



Bellarmine Gourmet Club
Dínes al fresco Italian style

May 9, 2007

Hosted by: Janet Benson

Patty Machado

Sheryl Ruth

Menu

Antipastí

Tuscan artichokes

Marinated olives

Northern Beans with Mint Oil

Salad

*Shaved Fennel with Blood Oranges
and Pecorino*

Pizzas hot from the pizza oven

Barbecued chicken

Pear gorgonzola arugula

Mahogany onion

Dolci

Lime Cream & Strawberries

Chocolate Coconut Macarons

Ojai Spa Water

To large pitcher of water add:

½ cucumber, sliced

1 lemon, sliced

1 small orange, sliced

ice ½

Tuscan Artichokes

4 artichokes
1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 cup soy sauce
1/4 cup water
1 T. garlic-crushed
S & P

- *clean, 1/3 & steam artichokes til tender (approx. 25 min)
- *wisk together all ingredients & pour over artichokes
- *marinate at least 2 hours
- *BBQ artichokes cut side down for 6 min.
- *turn right side up, pour left over marinade over & BBQ another 5 minutes^{1/4}

Kicked Up Marinated Olives

Recipe courtesy Emeril Lagasse, 2001

Recipe Summary

Prep Time: 24 Hours

Yield: About 3 Cups

Kicked Up Citrus Marinated Black Olives:

3 cups brine cured black olives, such as kalamata or nicoise

1/2 cup extra virgin olive oil

1/2-cup lemon juice, or 1/4-cup lemon juice and 1/4 cup fresh squeezed orange juice

2 tablespoons minced garlic

2 tablespoons minced rosemary

1 tablespoon grated lemon peel, or 1 1/2 teaspoons grated lemon peel and 1 1/2 teaspoons grated orange peel

1 teaspoon dried hot pepper flakes

In a large bowl, combine all the ingredients and stir well to mix. Marinate the olive mixture, covered and chilled, stirring occasionally, for at least 1 day before serving. Let come to room temperature before serving. To store indefinitely, transfer the olives to a 1-quart glass jar with tight-fitting lid and keep chilled.

Kicked Up Marinated Green Olives:

3 cups brine cured green olives, such as picholine, manzanillo or queen

1 lemon, thinly sliced

1/2 cup olive oil

1/4 cup lemon juice

1/4 cup chopped fresh oregano, or 1 tablespoon dried oregano

5 garlic cloves, thinly sliced

1 teaspoon dried hot pepper flakes

In a large bowl, combine all the ingredients and stir well to mix. Marinate the olive mixture, covered and chilled, stirring occasionally, for at least 1 day before serving. Let come to room temperature before serving. To store indefinitely, transfer the olives to a 1-quart glass jar with tight-fitting lid and keep chilled.
Yield: About 3 cups

Northern Beans with Mint Oil

1 1/2 cups cooked Great Northern beans
1 tablespoon chopped fresh rosemary leaves
2 tablespoons extra-virgin olive oil
4 tablespoons finely chopped red onion
1 tablespoon chopped fresh marjoram leaves
1 tablespoon chopped fresh oregano
Salt and pepper
4 cloves minced fresh garlic
Zest of 1 lemon
1/4 cup mint oil, recipe follows

In a mixing bowl, stir together the cooked beans, rosemary, olive oil, onion, oregano, garlic, lemon zest, marjoram.

Season to taste with salt and pepper

MINT OIL:

1/2 cup packed fresh mint leaves
3/4 cup extra-virgin olive oil

Bring a saucepan of water to a boil. Prepare and ice bath. Plunge the mint leaves into the boiling water for 30 seconds, then remove to the ice bath. Squeeze out the excess liquid and puree in a blender for 1 minute with the olive oil. Makes 1 cup

Shaved Fennel with Blood Oranges, Pomegranate, and Pecorino

serves 4

A classic winter salad to begin with, this dish is made both texturally and visually intriguing by the sweet and sexy addition of pomegranate seeds. The optional addition of paper-thin red onion slices and an oil and lemon dressing makes a lot of sense; the sharpness of onion works well with the sweet combo of fennel and pomegranate and the creamy contrast of sharp cheese.

2 large **FENNEL** bulbs, trimmed

juice of 1 **LEMON**

4 tablespoons extra-virgin **OLIVE OIL**

4 large **BLOOD ORANGES**, peeled and segmented

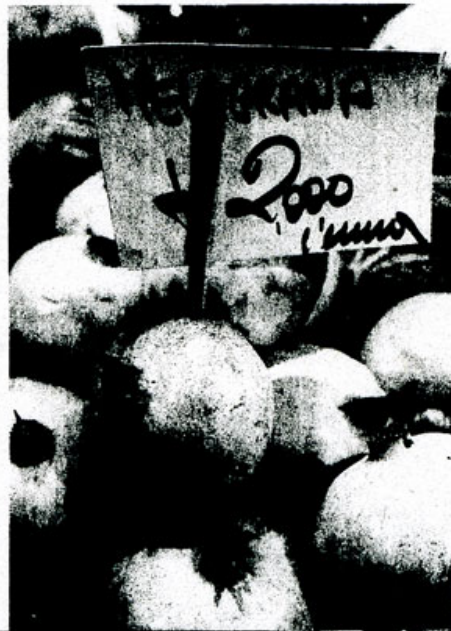
1 cup fresh **POMEGRANATE** seeds

SALT and **PEPPER**

6-ounce piece of hard **PECORINO** (sardo or Tuscan) cheese

Use a mandolin or sharp knife to slice the fennel as thin as possible. Place the fennel slices in a bowl and toss with the lemon juice and olive oil. Add the blood orange segments and pomegranate seeds, season to taste with salt and pepper, and toss gently to mix.

Arrange the fennel salad on 4 individual plates. Shave the pecorino in long shards over the top of each plate and serve.



Basic Pizza Dough

4 cups brad flour
1 tspn salt
1 ½ cup warm water
2 tspn yeast, hydrated in ¼ cup warm water

Knead all ingredients together until smooth – about 7 to 8 minutes. Place in a large, lightly oiled container, cover with plastic wrap and leave in a warm location to double in size about 2 hours.

Turn the dough out onto a floured surface, divide into 5-6 portions for individual pizzas and roll gently into balls. Place the balls onto an oiled tray, spray lightly with oil, cover with plastic wrap to avoid drying out, and leave to rest for about 20 minutes.

Makes 5 to 6 individual 8-10 inch pizzas

Barbecued Chicken Pizza

1 cup roasted chicken, shredded (see note)

1 cup barbecue sauce

1/4 cup chopped red onion

1/2 cup grated smoked Gouda cheese

1/2 cup grated mozzarella cheese

1/4 cup cilantro - chopped

Mix the chicken with 3/4 cup of barbecue sauce.

Brush 1/4 cup of barbecue sauce over the pizza crust.

Scatter the chicken pieces, cilantro, and onions on top of the crust.

Sprinkle the cheese evenly over the other ingredients.

Bake the pizza about 7-10 minutes, until it is heated through and the cheese is melted.

Note: You can also use leftover barbecued chicken, or coat boneless, diced chicken breast with barbecue sauce and microwave, covered, until the chicken is cooked through (3 to 4 minutes).

Makes 2 - 10" pizzas

Crispy Cracker Pizza with Mahogany Onions

Dough:

¼ cup lukewarm water
2 tsp. dry yeast
2 cups bread flour
½ cup lukewarm water
3 Tbsp extra virgin olive oil
½ tsp. salt

Topping:

6 med. Red onions
2 Tbspn extra virgin olive oil
Salt and freshly ground pepper
1 tsp dry oregano
1 Tbspn dry thyme
1 Tbspn brown sugar
¼ cup balsamic vinegar
4 anchovy fillets, soaked in water 10 minutes, drained, patted dry, mashed
6 Tbspn freshly grated parmesan cheese

To make sponge, combine ¼ cup lukewarm water, yeast and ¼ cup flour in a small bowl. Let stand for 30 minutes until it bubbles. Add the remaining dough ingredients. Mix dough thoroughly. Knead on a floured board for 7 to 10 minutes until the dough is soft yet still moist. Place in an oiled bowl, turning once. Cover bowl w/ a towel and put in a warm place. Let dough rise until it has doubled in volume, 1 hour.

Note: After the dough has doubled in volume, it can be stored in the refrigerator for up to one day until ready to use. Bring the dough to room temperature before rolling.

In the meantime, heat an oven to 375. Halve the onions from top to bottom. But do not peel them. In a baking pan, toss the onions with the oil, 1 teaspoon salt, pepper, and herbs. Place the onions on a baking sheet cut side down and cook until they are completely soft, 50-60 minutes. Cool the onions enough to handle. Peel them and slice them into thin slices. Place them in a skillet over low heat with the sugar and vinegar and mix well. Cook uncovered until mahogany brown and almost dry, 50 minutes, stirring occasionally. Season with salt and pepper. When cool, add the anchovies and mix well.

Note: These onions can be made one day in advance and stored in the refrigerator. Preheat the oven to 500. Place a pizza brick on the bottom shelf of the oven for at least 30 minutes to preheat.

Punch down the dough, Divide the dough into two pieces and shape each into a smooth round cake. With a rolling pin, roll each piece of dough into a circle, 1/8th inch thick, 12 inch diameter. Spread the onions evenly over the top leaving a ½ inch border around the edge. Bake until crisp and light golden, 6 to 9 minutes. Remove from the oven and sprinkle w/ Parmesan. Serve immediately.

Makes 2 pizzas, 12 inch each.

Lime Cream & Strawberries

Lime Cream:

3 egg yolks

5 T. sugar

1 cup $\frac{1}{2}$ & $\frac{1}{2}$

zest of 1 lime

$\frac{1}{2}$ cup whipping cream

*beat yolks * sugar until lemon colored

*heat $\frac{1}{2}$ & $\frac{1}{2}$ with zest

*gradually add yolks to $\frac{1}{2}$ & $\frac{1}{2}$, off heat

*return to heat, stir until mixture coats the spoon

*cool, strain, refrigerate

Strawberries:

1 pint strawberries

2T. sugar

1-2 limes juiced

*clean & slice strawberries

*toss with sugar & lime juice

To Serve:

*beat whip cream, fold into cooled lime cream

*pour over strawberries $\frac{1}{2}$

Chocolate Coconut Macaroons

4 oz (1 bar) Baker's German Sweet chocolate

1 oz (1 square) unsweetened chocolate

2 egg whites at room temp

pinch salt

½ cup sugar

1 tsp vanilla extract

7 oz shredded coconut (I use Baker's blue label)

*preheat oven to 325 degrees

*melt together both chocolates, cool to room temp

*beat egg whites with salt til they hold a peak,
then on low speed, add sugar 1 T at a time.

*add vanilla

*increase speed to high and beat for 5 minutes

*add cooled chocolate

*fold in coconut

*scoop 1 rounded T of mixture for each cookie and
place on cookie sheet

*bake for about 16 minutes, or til macaroons are dry on outside and
still soft in centers