

***** A GARDEN DE-LITE *****

AMEN GOURMET - APRIL 11, 2012

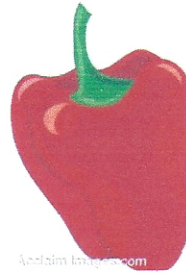


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HOSTED BY JANET BENSON WITH
JUDY O'BRIEN
SHEREE WILLIAMS
LIZ YEE LEFAVER

GARDEN MENU:

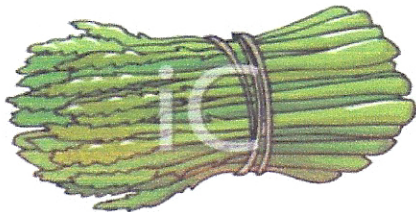
RED PEPPERS STUFFED WITH GOAT CHEESE
ROASTED APARAGUS WITH SPECK & PARMIGIANO REGGIANO
CORNUCOPIA SLIMMING SALAD
MINI BISCUITS - CARMELIZED ONION & HERBED CHEDDAR
DE-LITE CARROT CAKE WITH CREAM CHEESE FROSTING
SERVED WITH EOS TEARS OF DEW



Red Peppers Stuffed with Goat Cheese

Red Peppers
Goat Cheese

Clean red peppers and cut into small sizes
Steam red peppers in microwave for 5 minutes until slightly soft.
Spread goat cheese onto peppers.
Bake in 350-degree oven for 20 minutes or until cheese is golden brown.



Roasted Asparagus with Speck and Parmigiano Reggiano

Asparagus, preferably thick spears, cleaned and trimmed
Speck, about 1 slice per 3 thick spears
Parmigiano Reggiano

Heat oven to 425 degrees
Toss asparagus in olive oil. Sprinkle with salt and pepper
Roast in oven until tender. Timing depends upon thickness of asparagus spears.
Arrange on serving dish. Put speck over asparagus. Grate Parmigiano over top. Serve hot.



Cornucopia Salad – Serves 6

(From *California Sizzles*, Junior League of Pasadena)

Candied Almonds:

½ Cup sliced almonds

3 Tbsp sugar

Salad Ingredients:

½ head green leaf lettuce torn in bite size pieces

½ head Romaine lettuce torn in bite size pieces

1 Cup chopped celery

4 green onions, chopped

1 – 11oz can Mandarin oranges, drained

1 avocado, chopped

1 apple, diced

¼ Cup currants

½ Cup blue cheese, crumbled

3 chicken breasts, cooked and shredded

Dressing:

½ tsp salt

½ tsp pepper

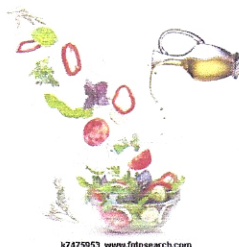
¼ Cup extra virgin olive oil or canola oil

1 Tbsp parsley, chopped

2 Tbsp white wine vinegar

Prepare almonds: melt sugar with almonds in a large sauce pan over medium low heat. Stir continuously until almonds are coated and lightly browned. Cool.

Mix all salad ingredients and toss with dressing. Top with almonds and toss lightly again.



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Flaky Buttermilk Biscuits (excellent with salads)

Yields about ten 2 ¾-inch biscuits or eighteen 2-inch biscuits. (Fine Cooking April 2007)

1 ¾ Cups unbleached all-purpose flour, more as needed for shaping the dough

1 Tbsp granulated sugar

2 ¼ tsp baking powder

¾ tsp kosher salt

¼ tsp baking soda

4 oz unsalted butter, cold and cut into ¼ inch cubes

¾ Cup buttermilk, cold

Heat oven to 500 degrees.

Mix dry ingredients together in a large bowl. Cut in butter, coating each piece with flour. (You can do this in a food processor.)

Add the cold buttermilk. Stir for about 1 minute until it is absorbed by the flour mix and the dough forms a coarse lump.

Dust work surface with flour. Sprinkle the dough with flour. Pat dough into ¾ inch thick rectangle.

Sprinkle 1/3 of your additions over the dough. Fold the rectangle into thirds, as if folding a letter. Sprinkle the top of the folded dough with flour and repeat the process two more times, each time sprinkling 1/3 more of your additions.

After last fold, press dough into ½ inch round. Dip 2 or 2 ¾ inch round cutter into flour and cut biscuits.

Place biscuits on a rimmed cookie sheet lined with parchment paper.

Place in oven and immediately reduce temperature to 450 degrees. Bake for 8 minutes, rotate pan, then continue baking 4 to 6 minutes more. Cool on rack for at least 3 minutes. Serve hot or warm.

VARIATIONS:

Herbed Cheddar Biscuit:

Mix together 2 Cups grated sharp cheddar and ¾ Cup minced fresh dill.

Caramelized Onion Biscuit:

Cook 2 yellow onions, thinly sliced and 1 Tbsp vegetable oil over medium heat, 8 minutes. Add 2 Tbsp granulated sugar and 1 Tbsp balsamic vinegar. Cook, stirring 15 minutes. Cool.



De-Lite Carrot Cake and Cream Cheese Frosting

1 ½ cups vegetable oil
1 ½ cups sugar
4 eggs, beaten
3 cups grated carrots
2 cups flour
½ tsp. salt
2 tsp. soda
2 tsp. ground cinnamon
2 tsp. ground allspice
1 cup pecans
1 cup raisins optional
1 tsp. vanilla extract

Chop nuts in a Cuisinart processor and remove. Then grate carrots in Cuisinart and remove. Cream oil and sugar together. Add eggs and carrots and mix well. Mix dry ingredients and add to carrot mixture a small amount at a time, beating well. Add pecans, raisins, and vanilla. Pour into a 10x14 inch greased and sugared pan. Bake at 325 degrees for 1 hour. Cool before frosting.

Frosting

½ cup butter, softened
1 8-ounce package cream cheese, softened
2 cups powdered sugar, sifted
1 tsp. vanilla extract

Combine butter and cream cheese with sugar and beat well. Add vanilla, mix well, and spread on cake.



Wines Served:

L' Esole #41 2010 Columbia Valley Semillon. Founded in 1983 in the Walla Walla Valley, it's one of the pioneering, artesian family owned wineries. They are housed in the historic French town school that's on their label. 86% semillon and 14% sauvignon blanc. Only 4400 cases made. A dry, medium bodied wine with flavors of honeydew melon and citrus with a subtle oak backdrop which soften with refreshing acidity on the palate – perfect for drinking in the garden. This is a favorite of Judy's - and a case was sent to Judy by her son and daughter-in-law to celebrate a momentous birthday!

Tulip Hill 2009 Reserve Chardonnay, Mount Oso Vineyard, Tulip Hill Winery, Nice, California. Fruit forward with distinctive aromas and flavors of tropical fruits and citrus with a nuance of flora. Undercurrents of oak and cream butter lends to a luscious feel that is rich and balanced. Enjoy with your favorite soft cheeses, light meat dishes and in the garden with good friends.

Carol Shelton 2004 Karma Zin, "Rue Vineyard" Old Vines Zinfandel, Russian River Valley. In 2007, Connoisseurs' Guide Review – "Intense and generously filled aromas of ripe blackberries, sweet smoke and crème brulee set the stage ... Although its nominal tannins are a bit gruff at the moment, they are buffered by lots of ongoing fruit. The wine is so substantial ... an easy and exciting prognosis for at least three or four years of guaranteed improvement and growth."

EOS Tears of Dew. Late harvest Moscato from Paso Robles, EOS Estate Winery, Los Olivos, California. Charms with rich, powerful apricot, peach and vanilla custard flavors, balanced with crisp acidity.



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And a Garden De-Lite to YOU!



Above: Roasted Red Peppers
Stuffed with Goat Cheese

Left: Roasted Asparagus with
Speck & Parm-Reggiano



Left: Cornucopia Salad

Below: De-Lite Carrot Cake

