Soup

White Bistro Chili, topped with Monterey Jack cheese

Salad

Roasted Yellow Beet and Summer Truffle Salad served on a bed of spring greens

Entrée

Swordfish Provençale served with oven roasted Vegetables and Israeli Couscous

Or

Beef Roulade with Roasted Red Pepper and Provolone topped with Sauce Marchande de Vin and served with Potatoes Gaufrette and Seasonal Fresh Vegetables

Fresh Baked Bread

Sicilian Bread

Desserts

Deep, Dark Chocolate Stout Cake

Who's Cheesecake is this, anyway?
**White Bistro Chili**

Serving Size 6 oz ; Serves 45

1 cups diced onion
2 ounces minced garlic
¼ cup olive oil
2 tablespoon ground cumin
6 pounds chicken meat, chopped (thighs and breast)
6 ounces diced green chili
1 1/3 cups pearl barley
4 pounds cooked garbanzo beans, rinsed and drained
2 tablespoons Jalapeño, minced fine
3 ½ quarts chicken stock
2 teaspoons oregano, dried
3 tablespoons cornstarch (for slurry: dissolved in cold water)
2 cups grated Monterey jack cheese
1 cup scallions, sliced


2. Add the onions and cook until softened.

3. Add the cumin and cook until fragrant; about 5 minutes.

4. Add the chopped chicken and cook just until the chicken is no longer pink.

5. Stir in the garlic, garbanzo beans, jalapeño, and green chili oregano then mix well.

6. Add the barley and chicken stock and simmer covered, stirring occasionally for 45 minutes or until the barley is cooked.

7. If needed thicken with the cornstarch slurry.

8. Adjust seasoning.

9. Ladle into heated bowls and top with Monterey cheese and sliced scallions.
Roasted Yellow Beets and Summer Truffle Salad
Chef Joachim Buchner, CMC (photo page 65)

Serve 4

Roasted Yellow Beets and Summer Truffle Salad:
16 baby yellow beets, tops reserved
1/2 cup olive oil
Sea salt to taste
1/2 cup water
1 red bell pepper
1/8 teaspoon Dijon mustard
2 tablespoons aged sherry vinegar
Pinch kosher salt
Pinch sugar
Freshly ground white pepper
1/4 teaspoon white truffle oil
1 diced shallot
1 teaspoon finely sliced chives
2 sliced scallions
8 ounces baby lettuce

Finish and Serve:
2 1-ounce black summer truffles, thinly sliced.

To Make the Roasted Yellow Beets and Summer Truffle Salad:
• Preheat oven to 375 degrees F. Trim the beets, removing and reserving the green tops separately. Wash beets well and dry. Toss beets with 1/4 cup of the olive oil and sea salt. Place in a small baking dish with the water and cover with foil. Roast until beets are tender, 20 to 30 minutes.
• Cool beets. Rub off and discard the skin of the beets. Halve and set aside.
• Meanwhile, brush bell pepper with oil and roast alongside the beets, uncovered, until the skin is bubbling or browned. Place it in a plastic bag and cool. Rub off skin, remove seeds, and cut flesh into small dice. Set aside.
• In a mixing bowl, whisk together the mustard, vinegar, kosher salt, sugar and white pepper. Slowly whisk in truffle oil and 4 tablespoons of the olive oil. Add diced roasted pepper, shallot, chives, scallions and beets. Let marinate at room temperature for 30 minutes.
• Remove beets from marinade. Use half of the marinade left in the bowl to toss with the baby lettuce and beet greens. Reserve the other half of the marinade for finishing.

Finish and Serve:
• Arrange greens on four plates. Top with beets and thinly sliced truffle, drizzle with the reserved dressing and serve.

BEVERAGE RECOMMENDATION
Weingut Kurt Hain, Piesporter Goldtropfen, Kabinett,
Germany 2001

CHEF'S TIP:
• This flavorful salad with sweet beets and fragrant summer truffles goes well with grilled seafood or a thick steak.
• Check your local gourmet food store for truffle availability.
**Swordfish Provençale**

For the Marinade:

12 each Swordfish fillets, 6-oz.
½ cup olive oil
1 teaspoon salt
1 teaspoon pepper

For the Sauce:

1 pound mushroom, cremini or shiitake, sliced
2 tablespoons garlic, minced
8 each plum tomatoes, chopped
2 tablespoons Red wine vinegar
1 tablespoon sugar
1 cup Kalamata olives, pitted and halved
1 each Zest and Juice from one lemon
4 tablespoons Parsley, rough chopped
4 tablespoons Oregano, rough chopped
5 each Anchovy fillets, minced
3 Tablespoon Capers, drained

1. Pre-heat the broiler. Season the fish with salt and pepper and drizzle with olive oil. Set aside

2. Sauté the mushroom in a small amount of olive oil, add garlic and cook until the mushroom are golden.

3. Add the tomatoes and the remaining ingredients and cook until just heated but tomatoes hold their shape. Hold until service.

4. Drain the swordfish

5. Grill the fish until just cooked through, about 3 minutes per side. Do not overcook. Swordfish dries out quickly.

6. For service: Top each piece of fish with a generous portion of Sauce Provençale and serve with Couscous and broiled vegetables.
**Israeli Couscous**

1 pound Israeli couscous

2 each onion

2 quarts chicken stock

To make the Couscous: First sauté the onions in a small amount of butter or oil. Set aside. Meanwhile bring to boil the chicken stock in a large saucepot over high heat. Add the couscous. Return the liquid to a boil and then cook couscous until the couscous is al dente, stirring occasionally, about 15 minutes. Stir in the cooked onions and serve.
# Grilled Vegetable Medley

**Yield:** about 3 lb (1.5 kg)  **Portions:** 9  **Portion:** 5 oz (150 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>3–3 1/4 lb</td>
<td>1.5–1.75 kg</td>
<td>Assorted vegetables; Small eggplants; Zucchini; Yellow summer squash; Bell peppers; Radicchio; Large onions</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Olive oil</td>
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<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Balsamic vinegar</td>
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Per serving:
- Calories: 180; Protein: 1 g; Fat: 16 g (78% cal.); Cholesterol: 0 mg; Carbohydrates: 9 g; Fiber: 2 g; Sodium: 10 mg.

### Procedure

1. Prepare the vegetables: Trim off the stem ends of the eggplants and cut them lengthwise into thick slices. If they are very small, just cut them in half lengthwise. Trim the stem ends of the zucchini and yellow squash. Cut lengthwise into thick slices. Core and seed the peppers and cut into quarters lengthwise. Remove any bruised outer leaves of the radicchio and cut in halves or quarters through the base, leaving the core in to hold the leaves together. Cut the onion into thick slices, holding the rings of each slice together with a bamboo skewer.

2. Brush the vegetables with olive oil and sprinkle with salt.

3. Grill the vegetables over medium heat, turning as necessary, until they are tender and lightly grill-marked. Cooking time will vary for different vegetables. Regulate the heat or distance from the flame so that the vegetables cook without browning too much.

4. Remove from the grill and brush with a little balsamic vinegar and, if desired, a little more olive oil. Serve warm.

### Variations

Other vegetables and vegetable assortments may be grilled in the same manner. Suggestions include large mushroom caps, Belgian endive, blanched potatoes, fennel, asparagus, leeks, and scallions.

Grilled vegetables may be served with various sauces, such as aioli, sauce Vierge, salsa cruda, and vinaigrette variations.

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# Grilled Vegetable Kebabs

**Portions:** 12  **Portion size:** 3 oz (90 g)

<table>
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<th>Ingredients</th>
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<tr>
<td>6 oz</td>
<td>180 g</td>
<td>Zucchini, trimmed</td>
</tr>
<tr>
<td>6 oz</td>
<td>180 g</td>
<td>Yellow summer squash, trimmed</td>
</tr>
<tr>
<td>6 oz</td>
<td>180 g</td>
<td>Red or orange bell peppers, cut into 1 1/2-in. (2.5 cm) squares</td>
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<tr>
<td>12 oz</td>
<td>360 g</td>
<td>Red onion, large dice</td>
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<tr>
<td>12</td>
<td>12</td>
<td>Mushroom caps, medium</td>
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<tr>
<td>12 fl oz</td>
<td>360 mL</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1/4 oz</td>
<td>15 g</td>
<td>Garlic, crushed</td>
</tr>
<tr>
<td>1 1/4 tsp</td>
<td>7 mL</td>
<td>Dried rosemary</td>
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<tr>
<td>1/4 tsp</td>
<td>2 mL</td>
<td>Dried thyme</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>2 mL</td>
<td>Black pepper</td>
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</table>

Per serving:
- Calories: 50; Protein: 1 g; Fat: 3 g (53% cal.); Cholesterol: 0 mg; Carbohydrates: 5 g; Fiber: 1 g; Sodium: 40 mg.

**Note:** Soaking bamboo skewers in water ahead of time helps delay their charring.

### Procedure

1. Cut the zucchini and yellow squash into 12 equal slices each.

2. Arrange the vegetables on 12 bamboo skewers (see note). Give each skewer an equal arrangement of vegetable pieces.

3. Place the skewers in a single layer in a hotel pan.

4. Mix together the oil, garlic, herbs, salt, and pepper to make a marinade.

5. Pour the marinade over the vegetables, turning them to coat them completely.

6. Marinate 1 hour. Turn the skewers once or twice during marination to ensure that the vegetables are coated.

7. Remove the skewers from the marinade and let the excess oil drip off.

8. Broil the skewers until the vegetables are lightly charred on the surface but still somewhat crisp in the center.


### Variations

Other assortments of vegetables may be used, and the skewers may be made larger if desired. Any vegetables that you want to be completely cooked when served, such as cauliflower florets, should be blanched and cooled before being skewered, as they will not cook completely on the skewer.
Beef Roulade with Red Pepper and Provolone

serves 10-12 people

10 slices Provolone Cheese
4 Tablespoons Shallots, Chopped
4 Tablespoons Parsley, chopped
\( \frac{1}{4} \) cup butter
2 Tablespoons Flour, All-purpose
4 pounds Steak, flap meat (substitute flank or round steak)
5 each Roasted Red Peppers
4 Teaspoons coriander seed, toasted and ground finely
1 teaspoon cumin, ground
6 teaspoons salt
3 teaspoons pepper
8 each Butchers twine, cut to 3 foot lengths

1. Roast peppers; peel, remove seed and slice into strips
2. Sauté shallots in butter for about 1 minute and flour and stir well, add parsley and remove from heat.
3. Butterfly the flap meat beginning with the thickest part of each piece.
4. Season the beef with salt and pepper, coriander and cumin
5. Carefully place the roasted pepper and the provolone cheese on top of the beef.
6. Roll the beef in a spiral, enclosing the peppers and cheese.
7. Tie each roast with butcher’s twin, securing the filling inside.
8. Season the outside of each roast with salt and pepper.
9. Brown each roast and finish in the oven until the internal temperature reaches 135°F
10. Allow to rest for 15 minutes before serving.
11. Serve with a Red Wine Demi-glace
Marchande de Vin  (Demi-Glaze with Red Wine)

Makes 1 gallon

Ingredients:

1 gallon  Brown Stock
1 gallon  Brown Sauce
24 ounces  Red wine
8 ounces  Shallots, chopped

1. Combine brown sauce and brown stock in a saucepan and simmer until reduced by half.
2. Strain through a chinoise lined with cheesecloth
3. Cover to prevent skin from forming
4. Keep hot while preparing the Marchande de Vin
5. Sauté shallots in a small amount of oil or butter until softened.
6. Add the red wine and reduce by ¾
7. Add to the demi-glaze
8. Adjust seasoning
French Fries

Ingredients

<table>
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<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Idaho Potatoes</th>
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<tbody>
<tr>
<td>1 lb. needed</td>
<td>as needed</td>
<td>1 lb/450 g cooked potatoes</td>
</tr>
</tbody>
</table>

Variations: as needed (2% lb/1 kg AP potatoes will yield about 1 lb/450 g cooked potatoes)

Procedure

1. Peel and eye the potatoes.
2. Cut the potatoes into strips ¼ in. (1 cm) square and about 3 in. (7½ cm) long. (See Figure 7.10 for cutting procedure.) Hold the cut potatoes in cold water until needed, to prevent discoloration.
3. Line sheet pans with several layers of brown paper and have them ready by the deep fryer.
4. Drain and dry the potatoes well. Deep-fry in fat heated to 325°F (160°C) until they are just beginning to turn a pale golden color. At this point, they should be cooked through and soft.
5. Remove the potatoes from the fryer and turn them out onto the sheet pans in a single layer to drain. Refrigerate.
6. At service time, fry the potatoes in small quantities in fat heated to 350°–375°F (175°–190°C) until brown and crisp.
7. Drain well. Salt them lightly away from the fryer or let customers salt their own. Serve immediately.

Nutrition: 320 calories; 4g protein; 16g fat (40% cal.); 0mg cholesterol; 0mg sodium; 38g carbohydrate; 2g fiber; 3g

Variations

Pont-Neuf Potatoes
Prepare as in basic recipe, but cut the potatoes in thicker strips, about ½ in. (1½ cm) square or slightly larger. Blanching time will be slightly longer.

Allumette Potatoes
(Shoestring or Matchstick Potatoes)
Cut the potatoes into thin strips, slightly less than ¼ in. thick (about ½ cm). Because they are so thin, they are usually fried in one step (without blanching) until very crisp.

Straw Potatoes
Cut into very thin strips, about ¼ in. (3 mm) thick. Fry in one step in hot fat (375°–390°C).

Steakhouse Fries
Scrub but do not peel potatoes. Cut in half lengthwise, then cut each half lengthwise into 4–6 wedges, depending on size. Prepare as in basic recipe.

Potato Chips
Cut potatoes into very thin slices, less than ¼ in. (3 mm) thick. Fry in one step in hot fat (375°–390°C).

Waffle or Gouffrette Potatoes
Set the fluted blade of a mandoline (a special slicer) so that it cuts very thin slices. Cut potatoes into round slices, turning the potato about 90 degrees between slices so that you cut waffle shapes (see Figure 18.3). Fry like potato chips.

Figure 18.3
Gouffrete Potatoes

(a) Set the fluted blade of the mandoline so that it cuts very thin slices.

(b) Slice the potatoes, turning the potato about 90 degrees between slices so that the ridges on the two sides of each slice cross each other.

(c) You may need to adjust the thickness of the cut after the first slice or two. The slices should be thin enough to have holes.
Deep, dark chocolate stout cake

Rich, dark, and toasty stout beer plus deeply flavored molasses give the chocolate flavor of this cake some wonderful nuance. With this recipe, you can bake one big beautiful cake, perfect for entertaining, or a dozen irresistible miniature bundt cakes, perfect for gift giving.

**For the cake**

- 1½ cups stout, such as Guinness® (don't include the foam when measuring)
- ⅛ cup dark molasses (not blackstrap)
- 7½ ounces (1½ cups) unbleached all-purpose flour
- 2⅛ ounces (¼ cup) unsweetened natural cocoa powder (not Dutch-processed); more for the pan
- 1⅛ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon table salt
- 10 ounces (1¼ cups) unsalted butter, softened at room temperature; more for the pan
- ⅛ cups packed light brown sugar
- 3 large eggs, at room temperature
- 6 ounces semisweet chocolate, very finely chopped

Position a rack in the center of the oven and heat the oven to 350°F. Butter a 10- or 12-cup bundt pan (or twelve 1-cup mini bundt pans) and then lightly coat with sifted cocoa; tap out any excess cocoa.

**Make the cake:** In a small saucepan over high heat, bring the stout and molasses to a simmer. Remove the pan from the heat and let stand while preparing the cake batter.

Sift together the flour, cocoa, baking powder, baking soda, and salt. With a stand mixer (use the paddle attachment) or a hand mixer, cream the butter in a large bowl on medium speed until smooth, about 1 minute. Add the brown sugar and beat on medium speed until light and fluffy, about 3 minutes. Stop to scrape the bowl as needed. Beat in the eggs one at a time, stopping to scrape the bowl after each addition. With the mixer on low speed, alternate adding the flour and stout mixtures, beginning and ending with the flour. Stop the mixer at least one last time to scrape the bowl and then beat at medium speed until the batter is smooth, about 20 seconds. Stir in the chopped chocolate.

Spoon the batter into the prepared pan (or pans), spreading it evenly with a rubber spatula. Run a knife through the batter to eliminate any air pockets. Bake until a wooden skewer inserted in the center comes out with only a few moist crumbs clinging to it, 45 to 50 minutes (or about 35 minutes for mini cakes).

* Use mini Bundt pans
Set the pan on a rack to cool for 20 minutes. (If you let it sit longer, it may break apart when you try to take it out.) Invert the cake onto the rack and remove the pan. Let cool until just barely warm. If you’re making the cake ahead, wrap it in plastic while still barely warm and without the glaze; it will keep for about a week at room temperature. You can also freeze well-wrapped cakes for up to a month.

**Make the glaze:** If you plan to freeze the cake, don’t glaze it until you’re ready to serve it or give it away. Bring the cream to a boil in a small saucepan over high heat. Remove the pan from the heat and add the chocolate. Let stand for 1 minute and then whisk until the chocolate is melted and smooth. Let cool for 5 minutes before drizzling over the barely warm cake. Let the glaze cool to room temperature before serving.

### A BETTER WAY TO GREASE A BUNDT PAN

**Bundt pans turn out gorgeous cakes—**as long as the cakes don’t stick to the pan. To make sure yours never stick, grease bundt pans with melted butter and a pastry brush instead of softened butter. The pastry brush lets you get the butter down into the crevices of the pan. Softened butter, on the other hand, tends to coat these pans unevenly—thickly in some spots and missing others entirely. For extra anti-stick insurance, flour the pan after buttering it.
Cheesecake, New York Style

two 10-inch (25-cm) or four 7-inch (17.5-cm) cakes

1 pound, 6 ounces (625 g) Graham Cracker Crumbs (page 8)
8 ounces (225 g) melted unsalted butter
3 pounds (1 kg, 365 g) cream cheese, at room temperature
1 pound (455 g) granulated sugar
2 ounces (55 g) cornstarch
finely grated zest of one lemon
4 teaspoons (20 ml) vanilla extract
4 eggs, at room temperature
8 egg yolks (½ cup/160 ml)
6 ounces (170 g) sour cream

The main difference between the New York style cheesecake and the west-coast version is that, here, the sour cream is part of the filling and is mixed with the other ingredients at the beginning. In the other cake the sour cream is added as a topping after the cream cheese filling is partially baked. Secondly, in the west-coast recipe the ratio of sour cream to cream cheese is just about equal, while here, only a small amount of sour cream is used by comparison. Lastly, the New York cheesecake contains approximately half again as much egg.

1. Combine the Graham Cracker Crumbs and the melted butter. Divide the crumb mixture between two 10-inch (25-cm) or four 7-inch (17.5-cm) cake pans. Press evenly over the bottoms and sides of the pans using your hands. Reserve.

2. Mix the cream cheese and granulated sugar together on low speed, using the paddle attachment until completely smooth. Mix in the cornstarch, lemon zest, and vanilla. Mix until smooth, scraping down the sides and the bottom of the bowl. Add the eggs and egg yolks a few at a time, blending thoroughly after each addition. Incorporate the sour cream.

3. Divide the batter evenly between the prepared pans.

4. Place the cake pans inside hotel pans or other suitable pans, adding hot water around the pans to reach about halfway up the sides. Bake at 350°F (175°C) until set, approximately 50 minutes (35 minutes for the small size). Cool completely, and then chill before removing the cakes from the pans. Decorate the tops of the cakes with thinly sliced fresh fruit, serve fruit on the plate next to a slice of cake, or serve the cheesecake with a thick fruit sauce such as Blueberry Sauce (see page 1069).
Graham Crackers and Crumbs

I'm sure many of us have, on occasion, found that the pantry was fresh out of graham cracker crumbs when they were needed for cheesecake. While it is less convenient to make the crackers and crumbs the old-fashioned way, it only sets you back about 30 minutes (in an emergency, keep the dough fairly firm to speed up the baking and drying process), and once you try these I think you will find producing your own to be an advantage both in cost and quality. It is a good idea to keep the crumbs on hand as part of your regular mise en place so they are available when needed. Graham Cracker Crumbs can be stored for several weeks.

1. Thoroughly combine the bread flour, cake flour, whole wheat flour, brown sugar, baking soda, and salt in an electric mixer bowl.
2. Using the dough hook attachment, incorporate the butter, honey, vanilla extract, and water. Mix until a smooth and pliable dough has formed, adjusting with additional water if necessary. Do not overmix.

To make crackers

1. Roll the dough out to a 10-by-14-inch (25-x-35-cm) rectangle, using flour to prevent it from sticking. Mark the dough with a docker or the tines of a fork.
2. Cut the rectangle into 2-inch (5-cm) squares.
3. Transfer the squares to a sheet pan lined with baking paper.
4. Bake at 325°F (163°C) for approximately 15 minutes.
5. Store in an airtight container.

To make crumbs

1. Roll the dough out to ⅛ inch (6 mm) thick.
2. Cut into small pieces (it is not necessary to measure).
3. Transfer to a sheet pan lined with baking paper.
4. Bake at 325°F (163°C) until dark golden brown.
5. When cold, process the pieces in a food processor to make fine crumbs.
Blueberry Sauce

approximately 3 cups
(720 ml) sauce

7 ounces (200 g) granulated sugar
1 1/2 cups (360 ml) cranberry juice
1 tablespoon (15 ml) lime juice
3 tablespoons (45 ml) rum
2 tablespoons (16 g) cornstarch
1 dry pint (480 ml) or 12 ounces
(340 g) blueberries

NOTE: Due to the large amount of pectin in blueberries, the sauce may set up too much. Reheat, stirring, until liquid and smooth again, then adjust with water or Simple Syrup, depending on the level of sweetness.

1. Place the sugar and cranberry juice in a saucepan.
2. Combine the lime juice and rum. Add the cornstarch and stir until dissolved. Incorporate into the cranberry juice. Bring to a boil and cook for a few minutes.