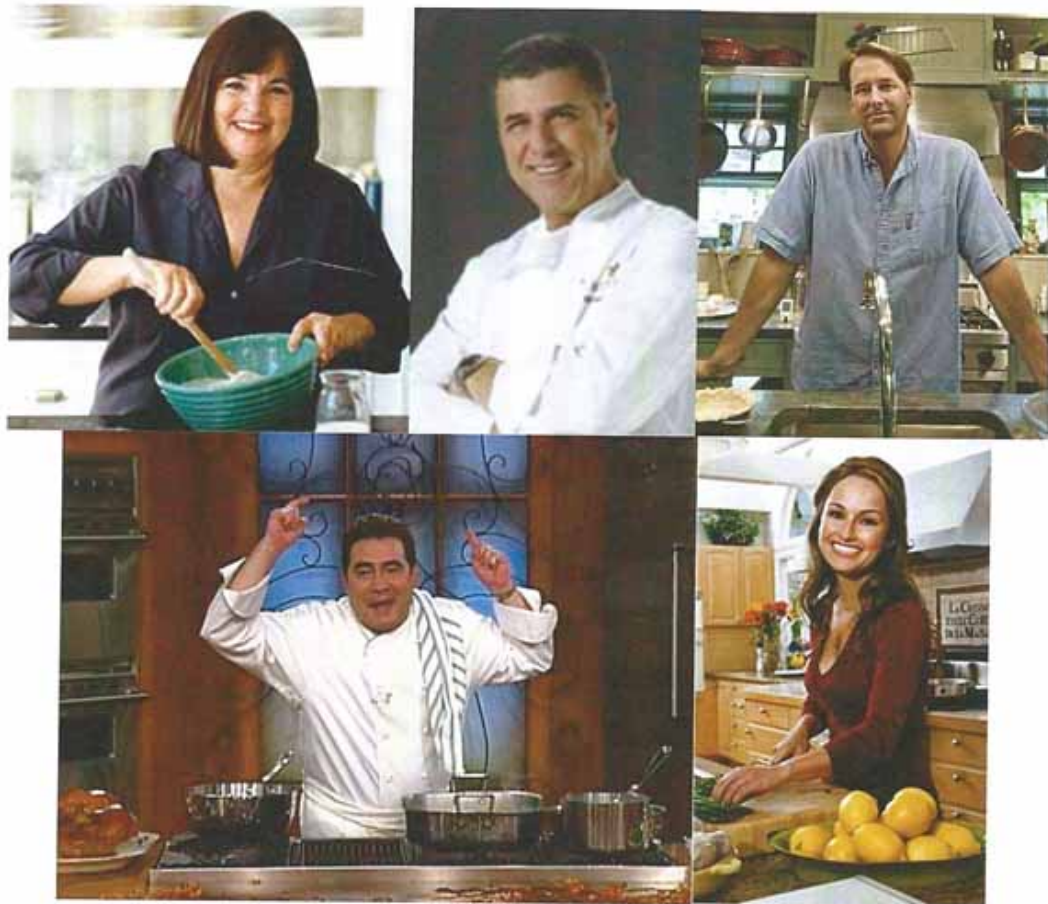


Yes, Chef!



Gourmet Luncheon May 11, 2016

Hosts: Theresia Binder, Sandy Gruwell, Judy O'Brien and Kathy Pompili

Asparagus Soup with Parmigiano Zabaglione

Recipe courtesy of Michael Chiarello

Yield: about 12 cups soup and 3/4 cup zabaglione

Asparagus Soup:

2 tablespoons extra-virgin olive oil
1 1/2 cups finely chopped yellow onion
Pinch finely ground salt
1 large russet potato, about 12 ounces, peeled and cut into 1-inch cubes
1 bay leaf
6 cups chicken stock
Salt and freshly ground black pepper
2 pounds asparagus, tough ends removed, cut crosswise into 1/2-inch slices
2 teaspoons finely chopped fresh thyme leaves
2 cups tightly packed fresh spinach leaves
1/4 teaspoon powdered ascorbic acid (vitamin C)
1 cup heavy cream, chilled
2 teaspoons freshly grated lemon zest

Parmigiano Zabaglione:

2 egg yolks
3 tablespoons dry white wine
Finely ground salt and freshly ground black pepper
1/2 cup freshly grated Parmigiano-Reggiano
1/4 cup heavy cream, whipped to soft peaks

For the soup, set a large saucepot over a high flame and heat up the olive oil. Add the onions, stir briefly, and lower the heat to medium. Add a pinch of salt to draw moisture out of the onions. Cook the onions until they are soft and translucent but without any browning, about 10 minutes, stirring occasionally. Add the potatoes, bay leaf and chicken stock. Raise the flame to high to bring the stock to a boil, then lower the heat to a simmer. Taste the stock and season with salt and pepper, if necessary. Cook until the potatoes are tender, about 10 minutes. Add the asparagus and thyme. Return the stock to a simmer. Cook until the asparagus is barely tender.

Remove the bay leaf. Working quickly, ladle some of the soup into a blender with the spinach and vitamin C. Process until the soup is smooth and homogenous. To cool quickly, remove to a large bowl set inside a larger bowl filled with ice water or a sink partially filled with ice water. Add the cream and lemon zest, and season with salt and pepper. Stir often until the soup is no longer steaming. (The soup can be made to this point, covered and refrigerated for up to 1 day or frozen for up to 1 month.)

To make the zabaglione, bring 2 inches of water to a simmer in a large saucepan. In a large non-reactive bowl, whisk together the egg yolks and wine. Season with salt and pepper. Set the bowl inside the saucepan but not touching the water, and whisk constantly until the mixture has thickened to point where the whisk can leave a clean trail on the bottom of the bowl, 3 to 5 minutes. Remove the bowl from the heat. Whisk vigorously for 1 minute to cool to room temperature and gradually whisk in the cheese. Season the mixture with pepper, to taste. (The zabaglione can be made to this point, covered and refrigerated for up to 1 day). Add 1/3 of the whipped cream. Whisk until smooth and then fold in the remaining whipped cream, being careful keep the mixture light and airy.

To serve, in a large saucepot, warm the soup over medium heat. Ladle into espresso cups. Spoon the zabaglione over each serving (about 1 teaspoon for each espresso cup of soup). Serve warm or at room temperature.
Recipe courtesy of Michael Chiarello

Seafood Roulade with Scallops and Crab

By Michael Ruhlman

1 tbsp butter
1 leek, white part only, finely chopped
1 lb./450 gr. peeled, deveined shrimp
2 egg whites
1 tsp salt
1 cup/240 ml heavy cream
4 oz/120 gr. scallops cut into chunks if large or whole if small
4 oz/120 gr. lump crabmeat
2 tbsp minced fresh chives

Heat the butter in a small sauté pan over medium heat. Add the leek and sauté until tender but not brown. Transfer to a bowl, cover, and refrigerate until chilled.

Puree the shrimp with the egg whites and salt in a food processor. With the machine running, slowly add half of the cream through the feed tube. The mixture should be stiff enough to shape. Continue adding the rest of the cream with the machine running.

Transfer the shrimp mousseline to a mixing bowl and add the chilled leeks, scallops, crab, and chives, gently folding to distribute everything evenly.

Wet your counter slightly and lay out a sheet of plastic wrap (use Glad wrap if you're concerned about cooking in plastic. Place the sticky side down), at least 2 feet long. Spoon the seafood mixture along the center of the plastic wrap. Fold the plastic wrap over the mousseline and roll it into a tube about 2 1/2 inches in diameter. Twist each end of the plastic wrap to form a tight roulade as you roll it on a counter. If it gets out of shape on you, unroll onto a new sheet of plastic and start again.

Bring a large pot of water to 180°F (a fish poacher would be perfect). Drop the roulade into the water and with it down with an appropriately sized plate to keep it submerged. Cook the roulade, maintaining a water temperature of between 170° and 185°F, until an instant-read thermometer reads between 140° and 150°F when inserted into the center of the roulade, 45 to 50 minutes.

While the roulade is cooking, fill a large bowl with half ice and half water. When the roulade is done, submerge it in the ice bath until thoroughly chilled, 15 minutes or so. Remove the plastic wrap and serve.

Slice and gently sauté in butter to warm through, then served with a light butter-and-lemon sauce (heat some lemon juice and shallot with a tablespoon of water or white wine and swirl in pats of butter) or a Shellfish Velouté Sauce made from the shrimp shells.

Emeril's Quick Shrimp Stock

I haven't tried using this flavor yet, but you could always cheat and use Better Than Bouillon Lobster Base to make the stock if you are in a rush, or add some to your stock if you don't have enough shrimp shells.

3/4 pounds shrimp shells
1/2 cup coarsely chopped onion
1/4 cup chopped carrots
1/4 cup chopped celery
1/2 tablespoon coarsely chopped garlic
1 bay leaf
1/4 teaspoon crushed black peppercorns
1/2 teaspoon salt
Pinch of saffron (optional)
1 1/2 quarts, plus 1 cup cold water

Rinse the shrimp shells under cold running water and place them in a stockpot with the shrimp shells, onion, carrots, celery, garlic, bay leaf, peppercorns, salt, and water. Bring the pot to a boil and then lower the temperature to a simmer. Skim the impurities that rise to the surface with a ladle, spoon or a skimmer. Simmer the stock for 45 minutes to 1 hour.

When the stock is completed, strain the stockpot and immediately cool the strained stock using an ice bath of water and ice. Use the amount of stock you need, and refrigerate and/or freeze the remainder.

Yield: approx. 1 quart

Velouté Sauce

3 cups shrimp stock
3 tbsp butter
3 tbsp plain flour
White pepper and salt

Warm the stock in a saucepan over moderate heat.

Melt butter in another saucepan. Stir in flour and cook about 3 minutes, until bubbly. Gradually add warmed stock, whisking constantly. Cook, uncovered at a slow simmer 30 minutes to 1 hour, stirring occasionally until reduced by one-third.

Skim surface as necessary during cooking. Pour through a fine sieve strainer. Keep to in top of a double-boiler until ready to use.

Yield: approx. 2 cups.



Goat Cheese Panna Cotta with Canned Cranberry Jelly Cut-Outs

makes about 24 bite-sized pieces

4 ounces goat cheese, at room temperature
1 teaspoon unflavored gelatin
1 cup cream
1/2 cup whole-milk yogurt
1/4 cup finely-minced chives, plus extra to garnish
Salt and freshly ground pepper to taste
1 can cranberry jelly

Chop or crumble the goat cheese finely into a bowl and set aside. Sprinkle the gelatin over 1/4 cup water in a separate bowl and set aside. Lightly grease the cups of a 24-cup mini-muffin pan with baking spray or vegetable oil.

Warm the cream over medium-high heat until small bubbles form around the edges. Stir in the goat cheese and keep stirring until it melts into the cream. Turn off the heat and add the softened gelatin. Whisk vigorously until the gelatin and any remaining bits of goat cheese are thoroughly incorporated. Stir in the yogurt and the chives. Taste season with salt and pepper. Transfer the warm cream mixture to a glass measuring cup and carefully fill each well of the prepared mini-muffin pan. Refrigerate for four hours, or overnight.

When ready to serve, open the cranberry jelly. Release the entire cylinder of cranberry jelly by running a thin knife around the inside of the can. Slice the jelly into 1/4-inch thick slices, and use small cookie cutters or a narrow shot glass to cut out shapes.

Line a large baking sheet with parchment. Run hot water over the bottom of the mini-muffin pan, briefly. Unmold the panna cotta by flipping the warmed pan over the baking sheet.

Top each panna cotta with a slice of cranberry jelly and garnish with minced chives.

Kathy's notes:

I topped these with caviar instead of cranberry jelly, which adds a bit of saltiness and texture. The only recipe adjustment I would make is add a bit more gelatin, because they were quite soft and a bit tricky to unmold. FYI, I bought a silicone mini-brownie mold from Sur la Table to make it.

Balsamic Roasted Beet Salad

Yield: 6 servings

Recipe courtesy of Ina Garten

Ingredients

8 medium-size beets, tops removed and scrubbed
1/2 cup balsamic vinegar
1/2 cup good olive oil
2 teaspoons Dijon mustard, such as Grey Poupon
Kosher salt and freshly ground black pepper
4 ounces baby arugula
1/3 cup roasted, salted Marcona almonds, toasted
4 ounces soft goat cheese, such as Montrachet, crumbled

Directions

Preheat the oven to 400 degrees.

Wrap the beets individually in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until a small sharp knife inserted in the middle indicates that they are tender. Unwrap each beet and set aside for 10 minutes, until cool enough to handle. Peel the beets with a small, sharp knife over a piece of parchment paper to prevent staining your cutting board. Meanwhile, whisk together the vinegar, olive oil, mustard, 2 teaspoons salt, and 1 teaspoon pepper and set aside. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette (warm beets absorb more vinaigrette), 1 teaspoon salt, and 1/4 teaspoon pepper. Taste for seasonings.

Place the arugula in a separate bowl and toss it with enough vinaigrette to moisten. Put the arugula on a serving platter and then arrange the beets, almonds, and goat cheese on top. Drizzle with additional vinaigrette, if desired, sprinkle with salt and pepper, and serve warm or at room temperature.

Berries with Mascarpone and Meringue

Recipe courtesy of Giada De Laurentiis

Total Time:

30 min

Prep:

30 min

Yield:6 servings

Level:Easy

Ingredients

1 (10-ounce) container fresh strawberries, hulled and quartered

1 1/4 cups fresh raspberries

1 1/4 cups fresh blackberries

2/3 cup fresh blueberries

4 tablespoons sugar

2 teaspoons fresh lemon juice

1/2 cup mascarpone cheese

1/2 cup whipping cream

Pinch ground cinnamon

4 meringue cookies, coarsely crumbled

Directions

Toss the berries, 2 tablespoons of sugar, and lemon juice in a medium bowl. Let stand until juices form, tossing occasionally, about 30 minutes.

Meanwhile, stir the mascarpone cheese in a large bowl to loosen. Using an electric mixer, beat the cream, remaining 2 tablespoons of sugar, and pinch of cinnamon in another large bowl to soft peaks. Fold 1/4 of the cream into the mascarpone cheese to lighten. Fold in the remaining whipped cream.

Using a slotted spoon, divide the berries among plates. Spoon the mascarpone cheese atop the berries. Sprinkle the meringue cookies over top. Drizzle the berry juices around the dessert and serve immediately.



Roasted Eggplant Caponata



Prosciutto and Gruyere Pinwheels

Goat Cheese
Panna Cotta



Asparagus Soup
with Parmigiano Zabaglione



Seafood Roulade with Scallops and Crab



Balsamic Roasted Beet Salad



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