



# *2008 New Year Resolutions*

**Gourmet Cooking Club**  
**January 9, 2008**

**Hosted by Liz Yee**  
**with**  
**Sheryl Ruth, Debra Weed, Susan Lynch**

**This year I will.....**

# Menu

Stuffed Mushrooms with Pancetta,  
Shallots & Sage

Phyllo Flower Pot Salad

Cannelloni with Beef & Spinach

Herbed New Potatoes

Angel Food Cake Stuffed with  
Whipped Cream & Berries



*...work less*

menu: Five Hors d'Oeuvres Add Up to Dinner

## Stuffed Mushrooms with Pancetta, Shallots & Sage

by Tasha DeSerio

Be the first to rate this Recipe

Like this recipe? [Become a member](#) for access to thousands more!



These can be prepared a day in advance and refrigerated—just let them come to room temperature before baking. Also, hold off on drizzling them with olive oil until just before baking. Yields 30 hors d'oeuvres.

### Ingredients

---

35 to 40 cremini mushrooms (about 1-1/2 lb.), about 1-1/2 to 2 inches wide  
3 Tbs. unsalted butter; more for the baking dish  
1-1/2 to 3 oz. pancetta, finely diced (1/4-1/2 cup) \*  
5 medium shallots, finely diced  
2 tsp. chopped fresh sage  
Pinch dried red chile flakes  
Kosher salt and freshly ground black pepper  
2/3 cup coarse fresh breadcrumbs (preferably from a day-old rustic French or Italian loaf)  
1/4 cup freshly grated Parmigiano Reggiano  
2 to 3 Tbs. extra-virgin olive oil for drizzling  
\* 12-31-07 I used the 3 oz of pancetta and prepared it a day in advance and refrigerated. It tasted very salty upon prep, but mellowed overnight and in the baking.

### how to make

---

Position a rack in the center of the oven and heat the oven to 425°F. Trim and discard the very bottom of the mushroom stems. Remove the mushroom stems and finely chop them, along with five of the largest mushroom caps.

Heat a medium sauté pan over medium heat for 1 minute and add 2 Tbs. of the butter. When it has melted, add the pancetta and cook until it starts to render some of its fat, 1 to 2 minutes. Add the shallots, sage, and chile flakes; cook gently until the shallots are tender, about 4 minutes (reduce the heat if the shallots begin to brown). Stir in the chopped mushroom stems and 1/2 tsp. salt. Cook, stirring frequently, until the mixture is tender, about 3 minutes. Add the remaining 1 Tbs. butter. When it has melted, transfer the mushroom mixture to a bowl and stir in the breadcrumbs and Parmigiano. Season to taste with salt and pepper and let cool slightly.

Butter a shallow baking dish large enough to hold the mushrooms in one layer. Arrange the mushrooms in the dish and season the cavities with salt. Stuff each cavity with a rounded teaspoonful of the filling, or more as needed. The filling should form a tall mound. (You may have leftover filling; if you have extra mushrooms, keep stuffing until you run out of filling.) Drizzle the mushrooms with the olive oil and bake until the mushrooms are tender and the breadcrumbs are golden brown, 20 to 25 minutes. Transfer to a platter and serve warm.



For a crisp, golden-brown stuffing, drizzle with olive oil just before baking.

From *Fine Cooking* 75, pp. 55

photo: Scott Phillips

FineCooking.com© The Taunton Press 2007, All rights reserved



...drive safer

## Phyllo Flower Pot Salad (Makes 6 Salads)

### Ingredients

30 each approx. 3-inch sheets of phyllo dough  
4 oz butter, melted (*optional – unsalted*)  
5 oz mixed baby lettuces  
6 oz Blue Costello (*or goat cheese*)  
3 oz cream, light or heavy (*optional – may skip*)  
3 oz vinegar/oil (*your favorite – I use tarragon honey vinegar & basil oil*)  
3 oz toasted walnut pieces (*toast in dry pan over low heat*)  
1 each apple, prefer granny smith  
2 cups port wine  
1 each cinnamon stick  
1 pear, sliced (*your favorite – Bartlett, Bosc*); (*optional – peeled*)  
*Optional – edible flowers for garnish*

### Method

Cover unused phyllo sheets with moist cloth.

Each pot takes five 3-inch sheets. Use pastry brush to butter one sheet, continue to layer & butter one sheet on top of the previous in a criss-cross pattern to get a many pointed star. Transfer the 5 stacked sheets to a buttered muffin pan & weight down with baking beads or dried beans. Repeat with remaining sheets until you have 6 phyllo pots in the muffin pan. Lightly brush with butter where points are dry. Bake at 375 degrees for 8-10 minutes, until golden brown & crisp.

Peel, core and cut apple into 6 wedges. Bring port and cinnamon stick to a simmer. Add apple and poach for 12-15 minutes. Discard apple and cinnamon stick. Bring port to a boil, reduce heat as port reduces. By the time the port is a thick syrupy consistency, the heat is down low. Watch to prevent scorching. Remove from heat and cool in pan.

Mix blue cheese and cream until soft. Or only use blue cheese.

### Plate salad:

- Drizzle reduced port on plate (may need to re-heat port to drizzle liquid)
- Spoon small amount of blue cheese on middle of salad plate.
- Lightly press phyllo pot on top of cheese.
- Fill small amount of blue cheese into pot
- Toss lettuce leaves with vinaigrette/oil
- Form 6 bouquets with leaves all in the same direction (*optional – may fill pot with tossed leaves for a less structured look*)
- Place 1 bouquet into pot on top of cheese
- Sprinkle toasted walnut pieces around base of pot.
- Place pear slices on one side.



*...lose weight*



*...be more active.*

## **Cannelloni**

### **Tomato Sauce**

¼ cup olive oil  
1 ½ cups chopped onion  
6 cups tomatoes, approx. 3 lbs. (Italian plum best) seeded, coarsely chopped  
1 can tomato paste  
1 Tbsp. dried basil  
1 Tbsp. sugar  
2 tsp. salt  
Freshly ground pepper

Saute onion in heated oil for 7 to 8 minutes. Add remaining ingredients, reduce heat and simmer for about 40 minutes. Partially cover pan while cooking. Correct seasonings to taste. Sauce can be place in food processor for a smooth sauce.

### **Meat Filling**

2 Tbsp. olive oil  
½ cup finely chopped onion  
2 tsp. finely chopped garlic  
1 ten ounce pkg. frozen chopped spinach, defrosted, squeezed dry & chopped again  
1 Tbsp. butter  
1 lb. ground sirloin  
5 Tbsp. grated Parmesan cheese  
2 Tbsp. half & half  
2 eggs, lightly beaten  
½ tsp. dried oregano  
salt & pepper to taste

Heat oil in medium pan, add onion and garlic and saute for about 8 minutes. Stir in spinach and cook until all moisture has boiled away and spinach sticks lightly to the pan. Transfer to a large bowl. Melt butter in the same pan and add beef, stirring to break up lumps. Add meat spinach mixture. Add cheese, cream, eggs and oregano. With wooden spoon mix ingredients together gently but thoroughly. Taste and season with salt and pepper.

### **Besciamella Sauce**

¼ cup + 1 Tbsp. butter  
¼ cup + 1 Tbsp. flour  
1 cup half & half  
½ cup milk, whole or fat free  
1 tsp. salt  
¼ tsp. white pepper  
pinch cayenne

In a heavy saucepan melt the butter over moderate heat. Remove from heat and stir in the flour. Pour in the milk and cream all at once, whisking constantly until the flour is partially dissolved. Return pan to heat and cook, stirring constantly with whisk. When sauce comes to boil and is smooth, reduce the heat. Simmer 2 to 3 minutes longer until sauce coats wires of whisk. Remove from heat and season with cayenne, salt and white pepper. Add milk to thin necessary.

### **Assembly**

You will need 14 –16 Egg Roll Wrappers

Fill fairly large pan with water, add 2 Tbsp. salt and bring to boil over heat. With tongs, dip individual wrappers into water, hold for 5 to 6 seconds and place on cookie sheet covered w plastic wrap. Do this to 4 wrappers at a time, laying them side by side but not touching. Place ¼ cup filling along the edge of each wrapper and roll them up. Eight cannelloni will fit into a 9x12" pan so choose pans you prefer. Spread a film of tomato sauce over the bottom of the pan then place the cannelloni side by side until the pan is filled. Cover with remaining tomato sauce, pour Besciamella sauce over tomato sauce. Sprinkle with Parmesan cheese, dot with butter and bake in 350 degree oven for 30 minutes.

This should make between 14 to 16 cannelloni, serving 6 to 8.

To make preparation easier we suggest making the tomato sauce and meat filling the day before. Make the Besciamella sauce the day you complete the recipe. This dish can be frozen.

First served by the volunteers of the Marie Rose Guild, benefiting the Sisters of the Holy Names Los Gatos, Strawberry/Founders Day Celebration, May, 1983.

# Herbed New Potatoes

SERVES 6

*Sometimes the simplest things are the best. I love these in autumn when the potatoes are freshly dug in East Hampton and they have that good earthy flavor. You can use any small white potatoes, but if you can find Yukon gold or fingerling potatoes, they're even better.*

*Find potatoes that are similar in size (1½ to 2 inches diameter) so they cook in the same amount of time.*

4 tablespoons (½ stick) unsalted butter  
2½ pounds small white or Yukon gold potatoes, scrubbed but not peeled  
2 teaspoons kosher salt  
½ teaspoon freshly ground black pepper  
5 tablespoons chopped mixed fresh green herbs, such as parsley, chives, and dill

Melt the butter in a Dutch oven or large heavy-bottomed pot. Add the whole potatoes, salt, and pepper and toss well. Cover the pot tightly and cook over low heat for 20 to 50 minutes, until the potatoes are just tender when tested with a small knife. From time to time, shake the pot without removing the lid to prevent the bottom potatoes from burning. Turn off the heat and allow the potatoes to steam for another 5 minutes. Don't overcook! Toss with the herbs, and serve hot.



*...procrastinate less*



**Angel Food Cake  
Stuffed with Whipped  
Cream and Berries**

**BERRIES:**

- 2 cups fresh raspberries
- 1 ½ cups fresh blackberries
- 1 ½ cups fresh blueberries
- ¼ cup granulated sugar
- 2 tablespoons fresh orange juice

**CAKE:**

- 1 cup cake flour (about 4 ounces)
- 1 cup powdered sugar, divided
- ½ teaspoon ground ginger
- ¾ cup granulated sugar
- 12 large egg whites
- 1 teaspoon cream of tartar
- ½ teaspoon salt
- 2 tablespoons fresh orange juice

**WHIPPED CREAM:**

- ¾ cup whipping cream, chilled
- ½ vanilla bean, split lengthwise
- ¾ cup powdered sugar

**REMAINING INGREDIENTS:**

- 2 tablespoons powdered sugar
- Grated orange rind (optional)

1. To prepare berries, combine first 5 ingredients; toss to combine. Cover and chill 1 hour.
2. Preheat oven to 375 degrees.
3. To prepare cake, place a rack in lower third of oven. Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, ½ cup powdered sugar, and ginger in a medium bowl. Sift together ½ cup powdered sugar and

¾ cup granulated sugar in another bowl. Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add powdered and granulated sugar mixture, 1 tablespoon at a time, beating until stiff peaks form. Sift flour mixture over egg white mixture, ¼ cup at a time; fold in. Fold in 2 tablespoons juice.

4. Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife. Bake at 375 for 30 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto a plate.

5. Cut 1 inch off top of cake using a serrated knife; set top of cake aside. Hollow out bottom of cake using a small knife leaving a 1-inch-thick shell; reserve torn cake for another use.

6. To prepare whipped cream, place cream in a medium bowl; beat with a mixer at high speed until soft peaks form. Scrape seeds from vanilla bean into bowl; discard pod. Gradually add ¾ cup powdered sugar, beating at high speed until stiff peaks form.

7. Spoon all but 1 cup of berry mixture into cake shell; top with whipped cream. Replace top of cake; sprinkle with 2 tablespoons powdered sugar. Serve immediately with additional berry mixture; garnish with orange rind, if desired. Yield: 12 servings (serving size: 1 stuffed cake slice and 4 teaspoons berry mixture).

CALORIES 269 (20% from fat); FAT 6g (sat 3.5g, mono 1.6g, poly 0.4g); PROTEIN 5.2g; CARB 50.2g; FIBER 2.9g; CHOL 20mg; IRON 1.2mg; SODIUM 149mg; CALC 26mg

*... not park next to fire hydrants*

