



*SPRING ...
FORWARD*

*"Spring is Nature's way of saying, "Let's Party!" "
Robyn Williams*

*Thank you for springing forward with us!
Janet Benson
Sandy Gruwell
Kathy Pompili
Liz Yee*

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Spring Awakenings

This riff on the traditional vodka Greyhound or tequila Paloma cocktails is made with rosemary simple syrup mixed with tart grapefruit juice and a splash of grenadine, to evoke emerging green leaves and flowers after a long winter. The rosemary sprig is the perfect little stirring tool to mix up your drink as you sip it.

Ingredients

Rosemary Simple Syrup

- 2 cups of water
- 2 cups of sugar
- 6 sprigs of rosemary

Cocktail

- 2 ounces vodka or tequila
- 1/2 ounce rosemary simple syrup
- 4 ounces grapefruit juice
- .25 oz grenadine syrup
- sprig of rosemary for garnish

Instructions

- **Simple Syrup:** In a small sauce pan over medium low heat, dissolve the sugar into the water for about 5 minutes. Do not let the mixture boil or crystals will form. In a heat safe container, pour the warm sugar water mixture over the rosemary sprigs and let it steep for at least 1 hour. The rosemary simple syrup will keep in the refrigerator in an airtight container for 10 days.
- **Cocktail:** In tall glass filled with ice combine the vodka or tequila, rosemary simple syrup and grapefruit juice. Garnish with a sprig of rosemary.

Notes

Grapefruit Juice: I prefer ruby red grapefruit juice, but any kind will work.

Blue Cheese-Bacon Dip

Yield: Makes 12 to 15 servings

Ingredients:

7 bacon slices, chopped

2 garlic cloves, minced

2 (8-ounce) packages cream cheese, softened

1/3 cup half-and-half

4 ounces crumbled blue cheese

2 tablespoons chopped fresh chives

3 tablespoons chopped walnuts, toasted

Grape clusters

Flatbread or assorted crackers

Preparation:

Cook chopped bacon in a skillet over medium-high heat 10 minutes or until crisp. Drain bacon, and set aside. Add minced garlic to skillet, and sauté 1 minute.

Beat cream cheese at medium speed with an electric mixer until smooth. Add half-and-half, beating until combined. Stir in bacon, garlic, blue cheese, and chives. Spoon mixture into 1-quart baking dish.

Bake at 350 degrees for 15 minutes or until golden and bubbly. Sprinkle evenly with chopped walnuts, and serve with grape clusters, flatbread, and assorted crackers.

Mushroom Flatbread Appetizer

Ingredients:

Lavash Traditional - Atoria's 5 sheets in one pack (Whole Foods)

Fig Preserves - 1 jar Bonne Maman

Purple Onions - chopped (options - yellow onions or shallots)

Mushrooms (mixed variety) - thinly sliced

Goat Cheese - crumbled

Italian Parsley - chopped

Prosciutto - hand tear into small pieces

Olive oil or Grapeseed oil or butter

Salt and Pepper

Preheat oven 350*

Heat oil or butter in pan.

Caramelize onions, remove to bowl.

In the same pan, heat additional oil or butter, sauté mushrooms.

When lightly brown, mix in onions and parsley.

Add salt and pepper to taste.

Bake lavash sheets on cookie sheet for 3 minutes. Remove from oven, cool for about 5 minutes

With scissor, cut each lavash sheet into 8 rectangles and leave on cookie sheet.

Spread fig preserves on the top of each piece

Layer adds - first, mushrooms/onions/parsley combo; 2nd goat cheese;

3rd prosciutto

Bake for 3-4 minutes, til cheese softens.

Use pancake turner to put on serving platter. - sprinkle parsley.

Baked Garlic and Onion Cream Soup

A full-flavored soup where a small bowl is perfect for a first course.

- 6 large onion, cut into 1/2-inch slices
- 2 heads garlic, cloves separated and peeled
- 5 cups of chicken stock or canned broth
- 1 1/2 tsps. dried thyme leaves (or throw in a few twigs of fresh thyme and remove before puréeing)
- 1 tsp. coarsely ground pepper
- 1 tsp. coarse (kosher) salt (I also later added, to taste, a few shakes of Penseys Seasoned Salt)
- 4 tbsps. (1/2 stick) unsalted butter
- 2 cups heavy or whipping cream (for a less rich, dairy-free version, substitute Ripple Original Pea Milk)
- 1 lemon - a few squeezes to taste, for brightening
- 2 tbsps. chopped fresh Italian, flat-leaf parsley, for garnish
- Good quality EVOO to drizzle on top

1. Preheat oven to 350°F.
2. Place the onions and garlic in a shallow roasting pan, and add 3 cups of the chicken stock. Sprinkle with the thyme, pepper, and coarse salt. Dot with the butter.
3. Cover the pan with aluminum foil and bake for 1.5 hrs. Stir once or twice while it is baking.
4. Remove the pan from the oven and purée the onions and garlic with the liquid, in batches, in a blender or food processor until smooth. For a more velvety consistency, sieve through a fine mesh strainer. With the motor on, gradually add the remaining 2 cups of stock and the cream. Pour the soup into a large saucepan.
5. Adjust the seasonings (i.e Pensey salt at this time and lemon juice to taste) and slowly heat through. Do not allow the soup to boil. Drizzle with extra-virgin olive oil and/or sprinkle with the parsley, and serve.

Star Spangled Fruit Salad

Ingredients:

Salad greens: a combination of whatever is fresh...butterhead, little gem, spinach or Earthbound Farms salad mix

Cooked chicken breasts (shrimp works well too)

Fresh berries: strawberries, blueberries, raspberries, blackberries....

Fresh fruit: apples, pears, Kiwi, grapes all cut into bite sized pieces

Avocado

Dried fruit: raisins, cranberries, currants

Crumbled cheese: gorgonzola, blue, goat

Topping: Optional. candied almonds

Directions:

All proportions are approximate. Use what's fresh and what you enjoy!

Layer beginning with the greens. Looks great in a glass bowl.

Salad greens

chicken or shrimp

berries

fruit

avocado

dried fruits

Honey Dressing: or vinaigrette of your choice

1 tsp paprika

1 tsp celery seed

1/2 tsp salt

1/3 cup honey

1/3 cup apple cider vinegar

1 T lemon juice

1 T grated lemon rind

1 cup olive oil or combination of olive oil and a vegetable oil (avocado, canola...)

Candied nuts:

1/2 cup slivered almonds + 3 T sugar into small skillet on low heat until caramelized. Takes about 5 minutes. Cool. Crumble. Serve on top of salad.

Chocolate Mousse Torte

This was the New York Time's Dessert of the Year by Maida Heatter. It starts with a chocolate mousse mixture. Part of the mousse is baked in a pie plate. When it cools, it settles and becomes the "crust" for the pie. The remaining mousse is placed on top of the cooked, cooled mousse and topped with whipped cream. What could be better?

Ingredients:

8 ounces semisweet chocolate 1 T dry instant coffee
1/4 cup boiling water
8 eggs, separated
2/3 cup granulated sugar
1 tsp vanilla
1/8 tsp salt

- * Preheat oven to 350
- * Butter a 9 inch glass pie plate. Dust it with fine, dry bread crumbs.
- * Mix the hot water and the instant coffee together. Pour over the chocolate and melt the chocolate over a double boiler or in the microwave. Set aside until slightly cooled.
- *In the mixer beat the egg yolks at high speed for 5 minutes. Gradually add the sugar and continue to beat for 5 minutes until very thick.
- *Add the vanilla and the chocolate, beating slowly until incorporated.
- *Add the salt to the egg whites and beat into mixer until they hold a definite shape but are not stiff or dry.
- *Gradually in two or three additions, fold the whites into the chocolate. Fold only until no whites show.
- *Put about half of this mousse mixture into the prepared pie plate. Gently smooth it until level.

Bake it for 25 minutes. Turn off the oven and leave the torte in for 5 more minutes. It will rise while baking then settle as it cools. Refrigerate the other half of the mousse .

Topping:

1 1/2 cups heavy cream
1 1/2 tsp vanilla
1/3 cup confectioners sugar