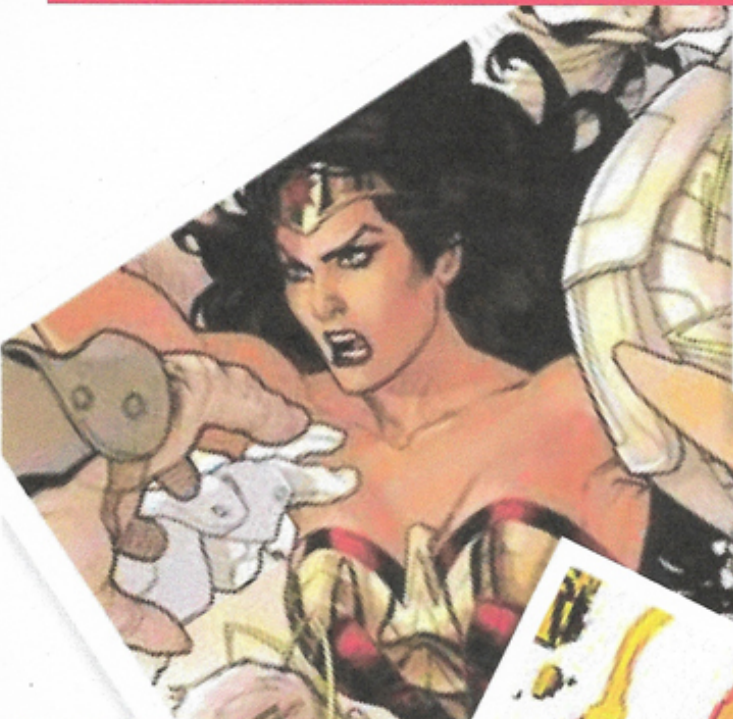


WOMEN RULE!!



Gourmet Superheroes

Mari Donnelly..super hostess

Theresia Binder

Liz Yee

Susan Lynch

April 11, 2018

**After a Hard Fought Victory Over Evil, Kick Back
and Celebrate with One of These.....**

Berry'em Bliss Cocktail

Wine punches are excellent ways to elegantly and conveniently serve a crowd and this Rosé Berry Bliss is sure to become a new party favorite. Originated by Clos du Bois' for their Toast to Women campaign to promote **healthy hearts** for women, this is a great punch for a great cause and very simple to make. For an equally tasty change up, try it with half apricot juice and nectar instead of lemonade.

- 1 bottle Clos de Bois Rose', chilled
- 1 bag frozen blueberries
- 1 container frozen pink lemonade
- 1 liter lemon-lime soda



How to Make It

- In a large pitcher, mix the wine, frozen blueberries, and frozen pink lemonade together.
- Allow the flavors to marry in the refrigerator for an hour.
- Pour into Champagne flutes and top with lemon-lime soda.





Fugitive Figs Hiding In A Blanket with Goat Cheese

YIELD: Makes 48

ACTIVE TIME: 55 minutes

TOTAL TIME: 1 hour, 10 minutes

- 1/4 cup plus 2 tablespoons red wine vinegar
- 3 tablespoons honey
- 3/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 24 dried black Mission figs (medium or large), stems trimmed, halved
- 1 large egg
- 1 (14- or 17-ounce) box of puff pastry (preferably all-butter puff), thawed according to package directions
- All-purpose flour (for surface)
- 6 1/2 ounces plain goat cheese
- Sesame seeds or poppy seeds (for topping; optional)

Arrange racks in upper and lower thirds of oven; preheat to 400°F.
Line 2 rimmed baking sheets with parchment paper.



Stir vinegar, honey, red pepper flakes, salt, pepper, and 1 cup water in a medium pot. Add figs and bring to a boil. Reduce heat, bring to a simmer, and cook, stirring occasionally, until figs are softened and liquid has almost evaporated and is a syrupy consistency, 7–10 minutes. Transfer figs to a plate; let cool.

Beat egg with 1 Tbsp. water in a small bowl. If using a 14-ounce package with 1 sheet of pastry, roll pastry to an 18x12" rectangle on a lightly floured surface. If using a 17-ounce package with 2 sheets of pastry, roll each sheet to a 12x9" rectangle. Cut pastry along the 12" side into 12 (1-inch-wide) strips. Cut each strip crosswise into pieces about 4 1/2" long. You should have 48 (4 1/2x1") strips pastry.

Scoop a heaping 1/2 tsp. cheese and press into cut side of 1 fig half. Place fig half in the center of 1 pastry strip. Brush 1 end of pastry with egg wash and roll to enclose. Transfer seam side down to prepared sheet. Repeat with remaining cheese, figs, and pastry. Brush top of each pastry with egg wash and sprinkle with seeds, if using. Bake pastries, rotating and switching sheets top to bottom halfway through, until golden brown and puffed, 15–18 minutes.

Figs can be cooked 2 days ahead; cover and chill.

**Had To Go To Greece &
Picked This Up. Eat Your
Spinach.**



Spider Girl Chicken Meatballs

1 tablespoon extra-virgin olive oil,
plus some for liberal drizzling
1 small onion, finely chopped
4 cloves garlic, chopped, divided

2 boxes frozen chopped spinach, defrosted.

3/4 cup crumbled feta cheese

1 pound ground chicken

1 tablespoons grill seasoning (recommended: McCormick Montreal Seasoning)

Salt & pepper to taste

Sauce

1 cup Greek whole milk yogurt

1 English cucumber, finely grated and well drained

2 cloves garlic, pressed

1 tsp. lemon zest plus 1 Tbsp. fresh lemon juice

2 Tbsp. fresh dill, chopped

Kosher salt and freshly cracked black pepper

Preheat the oven to 400°.

In a bowl combine onion and 3 cloves of garlic. Squeeze the water out of the spinach until completely dry. Separate the spinach as you add it to garlic and onion. Add feta, chicken and grill seasoning to the bowl and a liberal drizzle of extra-virgin olive oil. Mix the meat with veggies and feta and form 18 (1 1/2-inch) meatballs. Place the meatballs on a nonstick cookie sheet and bake 10 to 12 minutes until they are golden and juices run clear.

In a medium bowl, whisk together all the sauce ingredients and season with salt and pepper. Makes 1 1/2 cups. Serves 6.

Just inThyme-Roasted Marcona Almonds



Hey! I'm
happy to share my
almonds!

1 pound roasted, salted Marcona almonds

2 tsp. olive oil

2 Tbsp. minced fresh thyme leaves

1 tsp. kosher salt

1 tsp. fleur de sel

Preheat the oven to 350°

Place the almonds, olive oil, thyme and kosher salt on a sheet pan and toss together. Roast the almonds for 10 to 15 minutes, turning them every 5 minutes with a metal spatula until they're lightly browned. Watch them carefully; they go from under baked to burnt very quickly.

Sprinkle with the flour de sea and toss. Set aside to cool. Serve warm or at room temperature.

Serves 6 to 8

OPRAH'S FEARLESS KALE SQUASH SOUP

SERVES 12 TO 16



1 tablespoon olive oil

1 small yellow onion, finely chopped

1 leek, white and light green parts only, halved—rinsed and thinly sliced

2 medium carrots, diced

2 celery stalks, diced

2 garlic cloves, minced

2 cups pearled farro, rinsed and drained (I used Italian farro)

1 pound (2 cups) peeled butternut squash, cut into ½-inch cubes

8 cups chicken stock

One 14-ounce can diced tomatoes

One 3-inch Parmesan rind, plus freshly grated Parmesan, for garnish

1 bay leaf (used 2 fresh bay leaves)

1 teaspoon dried thyme (used 2 teaspoons fresh thyme)

Kosher salt and freshly ground pepper, to taste

1 bunch (6 ounces) green curly kale, stems removed and leaves roughly chopped

1.) In a large saucepan, heat the olive oil over medium heat. Add the onion and leek, and cook until softened, 4 minutes. Add the carrots and celery, and cook until beginning to soften, another 4 minutes. Add the garlic and cook until fragrant, 1 minute.

2.) Stir in the farro, followed by the squash, chicken stock, tomatoes, Parmesan rind, bay leaf, thyme, salt and pepper. Bring to a light simmer and cook, partially covered, until the farro and squash are tender, 30 to 35 minutes.

3.) Stir in the kale and cook until tender, 2 minutes more. Adjust the seasoning with salt and pepper.

4.) Divide between bowls. Garnish with freshly grated Parmesan and serve.

Note: Liquid is absorbed when refrigerated overnight. Add more chicken stock before reheating.

Brazen Brazilian Rub Salmon

Juice and zest of ½ large orange
Juice of ½ large lemon
Salt and pepper to taste
4 salmon fillets, 5 to 6 ounces each
Non-stick cooking spray
2 tablespoons brown sugar
1 tablespoon chili powder
1 large garlic clove, minced



In a shallow dish large enough to hold salmon, combine juices, salt and pepper. Add salmon, turning to coat with marinade. Let sit at room temperature 15 minutes, turning fillets once.

Preheat oven to 425 degrees. Line a shallow baking pan with aluminum foil and spray with non-stick cooking spray.

In a small dish, combine orange zest, brown sugar, chili powder and minced garlic. Rub marinated salmon with the brown sugar mixture. Place in pan and bake 8 to 12 minutes.

Serves 4



Rubbing
salmon makes it
more tasty.

Pesto Cauliflower Battle Mash



Look! It's so easy to mash cauliflower with my hammer.

½ head cauliflower (about 1 lb.) chopped

1 15 ounce can white beans, rinsed

¼ cup fresh flat-leaf parsley, chopped

3 Tbsp. pesto sauce

Bring ½ cup water to a boil in a large deep skillet. Add the cauliflower and ¼ teaspoon salt and cook, covered, shaking the pan occasionally, until the cauliflower is tender, 4 to 5 minutes (the water will evaporate).

Add the beans and ¼ cup water to the pan and bring to a simmer. Coarsely mash the cauliflower and beans, then fold in the parsley, pesto, and ½ teaspoon pepper.

Serves 4

KILLER CHOCOLATE GANACHE TART WITH SEA SALT AND ESPRESSO BEANS

FROM SAVEUR

SERVES 8-10

1 HOUR, 30 MINUTES

Crust

1 stick (4 oz.) unsalted butter, softened
¼ cup plus 2 Tbsp. sugar
2 large egg yolks
1 ¼ cups unbleached all-purpose flour
2 tbsp. unsweetened cocoa powder
¼ tsp. kosher salt

Semisweet Chocolate Ganache

Filling

1 large egg plus 1 large egg yolk
1 cup heavy cream
10 oz. semisweet or bittersweet chocolate (use a bar, not chips),
chopped
¾ tsp. orange-flavored liqueur, such as Cointreau
¾ tsp. pure vanilla extract
¼ tsp. kosher salt

Topping

Flaky sea salt
2 tbsp. dark-roasted espresso or coffee beans, finely chopped or
crushed
Unsweetened whipped cream, for serving (optional)

Instructions

In the bowl of a standing mixer fitted with the paddle attachment or in a large bowl using a handheld electric mixer, cream the butter and sugar on medium speed, scraping down the bowl as needed with a spatula.



Beat in the egg yolks, scraping down side of bowl as needed to incorporate.

In a separate medium bowl, sift the flour, cocoa powder, and salt. Beat the flour mixture into the egg mixture on low speed in three batches, stopping as soon as it's incorporated.



Form the dough into a ball with your hands, then flatten it slightly into a disk. Wrap in plastic wrap and chill until slightly more firm, 30 minutes or up to 1 day (if dough is very firm when you remove it, let sit at room temperature for 10 minutes).

Remove the dough and reserve a golf ball-size piece. Place the remainder in the center of a 13x4-inch fluted rectangular tart pan or 9-inch round tart pan with a removable bottom. Press the dough across the bottom

and up the sides of the pan to form a very thin ($\frac{1}{8}$ -inch) layer, making sure the dough is not too thick in the corners. Dock the bottom of the dough about every 2 inches with the tines of a fork, and place the tart pan on a baking sheet. Freeze until firm, about 10 minutes.

Set a rack in the top third of the oven and preheat to 375°. Bake about 8 minutes; check to see if dough has puffed up, and if so press it back down using a spatula or by poking with a fork (if holes form, you can patch them later with the reserved dough). Bake until set, about 15 minutes more. Remove. While the crust is still hot, gently patch any holes with pieces of the reserved raw dough (the residual heat will fuse them together). Let cool completely in the tart pan. Crust can be made up to 1 day ahead. Once cooled, wrap in plastic wrap.

Preheat the oven to 350°. In a small bowl, whisk the egg and egg yolk. In a medium pot over medium heat, bring 1 inch of water to a simmer. Set a medium heatproof bowl inside the pot (be sure the bottom of the bowl does not touch the water); add the cream and chocolate to the bowl and cook, stirring frequently with a rubber spatula, just until the chocolate is melted and glossy.

Quickly remove the bowl and set aside. To temper the egg so it does not scramble in the chocolate, whisk 1 tablespoon of the chocolate

mixture into the egg mixture. Repeat. Then, using a rubber spatula, fold the egg mixture into chocolate mixture until combined. Stir in the orange liqueur, vanilla, and kosher salt.

Quickly pour the chocolate filling into the prepared tart shell set on a baking sheet, tilting the tart pan as needed to help evenly distribute and fill the corners. Bake at 350 until the filling is just set but slightly jiggly in the center when the pan is shaken, about 20 minutes.

Remove and let cool 5 minutes. Sprinkle the tart generously with sea salt and lightly with chopped espresso beans if using. Transfer the tart pan to a cooling rack. Let cool completely. Carefully remove the fluted rim, then slice the tart and serve with whipped cream if desired. Tart can be made ahead. Once fully cooled, wrap in plastic wrap. After 1 day, store in the refrigerator.





Rosé Berry Bliss



Chicken Meatballs



Figs in a Blanket with Goat Cheese

Kale Squash Soup



Brazilian Rub Salmon
Pesto Cauliflower Mash



Chocolate Ganache
Tart with Sea Salt
and Espresso Beans