

Wall \$treet Weak

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ETF's

Shares of Extra Tasty Food offered today!

Gourmet Group Heats Up

Options Run Hot and Cold

In spite of the sluggish economy, the Gourmet Group is cooking! They plan to deliver their product on schedule today, as previously announced. Team members have been working six months on theme development.

Investors Like Mushrooms

Similarities Observed

Like mushrooms, investors are kept in the dark and fed a load of manure. However, when mushrooms merge with a tender asparagus shoot and flaky pastry, dividends increase. See page 3.

Sour Outlook Sweetens

When Life Hands You Lemons...

Leverage those lemons into a delicious commodity: Lemon Layer Cake. See page 6.



CFO's (Cooking For Others): Linda, Nancy, Betsy, and Lynn

Virgin Manhattan

1/4 cup cranberry juice
1/4 cup orange juice
1/2 tsp cherry juice
1/4 tsp lemon juice
1 - 2 dashes orange bitters

Shake ingredients with ice, and strain; either into a chilled cocktail glass, or on the rocks in an old-fashioned glass. Garnish with a maraschino cherry, and serve.

“Dogs of the Dow”

1½ cups ketchup
½ cup brown sugar
¾ cup bourbon
2½ pounds cocktail wieners

Combine ketchup, brown sugar, bourbon and cocktail wieners in a large pot. Simmer on low on stovetop for 2 ½ hours or in a slow cooker, set on low for several hours.

Carrot/Peanut Soup

3 Cups Chicken Stock (more if you want thinner soup)
1 small onion chopped
1 bag of baby carrots
1/8 tsp nutmeg
2T peanut butter
1 T Worcestershire Sauce
1 clove garlic minced
dash of Tabasco

Simmer all ingredients until tender, 15-20 minutes. Pureé. Add more chicken stock if desired. Garnish with chopped peanuts, apples and/or green onions.

Asparagus and Mushroom Tarts

Makes 8



INGREDIENTS:

- 1 17.3-ounce package frozen puff pastry (2 sheets), thawed
- 1/4 cup (1/2 stick) unsalted butter
- 12 ounces fresh shiitake mushrooms, stemmed, caps cut into 1/4-inch-wide strips
- 1 teaspoon coarse kosher salt, divided
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 pound slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 1/2 teaspoons chopped fresh thyme
- 1 1/2 teaspoons finely grated lemon peel
- 1/2 cup crème fraîche*
- 1/2 cup (packed) coarsely grated Gruyère cheese (about 2 ounces)
- Fresh thyme sprigs (for garnish)

PREPARATION:

1. Roll out each pastry sheet on work surface to 10-inch square. Cut each into 4 squares. To make appetizer-size tarts, do not roll out the dough, simply cut each sheet of puff pastry into 9 squares. Using small knife, score 1/2-inch border (do not cut through pastry) around inside edges of each square. Arrange squares on 2 rimmed baking sheets. **DO AHEAD:** Can be made 1 day ahead. Cover and chill.
2. Melt butter in heavy large skillet over medium-high heat. Add mushrooms; sprinkle with 1/4 teaspoon coarse salt and 1/4 teaspoon pepper. Sauté until tender and lightly browned, about 4 minutes. Transfer mushrooms to large bowl; cool 15 minutes. Add asparagus, chopped thyme, lemon peel, 3/4 teaspoon coarse salt, and 1/4 teaspoon pepper to mushrooms. Mix in crème fraîche and cheese. **DO AHEAD:** Filling can be made 1 day ahead. Cover; chill.
3. Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Mound filling atop pastry squares, leaving 1/2-inch plain border.
4. Bake tarts 12 minutes. Reverse sheets. Continue to bake tarts until crusts are puffed and golden and filling is cooked through, about 10 minutes longer. Transfer to plates; garnish with thyme sprigs.

**If you can't find crème fraîche at Trader Joe's or the supermarket, you can make your own by mixing 1 cup heavy cream that has been warmed up to slightly warmer than room temperature with 2 Tbsp of buttermilk, and letting it sit at room temperature for about a day until thickened, then stored in the fridge for up to 7-10 days.*

Arugula-and-Frisée Salad with Peas, Pistachios and Pecorino

- 2 tablespoons freshly squeezed lemon juice
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground pepper
- 5 ounces baby arugula
- 1 large head frisée, chopped
- 1 tablespoon chopped mint
- 1 tablespoon chopped flat-leaf parsley
- 1 cup frozen baby peas, thawed
- 1/2 cup salted roasted pistachios, chopped
- 1 cup shaved Pecorino Romano cheese (3 ounces)



1. In a small bowl, whisk the lemon juice with the olive oil and season the dressing with salt and pepper.
2. In a large bowl, combine the arugula, frisée, mint, parsley and peas. Add the dressing and toss well. Add the pistachios and Pecorino, toss again and serve.

Make Ahead: The dressing can be refrigerated overnight.

Creamy Cheese Polenta

Serves 8.

- 2 cups reduced sodium chicken broth
- 2 cups whole milk
- 1 cup polenta or yellow stone-ground corn meal
- 1/8 teaspoon dried thyme
- 1/2 cup finely grated Parmigiano Reggiano cheese
- 1 tablespoon butter
- 1/2 teaspoon salt

1. Place broth and milk in a saucepan and bring to a boil over medium-high heat. Add polenta, whisking to prevent clumping. Reduce heat to low. Add thyme and cook, stirring constantly until liquid is absorbed and polenta is creamy and thoroughly cooked, 5 to 10 minutes.
2. Add cheese, butter and salt, stirring gently until incorporated.

Rosemary Apricot Pork Tenderloin

Serves 8.

2 pounds pork tenderloin
3 tablespoons olive oil
6 tablespoons finely minced fresh rosemary
6 garlic cloves, minced
1 teaspoon salt
Freshly ground black pepper
1 cup apricot preserves
3 tablespoons lemon juice
2 garlic cloves, pressed

1. Preheat oven to 400F.
2. Brush pork with 1 tablespoon oil, sprinkle with rosemary, garlic, salt and pepper. Heat remaining 2 tablespoons oil in large skillet (ovenproof if available) over medium-high heat. Add pork and cook until brown on all sides, turning often, about 5 minutes.
3. Transfer pork to ovenproof pan if necessary. Roast in preheated oven until meat thermometer registers 150F, about 15 minutes.
4. While pork roasts, combine preserves, lemon juice and garlic.
5. Remove pan from oven and brush jam mixture over pork. Let rest 8 minutes. Cut crosswise into ¼ inch thick slices. Drizzle sauce on top.

Spoon a mound of soft polenta onto plates. Place sliced Rosemary Apricot Pork Tenderloin on top and drizzle on any extra apricot glaze.



Lemon Layer Cake

Serves 10-12

Lemon infuses this layered masterpiece in three ways: zested into the batter, in a tart syrup that gets drizzled over the cakes, and in a thick lemon curd frosting.

FOR THE CAKE AND SYRUP:

16 tbsp. unsalted butter, softened, plus more for pans
2½ cups cake flour, plus more for pans, sifted
2½ tsp. baking powder
1 tsp. kosher salt
½ cup milk
1 tsp. vanilla extract
1 ¾ cups sugar
1 tbsp. lemon zest
4 eggs
1/3 cup fresh lemon juice

FOR THE FROSTING:

1½ cups sugar
¼ cup cornstarch
¼ cup lemon zest
1 tsp. kosher salt
10 egg yolks
1 cup fresh lemon juice
1½ cups unsalted butter, softened
1 tsp. vanilla extract

1. Make the cake. Heat oven to 350F. Butter and flour two 9" cake pans and set aside. Whisk together flour, baking powder, and salt in a bowl; set aside. Whisk together milk and vanilla in a bowl; set aside. In the bowl of a stand mixer fitted with a paddle, cream butter, 1½ cups sugar, and zest on medium-high speed until pale and fluffy, about 3 minutes. Add eggs, one at a time, beating well after each addition. On low speed, alternately add dry ingredients in 3 batches and wet ingredients in 2 batches. Increase speed to high and beat until batter is smooth, about 5 seconds. Divide batter between prepared pans, and smooth top with a rubber spatula; drop pans lightly on a counter to expel any large air bubbles. Bake cakes until a toothpick inserted in middle comes out clean, about 30 minutes. Let cakes cool for 20 minutes in pans; invert onto wire racks, and let cool. Using a serrated knife, halve each cake horizontally to produce four layers; set aside. Bring remaining sugar and juice to a boil in a small saucepan over high heat. Remove from heat, and set syrup aside.
2. Make the frosting: Whisk together sugar, cornstarch, zest, and salt in a 4-qt. saucepan. Add yolks and whisk until smooth; stir in juice. Stirring often, bring to a boil over medium heat; cook, stirring constantly, until very thick, about 3 minutes. Remove from heat, let cool, and transfer to a bowl; chill the lemon curd. In the bowl of a stand mixer fitted with a paddle, beat butter and ¼ of the curd on medium-high speed until fluffy and smooth, about 1 minute. Add half the remaining curd, beating until smooth, and then add remaining curd and vanilla. Increase speed to high; beat frosting until pale and fluffy, about 3 minutes.
3. To assemble, place one cake layer on a cake stand, drizzle with 2 tbsp. syrup, and spread with ¾ cup frosting; top with another cake, drizzle with 2 tbsp. syrup, and spread with ¾ cup frosting. Place another cake over the frosting, drizzle with 2 tbsp. syrup, and spread with ¾ cup frosting; top with remaining cake, and drizzle with remaining syrup. Cover top and sides with remaining frosting; chill cake to firm frosting. Serve at room temperature.



Left, top to bottom:
Carrot-Peanut Soup
Dogs of the Dow
Asparagus and Mushroom Tarts



Right, top to bottom:
Arugula & Frisée Salad
Rosemary Apricot Pork on
Creamy Cheese Polenta
Lemon Layer Cake (overleveraged-
after the crash!!)

