Soup

Cream of Broccoli Soup

Salad

Endive Salad with Walnuts & Bleu Cheese

Entrée

French Breast of Chicken, served with Asparagus and Savory Tomato Pine nut Rice Pilaf

or

Breaded Pork Cutlets served with Barley Ragout, Apple Cabbage Compote and Mustard Sauce

Bread

Focaccia

Desserts

Crème Brûlée

Or

Strawberry Crêpes
### Cream of Broccoli Soup

**YIELD:** 50 portions  
**EACH PORTION:** 8 oz.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
<th>METHOD</th>
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<tbody>
<tr>
<td>Frozen Broccoli</td>
<td>2¾ lb.</td>
<td>1. Heat stock. Add broccoli and onions and bay leaf and simmer for 1 hr.</td>
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<tr>
<td>Onions, medium dice</td>
<td>½ lb.</td>
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<tr>
<td>Bay Leaf</td>
<td>1</td>
<td></td>
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<tr>
<td>Chicken Stock, hot</td>
<td>7 qt.</td>
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<tr>
<td>Butter</td>
<td>10 oz.</td>
<td>2. Combine flour and butter to make roux. Cook 8 to 10 min., but do not brown.</td>
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<tr>
<td>Flour</td>
<td>10 oz.</td>
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<tr>
<td>Milk, hot</td>
<td>2 qt.</td>
<td>3. Add cooked stock to roux gradually, stirring until slightly thickened and smooth. Simmer additional ½ hr.</td>
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<tr>
<td>Cream, light, hot</td>
<td>1 qt.</td>
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</tbody>
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4. Pass through food mill.
5. Add heated milk and cream.
6. Adjust seasoning and hold for service.
ENDIVE SALAD WITH BLUE CHEESE AND WALNUTS

serves 6 as an accompaniment This is a perfect, simple fall salad that can be eaten on its own or as a side dish.

3 large Belgian endive, thinly sliced crosswise on the bias

1 cup walnut halves, lightly toasted
3/4 cup crumbled Stilton cheese, or other mild blue cheese (about 3 ounces)
5 small button mushrooms, thinly sliced
2 tablespoons chopped chives
2 tablespoons Banyuls or sherry vinegar
3 tablespoons walnut oil
Fine sea salt and freshly ground black pepper to taste

PUT THE ENDIVE, walnuts, cheese, mushrooms, and chives in a bowl. Drizzle the vinegar and oil over the salad and season it with salt and pepper. Toss and serve.

200 go fish
French Breast of Chicken with Spring Asparagus
Three Ways on Parmesan Risotto

SERVES: 4

CHICKEN

4 French breasts of chicken
To taste, kosher salt
To taste, freshly ground black pepper
1/4 cup clarified butter
3 Tbsp whole butter, unsalted
2 shallots
6 oz mushrooms
1/2 Cup white wine
2 oz butter, unsalted
4-6 Tbsp Chicken Jus (see Chef's Pantry)
1 tsp chopped tarragon
2 tsp chopped parsley
To taste, salt
To taste, freshly ground black pepper

5 Tbsp high-quality butter, unsalted, cold and diced
To taste, salt
To taste, freshly ground black pepper

ASPARAGUS COULIS

1 lb asparagus, cleaned, ends Cut off and chopped
2 shallots, diced
6 Tbsp butter, unsalted
2

7 Tbsp all-purpose flour
1 Cup Giancarlo's Brodo (see Chef's Pantry)
1 1/2 Cups cream, hot
6 Tbsp butter, unsalted, diced
To taste, kosher salt
1/2 teaspoon ground white pepper
3 Tbsp high-quality extra-virgin olive oil

ASSEMBLY

24 Butter-Poached Asparagus Spears (see Chef's Pantry)
4 parmesan cookies
8 asparagus ribbons
12 grape or cherry tomatoes, red and yellow peeled and sautéed
As needed, Tomato Syrup (see Chef's Pantry)

PARMESAN RISOTTO

3 Tbsp butter, unsalted
1 1/2 c
1 Tbsp olive oil
3/4 c
3 shallots, fine diced
1 cup very short-grain Italian rice
5 c
1/2 Cup white wine
5 c

1 1/2 - 2 cups Chicken Stock, hot

1/2 Cup grated high-quality Parmigiano-Reggiano
1/2 qball or 60

1. Season the chicken to taste with salt and pepper.
2. Place the clarified butter in a sauté pan over high heat. Add the chicken to the pan. Cook until golden brown on both sides, about 4 minutes per side; then reserve on a small rack.
3. Add the butter and chopped shallots to the pan and sauté. Add the mushrooms and cook for another 2 minutes. Before the mushrooms begin to color, add the white wine. Reduce by the liquid by half and simmer for 1 minute.

4. Add the jus, tarragon, and parsley to the sauce. Return the chicken to the pan and cook gently, glazing the chicken with the jus for 2-3 minutes. Reserve.

PARMESAN RISOTTO

1. Heat the butter in a heavy-bottomed ovenproof casserole. Add the olive oil to the pan and sauté the shallots for 2 minutes. Add the rice and stir for 1 minute. Add the white wine and cook until it is absorbed.

2. Pour half of the hot stock into the rice. Stir and cook over low heat until it is completely absorbed and the rice is al dente. Add the remaining stock and stir continuously until it is absorbed. All of the stock should be absorbed in about 15 minutes.

3. Stir in the parmesan and butter; adjust seasoning.

4. To make parmesan cookies, grate parmesan on a Silpat or parchment paper and bake for 4-6 minutes at 325° until crisp.

ASPARAGUS COULIS

1. In a skillet over medium heat, cook the asparagus with the shallots and butter, salted lightly, for 3 minutes. Add the flour. Continue to stir over low heat another 2 minutes.

2. Add the stock. Bring to a boil, stirring constantly, and simmer until the asparagus is tender, about 6 minutes.

3. In a blender, puree the asparagus with the cooking liquid until smooth; slowly start adding the cream until the desired consistency is reached.

4. Strain the puree twice with a chinois into a stainless-steel pan. Whisk in the butter and season to taste with salt and the white pepper. Drizzle in oil and stir slightly.

5. To make asparagus ribbons, take a peeler and shave strips of asparagus lengthwise. The ribbons can be used as they are or lightly sautéed in butter for about 30 seconds.

ASSEMBLY

1. Place 6 asparagus spears in the center of each plate. Set a ring mold on the asparagus and fill it with risotto.

2. Remove the ring mold. Top the risotto with a parmesan cookie and then a chicken breast.

3. Place 3 tomatoes around the chicken, sauce with 3 puddles of the Coulis and the Tomato Syrup, and garnish with asparagus ribbons.
Savory Tomato Rice with Pine Nuts

Bring chicken stock to a boil in a medium pan. Stir in rice, 1 tablespoon butter, salt, and white pepper. Cover, reduce heat, and simmer for 20 to 25 minutes or until fluffy.

Meanwhile, spread pine nuts in a wide dry frying pan and place over medium heat, shaking pan often, for 3 to 4 minutes or until golden. Set aside in a small bowl containing tomato and parsley.

Melt remaining 2 tablespoons butter with oil in a frying pan over medium heat. Add celery and cook, stirring occasionally, for 4 to 5 minutes until soft.

Add green onions and continue cooking for 1 to 2 minutes longer. Stir in hot cooked rice and the tomato-nut mixture, tossing with a fork to combine. Reheat just to serving temperature as needed.

Makes 6 servings
### Panfried Breaded Pork Cutlets

**Yield:** 10 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
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<tbody>
<tr>
<td>Pork cutlets</td>
<td>4 pounds</td>
<td>1.8 kilograms</td>
</tr>
<tr>
<td>Flour</td>
<td>as needed</td>
<td>as needed</td>
</tr>
<tr>
<td>Salt, to taste</td>
<td>1/2 teaspoon</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Pepper, to taste</td>
<td>1/4 teaspoon</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Egg wash</td>
<td>6 fluid ounces</td>
<td>180 milliliters</td>
</tr>
<tr>
<td>Bread crumbs, dry</td>
<td>as needed</td>
<td>as needed</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>8 fluid ounces</td>
<td>240 milliliters</td>
</tr>
<tr>
<td>Lard</td>
<td>8 ounces</td>
<td>225 grams</td>
</tr>
<tr>
<td>Lemon wedges</td>
<td>10 each</td>
<td>10 each</td>
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1. Pound the pork cutlets to an even thickness.
2. Season the flour with salt, pepper, and oregano.
3. Dredge the cutlets in flour and dip in egg wash.
4. Dredge in dry bread crumbs; allow cutlets to rest 30 minutes in refrigerator.
5. Shallow-fry in oil and lard until lightly browned. Drain on absorbent paper.

*The pork cutlets should weigh 4 to 5 ounces (113 to 140 grams) each.*

*Other dried herbs may be used to season the flour or the bread crumbs.*

*If you prefer you may delete the lard and fry the pork cutlets in vegetable oil only.*
Pork Chops with Barley Ragout, Apple Cabbage Compote, and Mustard Sauce

SERVES 4

Pork and cabbage are constant companions on Alsatian restaurant menus, where a pork chop is considered a light snack: instead of just a chop, you’re likely to be presented with an entire shoulder or shank of meat on top of several pounds of delicately steaming choucroute (sauerkraut) as lunch for one. The choucroute is made from the huge crinkly-leaved round cabbages that march in rows all over the region’s farmland. If you fly into Strasbourg in September, as we did, the cabbages growing outside the city are so big that you can identify them from the air.

In the nearby wine center of Riquewihr, a perfectly preserved sixteenth-century town, the renowned wine producer Preiss-Zimmer runs a traditional Alsatian restaurant called Le Tire-Bouchon, "The Corkscrew." The friendly winstubs of Alsace, casual restaurants often owned by local winemakers or wine cooperatives, serve hearty rustic food that often reflects the combined German and French culture of the region. Here’s our interpretation, in which a creamy grain ragout provides substance and an elegant mustard sauce brightens the flavors.

For the mustard sauce:
- 3/4 cups chicken stock or low-sodium canned broth
- 3/4 cup heavy cream
- 1 tablespoon coarse-grain country mustard
- Kosher salt and freshly ground black pepper
- 1 tablespoon cornstarch
- 2 tablespoons white wine or dry vermouth

1) Make the sauce: in a saucepan, combine the stock and cream over low heat. Bring to a simmer and reduce by half.

2) Whisk in the mustard and salt and pepper to taste and raise the heat to medium. In a small bowl, whisk together the cornstarch and wine. When the mustard mixture comes to a boil, whisk in the cornstarch mixture. Simmer the sauce for 5 minutes, then cover and set aside while you finish making the dish.

3) Rub each pork chop on both sides with 1 teaspoon olive oil and season generously with salt and pepper. Set aside.
4) Make the ragout: in a saucepan, heat 2 tablespoons of the butter and the olive oil. Add the celery, carrot, onion, and garlic and cook, stirring, until softened, about 5 minutes. Add the stock, stir, and bring to a simmer. Add the barley, stir, and cook, covered, about 10 minutes. Add the lentils, stir, and continue cooking until both grains are tender, about 40 minutes more (about 50 minutes total). When the grains are cooked, stir in the remaining 2 tablespoons of butter and season with salt and pepper to taste.

5) Meanwhile, in a large skillet, cook the bacon until browned and almost crisp. Without turning off the heat, remove bacon with a slotted spoon. To the fat in the pan, add the cabbage, onion, and garlic and cook over medium heat, stirring, until tender, about 6 to 8 minutes. If necessary, add a little water to the pan to prevent the cabbage from browning too much.

6) Add the apples, orange juice, and brown sugar and cook just until the apples are softened, about 3 minutes. Stir in the bacon and add salt and pepper to taste. Cover and keep warm while you cook the pork chops.

7) In a heavy skillet, heat the butter over medium heat until bubbling. Add the chops and cook until browned, then turn and brown the other side, 6 to 8 minutes per side, until done to your liking, or grill the pork chops over high heat until done to your liking.

8) Reheat the mustard sauce over low heat, whisking to restore texture. If necessary, add water or stock to thin it out.

9) To serve the dish, use a slotted spoon to place a mound of the barley ragout on each plate. Lean a pork chop on it, then drizzle mustard sauce over the plate. Add a sprig of parsley and sprinkle plate with chopped parsley. Serve immediately.

For the pork chops:
4 pork chops, at least 1 inch thick, 6 to 8 ounces each
4 teaspoons olive oil
Kosher salt and freshly ground black pepper
2 tablespoons unsalted butter

For the ragout:
4 tablespoons unsalted butter
2 tablespoons olive oil
2 large stalks celery, diced
1 large carrot, diced
1 large onion, diced
4 garlic cloves, minced
6 cups Chicken Stock or low sodium canned chicken broth
1 cup pearl barley
1 cup green lentils
Kosher salt and freshly ground black pepper

To finish the dish:
1 pound slab bacon, diced
1 medium head green cabbage, preferably Savoy, finely shredded
1 large onion, diced
2 garlic cloves, minced
2 Granny Smith apples, cored and diced (do not peel)
Juice of 1/2 orange
1 tablespoon light brown sugar
Kosher salt and freshly ground black pepper
Whole sprigs of rosemary for garnish

FESTBIER OR VIENNA-STYLE LAGER WOULD MAKE A CLASSIC MATCH WITH THESE ALSATIAN INGREDIENTS.

PAIR WITH ALSATIAN OR GERMAN RHEINGAU RIESLING WITH AN OFF-DRY QUALITY.
Poach each batch of pretzels for 20 to 30 seconds. Flip and poach them another 15 seconds. Remove the pretzels from the liquid with a skimmer and drain them in a colander.
Transfer the pretzels onto an oven peel or a perforated sheet pan. Sprinkle them with the coarse salt. Bake at 450°F (230°C) until evenly browned, approximately 15 to 20 minutes.

Approximate values per pretzel: Calories 200, Total fat 2.5 g, Saturated fat 1 g, Cholesterol 5 mg, Sodium 330 mg, Total carbohydrates 36 g, Protein 6 g

FOCACCIA (ROMAN FLATBREAD)

Yield: 1 Half-Sheet Pan, 12 in. × 18 in. (30 cm × 45 cm)

Method: Straight dough

Fermentation: 1 to 2 hours.

Proofing: 15 minutes.

Granulated sugar 0.4 oz. (1 Tbsp.) 11 g 2%
Active dry yeast 0.4 oz. (1 Tbsp.) 11 g 2%
Water (temperature controlled) 12 fl. oz. 350 ml 66%
All-purpose flour 1 lb. 2 oz. 540 g 100%
Kosher salt 0.3 oz. (2 tsp.) 10 g 1.7%
Onion, chopped fine 3 oz. 90 g 17%
Olive oil 0.5 fl. oz. 15 ml 3%
Fresh rosemary, crushed 0.2 oz. (2 Tbsp.) 5 g 1%

Total dough weight: 2 lb. 2 oz. 1032 g 193%

Combine the sugar, yeast and water. Stir to dissolve the yeast. Stir in the flour, 4 ounces (120 grams) at a time.
Stir in 1½ teaspoons (7 milliliters) of the salt and the onion. Mix well, then knead on a lightly floured board or in the bowl of a mixer fitted with a dough hook until smooth.
Place the dough in an oiled bowl, cover and ferment until doubled.
Punch down the dough, then flatten it onto an oiled sheet pan. It should be no more than 1 inch (2.5 centimeters) thick. Brush the top of the dough with the olive oil. Let the dough proof until doubled, approximately 15 minutes.
Sprinkle the crushed rosemary and remaining ½ teaspoon (2 milliliters) of salt on top of the dough. Bake at 400°F (200°C) until lightly browned, approximately 20 minutes.

Approximate values per 1-oz. (30-g) serving: Calories 100, Total fat 0.5 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 230 mg, Total carbohydrates 21 g, Protein 3 g. Claims—low fat; no saturated fat; no cholesterol
Creme Brulee

Yield: 12 portions

Ingredients:
- Heavy cream, split
- 1 1/4 quarts (1.2 liters)
- Vanilla bean, split
- 1 1/2 each
- 8 ounces (225 grams)
- 10 ounces (285 grams)
- Egg yolks, beaten
- 2 1/2 each
- Sugar

Instructions:
1. Combine the heavy cream, vanilla bean, and half the sugar; bring to a boil.
2. Temper the egg yolks, eggs, and remaining sugar. Add a very small amount of the hot cream mixture into the egg mixture, then add the rest. Return the mixture to the pan and simmer until thick enough to coat the back of a spoon, strain through a fine sieve, and cool to 115°F (46°C).
3. Fill ramekins three-quarters full, place in a water bath, and bake until just barely set. Approximately 45 minutes. Remove from water bath and cool completely.
4. Cover the surface of each custard lightly with sugar and place under the broiler. Serve at once.

Note: If the custard is not cooking, place the pan in a bigger pan of boiling water and bake. If the custard is not setting, place in the refrigerator.
STRAWBERRY CRÊPES FITZGERALD

BRENNA N'S RESTAURANT, NEW ORLEANS, LA
Chef Michael Roussell (1936–2005)

Yield: 8 Servings

Cream cheese, room temperature 1 lb. 480 g
Sour cream 2.5 oz. 75 g
Vanilla extract 0.5 fl. oz. 15 ml
Granulated sugar 5 oz. 150 g
Crêpes (page 420) 16 16
Whole butter 0.5 oz. 15 g
Fresh strawberries, sliced 1 lb. 8 oz. 720 g
Fresh lemon juice 0.5 fl. oz. 15 ml
Maraschino liqueur 1 fl. oz. 30 ml

1. Combine the cream cheese, sour cream, vanilla and 1 ounce (30 grams) of the sugar in a mixing bowl and beat until smooth.

2. Place 3 tablespoons (45 milliliters) of the filling on one end of each crêpe; roll the crêpes around the filling and then refrigerate them while preparing the topping.

3. To make the topping, heat the butter and the remaining sugar in a large saucepan. Cook over medium heat, stirring until the sugar dissolves. Add the strawberries and lemon juice.

4. Bring the mixture to a boil, then reduce the heat and simmer until the liquid thickens, approximately 10 to 12 minutes. Add the maraschino liqueur and flambé.

5. To serve, place two crêpes on each plate and spoon approximately 6 fluid ounces (180 milliliters) warm strawberry topping over the crêpes.

Approximate values per serving: Calories 650, Total fat 37 g, Saturated fat 22 g, Cholesterol 260 mg, Sodium 360 mg, Total carbohydrates 65 g, Protein 13 g, Vitamin A 20%, Vitamin C 100%