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**AMEN GOURMET GROUP JANUARY 9, 2019**

**STILL LIFE MASTERS**



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**HOSTED BY TERESA GIOVANZANA**

**WITH: THERESIA BINDER**

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### *CRUDITES WITH CHILE-LIME SALT ~ Serves 8-10*

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- 1 lime
- 2 tablespoons flaky sea salt
- 1/2 teaspoon ancho chili powder
- 2 oranges, sliced into 1/4-inch rounds, rounds halved
- 5 mini seedless cucumbers, cut into 1/2-inch spears
- 1 bunch radishes, halved
- 1 large jicama, peeled, cut into 1/4-inch thick slices,  
half of the slices cut into half moons, half cut into triangles

Finely grate lime zest into a small bowl. Stir in salt and chili powder. Cut lime into wedges.

Arrange crudites on a platter. Squeeze lime juice over, then sprinkle with some spiced salt mixture. Serve remaining spiced salt mixture alongside platter.



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### *COCONUT-LIME DRESSING (Yield = 1 CUP) OVER GRILLED SHRIMP*

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- 6 tablespoons unsweetened coconut milk
- 3 tablespoons fresh lime juice
- 5 teaspoons fish sauce
- 1 tablespoon finely grated shallot
- 1 tablespoon light brown sugar
- 1/4 cup vegetable oil

Whisk coconut milk, lime juice, fish sauce, shallot, and brown sugar in a small bowl until smooth. Gradually add oil, whisking constantly until emulsified.

Do Ahead: Dressing can be made 1 day ahead. Cover and Chill

Marinate peeled shrimp in dressing for 1 hour.

Grill shrimp on BBQ. Serve hot or at room temperature.



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*BLOOD ORANGE & ST GERMAIN CHAMPAGNE COCKTAIL*

*1 Part Blood Orange Juice  
1 Part St Germain  
2 Parts Champagne (Dry)*

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*PARSLEY SALAD WITH LEMON VINAIGRETTE ~ Serves 6-8*

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1 shallot, minced  
1 teaspoon finely grated lemon zest  
1 garlic clove, minced  
2 tablespoons lemon vinegar or seasoned rice vinegar  
1/2 teaspoon Dijon mustard  
1/4 teaspoon salt  
pinch of freshly ground black pepper  
1/4 cup lemon oil or olive oil  
6 cups loosely packed fresh curly parsley leaves (about 2 bunches)  
6 cups loosely packed flat-leaf parsley leaves (about 2 bunches)  
Parmigiano-Reggiano curls for garnish (optional)

Whisk together the shallot, zest, garlic, vinegar, mustard, salt, and pepper in a small bowl. Whisking constantly, slowly add the lemon oil in a thin stream, and continue to whisk until the vinaigrette is smooth and emulsified.

Just before serving, toss the parsley with the dressing in a large bowl. Arrange the salad on a plate and serve immediately, garnished with Parmigiano-Reggiano curls, if using.



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*CLASSIC AVGOLEMONO SOUP ~ Makes 4 Cups*

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4 cups chicken stock or canned low-sodium chicken broth  
zest of 2 small lemons, removed with a vegetable peeler  
1 imported bay leaf or 1/2 California bay leaf  
2 cardamom pods, crushed  
1 cinnamon stick or a large pinch of crumbled saffron threads (optional)  
1/2 cup long-grain white rice  
2 large eggs  
1 large egg yolk  
2 tablespoons fresh lemon juice  
salt  
cayenne pepper  
for garnish, paper thin lemon slices  
for garnish, finely shredded fresh mint leaves or finely chopped fresh flat-leaf parsley  
pinch of ground sumac (optional)

**Directions:**

1. Combine the stock, zest, bay leaf, and cardamom, if using, in a large Dutch oven and bring to a boil over medium heat. Cover and boil for 5 minutes. Remove the zest, bay leaf and cardamom pods with a slotted spoon, or pour the broth through a strainer and return to the pot.
2. Add the rice and return to a boil. Reduce the heat and simmer, covered, for about 17 minutes or until the rice is just cooked through.
3. Meanwhile, whisk together the eggs, yolk, lime juice, and salt and cayenne to taste in a medium bowl just until blended, not frothy.
4. Remove the Dutch oven from the heat. Slowly add 1/2 cup of the stock to the egg mixture, whisking constantly. Slowly pour the mixture back into the remaining stock, whisking constantly.
5. Cook stirring constantly, over low heat until the soup is slightly thickened, about 5 minutes. Do not let it boil, or the eggs will scramble. Serve the soup hot, garnished with the lemon slices, mint, and optional sumac.



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*CHICKEN WITH CITRUS SAUCE ~ Makes 6 Servings*

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6 chicken breast halves, skin on, bone in  
salt and freshly ground black pepper to taste  
2 sprigs fresh rosemary, chopped or 1 teaspoon dried  
3 small peeled cloves garlic, thinly sliced  
3 peeled shallots, thinly sliced  
4 tablespoons olive oil  
  
1/2 cup pine nuts (2 ounces), toasted  
1/4 cup dry white wine  
1 tablespoon red wine vinegar  
1/4 cup fresh lemon juice  
1/2 cup orange juice  
2/3 cup chicken broth  
1/2 cup golden raisins  
supreme orange segments – 2 segments per breast

**TO MARINATE THE CHICKEN:** Rub the chicken with salt, pepper, rosemary, garlic, shallots and 1 tablespoon of the olive oil and marinate it, in a glass or ceramic dish, in the refrigerator for 1 hour or longer. It tastes best if you marinate it overnight.

1. Preheat the oven to 350°F.
2. In a large casserole, heat the remaining olive oil along with the marinade ingredients for 5 minutes and saute the chicken in the marinade, skin side down. Add the pine nuts, white wine, vinegar, lemon juice, orange juice, broth, and raisins.
3. Simmer, uncovered, over medium heat for 3 to 4 minutes to concentrate the flavor and thicken the sauce.
4. Transfer the chicken to the oven and bake, uncovered, for 20 minutes or until the chicken is cooked through. Remove the chicken to a platter and cover with foil to keep warm.
5. Over high heat, boil the pan juices until thick. Season with salt and pepper to taste.
6. Serve the chicken with spoonfuls of sauce, with nuts and raisins over the top
7. Place 2 supreme orange segments on top of chicken and sauce.

**OPTIONAL:** Boneless breasts, bake 15 minutes @ 350°F convection.



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*WILD RICE WITH LEMON ZEST*

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1 small white onion, finely chopped  
2 tablespoons extra virgin olive oil  
4 cups low sodium chicken stock  
1 cup wild rice  
2 teaspoons chopped fresh thyme  
2 teaspoons lemon zest

1. Saute onion in the olive oil
2. Add the chicken stock and bring to a boil.
3. Add the rice and thyme, stir, and reduce the heat to a low simmer.
4. Cover the pot and cook for 50 minutes or until done.
5. Keep the lid on the pot for the entire duration of the cooking process.
6. To stir the rice, swirl the pot with the lid on.
7. After the rice is cooked, add the lemon zest and stir to incorporate the rice and zest.
8. Serve immediately.

NOTE: If there is excess liquid in the pot, strain the rice to eliminate the liquid.



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*LEMON AND ANISE BISCOTTI ~ Makes 4 Dozen*

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3/4 cup sliced unblanched almonds or pine nuts (about 6 ounces)  
1 1/2 teaspoons aniseed  
1 cup sugar  
1/3 cup finely grated lemon zest  
2 cups all-purpose flour  
1 1/2 tablespoons ground coriander  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/4 cup (1/2 stick) unsalted butter at room temperature  
2 large eggs

**Directions:**

1. Position a rack in the middle of the oven and preheat oven to 350°F. Butter a large non-stick baking sheet. Have ready 1 ungreased baking sheet.
2. Toast almonds on the ungreased baking sheet for 10 minutes, or until golden brown.
3. Process the sugar and the zest in a food processor until the zest is finely ground.
4. Sift together the flour, coriander, baking powder, and salt into a medium bowl.
5. Beat the butter and the sugar mixture in a medium bowl with an electric mixer, beginning on low speed and increasing to medium-high, until combined well. Add the eggs, one at a time, beating well after each addition. Reduce the speed to low, add the flour mixture and the aniseed, and beat just until blended. Stir in the almonds with a rubber spatula.
6. Halve the dough and place both portions on the buttered baking sheet. Quickly form each piece into a 12-by-1-inch log. Place them at least 3 inches apart on the baking sheet. Smooth the 2 logs with dampened fingers.
7. Bake for 35 minutes, turning the baking sheet once, or until the logs are golden brown and beginning to crack on top. Let cool on the baking sheet for 10 minutes. Transfer the logs to a cutting board and with a sharp knife, cut each log into 3/8-inch slices. Arrange the slices on the same baking sheet and return to the oven.
8. Bake for about 16 minutes, turning the cookies over halfway through the baking, until crisp and golden brown on both sides. Let cool on a wire rack. Store in an airtight container for up to 1 month.



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## *KUMQUATS IN SPICED SYRUP WITH CLOVES, CINNAMON, AND STAR ANISE*

*~ Makes 8 Cups (Serving Size: 1/4 Cup)*

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This spiced fruit can be chopped and stirred into couscous or served with ham. For optimum texture and flavor, refrigerate the kumquats for two weeks before they are used.

- 2 pounds kumquats (about 8 cups)
- 4 cups water
- 2 cups sugar
- 9 whole cloves, divided
- 3 (3-inch) cinnamon sticks, divided
- 3 star anise, divided

Preheat the oven to 350°F.

1. Pierce each kumquat several times with a wooden skewer.
2. Combine water and sugar in a large saucepan; bring to a boil, stirring until sugar dissolves. Add 3 cloves, 1 cinnamon stick, and 1 star anise. Reduce heat, and simmer 5 minutes.
3. Add kumquats and simmer 20 minutes or until tender.
4. Using a slotted spoon, remove the kumquats from pan, and divide evenly between two (1-quart) jars. Tuck 3 whole cloves, 1/2 cinnamon stick, 1 star anise, and piece of vanilla bean into each jar.
5. Bring cooking liquid to a boil; cook 4 minutes. Remove from heat. Strain mixture, discarding solids. Pour 2 cups cooking liquid and 1/2 cup brandy into each jar. Seal jars; shake well.
6. Store in refrigerator 2 weeks before using.

NOTE: When canning all items (spices) should go into pot to cook and be sterilized.



Blood Orange &  
St. Germain  
Champagne Cocktail



Crudites with Chile-Lime Salt

Coconut-Lime Dressing  
over Grilled Shrimp



Clockwise from top:  
Parsley Salad with  
Lemon Vinaigrette  
Wild Rice with  
Lemon Zest  
Chicken with  
Citrus Sauce



Avgolemono Soup



Lemon and Anise Biscotti  
Ice Cream with  
Kumquats in Spiced Syrup