Soup

Mushroom Barley Soup

Salad

Roasted Butternut Squash Salad with Sherry Maple Vinaigrette

Entrée

Crispy Catfish with Heirloom Tomato and Corn Sauté served with Roasted Red potatoes

or

Tarragon Chicken in Cream Sauce served with Wild Rice Blend and Seasonal Fresh Vegetables

Bread

Focaccia

Desserts

Angel Food Cake with Berries

Or

Chocolate Mousse
Barley Mushroom Soup

Makes 3 quarts (1-cup servings)

This great-tasting soup can be ready in under an hour after soaking the barley overnight.

1 cup barley
8 cups beef broth
2 cloves garlic, minced
1 onion, coarsely chopped
3 stalks celery, sliced
1/2 pound leanest ground beef
1/2 pound fresh mushrooms, sliced
1/8 teaspoon powdered thyme
1/8 teaspoon marjoram
1/2 teaspoon coarse salt or to taste
1/2 teaspoon freshly ground black pepper

Soak barley in 3 cups of water overnight. In a medium stockpot, bring broth to a boil; add garlic, onion, celery and barley with soaking liquid and bring just to boiling (do not boil). Reduce heat and simmer uncovered, about 45 minutes, or until barley is tender.

Meanwhile, in a nonstick skillet, sauté ground beef. When beef is nearly cooked, add mushrooms and sauté 2 to 3 minutes. Defat beef and mushrooms by draining on paper towels. Add beef and mushrooms to soup pot; season with thyme, marjoram, salt and pepper. Heat through.

Sodium Alert: Choose low-sodium foods at other meals throughout the day to offset the higher sodium in this recipe.
Roasted Butternut Squash Salad with Sherry Maple Vinaigrette

Serves six as a starter.

1/2 cup raisins
1/2 cup port
1 butternut squash (about 2 lb.)
1 small red onion, thinly sliced
2 Tbs. olive oil
2 Tbs. real maple syrup
Kosher salt and freshly ground black pepper
2 medium heads endive, sliced thinly
1 small head frisée, trimmed, leaves torn into bite-size pieces
1/2 small head radicchio, coarsely chopped
3 cups loosely packed spinach leaves, stemmed
Sherry Maple Vinaigrette (see the recipe at right)
One 6-oz. log fresh goat cheese
1/2 cup walnuts, toasted and chopped
4 slices cooked bacon, crumbled (optional)

Cover the raisins with the port and let sit for at least 3 hours.

Heat the oven to 400°F. Peel the neck only of the squash (save its base for another use). Cut the squash into 1/2- to 3/4-inch cubes.

On a rimmed baking sheet, toss the squash and onion with the olive oil and maple syrup. Season with salt and pepper and spread in a single layer. Roast, stirring occasionally, until the squash is just cooked through and the onions are browned, 20 to 25 minutes.

Toss the endive, frisée, radicchio, and spinach in a large bowl. Drain the raisins.

Heat the broiler. Slice the goat cheese into six rounds, arrange on a baking sheet, and sprinkle with a little pepper. Broil until just soft, 2 to 3 minutes.

Toss the greens with 1/2 cup of the vinaigrette and portion them among six plates along with the still-warm squash and onions. Sprinkle the drained raisins, toasted walnuts, and the bacon, if using, over the salad and serve each salad with a round of warmed goat cheese. Drizzle a few teaspoons of the remaining vinaigrette around each plate and serve.

Sherry Maple Vinaigrette

Yields about 1 1/2 cups.

This makes more than you'll need for the salad, but it keeps for a week in the refrigerator.

1/2 cup sherry vinegar
1 tsp. Dijon mustard
2 Tbs. real maple syrup
1 Tbs. finely chopped shallots
1 cup grapeseed or peanut oil
Kosher salt and freshly ground black pepper

Combine the vinegar, mustard, maple syrup, and shallots in a bowl and whisk in the oil in a slow, steady stream. Season with salt and pepper to taste.

Roasting diced squash gives each piece a golden, crisp exterior and a deep, rich flavor.
How to peel and cube butternut squash

1. Square off the ends and cut the squash in two just above the bulbous end. Stand the sections on the flat ends and remove the tough outer peel with a knife or peeler, slicing from top to bottom.

2. Cut the rounded end in half lengthwise and scoop out the seeds.

3. Cut the squash into uniform $\frac{1}{2}$- or $\frac{3}{4}$-inch cubes, so they'll cook evenly.

Sautéed Butternut Squash with Lemon, Walnuts & Parsley
Serves two to three.

2 Tbs. extra-virgin olive oil
2 Tbs. unsalted butter
3 cups $\frac{1}{2}$-inch-diced, peeled butternut squash (from about a 2-lb. squash)
Kosher salt and freshly ground black pepper
$\frac{1}{4}$ cup loosely packed fresh flat-leaf parsley, chopped
$\frac{1}{2}$ cup chopped walnuts (about 1½ oz.), toasted
1½ tsp. freshly grated lemon zest

Heat the oil and butter in a 10-inch straight-sided sauté pan over medium-high heat. When the oil is hot and the butter has melted, add the squash, 1 tsp. salt, and $\frac{1}{2}$ tsp. pepper. Cook, stirring occasionally, until the squash is lightly browned and tender, 8 to 10 minutes. Transfer the squash to a serving bowl. Add the parsley, walnuts, and lemon zest, and toss to combine. Serve immediately.
Crispy Catfish with Corn-Tomato Saute and Basil Emulsion

By Douglas Katz, chef, Fire restaurant, Cleveland, Ohio

Yield: 8 servings

Catfish:
Catfish fillets (6 oz each), skinned, cleaned... 8
Dijon mustard... ¼ cup
Panko bread crumbs... ½ cup
Flat-leaf parsley, chopped... ¼ cup
Canola oil... 8 Tbsp

Basil Emulsion:
Fresh basil, blanched, drained, minced... ½ cup
Soft poached egg... 1
Extra virgin olive oil... ½ to ¾ cup
Salt, black pepper, lemon juice to taste

Corn-Tomato Saute:
Olive oil... 2 Tbsp
Shallot, peeled and thinly sliced... 1
Garlic clove, minced... 1
Raw fresh corn kernels... 3 ears
Assorted heirloom tomatoes, halved or quartered... 1 cup
Fresh tarragon, chopped... 1 Tbsp
Unsalted butter... 2 Tbsp

1. Season both sides of fillets with salt and pepper; brush both sides with mustard.
2. Puree the bread crumbs, parsley, salt, and pepper in a food processor. Transfer mixture to shallow dish. Dip fillets in crumbs, coating completely.
3. Heat 3 tablespoons oil in each of two 10-inch skillets. When oil shimmers, add fish and cook 3 to 4 minutes until golden brown. Gently flip and cook 3 minutes longer; keep fillets warm while preparing basil emulsion.
4. Place basil and egg in blender; puree while adding olive oil in a thin, steady stream. Season to taste with salt, pepper, and lemon juice. (If too thick, add cold water.) Set aside.
5. To make the corn-tomato Saute, heat oil in large skillet. Add shallot and garlic; cook until translucent. Season with salt and pepper. Add corn and cook 3 minutes; add tomatoes and cook until warmed through. Finish with tarragon and butter.
6. To plate, drain fish of any excess oil. Spoon corn mixture in center of each plate. Top with catfish fillets and garnish with basil emulsion.

Fishing on Land

Although Moonen is a strong proponent of serving—and preserving—wild fish, he’s also a pragmatist. “There’s always some stalemate,” he claims, referring to choosing sustainable fish for his kitchen. “Nothing is 100 percent perfect,” the chef insists, “and aquaculture is definitely necessary to meet the demand.” He favors farmed turbo from France, bronzino from Italy, and some domestic products, including whole barramundi grown in Massachusetts at Australia’s Aquaculture (TheBetterFish.com). Beyond good flavor and texture, Moonen’s criteria for choosing farmed fish are both the farm habitat and the fish’s feed requirements. “Closed container systems are the best,” he declares, referring to land-locked pools or tanks that are far from sensitive coastal areas, and are carefully monitored to ensure the purity of the fish. The diet of the fish should boast “conversion efficiency,” an important measure of sustainability that reveals how much wild fish it takes to grow a farmed fish. Since many aquaculture companies depend on small wild fish, such as anchovies, to supply food for their carnivorous breeds, the trick is to raise fish that don’t simultaneously deplete wild

consumer groups for their polluting practices and use of antibiotics, pesticides, and artificial coloring agents. Currently, sustainable advocates such as the Seafood Watch (seafoodwatch.org), Chefs Collaborative (chefscollaborative.org), and Seafood Choices Alliance (seafoodchoices.com) urge chefs to first choose wild salmon from Alaska, where the fishing industry is highly regulated. Pacific wild salmon from Washington and California is the next best thing.
Chicken Breasts with Tarragon and Cream

Chicken breast recipe is cooked with tarragon, chicken broth, a little white wine, and heavy cream.

INGREDIENTS:

- 24 boneless chicken breast halves
- salt and pepper
- 1 cup Dijon mustard
- 2 cups all-purpose flour
- 1 cup butter
- 4 tablespoon finely chopped shallots
- 1 cup dry white wine
- 2 teaspoon dried tarragon
- 2 cups chicken stock
- 2 cups heavy cream

PREPARATION:
Sprinkle chicken breast halves with salt and pepper; coat with Dijon mustard and then dredge with flour. Set aside remaining flour.

In a large skillet, heat ⅔ of the butter over medium heat. Brown chicken on both sides. Remove chicken; keep warm. Add shallot to skillet and sauté for 1 minute.

Add wine to skillet; increase heat to high and cook until liquid is almost evaporated, stirring to loosen browned bits on bottom of skillet.

Reduce heat to medium-low; add ⅓ cup reserved flour, stirring to a thick paste. Add tarragon and chicken stock. Return chicken to skillet; cover and cook until tender, about 15 to 20 minutes. Remove chicken breasts to a hot el pan. Add remaining butter and heavy cream to the skillet. Heat through; pour creamy tarragon sauce over chicken breasts.

Tarragon chicken recipe serves 24
**Angel Food Cake**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>2 lb</td>
<td>1000 g</td>
<td>267</td>
</tr>
<tr>
<td>Cream of tartar</td>
<td>0.25 oz</td>
<td>8 g</td>
<td>2</td>
</tr>
<tr>
<td>Salt</td>
<td>0.17 oz (1 tsp)</td>
<td>5 g</td>
<td>1.5</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb</td>
<td>500 g</td>
<td>133</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>0.33 oz (2 tsp)</td>
<td>10 g</td>
<td>2.5</td>
</tr>
<tr>
<td>Almond extract</td>
<td>0.17 oz (1 tsp)</td>
<td>5 g</td>
<td>1.25</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb</td>
<td>500 g</td>
<td>133</td>
</tr>
<tr>
<td>Cake flour</td>
<td>12 oz</td>
<td>375 g</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total weight:</strong></td>
<td>4 lb 12 oz</td>
<td>2403 g</td>
<td>640%</td>
</tr>
</tbody>
</table>

### Procedure

**Mixing**

Angel food method

**Scaling and Baking**

See table on page 337.

### Variations

Chocolate Angel Food Cake

Substitute 3 oz (90 g) cocoa for 3 oz (90 g) of the flour.

Coconut Macaroon Cupcakes

Increase the first quantity of sugar to 167% (1 lb 4 oz/625 g). Mix 350% (2 lb 10 oz/1300 g) macaroon coconut with the flour/sugar mixture. Scale at 20 oz (575 g) per dozen cupcakes. Bake at 375°F (190°C) about 25 minutes.

**Chocolate Fudge Cake**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsweetened chocolate</td>
<td>1 lb</td>
<td>500 g</td>
<td>400</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb</td>
<td>500 g</td>
<td>400</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 lb 4 oz</td>
<td>625 g</td>
<td>500</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb 4 oz</td>
<td>625 g</td>
<td>500</td>
</tr>
<tr>
<td>Bread flour</td>
<td>4 oz</td>
<td>125 g</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total weight:</strong></td>
<td>4 lb 12 oz</td>
<td>2375 g</td>
<td>1900%</td>
</tr>
</tbody>
</table>

### Procedure

**Mixing**

Plain sponge method. Melt the chocolate and butter together over a hot water bath. Fold the chocolate mixture into the egg-sugar foam before folding in the flour.

**Scaling**

7-in. (18 cm) round pan: 19 oz (550 g)
8-in. (20 cm) round pan: 25 oz (750 g)
10-in. (25 cm) round pan: 38 oz (1100 g)

**Baking**

350°F (175°C) until slightly underbaked, 20–30 minutes. Set cake pans on sheet pans to avoid scorching bottoms.

Cool and glaze with warm Ganache (p. 376).

### Variations

Chocolate Surprise Cake

Fill large muffin tins or similar pans three-quarters full of batter. Insert a 1-oz (30 g) ball of cold ganache (p. 222) into the center of each. Bake at 350°F (175°C) about 15 minutes. Turn out and serve warm with whipped cream or ice cream. The melted ganache will run out when the cake is cut open.

*Berry Medley: after cake is cooled*

Slice and top with Warmed Berries

- 2 Pints Sliced Strawberries
- 2 Pints Frozen Raspberries
- 2 Pints Frozen Black Berries or Blue Berries

Toss with Warmed Sauce
# Average Cake Scaling Weights, Baking Temperatures, and Times

<table>
<thead>
<tr>
<th>Pan Type and Size</th>
<th>Scaling Weight*</th>
<th>Baking Temperature</th>
<th>Approximate Baking Time in Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High-fat cakes</strong></td>
<td>U.S.</td>
<td>Metric</td>
<td>U.S.</td>
</tr>
<tr>
<td><strong>Round layers</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 in. (15 cm)</td>
<td>8-10 oz</td>
<td>230-285 g</td>
<td>375°F</td>
</tr>
<tr>
<td>8 in. (20 cm)</td>
<td>14-18 oz</td>
<td>400-510 g</td>
<td>375°F</td>
</tr>
<tr>
<td>10 in. (25 cm)</td>
<td>24-28 oz</td>
<td>680-800 g</td>
<td>360°F</td>
</tr>
<tr>
<td>12 in. (30 cm)</td>
<td>32-40 oz</td>
<td>900-1100 g</td>
<td>360°F</td>
</tr>
<tr>
<td><strong>Sheets and square pans</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 × 26 in. (46 × 66 cm)</td>
<td>7-8 lb</td>
<td>3.2-3.6 kg</td>
<td>360°F</td>
</tr>
<tr>
<td>18 × 13 in. (46 × 33 cm)</td>
<td>3.5-4 lb</td>
<td>1.6-1.8 kg</td>
<td>360°F</td>
</tr>
<tr>
<td>9 × 9 in. (23 × 23 cm)</td>
<td>24 oz</td>
<td>680 g</td>
<td>360°F</td>
</tr>
<tr>
<td><strong>Loaf (pound cake)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2½ × 3½ × 8 in. (6 × 9 × 20 cm)</td>
<td>16-18 oz</td>
<td>450-500 g</td>
<td>350°F</td>
</tr>
<tr>
<td>2¾ × 4½ × 8½ in. (7 × 11 × 22 cm)</td>
<td>24-27 oz</td>
<td>680-765 g</td>
<td>350°F</td>
</tr>
<tr>
<td><strong>Cupcakes</strong></td>
<td>per dozen</td>
<td>18 oz</td>
<td>510 g</td>
</tr>
<tr>
<td><strong>Foam-type cakes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Round layers</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 in. (15 cm)</td>
<td>5-6 oz</td>
<td>140-170 g</td>
<td>375°F</td>
</tr>
<tr>
<td>8 in. (20 cm)</td>
<td>10 oz</td>
<td>280 g</td>
<td>375°F</td>
</tr>
<tr>
<td>10 in. (25 cm)</td>
<td>16 oz</td>
<td>450 g</td>
<td>360°F</td>
</tr>
<tr>
<td>12 in. (30 cm)</td>
<td>24 oz</td>
<td>700 g</td>
<td>360°F</td>
</tr>
<tr>
<td><strong>Sheets</strong> (for jelly roll or sponge roll)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 × 26 in., ½ in. thick (46 × 66 cm, 12 mm thick)</td>
<td>2.5 lb</td>
<td>1.2 kg</td>
<td>375°F</td>
</tr>
<tr>
<td>18 × 26 in., ⅝ in. thick (46 × 66 cm, 6 mm thick)</td>
<td>28 oz</td>
<td>800 g</td>
<td>400°F</td>
</tr>
<tr>
<td><strong>Tube</strong> (angel food and chiffon)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 in. (20 cm)</td>
<td>12-14 oz</td>
<td>340-400 g</td>
<td>360°F</td>
</tr>
<tr>
<td>10 in. (25 cm)</td>
<td>24-32 oz</td>
<td>700-900 g</td>
<td>350°F</td>
</tr>
<tr>
<td><strong>Cupcakes</strong> per dozen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 oz</td>
<td>280 g</td>
<td>375°F</td>
</tr>
</tbody>
</table>

*The weights given are averages. Weights may be increased by 25% if thicker layers are desired. Baking times may need to be increased slightly.
### Chocolate Mousse IV

#### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bittersweet chocolate</td>
<td>1 lb</td>
<td>500 g</td>
</tr>
<tr>
<td>Butter</td>
<td>4 oz</td>
<td>125 g</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>6 oz</td>
<td>180 g</td>
</tr>
<tr>
<td>Egg whites</td>
<td>8 oz</td>
<td>250 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.5 oz</td>
<td>75 g</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>8 oz</td>
<td>250 mL</td>
</tr>
</tbody>
</table>

**Total weight:**

- **U.S.** 2 lb 12 oz
- **Metric** 1378 g

#### Procedure

1. Melt the chocolate in a dry pan over a hot water bath.
2. Remove from the heat. Add the butter and stir until melted.
3. Add the egg yolks, mixing well.
4. Whip the egg whites with the sugar to form a soft meringue. Fold into the chocolate mixture.
5. Whip the cream until it forms soft peaks. Fold it into the chocolate mixture.
6. Transfer the mousse to serving bowls or individual dishes. Chill for several hours before serving.

#### Variations

The following variations are based on the above recipe, except that a few modifications are necessary due to the different composition and handling properties of milk chocolate and white chocolate.

**Milk Chocolate Mousse**

Substitute milk chocolate for the dark chocolate in the main recipe. Melt the chocolate with 4 oz (125 mL) water, stirring until smooth. Then remove from the heat and proceed with step 2 of the procedure. Reduce the quantity of yolks to 2 oz (60 g). Reduce the quantity of sugar to 2 oz (60 g).

**White Chocolate Mousse**

Substitute white chocolate for milk chocolate in the preceding variation.

---

### Chocolate Mousse V (with Gelatin)

#### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gelatin</td>
<td>0.2 oz</td>
<td>6 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>1.67 oz</td>
<td>50 g</td>
</tr>
<tr>
<td>Water</td>
<td>1.67 oz</td>
<td>50 g</td>
</tr>
<tr>
<td>Glucose</td>
<td>0.33 oz</td>
<td>10 g</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>2.67 oz (4 yolks)</td>
<td>80 g (4 yolks)</td>
</tr>
<tr>
<td>Dark chocolate couverture, melted</td>
<td>7.25 oz</td>
<td>225 g</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>1 lb</td>
<td>500 g</td>
</tr>
<tr>
<td>Italian Meringue (p. 183)</td>
<td>6 oz</td>
<td>180 g</td>
</tr>
</tbody>
</table>

**Total weight:**

- **U.S.** 2 lb 3 oz
- **Metric** 1100 g

#### Procedure

1. Soften the gelatin in cold water (see p. 39).
2. Combine the sugar, water, and glucose and bring to a boil to make a syrup. Cook to 240°F (110°C).
3. Whip the egg yolks until thick and pale. Gradually beat in the hot syrup. Add the gelatin and beat until dissolved. Continue whipping until cold.
4. Fold the melted chocolate into the egg yolk mixture.
5. Whip the cream into soft peaks. Fold in.
6. Fold in the Italian meringue. Pour into molds and chill until set.
FOCACCIA

BAKE: 15 - 20 MINUTES  YIELD: 3 9-INCH ROUND LOAVES
OVEN: 400°F

INGREDIENTS

1/4 oz. Dry yeast
1/4 cup Lukewarm water
2 1/4 cups Water, room temperature
2 tbsp. Olive oil
2 1/4 lbs. Bread flour
1 tbsp. Salt

PROCEDURE

1. Stir yeast into lukewarm water in the mixing bowl, let stand about 10 minutes.
2. Stir in 2 1/4 cups water and the oil.
3. In a separate bowl combine the flour and the salt.
4. Pour the flour mixture onto the yeast.
5. Mix with the dough hook 7 to 8 minutes. Start on low and change to medium speed once ingredients are combined.
6. Place dough in oiled bowl and cover with clear wrap. Let rise about 1 1/2 hours.
7. Cut dough into 3 equal pieces on a lightly floured surface. Shape each piece into a thick disk. Roll out each disk to a 9 or 10 inch circle. Place on paper lined pan, cover and let rise until doubled, about 30 minutes.
8. Dimple the dough vigorously with your fingertips, leaving indentations that are as deep as 1/2 inch.
9. Cover and let rise until doubled, about 2 hours.
10. Top with choice of topping-- see below.
11. Bake in 400° F oven. Spraying with water 3 times in the first 10 minutes. Bake 15 to 20 minutes.
12. Immediately invert the focaccia onto cooling racks to cool so that the bottom crusts don't get soggy.

TOPPINGS

A. Brush with olive oil and sprinkle with course salt - 1 1/2 to 2 tsp.
B. Olive oil and sage (fresh 24 leaves chopped or 1 1/2 tbsp. dried coarse-crumbed).
C. Olive oil and 1 1/2 tbsp chopped fresh Rosemary.
D. Olive oil and 8 oz. black and green olives - whole.