Soup
Roasted Corn chowder with Smoked Chicken

Salad
Grilled French Bread with White Bean, Saffron Onion, Tapenade and Pesto

Entrée
Grilled Moroccan Salmon with Charmoula Sauce served with Black Pearl Barley Rice Pilaf and Seasonal Fresh Vegetables
Or
Pecan Crusted Pork Tenderloin with Bourbon Pan Gravy served with Sweet Potato Gratin and Seasonal Fresh Vegetables

Fresh Baked Bread

Molasses Oat Bread

Desserts
Warm Chocolate Tarts

Classic Bananas Foster
SMOKED CHICKEN CORN CHOWDER

Chef: Alain Njike
Park 52 - Chicago, Ill., USA

Yield: 5 servings

11 servings X 5 = 55 portions

List of ingredients:

- Chicken breast, smoked, diced: 12 oz
- Bacon slices, diced: 2 each
- Olive oil: as needed
- Onions, diced: 1/2 C
- Celery, diced: 1/2 C
- Corn: 2 C
- Potatoes, diced: 1 C
- Garlic, minced: 1 tsp
- Chicken stock: 2 C
- Salt: 2 tsp
- Freshly ground black pepper: 2 tsp
- Cream, heavy: 2 C
- Cumin: 1/2 tsp
- Cayenne pepper: 1/2 tsp
- Roux: 1 TBS

Instructions:
1. Over medium high heat, in a six-quart pot, sauté chicken breast with bacon and olive oil (2 teaspoons) then add onion and celery.
2. Add corn and diced potatoes, minced garlic, chicken stock, salt and pepper to taste. Cook until potatoes are done.
3. Add cream, cumin, cayenne. Bring to simmer. Finish chowder with roux and let simmer at a low temperature for 5 minutes.

Chef's Notes
1) Smoke chicken breasts first for 10 minutes
2) After finishing Step 3: hold in a double boiler until service.

http://www.plateonline.com/MembersOnly/Recipes/PrintRecipe.aspx?recipeId=8769 4/14/2010
Grilled French Bread with Salt-Cured Olive Tapenade, Saffron Onions, White Beans and Pesto

Chef Dan Scannell, CMC
Serves 4

French Bread:
12 slices of grilled French bread
Olive oil
Salt and pepper

Olive Tapenade:
2 cups salt-cured olives
1 teaspoon ground black pepper
3 tablespoons grated Parmigiano-Reggiano cheese
2 teaspoons minced roasted garlic
2 teaspoons lemon juice
1/2 cup extra-virgin olive oil
2 teaspoons snipped fresh chives

White Beans and Basil:
2 cups cooked navy beans
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt
1/4 teaspoon ground black pepper
2 tablespoons chopped basil leaves
2 teaspoons lemon juice
2 tablespoons chopped tomatoes

Saffron Onions:
2 tablespoons melted unsalted butter
2 tablespoons olive oil
1 teaspoon saffron threads
2 cups sliced Spanish onions
1 teaspoon kosher salt

Pesto Sauce:
6 to 8 ounces fresh basil leaves
1 clove garlic
1 teaspoon lightly toasted pine nuts
2 teaspoons grated Parmesan cheese
1/2 cup extra-virgin olive oil

To Make the French Bread:
- Brush bread with olive oil and season with salt and pepper. Grill until slightly charred.

To Make the Olive Tapenade:
- In a food processor, combine olives, pepper, cheese, garlic and lemon juice. Pulse for 15 seconds or until well chopped. With the motor running, slowly drizzle in the olive oil. Remove from food processor and mix in chives.

To Make the White Beans and Basil:
- Combine all ingredients and mix well. Refrigerate.

To Make the Saffron Onions:
- Place a medium sauté pan over medium low heat. Add butter, oil and saffron. Cook until heated. Add onions and gently sauté until the onions are tender, about 5 minutes. Sprinkle with salt.

To Make the Pesto Sauce:
- Blanch basil leaves in boiling water. Drain and pat dry. Place in a food processor with the remaining ingredients and process until smooth. Set aside.

Finish and Serve:
- Top 4 slices with 1 cup of the White Beans and Basil, 4 slices with 1 cup of the Olive Tapenade, 4 slices with 1 cup of the Saffron Onions and 4 slices with grilled zucchini. Mix greens with diced tomatoes and dress greens with lemon juice and more olive oil and serve with pesto and bread.
Grilled Moroccan Salmon with Charmoula Sauce

Salmon:

18 each Salmon fillets, 6 oz.
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons salt
1 cup Moroccan spice blend
1/4 cup olive oil

Moroccan Spices:

Makes 3/4 cup

3 tablespoons paprika
2 tablespoons dried thyme
2 tablespoons ground cumin
1 tablespoon grated nutmeg
1 tablespoon black pepper
1 tablespoon ground ginger
2 teaspoons ground cinnamon
1 teaspoon cayenne pepper
1 teaspoon ground allspice

Charmoula Sauce

3/4 cup olive oil
3/4 cup finely chopped shallots
3 tablespoons minced garlic
9 each Plum tomatoes, seeded and finely diced (about 1 1/2 pounds)
2 cups chopped fresh cilantro
3/4 cup fresh lemon juice
1 tablespoon Moroccan spices
1 tablespoon salt
2 teaspoon black pepper

Cilantro Sprigs for garnish

To make the salmon:

Preheat the oven to 350° F.

Sprinkle the salmon with black pepper and salt.

Place 1 cup of Moroccan spices in a half hotel pan.
Dredge the salmon in the spices to generously coat the top and the bottom of the fillet.

Heat oil on a large griddle, over medium-high heat.

Cook the salmon fillets just until golden brown, about 1 minute per side.

At service finish in the oven by baking until the fillets are cooked through, about 5 minutes.

Meanwhile prepare the Charmoula sauce:

Heat the oil in a heavy skillet over medium high heat.

Add the shallots and garlic and sauté until tender, about 1 minute.

Add the tomatoes, cilantro, lemon juice, Moroccan spices, salt and pepper.

Sauté just until the tomatoes release their juices but they still hold their shape, about one minute.

To Plate:

Place the salmon fillets on warm plates and spoon the sauce over. Garnish with cilantro sprigs and serve.
**Pecan-Crusted Pork tenderloin with Bourbon Pan Gravy**

3-5 lb. Boneless pork tenderloin  
salt and pepper to taste  
3 tablespoons Cattlemen's Carolina Tangy Gold Barbeque sauce  
¾ cup chopped pecans  
¾ cup soft bread crumbs  
Bourbon Pan Gravy (recipe follows)

Preheat oven to 425 degrees.

Trim Pork Tenderloin of all silver-skin and sinew. A small amount of fat is acceptable.

Season pork with salt and pepper. Spread Carolina Tangy Gold Sauce evenly over pork.

Toss together pecans and bread crumbs in a bowl. Pat onto top and sides of pork.

Roast pork in a large roasting pan, covered loosely with foil until internal temp. of pork reaches 150 degrees.

Remove pork from pan, and let stand on a carving board, covered loosely with foil while making Bourbon Pan Gravy separately.

**Bourbon Pan Gravy**

2 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
1 ½ cups chicken or vegetable broth  
¼ cup bourbon whiskey

Drain fat from roasting pan into a sauce pan. Deglaze the roasting pan and the mixture to the sauce pan. Add butter and melt over low heat. Add flour to make a roux. Stir in flour and cook, whisking, for 2 minutes.

Increase heat to medium and gradually add broth and bourbon, whisking constantly and letting gravy thicken slightly after each addition. (Makes 2 ¼ cups of gravy).

Adjust seasonings.
SWEET POTATO GRATIN

Chef-Owner Sean Eastwood
Isabella's - Geneva, Ill., USA

Yield: 4 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Sweet potatoes</td>
<td>4 each</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Orange, zest of, finely chopped</td>
<td>1 each</td>
</tr>
<tr>
<td>Ginger, minced</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Salt and freshly ground black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>1 C</td>
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Instructions:
1. Peel and thinly slice the sweet potatoes. Place potatoes in a large bowl, toss with minced garlic, orange zest and ginger. Season with salt and pepper and add the heavy cream. Transfer the mixture into a square earthenware dish, layering evenly until 1/2-inch thick. Cover with foil and bake at 350 degrees F for 1 hour. Remove foil and return to oven for an additional 10 minutes. Allow to cool for 1 hour and cut into 4 even squares; reserve.

Chef's note
4 oz or Potatoes per person
OATMEAL BREAD

Yield: five 1½-lb loaves
Oven: 375°F
Bake: 30–35 minutes

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<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Procedure</th>
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<tbody>
<tr>
<td>Yeast, active dry</td>
<td>1 ¼ oz</td>
<td>Combine yeast, warm water, and sugar.</td>
</tr>
<tr>
<td>Water, warm (110°F)</td>
<td>1 cup</td>
<td>Let stand for 10 minutes.</td>
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<tr>
<td>Sugar, granulated</td>
<td>2 tsp</td>
<td></td>
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<tr>
<td>Water, hot</td>
<td>3 cups</td>
<td>Combine in mixer bowl, using dough arm.</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>6 oz</td>
<td></td>
</tr>
<tr>
<td>Molasses</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Shortening</td>
<td>6 oz</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Flour, all-purpose</td>
<td>3 lb 8 oz</td>
<td>Add enough flour to rolled-oats mixture to make a smooth, thin batter.</td>
</tr>
<tr>
<td>Eggs</td>
<td>4 (7 oz)</td>
<td>Add eggs and yeast mixture to batter. Mix for 15 minutes on medium speed. Add remaining flour in small amounts, on low speed, to make a soft dough. Let rest for 10 minutes. Knead on low speed for 10 minutes or until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane. Let rise until double in bulk.</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>4 oz</td>
<td>Grease five 5 × 9 × 2½-inch loaf pans. Coat each pan with ¼ cup rolled oats. Punch down dough. Scale 1 lb 8 oz dough for each pan and shape into a loaf. Place in prepared pans.</td>
</tr>
<tr>
<td>Water</td>
<td>1 Tbsp</td>
<td></td>
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Approximate nutritive values per loaf

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Fiber</th>
<th>Iron</th>
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<tbody>
<tr>
<td>1928 kcal</td>
<td>127 g</td>
<td>51 g</td>
<td>46 g</td>
<td>160 mg</td>
<td>2000 mg</td>
<td>11 g</td>
<td>21 mg</td>
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Variation

- Molasses Bran Bread. Delete rolled oats and eggs. Increase water to 1 qt. Add 10 oz whole-wheat flour, 3 oz unprocessed bran, 1½ tsp ground ginger, and 4 oz nonfat dry milk.
Warm Chocolate Tarts
Chef Roy Pelle
Serves 8

Chocolate Tart Shells:
14 tablespoons softened unsalted butter
1/4 cup sugar
1/2 teaspoon vanilla extract
1/2 large egg
1 1/4 cups all-purpose flour
1 tablespoon cocoa powder

Chocolate Tart Filling:
2 cups heavy cream
1 3/4 cups chopped semisweet chocolate
2 eggs

Chocolate Sauce:
1 cup water
10 tablespoons sugar
1/4 cup corn syrup
1/4 cup cocoa powder
1 cup chopped semisweet chocolate

Finish and Serve:
Fresh fruit for garnish

To Make the Chocolate Tart Shells:
- In a large bowl, cream together the butter, sugar and vanilla extract. Beat in the egg.
- Sift the cocoa powder and flour together and add to the butter mixture. Stir until a dough is formed. Refrigerate until chilled.
- Preheat oven to 350 degrees F. Roll dough out to a thickness of 1/4 inch and cut into circles large enough to line 8 individual 4-inch tart pans. Ease the dough circles into the pans and trim the edges. Line the shells with parchment paper and weight with pie weights or dry beans. Bake until the dough appears dry and just cooked through.
- Allow to cool and remove paper and weights. Release shells from tart pans and set aside.

To Make the Chocolate Tart Filling:
- In a small saucepan, heat the cream just until bubbles form on the edge of the pan. Place the chocolate in a large bowl and stir in the hot cream, stirring until melted and smooth. Allow to cool slightly, then stir in the eggs. Mix well.

To Make the Chocolate Sauce:
- Combine water, sugar and corn syrup in a small saucepan and bring to a boil. Stir in cocoa powder to form a paste.
- Place chocolate in a medium bowl and pour hot cocoa and sugar mixture over it. Stir until all melted. Strain and keep at room temperature until needed.

Finish and Serve:
- Preheat oven to 325 degrees F. Pour the chocolate filling into prepared tart shells and bake 5 minutes. Allow to cool until partially set but still warm. Serve on plates decorated with chocolate sauce and fruit.
CLASSIC BANANAS FOSTER

Chef-Owner Patricia Yeo
Monkey Bar - New York, N.Y., USA

Yield: 2 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Butter</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Bananas, ripe</td>
<td>2 each</td>
</tr>
<tr>
<td>Rum</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Vanilla ice cream</td>
<td>as needed</td>
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Instructions:
1. Melt butter in a sauté pan, add brown sugar and cook until it incorporates into butter (about 3 to 7 minutes).
2. Peel and slice bananas in half lengthwise. Add bananas to butter-brown sugar mixture. Turn heat to high.
3. Remove pan from flame. Add rum, then return pan to high heat. (Alcohol in rum should catch fire and caramelize bananas.) Spoon into bowls and serve with vanilla ice cream.