Soup

Minestrone with Pesto

Salad

Mixed Greens with Walnuts, Pear and Bleu Cheese

Entrée

Red Snapper with Black Bean Cakes served with Avocado and Grapefruit garnish and the Vegetable of the Day

or

Petite Veal Chop with Garlic Mashed Potatoes and Green Beans Basquaise

Bread

Sicilian Bread

Desserts

Silken Chocolate Walnut Tart

Or

Warm Shortcakes with Strawberries and Cream
## Minestrone Soup

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-eyed Beans OR Other Dried Beans</td>
<td>6 oz.</td>
<td>1. Soak beans overnight. Wash, drain and cook in lightly salted water until tender.</td>
</tr>
<tr>
<td>Oil</td>
<td>4 oz.</td>
<td>2. Heat oil or render salt pork in a soup pot and add vegetables and garlic. Cover and simmer until tender but not browned.</td>
</tr>
<tr>
<td>Onions, Paysanne cut</td>
<td>2 lb.</td>
<td>3. Add crushed tomatoes, stock, salt and pepper.</td>
</tr>
<tr>
<td>Celery, Paysanne cut</td>
<td>1 lb.</td>
<td>4. Bring to a fast boil, then reduce to simmer and cook for 1½ hr. Avoid overcooking of vegetables.</td>
</tr>
<tr>
<td>Carrots, Paysanne cut</td>
<td>1 lb.</td>
<td></td>
</tr>
<tr>
<td>Green Peppers, Paysanne cut</td>
<td>12 oz.</td>
<td></td>
</tr>
<tr>
<td>*Cabbage, Paysanne Cut Spinach</td>
<td>8 oz.</td>
<td></td>
</tr>
<tr>
<td>Garlic, chopped, chopped</td>
<td>6 cloves</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, canned, crushed</td>
<td>1 qt.</td>
<td></td>
</tr>
<tr>
<td>Stock, white</td>
<td>2½ gal.</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>½ oz.</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>¼ tsp.</td>
<td></td>
</tr>
<tr>
<td>Ditalini OR Other Macaroni Product</td>
<td>6 oz.</td>
<td>5. Add Ditalini to soup, stir and cook until done.</td>
</tr>
<tr>
<td>Pesto</td>
<td>1 lb.</td>
<td>7. Form pesto into small balls and drop into hot soup. Heat until dissolved.</td>
</tr>
<tr>
<td>See p. 88</td>
<td></td>
<td>8. Stir well before serving. Grated parmesan cheese may be served with soup. Serve the grated parmesan cheese separately.</td>
</tr>
</tbody>
</table>

*Spinach can be used instead of cabbage.

See preparation pictures, p. 282.
Warm Salad of Wild Mushrooms and Fennel

5½ oz / 155 g whole garlic cloves
¼ cup / 60 mL extra-virgin olive oil
1 lb 5 oz / 595 g sliced or quartered wild mushrooms
1½ pt / 600 mL Chicken Stock (page 489)
1¼ oz / 50 g drained capers
1¼ oz / 50 g Kalamata olives, pitted and cut into slivers
2 oz / 55 g chopped sun-dried tomatoes
¼ oz / 14 g minced sage
1 lb / 450 g sliced fennel
8 oz / 225 g radicchio chiffonade
½ cup / 80 mL fresh lemon juice
½ oz / 14 g cracked black pepper
3½ oz / 100 g julienned red pepper

In a small saucepan, cover the garlic with 1 in / 3 cm of water. Bring to a boil and drain. Repeat and reserve.

Heat the oil in a large sauté pan. Add the garlic and sauté until golden brown. Add the mushrooms and sauté until tender. Deglaze the pan with the stock and cook until almost dry. Transfer the mushrooms to a bowl and cool to room temperature. Stir in the capers, olives, tomatoes, and sage.

Cook the fennel in boiling water until barely tender. Drain and hold at room temperature.

For each portion: Reheat 1½ oz / 45 g of the mushroom mixture in a sauté pan. Place it on a bed of 1½ oz / 45 g fennel tossed with ¼ oz / 20 g radicchio. Drizzle the salad with a little lemon juice. Sprinkle with black pepper and garnish with red pepper julienne.

Mixed Green Salad with Pears, Walnuts, and Blue Cheese

1 lb 4 oz / 565 g red oak leaf lettuce, washed and dried
5 fl oz / 150 mL Port Wine Vinaigrette
(page 504)
15 oz / 425 g ripe Seckel pear quarters (see Note)
1½ oz / 45 g whole walnuts, toasted
1½ oz / 45 g blue cheese, crumbled

For each portion: Toss 2 oz / 55 g lettuce with 1 tbsp / 15 mL of the vinaigrette and place on a chilled plate. Top with 1½ oz / 45 g pears and 1 tsp / 5 mL each of the walnuts and blue cheese.

Other pears may be used, depending upon seasonal availability.
Port Wine Vinaigrette

batch yield: 26 oz x 2

2 tsp / 13.75 mL arrowroot
5 fl oz / 150 mL Vegetable Stock (page 490)
5 fl oz / 150 mL tawny port
5 fl oz / 150 mL red wine vinegar

5 fl oz / 150 mL walnut or hazelnut oil
1 tsp / 5 mL kosher salt
¼ tsp / 1.25 mL crushed black peppercorns

Combine the arrowroot with enough cold stock to form a smooth paste.

Bring the remaining stock and port to a boil and stir in the arrowroot mixture. Return to a boil and stir constantly until the stock has thickened, about 2 minutes. Remove from the heat, stir in the vinegar, and cool completely. Gradually whisk in the oil. Season with the salt and pepper.

Lime-Cilantro Vinaigrette

batch yield: 6 oz x 4

8 fl oz / 240 mL Vegetable Stock (page 490)
1¼ tsp / 7.5 mL arrowroot
4 fl oz / 120 mL fresh lime juice
¼ tsp / 2.5 mL sugar

2 fl oz / 60 mL sesame oil
2 fl oz / 60 mL peanut oil
½ tsp / 2.5 mL kosher salt
½ tsp / 2.5 mL chopped cilantro

Combine the arrowroot with enough cold stock to form a smooth paste.

Bring the remaining stock to a boil and stir in the arrowroot mixture. Return to a boil and stir constantly until the stock has thickened, about 2 minutes. Remove from the heat, stir in the lime juice and sugar, and cool completely. Gradually whisk in the oils. Add the salt and cilantro.

Tomato Vinaigrette

batch yield: 6 oz

1 tbsp / 15 mL minced garlic
⅛ oz / 20 g diced shallot
1¼ fl oz / 45 mL olive oil
4 oz / 115 g tomato paste
2½ lb / 1.15 kg tomato concassé

½ tsp / 2.5 mL ground white pepper
1 tbsp / 15 mL basil chiffonade
1 tbsp / 15 mL chopped dill
1 tsp / 5 mL chopped tarragon
1¼ fl oz / 45 mL balsamic vinegar

Sauté the garlic and shallot in the oil until aromatic. Add the tomato paste and sauté until brown. Add the tomatoes and simmer until the mixture is reduced by one quarter, about 20 minutes. Purée until smooth and chill. Add the pepper, fresh herbs, and vinegar.
**Broiled Red Snapper with Lime-Cilantro Vinaigrette**

servings: 6

portioning information:

nutrition per serving:
250 calories, 11 g fat, 17 g total carbohydrate, 22 g protein, 120 mg sodium, 40 mg cholesterol

2¼ lb / 1 kg red snapper fillets, trimmed
10 fl oz / 300 mL Lime-Cilantro Vinaigrette (page 504)
7 oz / 200 g tomato concassé
2 red grapefruit, cut into suprêmes
2 yellow grapefruit, cut into suprêmes
1 avocado, thinly sliced

Score the skin of the fillets. Place the fish, skin side down, on a sizzler platter and brush with 1 fl oz / 30 mL of the vinaigrette.

Broil the snapper, turning once during cooking, until just cooked through, 5 to 7 minutes depending upon the thickness of the fish.

Toss the tomatoes, grapefruit, and avocado with the remaining vinaigrette and serve 5 oz / 140 g with each portion of snapper.

**Serving Suggestion**

Instead of tossing the avocado and grapefruit with the vinaigrette, arrange the slices on the plate and spoon the vinaigrette on top of and around the plate, as shown here. The Black Bean Cake (page 389) adds not only more flavor and texture, but also height for greater visual appeal.
Black Bean Cakes

Serves: 4

Nutrition per serving:
- 288 calories, 8 g fat, 40 g total carbohydrate, 15 g protein, 485 mg sodium, 18 mg cholesterol

Ingredients:
- 1 lb / 450 g dried black beans
- 4 tsp / 20 mL fresh lime juice
- 2 qt / 2 L Chicken Stock (page 489)
- 2 tbsp / 30 mL chopped cilantro
- 1 oz / 30 g chopped Spanish-style chorizo sausage
- 2 tsp / 10 mL kosher salt
- ½ oz / 14 g minced garlic
- 4 oz / 115 g cornmeal
- 3½ oz / 100 g diced onion
- 1 jalapeño, seeded and minced
- 1½ oz / 50 g butter
- ¼ tsp / 7.5 mL cumin seeds, toasted and ground
- 3 tbsp / 45 mL drained nonfat yogurt
- ¼ tsp / 7.5 mL chili powder
- 1¼ oz / 50 g sour cream
- 10 oz / 280 g Tomato Salsa (page 485)
- 2 egg whites, lightly beaten

Soak the beans for 8 to 12 hours in enough cold water to cover by 3 in / 8 cm (see Notes on previous page).

Drain the beans and simmer in the stock until tender. The beans should absorb almost all the stock.

Render the chorizo over low heat in a medium sauté pan. When a small amount of fat has been released, add the garlic, onion, and jalapeño. Sauté until the onions have browned. Add the cumin and chili powder and sauté until aromatic.

Combine the chorizo mixture, egg whites, juice, cilantro, salt, and beans. Form the mixture into small 1½-oz / 43-g cakes and lightly dust with cornmeal.

Heat the butter in a large sauté pan. Sauté the cakes until golden brown on each side. Keep warm.

Combine the yogurt and sour cream.

For each portion: Serve 2 cakes with 2 tsp / 10 mL of the yogurt mixture and 1 oz / 30 g of the tomato salsa.
PECAN CRUSTED RACK OF LAMB

Oven ready frenched rack of lamb
Beaver brand honey mustard
Crushed pecans

Rub lamb rack with mustard. Press pecans into meat till rack is well crusted. Roast at 375° on rack until internal temperature reaches 140°. Hold 15 minutes in warm place before slicing.

Use as a guide for roasting season with Montreal Steak Seasoning and produce a Demi Glace to complete a "Sauce Robert"
Whipped or Mashed Potatoes

Portions: 25  
Portion size: 5 oz (150 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 lb</td>
<td>4 kg</td>
<td>Potatoes</td>
</tr>
<tr>
<td>6 oz</td>
<td>175 g</td>
<td>Butter</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Light cream, hot</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Milk, hot</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>White pepper</td>
</tr>
</tbody>
</table>

PROCEDURE
1. Peel and eye the potatoes and cut them into uniform sizes. Simmer in salted water to cover until tender.
2. Drain well and let the potatoes steam dry for a few minutes.
3. Pass the potatoes through a food mill or rice to the bowl of a mixer. Alternative method: Place potatoes in mixer with paddle attachment. Mix until well broken up. Replace paddle with whip and beat until well puréed. Do not overwhip, or potatoes will become pasty.
4. Beat in butter, then cream.
5. Add enough hot milk to bring potatoes to proper consistency. They should be soft and moist, but firm enough to hold their shape, not runny.
6. Add salt and white pepper to taste.
7. Whip briefly at high speed until potatoes are light and fluffy. Do not overwhip.

Garlic Whipped Potatoes

Method 1: Simmer 6-8 whole, peeled cloves of garlic with the potatoes. Purée the garlic and the potatoes together.
Method 2: Purée 1 or 2 heads roasted garlic and mix into the potatoes before adding cream.
Green Beans Basquaise

The original recipe on the previous page had a yield of 12.

To serve 25 the following was done.

24 divided by 12 equals 2.

The next page shows how the ingredients have been converted.
Sicilian Bread

36 oz water, warmed to 105°
8 oz Salad oil
4 tbsp + 1 1/2 teaspoons Active dry yeast
4 lbs. 1 oz Bread Flour
2 1/8 oz Sugar (2 Tablespoons plus 1 teaspoon)
1 1/8 oz Salt (2 tablespoons plus 1 teaspoon)
1/2 cup Poppy Seeds
3 Tbsp. Kosher Salt

Bread

2 cups Olive Oil
4 each Garlic cloves
1 Tbsp Oregano, fresh chopped
1 Tbsp Basil, fresh chopped

1. In a warm mixing bowl, mix together water, oil, and yeast. Leave for 5 minutes of until frothy.
2. Add flour, sugar and salt and mix using the dough hook until dough pulls from the sides of the mixing bowl.
3. Turn out onto bench and knead until smooth dough forms.
4. Scale into 7 one pound loaves.
5. Roll into baguettes. Take each baguette and roll into the poppy seed mixture
6. Place loaves on parchment lined baking sheets (do not use baguette forms)
7. Cut 4 diagonal slices into the top of each baguette
8. Top with the Blessing
9. Proof until double in size
10. Bake at 325° in convection oven until browned (approximately 15-20 minutes)
Silken Chocolate-Walnut Tart

This is like a flourless chocolate cake in tart form; the rich filling contrasts ultrasmooth chocolate with a layer of toasted nuts. Use the best chocolate you can afford and you will be rewarded with results that will leave your friends begging for the recipe. I like to use a mixture of semisweet and bittersweet, but almost any combination or a single type of chocolate will work well. (One exception: steer clear of using milk chocolate, which could make the filling too sweet.)

YIELD: 8 TO 10 SERVINGS (x5)

1 unbaked Lemon Zest Tart Crust, lemon zest omitted (page 40)
1½ cups coarsely chopped walnuts
¼ cup (1½ sticks) unsalted butter
14 ounces chopped chocolate, semisweet or bittersweet, or any combination
1½ cups sugar
3 large eggs
2 teaspoons vanilla extract
½ teaspoon salt
½ cup heavy whipping cream
2 tablespoons dark rum or whiskey (optional)

Line a 10-inch tart pan with the tart dough. Press it into place and crimp the outside edges with your fingers or a fork.

Preheat the oven to 350°F. Place the walnuts on a baking sheet in a single layer and bake for 7 to 9 minutes, until golden brown and aromatic. Set aside to cool.

Put the butter and chocolate in a microwave-safe bowl and heat on medium-high for 1 minute. Remove from the microwave and stir. If the chocolate is not completely melted, keep heating for 30-second increments. Stir until blended. (Or combine the butter and chocolate in a metal bowl set over a saucepan filled with 3 inches of simmering water. Stir until melted and combined. Remove the pan from the simmering water.) Whisk the sugar into the butter-chocolate mixture. Add the eggs, one at a time, whisking until smooth after each addition. Whisk in the vanilla, salt, cream, and rum.

Spread the nuts in the bottom of the pie crust. Pour the chocolate mixture over the nuts without stirring. Bake for 50 minutes. The pie will seem undercooked and jiggly in the middle, but remove it from the oven anyway. The pie will set as it cools. Do not cut the pie until it has cooled at room temperature for at least 2 hours; or refrigerate it so it will set up more quickly.

Tip: Use a sharp, pointed knife to cut this pie, and make sure that it is fully cooled before slicing. Cut very thin slices, but never refuse requests for seconds.
Fredericksburg Peach Cream Cheese Tart

When the local peaches ripen in spring, I top this showstopping tart with peaches. When apples and pears reach their peak in the fall, I use them instead. The fabulously rich cream cheese filling never changes. And no matter what the season, my customers happily devour thick slices of it.

Although this tart has changed considerably over the years, the inspiration for it came from a recipe that originated with Karen Lerner, who hired me for my first professional baking job at A Fare Extraordinaire, almost fifteen years ago.

YIELD: 8 TO 10 SERVINGS

LEMON ZEST TART CRUST ×5

- 2 cups all purpose flour
- ½ teaspoon salt
- ½ cup sugar
- 1 teaspoon lemon zest, preferably organic
- ½ cup (11 tablespoons) chilled unsalted butter
- 1 large egg, lightly beaten
- ¼ cup chilled heavy whipping cream (more as needed)

CHEESE FILLING

- 8 ounces cream cheese, at room temperature
- ½ cup sugar
- ½ cup mascarpone cheese
- 1 tablespoon vanilla extract
- 2 large eggs
- ½ cup all purpose flour
- ½ teaspoon salt

FRUIT TOPPING

- 2 teaspoons ground cinnamon
- ½ cup sugar
- 5 to 6 large fresh peaches, pears, or apples

GLAZE

- ½ cup apricot jam
- 3 tablespoons brandy
- 3 tablespoons water

To make the tart crust: Using a mixer fitted with a paddle attachment, mix the flour, salt, sugar, and lemon zest in a large bowl on low speed about 30 seconds. Cut the chilled butter into ½-inch pieces. Add the butter to the flour mixture and combine on low speed about 1 to 1½ minutes, until the mixture looks crumbly, with bits of dough the size of dried peas.

Whisk the egg with the cream and add to the flour mixture, mixing on low speed until the dough is just combined. Continue mixing for 10 seconds longer. If the dough is too dry to form a ball, add more cream, 1 tablespoon at a time. Gently mold the dough into a disk, wrap in plastic wrap, and refrigerate for at least 1 hour.
SHORTCAKES

Yield: 48 Shortcakes, approximately 2½ oz. (83 g) each
Method: Biscuit

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Weight</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>4 lb.</td>
<td>1920 g</td>
<td>100%</td>
</tr>
<tr>
<td>Baking powder</td>
<td>3.75 oz.</td>
<td>115 g</td>
<td>6%</td>
</tr>
<tr>
<td>Salt</td>
<td>0.4 oz. (2 tsp.)</td>
<td>12 g</td>
<td>0.6%</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>13 oz.</td>
<td>385 g</td>
<td>20%</td>
</tr>
<tr>
<td>Unsalted butter, cold</td>
<td>1 lb. 12 oz.</td>
<td>845 g</td>
<td>44%</td>
</tr>
<tr>
<td>Eggs</td>
<td>11.5 oz. (7 eggs)</td>
<td>345 g</td>
<td>18%</td>
</tr>
<tr>
<td>Milk</td>
<td>18 fl. oz.</td>
<td>540 ml</td>
<td>28%</td>
</tr>
<tr>
<td>Whole butter, melted</td>
<td>as needed</td>
<td>as needed</td>
<td></td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>as needed</td>
<td>as needed</td>
<td></td>
</tr>
</tbody>
</table>

Total dough weight: 8 lb. 10 oz. 4162 g 216%

Combine all ingredients using the biscuit method.
Cut into 3-inch (7.5-centimeter) circles and space 2 inches (5 centimeters) apart on a paper-lined sheet pan.
Bake at 400°F (200°C) until lightly browned, approximately 12 to 17 minutes.
Remove from the oven and brush the tops with melted butter, then sprinkle with granulated sugar.

Approximate values per shortcake: Calories 310, Total fat 15 g, Saturated fat 9 g, Cholesterol 65 mg, Sodium 250 mg, Total carbohydrates 38 g, Protein 5 g, Vitamin A 15%.

1 lb. strawberries, hulled & sliced

½ cup sugar

½ cup heavy cream

¼ teasp. Vanilla

1 Tbsp. powdered sugar

For the Strawberries

1. Toss the strawberries in the sugar, let stand 20 minutes

For the cream

1. Beat cream, powdered sugar and ¼ teaspoon of vanilla until stiff peaks form

To plate dessert:

1. Remove cakes from the cups, split each cake in half
2. Spoon some berries over bottom of cake
3. Spoon some whip cream over berries
4. Top with cake half, garnish with berries and serve

Sodium 135 mg, Total carbohydrates 31 g, Protein 3 g, Vitamin A 15%, Claims—low sodium