Soup
Italian Wedding Soup with Grissini

Salad
Greek Salad of Cucumber, Tomato, Feta Cheese and Kalamata Olives

Entrees
Stuffed Pork Loin with sautéed Broccolini and glazed Sweet Potato
Or
Almond-Crusted Tilapia served with Aztec Rice Blend, sautéed Spinach and Red Pepper Rouille

Fresh Baked Bread
Garden Bouquet Rolls

Desserts
Crème Caramel
Chocolate Mousse
**Italian Wedding Soup**

Serves 20

**Ingredients:**

**For Meatballs:**

1 $\frac{1}{2}$ pounds ground chicken  
1 pound chicken sausage, casings removed  
1-1/3 cup bread crumbs  
4 cloves garlic, minced  
6 tablespoons parsley, chopped  
1 cup Parmesan cheese  
3 ounces milk  
2 each eggs, beaten  
Salt and Pepper to taste

**For the Soup**

4 tablespoons olive oil  
2 cups onion, small dice  
4 each carrots, small dice  
4 stalks celery, small dice  
5 quarts chicken stock  
1 cup white wine  
2 cups small pasta such as Tubetini or stars  
$\frac{1}{2}$ cup dill, fresh, minced  
1 $\frac{1}{2}$ pounds Swiss Chard

**Directions:**

Preheat the convection oven to 300°F.

For the meatballs; mix all ingredients together gently with a fork.

Use a #70 scoop to form meatball. Drop meatballs onto a parchment lined sheet pan. (You should have 80 meatballs). They don't have to be perfectly round.

Bake for 20-30 minutes, until cooked through and lightly browned. Set aside.

Cook pasta, cool, drizzle with oil and set aside until service.
**For the Soup:** Heat olive oil over medium heat in a heavy bottom soup pot. Add onion, carrots, celery and sauté until softened, 5 to 6 minutes. Add the chicken stock and wine and bring to a boil. Add the dill and then the cooked meatballs to the soup and simmer for one minute. Adjust seasoning. Just before service stir in the chopped Swiss Chard.

**To serve:** Place a small amount of cooked pasta into the bowl. Fill with soup. Be sure each guest receives 3 meatballs. Top with grated parmesan and serve with fresh baked grissini.
VERY EASY WITH YOUR

dough form. Shape the dough into a ball and roll on the board to
and multiply. You may need to add additional flour until a smooth

a sheet of all-purpose flour as necessary (depending on the dough)
come together, transfer to a lightly floured board and knead. Add

then cover the outer of the floured surface. Fit the dough into the yeast mixture.

Combine the flours, cheese, and set in a large bowl. Make a well in

Then stir until the yeast is completely dissolved.

Combine the water and yeast in a small bowl. Let stand for 10 minutes.

some contrasting texture.

These go well with salads, such as a tomato salad where you want

topper of the horseradish may be doubled. If that is your preference:

the resulting horseradish may be doubled. If that is your preference:

for a different texture, or use different oils—tahini rather than

leaves these credentials in numerous directions. According them

I. Combine 3/4 cup bread crumbs, 1/3 cup grated cheese or bread crumbs, 1/3 cup chives and 1/3 cup Parmesan cheese.

II. Preheat oven to 375°F.

III. Using butter or oil, grease a 9 x 13 inch baking dish.

IV. Pour the sauce over the egg mixture in the dish.

V. Bake for 30 minutes or until golden brown.
GREEK SALAD

This recipe is probably more robust than ordinary Greek salads. It is important to use the freshest ingredients. Toss the salad just before serving, and use a high-quality olive oil in order to bring out the salad’s dramatic potential. The dried mint is particularly significant, as it gives the salad a layer of refreshing coolness.

Toss the cucumbers, tomatoes, green onions, red onion, feta cheese, olives, parsley, and fresh mint in a large bowl. Whisk the lemon juice, oil, black pepper, dried mint, seasoned salt, and salt in a small bowl to blend. Toss the salad with the dressing to coat. Serve immediately.

Serving Suggestions: Top the salad with grilled chicken breast or leftover rotisserie chicken for a satisfying entrée. If doubled, this salad makes a great buffet item for serving to large groups. For a unique and pretty presentation, hollow out the centers of heads of butter lettuce, and spoon the salad into the centers.

COOK’S NOTES: Different cucumbers will yield very different textures to the salad. Be sure to select ones that are crisp and firm. Japanese cucumbers are a good choice for this salad because they are firm and very crisp. You can use the regular cucumbers as well, but be sure to peel and seed them first.

Serves 6 to 8

2 hothouse cucumbers (about 1 1/2 pounds total), seeded and cut into 1/2-inch chunks (see Cook’s Notes)
6 plum tomatoes, cut into 6 wedges each, coarsely chopped
4 green onions, thinly sliced diagonally
1 small red onion, thinly sliced
4 ounces feta cheese, cut into 1/4-inch cubes
1/2 cup Kalamata olives (pitted optional)
1/3 cup chopped fresh Italian parsley
1/4 cup thinly sliced fresh mint
1/3 cup fresh lemon juice
1/3 cup olive oil
1 1/2 teaspoons salt
1 teaspoon crushed dried mint
1 teaspoon ground black pepper
1 teaspoon seasoned salt
Brined Pork Loin Stuffed with Fig

Pork Brine (page 339), cold
One 2½-pound pork loin roast
1 large fennel bulb (OK TO SUBSTITUTE ONION)
Canola oil
1/4 cup 1/4-inch cubes ciabatta or other artisan bread
1 teaspoon minced garlic
1 tablespoon finely chopped shallot
1 cup Fig and Balsamic Jam (page 246)
1/4 cup Chicken Stock (page 339)
1/2 teaspoon finely chopped thyme
Kosher salt and freshly ground black pepper
Gray salt or coarse sea salt

A stuffing is a good way to introduce flavors into the pork. You can stuff the pork by hand, as described here, or use a piping bag. We sear the loin to brown and crisp the fat layer, then roast it to an internal temperature of 135°F, so that the interior is pale pink and juicy. Side dish possibilities include roasted parsnips, Caramelized Fennel (page 194), Sautéed Broccoli Rabe with Garlic and Chile Flakes (page 195), and Glazed Sweet Potatoes (page 232); you might also accompany it with Fennel Mustard (page 251).

Pour the brine into a container large enough to hold the pork loin and add the pork. Refrigerate for 10 hours (no longer, or the pork may become too salty).

Remove the pork loin from the brine (discard the brine) and rinse under cold water. Pat dry with paper towels, or let air-dry.

Using a long thin knife, make a horizontal lengthwise cut all the way through the center of the loin. (Instead of making one long slit, you may find it easier to cut halfway into the meat, working from either end.) Turn the knife and make a vertical cut through the meat (the two cuts should intersect like a plus sign). Let the meat rest at room temperature while you prepare the stuffing.
Cut the stalks from the fennel and trim the root end. Remove the thicker outer layers. Separate the bulb into individual layers and cut into batons about 1½ inches long and ¼ inch wide (see photo, page 30); you need ½ cup fennel. Reserve the remaining fennel for another use.

Set a cooling rack over a small baking sheet and line it with paper towels.

Heat some canola oil in a medium frying pan over medium heat. Add the bread cubes and cook, tossing to brown on all sides, 1 to 2 minutes. Transfer the bread cubes to the lined rack.

Pour off any excess oil, leaving just a light film in the pan, return the pan to the heat, and add the fennel. Cook until tender with just a little bite left, 2 to 3 minutes. Add the garlic and shallot and cook for 1 minute. Stir in the jam and warm through, then add the bread cubes, chicken stock, thyme, and salt and pepper to taste, stirring until thoroughly combined. Transfer to a bowl and let cool completely.

Preheat the oven to 350°F. Put a roasting rack in a small roasting pan and put it in the oven.

Meanwhile, use your fingers to widen the cavity in the meat enough to hold the stuffing, working from either end of the loin. Place the filling into a pastry bag fitted with a large plain tip and pipe it into the opening on one side of the pork, pushing the filling into the center of the roast. Turn the loin around and finish stuffing it from the other end. Tie the roast with kitchen twine (see next page), being careful not to pull the string so tight that it pushes out the filling.

Season the loin on all sides with salt and pepper. Heat some canola oil in a large frying pan over medium-high heat until smoking. Add the loin to the pan and brown on all sides, moving it to a different area of the pan with each turn (see Lightbulb Moment, page 89), for 2 to 3 minutes per side.

Transfer the pork to the roasting pan and roast for 30 to 40 minutes, or until the internal temperature is 135°F to 140°F (if you prefer your pork less pink). Remove from the oven and let rest in a warm spot for 30 minutes for medium-rare to medium.

Remove the string and cut the loin into ¼-inch-thick slices. Arrange on a platter and sprinkle with gray salt.

Serves 6
Pork Brine

- 1/4 cup plus 2 tablespoons honey
- 12 bay leaves
- 3 large rosemary sprigs
- 1/2 bunch (3/4 ounce) thyme
- 1/2 bunch (about 2 ounces) flat-leaf parsley
- 1/2 cup garlic cloves, crushed, skin left on
- 2 tablespoons black peppercorns
- 1 cup (5 ounces) Diamond Crystal kosher salt
- 8 cups water

It's almost always a good idea to brine your pork. Brining makes it flavorful and keeps it juicy. This brine is distinguished by its use of garlic and rosemary, but you can flavor your brine with almost anything. This amount of brine is ideal for up to 4 pounds of pork. (See Brining Meats & Fish, page 75.) If using another brand of kosher salt, use exactly 5 ounces—see page 52.

Combine all the ingredients in a large pot, cover, and bring to a boil. Boil for 1 minute, stirring to dissolve the salt. Remove from the heat and cool completely, then chill before using. The brine can be refrigerated for up to 3 days.

Makes 2 quarts

Fig and Balsamic Jam

- 2 pounds figs, preferably Black Mission or Kadota, stems removed and coarsely chopped
- 1 3/4 cups granulated sugar
- 1/2 cup balsamic vinegar
- 1 teaspoon black peppercorns, tied into a sachet (see page 342)
- Fresh lemon juice

Combine the figs, sugar, balsamic vinegar, and sachet in a large saucepan and attach a candy thermometer to the pan. Bring to a simmer over medium-high heat, then lower the heat to maintain a gentle simmer and cook, stirring to break up the larger pieces of fig, keeping a chunky consistency, until the jam reaches 215° to 220°F. Remove from the heat. (See Note, page 249.)

Remove the sachet and stir in lemon juice to taste. Spoon the jam into a canning jar or other storage container, cover, and let cool to room temperature, then refrigerate for up to 1 month.

Makes 2 3/4 cups

Photograph on page 245.
glazed sweet potatoes

2 1/4 pounds large sweet potatoes (two 1 1/4-pound potatoes, if possible), scrubbed
8 tablespoons (1 stick; 4 ounces) unsalted butter, cut into 12 pieces, at room temperature
Kosher salt
About 1/4 cup packed light brown sugar

These are a variant of big steak fries, sweet potatoes cut into wedges and roasted in a covered baking dish until tender. Before serving them, we sprinkle the flesh with brown sugar and broil the potatoes to caramelize the sugar. Because of their sweetness, we often pair them with bitter greens, such as Rainbow Chard with Raisins, Pine Nuts, and Serrano Ham (page 205). Try them with Hamburgers (page 48) or Fig-Stuffed Roast Pork Loin (page 69).

Preheat the oven to 450°F.

Cut the ends from the potatoes. Cut each potato lengthwise in half, and cut each half into 1-inch-wide lengthwise wedges. Put them in a large baking dish that will hold them in a single layer. Spread the softened butter over the top of the potatoes. Sprinkle with salt.

Cover the pan tightly with foil and bake until the potatoes are tender when pierced with a paring knife, about 35 minutes. Remove from the oven and let cool until you're able to handle them.

Preheat the broiler. Spread the sugar in an even layer in a shallow bowl. One at a time, remove the potato wedges from the pan, brush the cut sides with some of the butter in the pan, and dip the cut sides into the sugar, then return to the pan. Sprinkle the potatoes with salt.

Just before serving, place the potatoes under the broiler until caramelize and heated through. Serve immediately.

SERVES 6
sautéed broccoli rabe
with garlic and chile flakes

4 bunches (about 18 ounces each) broccoli rabe
2 tablespoons canola oil
2 tablespoons finely sliced garlic
Red pepper flakes
Kosher salt and freshly ground black pepper

I love the bitterness of broccoli rabe, which comes with a touch of sweetness and works well here with the nutty notes of the sliced and sautéed garlic, and a little bit of heat from the dried red pepper. The technique of adding blanched vegetables to oil flavored with garlic and red pepper flakes also works well with broccoli, chard, and spinach. This versatile vegetable would be delicious with cod, grilled steak, roast pork, and chicken.

Cut away and discard the thicker part of the broccoli rabe stems, cutting about ¼ inch below the smaller, more tender stems. Remove any torn or smaller greens.

Bring a large pot of salted water to a boil (see page 147). Set a cooling rack over a baking sheet and line with paper towels. Prepare an ice bath.

Add half of the broccoli rabe to the boiling water and cook until tender but slightly resistant to the tooth. Remove with a skimmer and chill in the ice bath, then drain on the paper towels. Repeat with the remaining broccoli rabe.

Heat the oil in a large frying pan over medium heat. Add the garlic and cook for about 1 minute, until lightly browned and crisp. Add a pinch of red pepper flakes and the broccoli rabe and cook, tossing often, for about 2 minutes, until heated through. Season to taste with salt and black pepper.

Serves 6
Almond Crusted Tilapia

Serves 8

Ingredients:

2 each eggs
1 teaspoon lemon pepper
1 teaspoon granulated garlic
1 cup almonds, ground
1 cup parmesan, grated
8 each 6-8 ounce, tilapia fillets
¼ cup All-purpose flour, for dusting
6 tablespoons butter
Salt to taste
1 cup parmesan grated
8 each lemon wedges, grilled

Directions:

Beat the egg with the Lemon Pepper and granulated garlic until blended; set aside.

In a hotel pan; combine the ground almonds and 1 cup of grated parmesan.

Set up breading station using flour, egg mixture and then Almond and parmesan mixture.

Bread the tilapia fillets and place on a parchment lined sheet pan in a single layer. Do not stack the fillets.

Melt butter in a sauté pan over medium heat. Cook fillets until golden brown on both sides (2-3 minutes each side).

Reduce heat, season fillets with salt if necessary. Sprinkle with remaining parmesan, cover and cook until parmesan cheese has melted.

Garnish with grilled lemon wedges.
To Make the Red Pepper Rouille:

- Place the pimentos in a blender and pulse to chop. With the motor running, slowly pour in the olive oil. Add salt, pepper, mayonnaise, vinegar, Tabasco and cayenne. Continue to purée until smooth. Chill before serving.

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**Red Pepper Rouille:**

8 ounces canned pimentos, drained  
6 tablespoons extra-virgin olive oil  
2 teaspoons kosher salt  
1/2 teaspoon ground white pepper  
2 tablespoons mayonnaise  
2 teaspoons sherry vinegar  
4 dashes Tabasco  
1/4 teaspoon cayenne pepper
**Sautéed Spinach**

Chef Kevin Zink, CCC

*Serve 4*

**Spinach:**
- 1 tablespoon soybean oil
- 1 tablespoon finely diced fennel
- 2 teaspoons unsalted butter
- 3 cups baby spinach
- 1 tablespoon finely diced shallot
- 1 teaspoon chopped garlic
- 1 tablespoon toasted pine nuts

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**To Make the Spinach:**
- Heat a sauté pan over high heat. Add oil and heat just to the point where the oil begins to smoke. Add fennel and butter. When butter starts to brown, add spinach. Stir and then immediately add shallot and garlic. Toss quickly, remove from heat and add pine nuts. Season to taste with salt and pepper and serve hot.

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**Chef's Tip:**
- Double the quantities for more generous servings.
"Garden Bouquet Rolls"

All Purpose Flour 7 lbs.
Graham Flour 3 lbs.
Sugar 11 oz.
Instant milk Powder 7 oz.
Salt 1 1/2 oz.
Instant Dry Yeast 2 3/4 oz.
Whole Fresh Eggs 5 each
Margarine 1 lb. 4 oz.
Water, warmed to 110° -115° 4.5 – 5 lbs
Red Bell Pepper, minced 3 each
Green Bell Pepper, minced 3 each
Celery, rib, minced 1 each
Parsley, dried 4 1/2 teaspoons
Garlic Powder 1 1/2 teaspoons
Instant Dry onions 1 tablespoon
Ms. Dash (spice blend) 2 shakes

Method:

Mince the vegetables. Melt the margarine. Dissolve yeast in warm water.
Combine all dry ingredients: AP flour, Graham (wheat flour), sugar, instant milk powder, seasonings and salt in the medium size mixing bowl. Toss the minced vegetables into the flour mixture to coat the vegetables. Add the dissolved yeast to the dry mixture and then the melted margarine. Develop the dough on low speed for 8 -9 minutes. Proof until double. Punch dough and shape into 2 ounce rolls. Let rise until nearly double in size. Bake at 400° for 15 to 20 minutes
CRÈME CARAMEL

EVERY HOLIDAY, MY SISTER-IN-LAW ANOUSH NEED NOT ASK WHAT TO BRING. IT’S A GIVEN. NO HOLIDAY IS COMPLETE WITHOUT HER WONDERFUL CRÈME CARAMEL. THIS CHILLED, FLAN-LIKE DESSERT IS SILKY SMOOTH. AND, BECAUSE IT’S MADE WITH MILK INSTEAD OF CREAM AND WHOLE EGGS INSTEAD OF EGG YOLKS, IT IS MUCH LIGHTER THAN CRÈME BRÛLÉE (LESS GUILT!)

Caramel
1 1/2 cups sugar
1/3 cup water

Custard
5 cups whole milk
1 1/2 cups sugar
1 teaspoon grated lemon peel
1 teaspoon grated orange peel
1 vanilla bean, split lengthwise
8 large eggs
Assorted fresh berries or other seasonal fruit, for garnish

Bring to a simmer over medium heat, whisking until the sugar is dissolved. Remove from the heat. Cover and let stand for 10 minutes.

Whisk the eggs in a large bowl to blend. Gradually whisk in the warm milk mixture. Strain the custard through a fine-meshed strainer and into an 8-cup measuring cup; discarding the solids. Pour the custard over the caramel in the pan. Carefully pour enough hot water into the roasting pan (around the cake pan) to reach halfway up the sides of the cake pan. Bake until the custard is just set around the edges but still wobbles in the center when the pan is gently shaken, about 1 hour and 15 minutes.

Transfer the cake pan to a cooling rack and cool for 30 minutes. Loosely cover the cake pan with plastic wrap and refrigerate overnight (the custard will become set in the center as it cools. Refrigerating the custard overnight also allows enough time for the hardened caramel to dissolve into a sauce).

Run a small sharp knife around the pan sides to help loosen the custard from the pan. Place a cake platter with a 1-inch rim atop the custard. Holding the platter and cake pan together, invert the custard onto the platter, shaking the custard gently, if necessary, to release it onto the platter. Scrape up any caramel from the bottom of the pan and spoon it over the custard. Garnish with fresh berries or other seasonal fruit and serve.

COOK’S NOTES: It is important to cook the caramel just until it becomes a golden syrup. If it becomes too dark it develops a burnt flavor. Cooling the milk mixture slightly before stirring it into the eggs helps prevent the eggs from curdling.

If vanilla beans are not available, add 1 teaspoon of vanilla extract to the cooled milk mixture instead.

For individual crème caramels, distribute the caramel among 6-ounce soufflé dishes or custard cups and decrease the baking time to about 45 minutes.

Serve 8 to 10

We have 3 oz. Soufflé cups reduce cooking time to 30 minutes.

ZON DESSERT 228
# Chocolate Mousse IV

_Yield: about 2 pt (1 L)_

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

<table>
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<tr>
<th>U.S.</th>
<th>Metric</th>
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<tbody>
<tr>
<td>2 lb 12 oz</td>
<td>1378 g</td>
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## 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.

_Serves approximately 8_  
_A 4 oz portion size_