

2014 MetroCooking DC Bobby Flay Recipes

Gato Brick Chicken with Tarragon and Salsa Verde

Serves: 4-6

Salsa Verde

½ cup extra virgin olive oil

1 large clove garlic, finely chopped

1 teaspoon garum

2 anchovies, finely chopped

Zest of 1 lemon, finely grated

3 tablespoons finely chopped fresh tarragon leaves

2 tablespoons finely chopped fresh parsley leaves

2 tablespoons finely sliced chives

Kosher salt and freshly ground black pepper

4 Breast: Skin on / boneless with drumette attached (airline breast)

4 Thigh: Skin on / bone in

Canola oil

1. Whisk together the oil, garlic, garum, anchovies and lemon zest in a bowl, stir in the herbs and season with salt and pepper. Let sit at room temperature while you make cook the chicken (this will allow the flavors to meld.)
2. Preheat oven to 425 degrees F. Remove the chicken from the refrigerator 20 minutes before cooking. Season the chicken well on both sides with salt and pepper.
3. Put a 12-inch cast iron pan over medium-low heat and brush the pan with a few teaspoons of canola oil. Place the chicken in the pan, skin side down and cook (slowly) over low heat until the fat renders and the skin begins to crisp and turns golden brown, about 15 minutes....Transfer to the oven and continue roasting until the chicken reaches an internal temperature of 155 degrees. Remove the chicken to a cutting board and let rest for 5 minutes. Transfer to a platter, skin-side up and immediately top with some of the herb mixture.

Bolo Sangria (Gato)

Serves: 4 to 6

- 1 bottle red wine, such as Rioja
- 3 ounces brandy
- 2 ounces pomegranate juice
- 2 ounces orange juice
- 1 1/2 ounces Triple Sec
- 1/2 ounce simple syrup (or more if you prefer your sangria a bit sweeter)
- 1 orange, halved and thinly sliced
- 1 lemon, halved and thinly sliced
- 1 lime thinly sliced
- 1 pint blackberries

Combine all ingredients in a large pitcher, cover and refrigerate for at least 4 hours and up to 48 hours to allow the flavors to meld.

Kale and Mushroom Paella

4 servings

Mushroom Stock

- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- 1 small carrot, chopped
- 1 small rib celery, chopped
- 1 pound cremini mushrooms, coarsely chopped (stems included)
- 4 sprigs fresh thyme
- 6 sprigs fresh flat leaf parsley
- 8 whole black peppercorns
- 1 teaspoon kosher salt

1. Heat oil in a large saucepan over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until softened, 5-7 minutes. Add cremini mushrooms, thyme, parsley, peppercorns, salt, and 7 cups cold water, bring to a boil and reduce to a simmer and cook for 30 minutes. Remove from the heat and let sit for 30 minutes longer.

2. Strain stock into a clean saucepan and keep warm over low heat (you should have about 6 cups).

Paella

Rice

1 ½ cup Spanish short grain rice, such as Bomba Calasparra
6 cups mushroom stock
Kosher salt and freshly ground black pepper

Cook the rice risotto style until slightly under al dente, season with salt and pepper...Spread out on a sheet pan and let cool.

Paella

1½ cups short grain Spanish rice such as Calaspara
1 cup dry white wine
6 cups mushroom stock or vegetable stock, simmering

6 tablespoons olive oil, divided
1 ½ pounds cremini mushrooms, quartered
1 large yellow onion, very finely chopped
½ red bell pepper, seeded and very finely chopped
½ poblano pepper, seeded and very finely chopped
4 garlic cloves, smashed and chopped to a paste
2 teaspoons chopped fresh thyme
Kosher salt, freshly ground black pepper
1 small bunch kale, stemmed and coarsely chopped (about 8 cups)
4 large eggs
¼ cup chopped fresh flat-leaf parsley
Calabrian Chile Oil (recipe below), for serving
Yellow Pepper-Saffron Sauce

1. Preheat the oven to 425 degrees F.
2. Heat 2 tablespoons of oil in a large high sided pan, add the rice and cook, stirring constantly, until translucent, add the wine and cook, stirring constantly until evaporated. Add the stock, 1 cup at time and cook until slightly under al dente...Spread on a baking sheet and let cool. (can be made a day ahead of time and stored in the refrigerator).
3. Heat 2 more tablespoons of the oil in a large CAST IRON skillet over medium-high heat until it begins to shimmer. Add mushrooms and cook, stirring occasionally, until mushrooms begin to release their liquid, about 5 minutes. Continue to cook until liquid has completely evaporated and mushrooms are golden brown and tender, 6 to 8 minutes longer; season with salt and pepper and transfer to a plate.
2. Add the remaining 2 tablespoons oil to pan and add onions, red and poblano peppers and cook, stirring often, until soft, about 3 minutes. Add the garlic and cook, stirring, until fragrant, about 30 seconds; season with salt and pepper. Add the mushrooms back to the pan.
2. Stir in rice and cook and press down to make an even layer on the bottom of the pan. Stir constantly, until rice is translucent, about 3 minutes. Add wine and cook, stirring, until completely evaporated, about 2 minutes. Return mushrooms to pan, stir in 1 tsp. thyme, and enough mushroom stock to just cover rice; season with salt and pepper. Cook, without stirring, adding more stock if mixture becomes too dry and rice is not yet cooked. Shake pan after each addition of stock, to help it settle in among the rice and mushrooms. Cook until rice is al dente, 15-20 minutes.

3. When rice is tender and liquid has been absorbed, continue to cook paella, moving pan around occasionally, until a crust (soccorat) has formed around the sides and bottom of the pan (it will start to smell like toasted rice and make a light crackling sound) 6-8 minutes.
4. Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium high heat. Add kale, season with salt and pepper, and cook, tossing, until beginning to wilt. Add 1/4 cup water to skillet and cook, tossing, until completely wilted, about 5 minutes. Spoon over paella.
5. Make 4 shallow wells in the top of paella and crack 1 egg into each well. Transfer pan to oven and cook until egg whites are just set, about 8-10 minutes. Top with parsley, remaining thyme, and drizzle with chile oil. Serve straight from the pan.

Calabrian Chile Oil

Yields: Approximately ½ cup

¼ cup Calabrian chiles , drained

1 cup extra virgin olive oil

Kosher salt

Freshly ground pepper

Combine chiles and oil in a food processor and process until smooth, season with salt and pepper. Strain through a mesh strainer into a bowl. Transfer to a squeeze bottle.



MetroCooking DC

Saturday November 8th, 2014

Demo 1: 11AM Celebrity Theater

Prosciutto, Provolone & Pepper Stuffed Pork Chops

Sweet Potato Gratin

Bananas Foster Milkshake

Recipes:

PROSCIUTTO, PROVOLONE & PEPPER STUFFED PORK CHOPS

Yield: 4 servings

Time: 1 hour 55 minutes

Brine

½ cup light brown sugar

¼ cup white vinegar

1 tablespoon granulated garlic

1 tablespoon whole black peppercorns

1 tablespoon dried thyme

1 teaspoons mustard powder

Pinch dried red pepper flakes

2 cups ice cubes

Pork Chops

4 boneless pork loin chops, about 1 1/2-inches thick

Kosher salt and freshly ground black pepper

Extra-virgin olive oil

2 Italian sweet peppers, finely diced

2 poblanos, seeded and diced

1 shallot, diced

1 cup shredded provolone

6 thin slices prosciutto, sliced

1 tablespoon chopped rosemary

½ cup dry white wine

2 teaspoons whole grain mustard

¾ cup chicken stock

1 teaspoon unsalted butter

For the brine and pork chops: Combine 2 cups water, brown sugar, vinegar, 2 tablespoons salt, garlic, peppercorns, thyme, mustard powder and red pepper flakes in a large saucepan and set over high heat. Bring to a simmer and stir until the sugar has dissolved. Remove from the heat and add the ice cubes to bring down the temperature. Once cooled, add the ice cubes to chill then pour into a large re-sealable plastic bag.

Take pork chops and make an incision in each with the tip of a paring knife. Carefully work the tip of the knife into the pork chop to make a small pocket that goes almost to the edges. Add pork chops to brine and place in the fridge for 1 hour.

Preheat oven to 350 degrees F.

SWEET POTATO-ONION GRATIN

Yield: 4 to 6 servings

Time: 1 hour 45 minutes:

For the Sweet Potato-Onion Gratin:

2 medium sweet potatoes, washed, peeled, sliced 1/4, inch thick rounds

4 tablespoons fresh grated horseradish

1 large vidalia onion, skin off, sliced 1/4 inch thick

2 cups half and half

2 cups gruyere swiss cheese, grated

2 tablespoons fresh thyme leaves

4 teaspoons Kosher salt

2 teaspoons, fresh ground black pepper

2 tablespoons of unsalted butter, melted

1/4 cup canola oil

Preheat oven to 350 degrees F. Preheat Grill.

In a medium mixing bowl combine the half and half, fresh horseradish, fresh thyme leaves, half the salt and pepper, mix well, set aside. Wash the sweet potatoes under cold running water, peel with a vegetable peeler. Take the sweet potatoes and vidalia onion, place on a medium cutting board, being careful take a chef knife and cut 1/4 inch thick round slices, place slices on a plate. Brush the sweet potatoes and onions slices with the canola oil, season with half of the salt and pepper, individually place the slices onto the grill, grill on each side until slightly charred and half cooked, place the grilled sweet potatoes and vidalia onion slices on paper towel lined plate to absorb in excess juices. Place 4 to 6, 5 inch long gratin dishes onto a baking tray, brush the dishes with melted butter. Sprinkle 2/3 cup of the grated gruyere on the bottoms of the

gratin dishes evenly. Layer 1/3 of the grilled sweet potatoes and vidalia onions on top of the gruyere evenly. Repeat this process 2 more times to create 3 even layers. Evenly pour the half and half mixture over the gratin. Finish top with extra grated gruyere cheese. Cover the gratins with foil and place into the 350 oven, bake for 35 to 40 minutes covered. Uncover the gratins and bake 15 to 20 more minutes until the Gratin is golden brown and the sweet potatoes are tender. Remove the gratins from the oven and allow to rest for 15 minutes prior to serving.

Bananas Foster Milkshake

Freeze 4 to 6 tall classic Milkshake glasses

For the Bananas Foster:

4 tablespoons unsalted butter
1/2 cup brown sugar
1/4 cup banana liquor
1/4 cup dark rum
2 ripe bananas, peeled, cut into 1/2 round slices
1/2 teaspoon salt
1/4 teaspoon cinnamon

Peel the bananas, cut into 1/2 inch long circles, set to the side. In a medium sauté pan over medium heat add the butter, brown sugar and cinnamon, stirring frequently cook until the sugar dissolves. Pulling the sauté pan away from the flame add the banana liquor, (flambé if you wish here) stirring into the butter and sugar. Place the bananas into the pan, cook the bananas until they are medium brown and caramelized, about 6 to 8 minutes. Finish the bananas with the salt, pull off the stove, place into a medium bowl to cool, reserve to the side.

For the Bananas Foster Milkshake:

2 pints vanilla bean ice cream, slightly thawed
8 ounces Meyers dark rum
1 recipe bananas foster
1 cup whipped cream
pinch cinnamon
4 maraschino cherries, stem on
slice banana, garnish

In a blender combine the dark rum, bananas foster, and vanilla bean ice cream. Blend until smooth and creamy, pour into glasses. Garnish each milkshake with a dollop of the whipped cream, dust with cinnamon place a maraschino cherry and hook a slice of banana on side of glass. Finish the top with whipped cream. Serve immediately with a long straw.



MetroCooking DC

Saturday November 8th, 2014

Demo 2: 4PM Celebrity Theater

Tomahawk Pork Chop with Tomatillo Chow Chow

Sweet Potato Gratin

Apple Pie Moonshine Shooters

Recipes:

TOMAHAWK PORK CHOP WITH TOMATILLO GREEN TOMATO CHOW CHOW

For the Tomatillo Green Tomato Chow Chow:

Yield: 4 to 6 servings

Time: 1hour 10 minutes

For the Tomatillo Green Tomato Chow Chow:

1 pound tomatillos, husk removed, washed, cut int 1/8 wedges

1 pound green tomatoes, 1/4 dice

1 large vidalia onion, 1/4 dice

2 red bell peppers, seeded, deveined, 1/4 dice

2 jalapeños, seeded, deveined, minced

2 cups apple cider vinegar

1 cup sugar

1 tablespoon Kosher salt

1 tablespoon turmeric

3 bay leaves

1 tablespoon celery seed

1 tablespoon mustard seed

1 tablespoon dry mustard

In a heavy bottom pot combine the vinegar, sugar, salt, turmeric bay leaves, celery seed, mustard seed, and dry mustard, over medium-high heat bring the spices to a boil, then immediately turn down to a simmer and cook 5 to 10

minutes to extract all the flavors of the spices. Bring Liquid back to a boil and add the tomatillos, green tomatoes, red peppers, vidalia onion, and jalapeños. Reduce the heat to a simmer, stirring occasionally, and cook until the chow chow about 20 to 25 minutes. Remove the chow chow from the pot into a bowl to cool. Once chow chow is cooled refrigerate covered.

Preheat oven to 350

For the Tomahawk Pork Chop:

- 4 long bone-in pork chops, 1 pound, frenched by butcher
- 1 cup all purpose flour
- 4 large eggs, beaten
- 1 cup buttermilk
- 4 cups panko bread crumbs, grind 1/2 until ground
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons fresh ground black pepper
- 2 teaspoons Kosher salt
- 2 cups canola oil
- 1 recipe of tomatillo green tomato chow chow

Place a large cutting board on your counter top, take one of the pork chops and lay it in the middle of the board, cover the chop with heavy plastic wrap. With a meat mallet, start to pound thin the pork chop from the middle out until the pork is 1/4 thick, do the same to the remaining pork chops. In a medium mixing bowl add the panko bread crumbs, garlic powder, onion powder, black pepper, and salt, combine well and set aside. In two separate medium mixing bowls add all purpose flour to one and the beaten eggs and buttermilk to the other. To bread the pork chops, arrange the 3 mixing bowls in this order, all purpose flour then beaten eggs and buttermilk then seasoned panko bread crumbs. Take a pork chop and dip the thin pounded meat (do not bread the bone) into the flour, then the egg, and then into the seasoned bread crumbs, making sure the bread crumbs are completely covering the pork chop. Repeat the process to the remaining pork chops and place the pork chops on a baking tray. In a large sauté pan, over medium- high heat, add 1/2 cup of the canola oil to the pan, allow the oil to heat and add one pork chop to the hot oil, cook the pork chop till golden brown on both sides, 4 minutes per side. Remove the pork chop and place on a paper towel lined baking tray. Repeat this cooking process to the remaining 3 pork chops, adding canola oil as needed to fry the other chops. Place the pork chops into a 350 oven for 8 to 10 minutes to finish cooking the pork chops. On 4 large plates place one pork chop, take 3/4 c of chow chow and spoon over the middle of each pork chop. Serve immediately.

SWEET POTATO-ONION GRATIN

Yield: 4 to 6 servings

Time: 1 hour 45 minutes:

For the Sweet Potato-Onion Gratin:

2 medium sweet potatoes, washed, peeled, sliced 1/4, inch thick rounds

4 tablespoons fresh grated horseradish

1 large vidalia onion, skin off, sliced 1/4 inch thick

2 cups half and half

2 cups gruyere swiss cheese, grated

2 tablespoons fresh thyme leaves

4 teaspoons Kosher salt

2 teaspoons, fresh ground black pepper

2 tablespoons of unsalted butter, melted

1/4 cup canola oil

Preheat oven to 350 degrees F. Preheat Grill.

In a medium mixing bowl combine the half and half, fresh horseradish, fresh thyme leaves, half the salt and pepper, mix well, set aside. Wash the sweet potatoes under cold running water, peel with a vegetable peeler. Take the sweet potatoes and vidalia onion, place on a medium cutting board, being careful take a chef knife and cut 1/4 inch thick round slices, place slices on a plate. Brush the sweet potatoes and onions slices with the canola oil, season with half of the salt and pepper, individually place the slices onto the grill, grill on each side until slightly charred and half cooked, place the grilled sweet potatoes and vidalia onion slices on paper towel lined plate to absorb in excess juices. Place 4 to 6, 5 inch long gratin dishes onto a baking tray, brush the dishes with melted butter. Sprinkle 2/3 cup of the grated gruyere on the bottoms of the gratin dishes evenly. Layer 1/3 of the grilled sweet potatoes and vidalia onions on top of the gruyere evenly. Repeat this process 2 more times to create 3 even layers. Evenly pour the half and half mixture over the gratin. Finish top with extra grated gruyere cheese. Cover the gratins with foil and place into the 350 oven, bake for 35 to 40 minutes covered. Uncover the gratins and bake 15 to 20 more minutes until the Gratin is golden brown and the sweet potatoes are tender. Remove the gratins from the oven and allow to rest for 15 minutes prior to serving.

APPLE PIE MOONSHINE SHOOTERS

Yield: 12-15 shots

1 3/4 cups filtered unsweetened apple juice, divided
5 packets plain gelatin
100 proof moonshine
1/4 cup apple caramel liqueur
1/2 teaspoon ground cinnamon
2 drops vanilla bean paste

Bloom gelatin in 1 cup of apple juice. Bring 1 cup of apple juice to a boil then whisk in the bloomed gelatin. Mix well so there are no lumps – about 2 minutes of whisking.

Make apple pie base by combining moonshine, caramel apple liqueur, cinnamon and vanilla extract. Whisk this mixture in with hot apple juice and gelatin mix. Stir well, allow to settle and cool then pour into shot glasses.

Refrigerate over night and serve.

MetroCooking DC 2014 James Beard Cooking Stage Recipes

Victor Albisu

Shrimp Chupe - Chupe de Camarones

Ingredients:

½ c achiote oil
1 onion, chopped (I used 2 tablespoons roasted and pureed onion)
4 garlic cloves, chopped (I used 1 tablespoon roasted and pureed garlic)
1 tbsp ají panca paste
1 tbsp tomato paste
1 tsp dried oregano
6 c shrimp or fish stock
½ c white rice
1 lb medium yellow potatoes, peeled (about 6)
2 corn ears, cut in thick slices
2 lbs shrimp, peeled and cleaned
1 c green peas
1 c queso fresco, diced
1 ½ c evaporated milk
Salt and pepper
1 tbsp vegetable oil (or as needed)
6 eggs
Parsley sprigs to garnish

Procedure:

Heat the achiote oil in a saucepan over medium heat. Add onion, garlic, oregano, and sauté until golden. Add tomato paste and continue cooking for 5 minutes, then add the shrimp stock, and bring to a boil, skimming the stock every few minutes. Turn the heat to medium low, add rice and simmer for 15 minutes. Add potatoes and corn, and continue simmering until the potatoes are tender, then add the peeled shrimp. Cook for 3 minutes. Add milk, salt, and pepper, and turn off the heat. Add cheese and green peas. Heat the tablespoon of oil in a skillet and fry the eggs, one by one, sunny side up. In each plate put some shrimp with rice, one or two potatoes, cheese cubes, green peas, and the hot soup around this. Top with a fried egg and garnish with parsley and 2 large shrimps. Serve immediately.

Cathal Armstrong

Roast Turkey with Stuffing and Gravy

Ingredients:

Serves 8 to 10

Stuffing and turkey:

- 1 tsp canola oil
- 8 oz thick-sliced streaky (American) bacon, diced
- 1 large russet potato, peeled, diced, and held in cold water
- 1 large yellow onion, diced
- 1 (1-lb) sourdough bread loaf, cut into 1/2-inch cubes (about 10 cups)
- 1/4 c chopped fresh parsley leaves
- 3 tbsp chopped fresh sage leaves
- 2 tbsp chopped fresh rosemary leaves
- 2 tbsp chopped fresh thyme leaves
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 4 c chicken stock
- 5 large eggs, lightly beaten
- 1 (15-lb) turkey, preferably purchased from a farmers' market
- 8 slices thick-sliced streaky (American) bacon

Gravy:

- ¼ c all-purpose flour
- 3 c chicken stock
- 2 cloves garlic, crushed
- ½ tsp kosher salt

Procedure:

Stuffing:

In a large slope-sided sauté pan over medium-high heat, heat the oil until it shimmers. Cook the diced bacon, stirring frequently until the fat is partially rendered and the bacon is lightly browned, about 10 minutes. Drain the potatoes and add them, along with the onions, to the pan; cook, stirring frequently, until the onions are translucent and the potatoes are just cooked through, about 10 minutes. Transfer the mixture to a large bowl and stir in the bread, parsley, sage, rosemary, thyme, salt, pepper, 2 cups of the stock, and the eggs, combining them well.

Turkey:

Preheat the oven to 300°F. Place a V-shaped roasting rack in a large flameproof roasting pan. Fill the turkey's cavity with the stuffing. Tie the legs together tightly with kitchen twine. Place the turkey, breast up, on the rack. Arrange the bacon slices over the breast, covering it completely, then cover with aluminum foil. Roast the turkey: Pour the remaining 2 cups of stock into the pan. Bake the turkey for 3

hours. Remove the foil, saving it for tenting later. Remove and discard the bacon. Increase the temperature to 400°F and roast for 1 hour more. The turkey should be a deep golden brown and a metal cake tester inserted into the thickest part of the thigh should feel hot to the touch when pressed against your lip. (An internal temperature of 165°F if using a meat thermometer.) Transfer the turkey to a cutting board and cover loosely with the aluminum foil to rest for at least 20 minutes.

Gravy:

Meanwhile, pour the pan juices into a fat separator or measuring cup. Return 1/4 cup of fat to the roasting pan and skim off and discard the rest, leaving only the pan juices. Place the pan over medium heat and use a flat-edged wooden spatula to stir the flour into the fat. Add the stock slowly, scraping up all the browned bits from the bottom of the pan and stirring well so no lumps form. Add the pan juices, garlic, and salt and simmer for several minutes until the gravy is thickened and the flour is cooked. Strain the gravy through a fine-mesh sieve into a saucepan and keep it warm, covered, over very low heat, stirring occasionally.

Present the dish:

When you are ready to eat, transfer the turkey to a platter. Pour the gravy into a gravy boat. Carve the turkey at table, removing the legs whole and cutting the drumsticks from the thighs, then slicing along both sides of the breast. Pass the gravy and your chosen side dishes to your guests.

Bertrand Chemel

Butternut Squash Ravioli and Smoked Cabbage Cream

Ingredients:

Butternut Squash Ravioli:

Brown butter, smoked savoy cabbage sauce

Recipe for 4 to 5 dozen of ravioli

Butternut Squash Filling:

2 butternut squash about 2 to 2 ½ lb each raw

150 g brown butter (bring to boil 75 g butter and 75 g heavy cream and cook until brown)

225 g cow's milk ricotta cheese

1 each stem of rosemary, thyme

4 tbsp olive oil

Pasta Dough:

500 gr grams double 00 flour (it's very fine flour)

3 farm eggs and 8 yolks

2 pinch of salt

1 tbsp olive oil

Smoked Savory Cabbage Sauce:

¼ of a green savoy cabbage

¼ c dry white wine

2 c half & half

1 c of wood chips (recommend apple wood, maple, cherry)

2 oz butter

Procedure:

Butternut Squash:

Cut the butternut squash by half, remove the seed, place the squash in a roasting pan skin down, add 1 cup of water in the pan to prevent burning. Season the squash with salt and pepper, olive oil, thyme and rosemary. Bake the squash uncovered in an oven pre heated to 400F and cook until tender. (if the squash starts to get some color cover with an aluminum film. After been cooked, remove the pulp of the squash, pass the pulp to a food mill and place the purée in cheesecloth to drain some of the liquid. Reserve the liquid. In a large mixing bowl, combine the squash purée, ricotta, brown butter, salt and pepper to taste and mix well. If the filling is to dry add little bit of the squash liquid.

Pasta Dough:

In a large bowl, mix the flour with the eggs and olive oil and salt until form a dough. Wrap in plastic film and reserve outside for at least 30 minutes of rest.

Smoked Savory Cabbage Sauce:

Cut the savoy cabbage into fine slices; cook them in salted boiling water for two minutes. In a deep pan burn the wood chips with a torch and place the cabbage above the smoke in a perforated pan. In a medium sauce pan, melt the butter and sweat the blanched cabbage for about three minutes than add the half and half and cook until tender. Blend the cabbage with the liquid in a blender until smooth texture.

Luigi Diotaiuti

Ravioli Ripieni di Caciocavallo/Caciocavallo Cheese-Filled Ravioli

Ingredients:

Serves 6

For the pasta

2 c all-purpose flour, plus ½ cup for the working area

¼ c unsalted butter, at room temperature

2 large eggs

½ tsp salt

For the filling:

1/3 lb aged caciocavallo cheese, grated

1 extra-large egg

1/3 c whole ricotta

For the sauce:

½ lb unsalted butter

3 tbsp fresh sage, cut into thin strips

¼ c grated aged caciocavallo cheese

Procedure:

To make the dough:

Mix the 2 cups flour, butter, eggs, and salt in a large bowl. Work with your hands to form dough.

Dust a work surface with the remaining flour and place the dough on top. Knead dough for about 10 minutes, incorporating a little extra flour as needed until it is smooth and pliable. To test if the dough is dry enough, poke it with a finger. If your finger is dry, you are ready to proceed. If your finger is sticky, add more flour, a bit at a time, and continue to knead the dough. When ready, cover with plastic wrap, and refrigerate for 30 minutes.

To make the filling:

Combine the caciocavallo, egg, and ricotta in a medium bowl. Mixing very slowly with a wooden spoon, gently incorporate the ingredients.

To shape the ravioli:

Set rollers of a pasta machine at the widest opening. Take an egg-size piece of dough while keeping the remaining dough covered with plastic wrap or a clean kitchen towel. Flatten the piece of dough, dust it with flour, and fold it in half. Run this piece of dough through the pasta machine. Fold the dough in half and continue this process approximately 5 times, setting the rollers of the pasta machine to a narrower setting each time, until you eventually use the narrowest setting. The pasta sheets are ready when they are 1/16- inch wide. Continue until all the dough has passed through the machine and is the same thickness. Cover the sheets of dough with a kitchen towel and work with one sheet at a time to fill. Dab the top of the sheet you are about to fill with a wet kitchen towel or with a water-egg yolk wash. This helps create a sticky texture to help close the ravioli after you fill them. Using a 2-inch round cutter, cut

out as many circles as you can get from the sheet. Set half of the circles aside, covering them with a kitchen towel so that they don't dry out. Place 1 tablespoon of filling in the center of each of the remaining circles. Top with the reserved circles. Carefully press the edges of the top and bottom circles together. To seal the ravioli, firmly press down the edges with the tines of a fork held horizontally. To prevent the ravioli from bursting when boiling, carefully poke a tiny hole in the center of each, taking care not to pierce the dough entirely. Arrange the ravioli in a single layer on a tray lined with a kitchen towel. Cook within the hour, or refrigerate up to six hours.

To cook the ravioli:

Bring 5 quarts of water to boil in an 8 quart pot over high heat. Add 2 tablespoons of salt. Add the ravioli and cook until they rise to the surface and are tender around the edges, about 3 to 5 minutes. Drain, reserving a cup of the pasta water.

To dress the ravioli:

Melt the butter in a large saucepan over low heat with 1/2 cup pasta water and the sage, being careful not to let the mixture boil. Add the drained ravioli and the caciocavallo. Toss gently to coat the ravioli with the sauce. Taste and adjust salt if needed. Serve immediately.

Caitlin Dysart

Pate a Choux with Crispy Streusel

Ingredients:

Pate a Choux:

Butter, unsalted: 165g

Sea Salt: 8g

Whole Milk: 188g

Water: 188g

Sugar: 15g

Pastry Flour: 210g

Whole Eggs: 7 each

Crispy Streusel:

Butter, cold: 90g

All-Purpose Flour: 120g

Sugar: 120g

Vanilla Bean: 1 each, scraped

Sea Salt: pinch

Yield: 18 cream puffs

Procedure:

Pate a Choux:

Sift the flour and set aside. Combine the butter, milk, water, sugar and sea salt in a medium saucepan; bring to a boil. Once boiling, remove from the heat and slowly stir in the sifted flour. Return the mixture to the stove and cook over medium heat, stirring constantly. Cook until a skin form on the bottom of the pan and the dough has dried slightly--about 5 minutes. Remove the hot dough from the pan and place into the bowl of a standing mixer, fitted with the paddle attachment. Beat the dough on medium heat until cool--about 7 minutes. Once the dough is cool, stream in the eggs, one at a time, scraping the bowl as needed. Once all of the eggs are added, cover the dough with plastic and refrigerate at least one hour, up to 2 days.

Crispy Streusel:

Cube the cold butter. Combine all of the ingredients in the bowl of a standing mixture fitted with the paddle attachment. Mix the streusel on low speed until a loose, crumbly dough forms. Use a rolling pin to roll the dough out as thin as you can between two sheets of parchment paper. Set aside in the refrigerator or the freezer.

To bake:

Preheat the oven to 375F. Place the dough in a piping bag, fitted with a plain round piping tip. Line a baking tray with parchment paper. Pipe the pate a choux into a flat disc, slightly wider than a quarter, and ½" thick. Leave the piped cream puffs to dry for about 30 minutes. After drying the cream puffs, lightly brush with egg wash. Cut out rounds of the chilled streusel and

place on top of the cream puffs. Place the sheet of piped cream puffs in the oven. Bake at 375F until puffed and slightly golden, about 10 minutes. Rotate the tray, turn down the oven to 325F and bake until the cream puffs are golden and hard on the bottom. Allow to cool completely before filling.

Spiced Pastry Cream

Ingredients:

Whole Milk: 400g

Egg Yolks: 100g

Sugar: 100g

Corn starch: 50g

Vanilla Bean: 1 each

Cinnamon Stick: 1 each

Fresh ginger, grated: 1 inch segment

Star anise: 3 each

Salt: pinch

Gelatin sheets: 5g

Heavy Cream: 500g

Procedure:

Whip the heavy cream until soft peaks form; set aside. Bloom the gelatin in cold water; set aside. Gently heat the milk in a pot. Once simmering, turn off the heat, add the spices, and cover. Leave to steep for 15 minutes. Strain the milk to remove the solid spices. Rescale the milk to assure you have 400g. In small bowl, combine the egg yolks with half of the sugar; mix well. Add the remaining sugar to the milk. Bring the milk to a boil. Once boiling, remove the milk from the heat. Add the cornstarch to the yolk/sugar mixture and whisk well. Temper the eggs into the hot milk: using a ladle, add a small amount of the hot milk to the bowl of yolks and whisk well. Add about one third of the hot milk to the yolks, one ladle at a time, whisking well after each addition. Pour the yolk/milk mixture into the pot with the rest of the hot milk. Over medium heat, cook the pastry cream while whisking constantly. Cook until the mixture thickens and bubbles. Pour the hot pastry cream into the bowl of a standing mixture. Add the bloomed gelatin. With the paddle attachment, beat the pastry cream until cool. Once cool, fold the whipped heavy cream into the pastry cream.

Dean Gold

Wild Boar Sauce

Ingredients:

½ c each onion, celery, carrot in 3/8" dice
3.5 Wild Boar stew meat
1.5 Fatty pork shoulder
2 c red wine
½ c heavy cream
1 tbsp rosemary
¼ c parsley {flat leaf Italian} and more for garnish
2 tbsp chopped garlic
1 tbsp Aleppo chili flakes
2 c canned tomatoes
1 tbsp Vietnamese Sriracha {not the green rooster brand, as it is not authentic, get a sauce from Vietnam that does not contain artificial ingredients and is made from chiles, not chili puree} olive oil, salt, pepper

Spice mix

3" sticks Ceylon cinnamon
2 tbsp black pepper
1 tbsp allspice
2 tbsp Aleppo pepper
1 tsp cloves

Procedure:

For spice mix:

Grind all in a spice grinder till finely ground. Put through a sieve to remove any larger bits, and regrind. Store in a tightly covered glass jar.

For sauce:

Grind meats with a coarse blade. Do not use a food processor. Put the meat thru the grinder twice. Mix together the rosemary, garlic, parsley and aleppo. In a hot pan, sauté the carrots, celery and red onion well until it burns a little. You must have burnt bits, not just well browned. About 15% of the surface area of the veggies should be black. As the veggies are cooking, season with salt & pepper. Add the ground meats and reduce heat to low and cook, stirring until all the red turns to grey. Add a little more salt & pepper. Do not brown the meat. After adding the meat, add 1/3 the parsley mix and half the Sriracha. Add the red wine about 1/2 cup at a time. Raise the heat and boil off the wine till it evaporates between each addition. When all the wine has been added and evaporated, reduce the heat and add the cream and let cook at a simmer. Add the tomatoes, crushing them coarsely with your hands. Add half the remaining parsley mix, a tablespoon of the spice mix. Simmer at least 2 hours over very low heat, stirring

every 15 minutes so the sauce doesn't stick. If the sauce looks too dry, add a bit of meat broth or stock {1/2 cup at a time}. Add the remaining parsley mix, the remaining Sriracha, another tablespoon of the spice mix and taste for salt and pepper. Simmer for 15 minutes more and then let cool. This recipe will yield a lot of sauce, each 1 cup serving of pasta needs 1/4 cup of sauce. It freezes spectacularly well.

Serve over fresh pasta, Pappardelle is ideal, Fusili would also work. Boil the pasta in abundant salted water til al dente. Heat the sauce as the pasta cooks. Drain the pasta and toss in the sauce. Use a bit of the water the pasta is cooked in to give the sauce some liquidity, but it should be mostly seasoned ground meat. Let cook in the sauce for a minute. Top with grated pecorino Toscano, freshly ground pepper & chopped parsley.

Tim Ma

Steamed Mussels

Ingredients:

For 20 servings of 1/2 pound mussels

10 lbs PEI mussels

1 lb lap xuong (Chinese sausage)

2 cans coconut milk

1 bottle chardonnay

4 oz garlic

2 oz ginger

6 Thai chiles

1 stalk lemongrass

1 bunch scallions

Procedure:

Medium dice of Chinese sausage. Mince garlic and ginger and combine. De-seed, thinly slice Thai chile. Thinly slice lemongrass. Thinly slice scallions. Cook off alcohol of chardonnay. Combine with coconut milk. Add 1 cup water. Sweat garlic/ginger, add Chinese sausage, and add chiles/lemongrass. Add mussels, add enough broth to come up halfway up mussels, cover. Steam until open, sprinkle scallions over. Serve.

Beer Braised Beef Cheek

Ingredients:

Serving size: 5 tasting portions

Aromatics:

Prunes, cinnamon stick, allspice, cloves, thyme, parsley stem, garlic, bay leaf, carrot, onion, celery root

1 beef cheek, cleaned

12oz can of stout beer

1/2 lb sweet potato

1/2 lb butter

1 yellow onion

2 stalks rapini

Procedure:

Sear beef cheek in hot pan till caramelized all over. Take out of pan, pour out grease, add can of beer and cook off alcohol. In roasting pan, add all aromatics and place beef cheek on top, add beer. Cook at 300 for 3 hours, or until tender. After cooking, take out beef cheek, strain liquid and throw away aromatics. Reduce cooking liquid by half. Peel sweet potato, cut into large dice and add to pot with cold water enough to cover. Simmer potato till tender and falling apart. Puree in food processor with cream. Blanch rapini. Slice onions, and cook over low heat for about 1 hour until nice caramelized. Assemble on plate, sweet potato puree on bottom, rapini and caramelized onions next, then sliced beef cheek on top. Put the cooking jus around it.

Marjorie Meek-Bradley

Carrot Cavatelli with Lobster

Ingredients:

340 g carrot puree
2 eggs
25 g heavy Cream
100 g water
900g AP flour

Procedure:

Mix all of the wet ingredients together. Put the flours in the small kitchen aid. Turn on low and mix in the wet ingredients. Mix until a solid ball forms. Knead the dough for 2 minutes until nice ball forms. Wrap in plastic and refrigerate.

Roll the dough into ½ in logs and feed through a cavatelli crank.

Lobster Garnish

Ingredients:

6 each lobster
2 carrots
1 fennel bulb
1 onion
1 can tomato paste
1 cup morrels or other wild mushroom
1 cup peas
1/4 cup chopped chives
Butter

Procedure:

Get 6 lobsters and pull off the tail and claws. Blanch the tails in boiling water for 2 minutes and ice down. Bring water back to a boil and add the claws. Turn off the water and let sit for 5 minutes. Remove and add to ice bath. Once cooled remove the meat from the shells and dice.

Take the bodies and remove the guts and gills from the head. Get a large pot smoking hot and add the bodies. Add in two carrots, 1 onion and 2 stocks of celery. Cook until well colored and add tomato paste. Cover with water and simmer for 45 minutes. Strain and reduce by half.

Take 1 cup of stock and add ½ cup of butter to form a glaze. Add the blanched pasta, morel mushrooms, the diced up lobster meat and fresh spring peas. Heat everything up and server in a platter. Top with fresh Nasturtium leaves and flowers.

Claudio Pirollo

Dover Sole Stuffed with Lobster Mousse

Ingredients:

4 filet of dover sole
4 scallops
fish bones
1 lobster 1.5 lb
4 shallots
1 oz of celery
1 lb of fresh baby spinach
10 large white mushroom
2 dl of heavy cream
1 lobster
5 cl of white wine
thyme, salt pepper
olive oil
1 garlic

Procedure:

Wash the bones of fish, combine in a pot with some butter, celery, shallots, stamp of the white mushroom, thyme and a bay leaf, and let sweat for 15 minutes. When it's done poor the white wine and let reduce until half of the wine has evaporated. Then take half of the heavy cream and poor in the pot and let reduce for 10 minutes. Put the sauce to the side.

Take the lobster that has been cooked for 3 minutes, and unshelled. Put the lobster, scallops and salt in the food processor and mix. Add the heavy cream, mix until smooth.

Take the sole filet and spread some of the lobster mousse on top and fold, on top. Put slices of white mushroom on top and poor some olive oil on top. Bake for 6 minutes at 350 degrees
Sauté the spinach with olive oil add garlic, salt and pepper. Then on a plate make a bed of spinach on top you put the sole and warm up some of the white wine sauce and poor around the plate.

Vikram Sunderam

Tawa Baingan

Ingredients:

Eggplant Marinade:

2 Holland eggplants
6 cloves peeled garlic
1 c olive oil
1 tsp crushed black pepper
salt to taste

Potato Mix:

4 tbsp canola oil
½ tsp cumin seeds
1 c chopped red onion
1 c chopped tomato
1 inch piece ginger, chopped
2 medium Thai green chili, chopped
½ tsp red chili powder
½ tsp turmeric powder
2 medium Idaho potatoes
2 tsp chaat masala
1 tbsp lemon juice
Salt to taste

Sauce:

8 oz jaggery
½ tsp red chili flakes
1 c coconut milk
½ c chopped peanuts
1 tbsp lemon juice
Salt to taste

Procedure:

Eggplant:

In a bowl, mix the olive oil, chopped garlic, black pepper and salt, keep aside. Cut the eggplant into 5mm thick round slices, mix in the above marinade.

Potato Mix:

Boil the potatoes. Cool and grate. Heat the oil in a sauté pan, add the cumin seeds and let them crackle. Sauté the onions till soft. Add the ginger, green chilies along with the tomatoes, red chili and turmeric powder. Cook over medium heat till the tomatoes are mashed. Add the grated potatoes, chaat masala, lemon juice and salt. Mix well and keep aside.

Sauce:

Melt the jaggery in a sauce pan over a low flame. When the jaggery starts to change color add the red chili flakes, coconut milk and bring to a boil. Finish off with lemon juice, salt and chopped peanuts.

Assembly:

Cook the eggplant slices on a hot flat griddle on both sides till golden brown. Heat the spiced potato mix separately. Sandwich the eggplant slices (at least 4 slices to a portion) with the potato mix. Drizzle the warm jaggery and peanut sauce over the eggplant. Garnish with chopped cilantro.

Metro Cooking DC 2014 – Gluten-free Workshop

Paula Shoyer

Quinoa Rice Pudding with Caramelized Apples and Honey

Serves 6

Quinoa

1 cup quinoa, rinsed
2 ½ cups water
1/2 teaspoon cinnamon, divided
¼ cup light brown sugar
2 tablespoons honey

Caramelized Apples

2 tablespoons canola oil
2 tablespoons sugar
2 teaspoons light brown sugar
2 red apples, peeled and cut into ½-inch cubes
¼ teaspoon cinnamon
pinch nutmeg

Garnish

1/3 cup sliced almonds or other nuts, toasted (at 325°F for 15 minutes)
1/3 cup raisins or pomegranate seeds, optional

Place quinoa, water, ¼ teaspoon of the cinnamon and brown sugar into a small heavy-bottomed saucepan and bring to a boil over medium-high heat. Turn to low and cook covered for 20 minutes, or until most of the water has been absorbed, but some water, about ½ inch in some spots, remains at the bottom. If all the water is gone, the pudding will be too dry. Stir. Let sit covered for five minutes.

While the quinoa is cooking, in a medium frying pan, heat the oil over medium-high heat. Add the sugar, brown sugar, apples, cinnamon and nutmeg and cook for four minutes, until just fork tender.

After the quinoa has sat for five minutes, add the remaining ¼ teaspoon cinnamon and honey and whisk in. Let sit for another five minutes, covered.

Serve warm or at room temperature. Place a heaping 1/3 cup of quinoa into six bowls and top with about ¼ cup of the apples. Sprinkle with two teaspoons toasted nuts and add the raisins or pomegranate seeds, if desired.

May be made three days in advance and stored covered in the fridge.

Florentine Bars

makes 20 square bars or 32 triangles

1 cup confectioners' sugar
3 large egg whites
zest of one large orange (or 2 teaspoons juice)
1/4 cup dried cranberries, chopped into 1/4 inch pieces
1 1/3 cups sliced almonds (blanched or with skin)
1 cup chocolate chips
vegetable oil for greasing pan

Preheat oven to 325°F. Grease a 9 X 13-inch pan with vegetable oil. Press in a piece of parchment paper large enough to cover the bottom and go an inch up the sides of the pan, making sure you press it into the corners. Grease the top of the parchment.

In a medium bowl, whisk together the confectioners' sugar, egg whites and orange zest. Use a silicone spatula to gently mix in nuts and chopped cranberries, being careful not to crush the nuts. Scoop into the pan and use the spatula or your hands to spread evenly in the bottom of the pan. The easiest way to do this is to push the batter into the edges and corners first and then fill in the middle. You will have a thin nut layer.

Bake 25 minutes, or until nuts are golden. Let cool one hour. Pull up the parchment to lift the bar out of the pan. Place another piece of parchment on top and then turn the bar over onto the new parchment. Peel off the bottom parchment. Melt the chocolate chips either over a double boiler or in the microwave oven in for 45 seconds, stir, 30 seconds, stir and then 15 seconds more, if needed, until melted. Use a spatula to spread the chocolate on the bottom of the bar. If desired, you can use a serrated knife to make lines in the chocolate to decorate it. Slide the parchment and bars onto a cookie sheet and place in the freezer for 30 minutes to firm up. Cut into squares, triangles or rectangular bars. Store in an airtight container in the fridge for up to five days or freeze for up to three months.