



Elections... Trying to Keep it Clean

"Shaken by all the Propositions" – Cucumber Martini
"Dust Balls... Letting the Dust Settle" – Broccoli Tarts
"It's a Wrap" – Prosciutto wrapped Melon
"Lots to Chew On" – Kate Said
"Cutting through the Fat" – Stuffed Chicken Breasts
"The Heat was On" – Roasted Root Vegetables
"Lots of Mud Slinging" – Chocolate Mousse

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“SHAKEN BY ALL THE PROPOSITIONS” Cucumber Martini

Ingredients

2 oz. Vodka
1 oz. Simple Syrup
1 oz. Sweet and Sour
5 Minte Leaves
3 Slices Cucumber
2 Slices Lime

Directions

Prepare in Shaker and serve in martini cocktail glass

Place about 3-5 cucumber slices in a shaker with minte leaves and lime wedges

Pour in vodka and muddle the cucumber, lime and mint in with the vodka

Top with ice and shake vigorously

Strain as you pour into a martini glass

Garnish with a small mint leaf

Enjoy!

"DUST BALLS... LETTING THE DUST SETTLE" Broccoli Tarts

Ingredients

1 cup cooked broccoli, chopped
1/4 lb Swiss cheese, shredded
3 green onions, minced
1 cup light cream
3 eggs beaten
1 t salt
1 stick soft butter
3 oz soft cream cheese
1 cup flour

Directions

Combine the Swiss cheese, green onions, light cream, eggs and salt and mix well. Add the broccoli.

Blend the butter and cream cheese together. Add flour and mix well. Roll into balls the size of walnuts. Press into very lightly greased gem sized muffin tins to form shells. Fill shells to the top with the broccoli mixture.

Bake at 400 about 20 minutes until golden. Cool about 10 minutes. Turn out of the tin and serve warm. (Can be made ahead and reheated)

“LOTS TO CHEW ON”

Kale Salad with Brussels Sprouts, Apples, and Hazelnuts

Ingredients

2/3 cup hazelnuts (3 oz.)
1/4 cup fresh lemon juice (from 1 large lemon)
2 T Dijon mustard
2 T Finely chopped shallots (about 1 medium)
1 Small garlic clove, finely grated
Kosher salt
Freshly ground black pepper
1/2 cup extra-virgin olive oil
1 lb. Tuscan kale (about 2 small bunches), stemmed, leaves thinly sliced
3/4 lb. Brussels sprouts, trimmed, thinly sliced
2 oz. Mimolette cheese or aged gouda, grated on the large holes of a box grater
1 Crisp apple, such as Pink Lady or Honeycrisp. Cored, cut into matchsticks
6 Radishes, halved, thinly sliced

Directions

Heat oven to 350 degrees. Place hazelnuts on a rimmed baking sheet and toast 8-10 minutes, tossing once or twice, until fragrant and skins have blistered. Bundle nuts in a kitchen towel and rub vigorously to remove skins. Spread out and let cool, then coarsely chop. Set aside.

Meanwhile, whisk lemon juice, mustard, shallot, garlic, 1 tsp. salt, and 1/2 tsp. pepper in a medium bowl, then whisk in oil in a slow, steady stream. Set aside.

Mix together kale and Brussels sprouts in a large mixing bowl. Add about 3/4 of the dressing and use your hands to massage dressing into greens. Taste and add more dressing as needed (you may not need all of it). Reserve any leftover dressing for another use.

Add cheese, apple, and half of the radishes; toss together to combine, and season with salt and pepper to taste. Transfer to a serving bowl, and top with nuts and remaining radishes.

Serves 8-10

Do Ahead

Dressing can be prepared 3 days ahead; cover and chill. Nuts can be toasted and chopped 1 day ahead; cover and keep at room temperature. Kale and Brussels sprouts can be sliced 1 day ahead; place in airtight container and chill. Salad can be tossed together 30 minutes ahead.

"CUTTING THROUGH THE FAT"

Stuffed Chicken Breast Fillets

Ingredients

4 Chicken breast fillets, approx. 1 ½ lb.
8 Sun-dried tomatoes, packed in oil & drained
1 garlic clove
1/2 Bunch of basil
Salt and black pepper
1 T Olive oil
3 T Chicken stock or vegetable broth

Directions

Rinse the fillets under cold water and pat dry. Make an incision along the side of each to make a pouch. Finely chop the sun-dried tomatoes, garlic and basil in the blender, season with salt and pepper. Fill the chicken pouches with the tomato mixture. Season the outside of the fillets with salt and pepper.

Set Steam Oven to 350 degrees in Steam Convection mode.

Grease the baking pan with olive oil. Place the fillets in the baking pan and drizzle with the white wine and chicken stock. Cook for 14-16 minutes.

Cut the chicken fillets diagonally into slices. Arrange on warmed plates and pour the pesto sauce over the top.

Pesto alla Genovese

Emeril Lagasse

Ingredients

1 1/2 cups Fresh basil leaves (packed)
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1/4 cup freshly grated Parmigiano-Reggiano
2 T Pine nuts or walnuts, toasted
1 tsp. minced garlic
1/2 cup extra-virgin olive oil

Directions

In the bowl of a food processor combine the basil, salt, and pepper and process for a few seconds until the basil is chopped. Add the cheese, pine nuts, and garlic and, while the processor is running, add the oil in a thin, steady stream until a mostly smooth sauce is formed.

Transfer pesto to a bowl. Pesto can be made 1 day in advanced and kept, refrigerated, in an airtight container, until ready to use. If making in advance, be sure to cover the top of the pesto with a thin layer of olive oil to prevent the pesto from darkening.

"THE HEAT WAS ON"

Roasted Root Veggies

Ingredients

2 pounds carrots, parsnips, sweet potatoes
1 red onion
Green beans, very lightly blanched
Fresh parsley
Kosher salt
Pepper

Directions

Pre-heat oven to 425 degrees.

Cut onions, carrots, parsnips, and sweet potatoes into 1 and ¼ inch pieces, roughly the same size. Toss all with olive oil and salt and pepper.

Spread onto baking sheet in one layer.

Roast for 30 minutes, add the green beans.

Roast for 45 - 60 minutes total until vegetables are lightly brown and just tender.
Season with fresh parsley.

“LOTS OF MUD SLINGING”
Chocolate Mousse
Vegan

Ingredients

2 ripe avocados
1/3 cup agave or maple syrup (honey for a non-vegan version)
3 dates, pitted and chopped, soaked in warm water for 15 minutes
½ cup cacao powder
2 teaspoons vanilla extract
½ - 1 cup almond milk (MD used dark chocolate almond milk)

Toppings

Sea salt
Blueberries
Strawberries
Raspberries
Bananas
Chopped almonds, pecans, walnuts or pistachios
Grated coconut
Fresh mint leaves

Directions

Add ingredients to a blender or food processor in this order: dates, honey, vanilla, half your non-dairy milk, avocados, cocoa powder.

Blend until smooth, about 2-3 minutes. Add additional non-dairy milk until the mousse is the consistency that you like.

Spoon into ramekins or bowls, cover and chill.

Top with your favorite fruits or nuts.

Serves 4



Broccoli
Tarts



Prosciutto
Wrapped
Melon



Cucumber Martini



Kale Salad with
Brussels Sprouts,
Apples & Hazelnuts

Stuffed Chicken
Breast Fillets
with Pesto



Roasted
Root
Veggies



Vegan Chocolate Mousse