime juice
1/2 Tbs. chopped cilantro
Salt and pepper to taste

Combine ingredients and season to taste. Refrigerate at least 4 hours before serving.

Plating suggestion:

Place chilled gazpacho in decorative glass; top with salsa. Serve with grilled foccacia or grilled shrimp.

