



**** Gourmet Cooking Presents - November 11, 2015 ****

DISNEYLAND'S 60TH ANNIVERSARY



**** Hosted by Rita Janda***

**** with Mary Danna, Susan Lynch, Liz Yee***

Disneyland-Dish Menu

Epcot, Canadian Pavilion's Maple Glazed Salmon

Disneyland-MGM Studios' Sundried Tomato & Roasted Garlic Spread

Rapunzel's Favorite Squash Hazelnut Soup

Mickey Mouse Stuffed Peppers

Elsa the Snow Queen's "Frozen" Caramel-Apple Crunch Cake

Maple Glazed Salmon

Le Cellier

Canada Pavilion, Epcot



Serves 4-6

Ingredients:

Candied Pecans

- 2 oz. pecans, shelled, pieces
- 2 tsp. whole butter, unsalted
- 1 tbs. apple juice
- * ½ tbs. turbinado sugar (sugar in the raw)
- * pinch kosher salt

Salmon

- 8 3-oz. salmon pieces (scales removed, skin on)
- 2 fl. oz. canola oil
- 6 oz. cleaned watercress
- 2 tsp. extra virgin olive oil
- 2 oz. candied pecans
- 8 fl oz. maple glaze
- kosher salt
- black pepper

Maple Glaze

- 7 fl oz. maple syrup, pure
- 1 tbs. honey, orange blossom
- 2 tbs. brown sugar, light
- pinch kosher salt
- pinch black pepper, fresh ground

Method of Preparation

Pecans

1. Heat butter in a small saucepan over a medium high heat, until it just starts brown. Immediately add pecans stirring continuously. Stir 5-7 minutes until pecans are toasted.
2. Once pecans have toasted, add apple juice stirring constantly. When nearly all the apple juice has been reduced add the sugar and keep stirring until the pecans have been well coated, take caution not to burn the sugar.

3. Once pecans are well coated, turn out on to a cooling tray are all spaced apart to even cool. Allow pecans to completely cool in a low humidity environment. Reserve for salmon.

Glaze

Combine all ingredients in small saucepan and heat over low heat. Heat just long enough to incorporate all ingredients and for sugar to liquefy. Remove from heat and reserve warm for salmon.

Salmon

1. Pre-heat oven to 425°. Place watercress in lightly iced water, to rinse and refresh. Remove from iced water and completely dry in salad spinner or between paper towels, set aside.

2. Remove any moisture from the salmon pieces by lightly using 1/4 of the canola oil. Season both sides of the salmon with kosher salt and pepper. Heat remaining 1.5 ounces canola oil in large heavy bottomed non-stick frying pan, large enough to accommodate salmon pieces without overcrowding, over medium high heat. Ensure that oil is evenly coating bottom of frying pan. Once the oil has just began to smoke carefully place the salmon pieces in the pan, skin side down, and lower heat to medium. Cook salmon on skin side until skin is evenly golden brown, turn salmon over and repeat. Remove salmon from pan and blot on paper towels to remove any oil or fat.

3. Transfer salmon to baking pan with raised sides, and drizzle each piece with half of the maple glaze, place in oven and bake until desired doneness. Time will vary depending on the thickness of salmon, average 5-10 minutes.

4. While salmon is baking, toss watercress with olive oil and a pinch of salt and pepper. Arrange watercress on four plates. When salmon is done place two pieces on each mound of watercress, drizzle with maple glazed and sprinkle with pecans.





Sun-Dried Tomato and Roasted Garlic Spread

Mama Melrose's Ristorante Italiano
Disney-MGM Studios

INGREDIENTS:

1/4 cup garlic, roasted
1 cup Kalamata Olives
1-1/2 tbsp balsamic Vinegar
1/8 cup basil, chiffonade
8 oz sun dried tomatoes, halved
1/2 tsp black pepper
3/4 cup olive oil

METHOD:

1. Soak olives in water to remove the salt brine flavor. While olives are soaking gather the rest of your ingredients.
2. After soaking the olives for about an hour, drain and place all ingredients except the basil in the food processor. Blend until pureed.
3. After it is all mixed well, fold in the basil.
4. Chill until ready to serve -- best served with fresh sliced Italian bread.



Rapunzel's Favorite Squash Hazelnut Soup



Rapunzel's absolute favorite dish—**squash hazelnut soup**—is perfect for fall. Combining fresh squash and roasted hazelnuts, it's the ideal warm vegetable soup for a cold day.

- 2 lb butternut squash, seeded and cut into 6 sections
- 1 lb parsnips, peeled and roughly chopped
- 1 green apple, peeled, cored, and quartered•
- 1 medium brown onion, thinly sliced•
- 4 cups of chicken stock, divided•
- 2 tablespoons olive oil, divided•
- 1/2 cup heavy cream•
- 1/2 teaspoon cumin•
- 3-4 sprigs fresh thyme•
- Salt and white pepper to taste•
- 1 cup raw hazelnuts (for topping); optional minced chives, bacon bits

For Soup: Preheat oven to 400° F Line a baking dish with parchment paper and drizzle 1 tablespoon of olive oil on top.

Arrange butternut squash in the baking dish, skin side up. Scatter chopped parsnip and apple quarters around the squash. Top with a few sprigs of fresh thyme. Pour a quarter cup of water into the baking dish.

Bake uncovered for 45-50 minutes, or until a knife slides easily through the skin of the squash. Remove the baking dish from the oven and throw away the sprigs of thyme.

Set aside to cool.

Heat the remaining 1 tablespoon of oil in a pan over medium low heat. Add thinly sliced onion and half a teaspoon of salt to the pan and sauté slowly about 10 minutes, or until the onions are soft and translucent, but not browned. Turn off the heat.

When squash is cool enough to handle, use a paring knife to peel the skin from the butternut squash, discarding the skins. Place the peeled squash into the bowl of a food processor. Pulse into a smooth purée, about 20 seconds. Pour purée into a large stockpot or Dutch oven.

Place roasted parsnips, apple and sautéed onion into the bowl of the food processor. Add 1 cup of the chicken stock. Purée 20-30 seconds, or until smooth. If the purée is too dry, thin it using an additional half cup of chicken stock.

Add puréed parsnip and onion mixture to the squash in the stockpot. Add the remaining chicken stock to the pot and raise the heat to medium high. Bring soup to a boil and then reduce heat to simmer.

While soup is simmering add a half teaspoon of ground cumin, as well as salt and white pepper to taste. Before serving, stir in a half cup of heavy cream

To Roast Hazelnuts: Preheat oven to 275° F Place 1 cup of raw Hazelnuts on a parchment lined baking sheet.

Bake for 25 - 30 minutes, or until the hazelnut skins burst.

Remove from oven and let cool. When cool enough to handle, roll hazelnuts between paper towels to remove skins. Place skinless hazelnuts into a small plastic bag and crush using a rolling pin.

Serve soup in bowls or insulated cups and top with the crushed roasted hazelnuts.

Mickey Mouse Stuffed Peppers

Serves: makes 6 peppers

Ingredients

- 1 pound lean ground beef, 90% lean
- 4 mushrooms, chopped
- 3 ears of fresh corn kernels, or 1 1/2 cups frozen corn
- 2 ribs of celery, chopped thinly
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 14.5 ounce cans petite diced tomatoes with juice
- 2 tablespoons concentrated tomato paste
- 2 tablespoons basil
- 1 tablespoon oregano
- 1/2 teaspoon red pepper flakes (optional)
- kosher salt and ground black pepper to taste
- 1 1/2 cups cooked long grain rice
- 1/4 cup chopped Italian parsley
- 6 bell peppers
- 1 cup shredded fontina cheese or monterey jack cheese



Instructions

1. Preheat the oven to 350 degrees F.
2. Brown the ground beef in a large fry pan over medium high heat for 5 minutes or until cooked almost through. Add the mushrooms, corn kernels, chopped celery, onion and garlic and cook until vegetables are softened. Stir in the diced tomatoes, tomato paste, basil, oregano, and red pepper flakes. Season with kosher salt and ground pepper to taste and cook for 15-20 minutes. Stir in cooked rice and chopped parsley and cook for another 5 minutes or until the rice is warmed through.
3. Meanwhile, cut off the tops of the peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the inside of the peppers with kosher salt and place in a microwave safe dish with 1/4 cup water. Cover with plastic wrap and microwave for 5 minutes or until they start to soften.
4. Transfer to a 3 quart baking dish and fill the peppers with the hot meat and rice mixture. Sprinkle the tops with cheese and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot.

Recipe by foodiecrush at <http://www.foodiecrush.com/2014/09/stuffed-bell-peppers-recipe/>

Elsa the Snow Queen's "Frozen" Caramel-Apple Crunch Cake

1 box Nature Valley granola bars, crushed into coarse crumbs

½ cup flour

1/3 cup packed light brown sugar

6 Tablespoons unsalted butter, melted

3 cups softened vanilla or cinnamon ice cream (if using vanilla ice cream add 1 teaspoon cinnamon)

¾ can apple pie filling (chop up the apple pieces)

¼ cup caramel sauce, plus extra for serving

Directions:

1. Preheat oven to 350 degrees.
2. Place granola bars in a food processor and process to a coarse crumb consistency. In a large mixing bowl, add the granola crumbs, flour, brown sugar, and melted butter and stir to mix together. Spread the mixture out onto a pan lined with parchment paper and bake for 15 to 20 minutes, stirring occasionally. Let cool completely. Spread half of the crumb mixture onto the bottom of an 8x8 inch baking dish. Reserve the other half of the crumbs.
3. In a large mixing bowl, add the softened ice cream (and cinnamon if using vanilla ice cream) and stir in the apple pie pieces and caramel sauce. Pour the mixture over the crumbs in the 8x8- inch baking dish. Sprinkle the remaining crumbs over the top, cover with aluminum foil and freeze at least 3 hours.
4. Cut into squares and serve with whipped cream and caramel sauce.



Sundried Tomato and
Roasted Garlic Spread



Maple Glazed Salmon



Mickey Mouse Stuffed Peppers



Squash Hazelnut Soup



Caramel-Apple Crunch Cake