Summer Menu 4

Amuse Bouche

Soup
Tortilla Soup

Side Salad
Jicama Mango with Cilantro

Entree Salad
Southwest Chicken on a bed of crisp Romain Lettuce

Sandwich
Red Wine braised beef with sauteed onion and Gruyère cheese Sandwich

Main Entree
Bacon crusted Salmon with whipped potato and Bell pepper slaw

Bread

Sicilian Bread

Dessert #1
Blueberry Pie

Dessert #2
Flourless Chocolate Cake
TORTILLA SOUP

Yield: 10 portions × 5

2 quarts
1 ounce
4
2 tablespoons
9 ounces
9 ounces
1 tablespoon
2 teaspoons
2

Chicken stock
Garlic, minced
Corn tortillas, toasted and crushed
Cilantro, chopped
Onion, pureed
Tomato puree
Cumin, ground
Chili powder
Bay leaves

2 liters
30 grams
4
6 grams
255 grams
255 grams
14 grams
7 grams
2

GARNISH

1¾ ounces
3
7 ounces
3½ ounces

Cheddar cheese, shredded
Tortillas, julienned, dried
Chicken meat, grilled, allumette
Avocado, diced

50 grams
3
200 grams
100 grams

1. Heat a small amount of the chicken stock and sauté the garlic in it.
2. Add the crushed tortillas, cilantro, and onion and tomato purees, bring to a simmer.
3. Add the remaining chicken stock, cumin, chili powder, and bay leaves. Simmer until the soup has a full flavor.
4. Strain through a medium strainer.
5. Garnish each portion of soup with cheese, tortilla strips, chicken, and avocado.

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<th>KCAL</th>
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<th>FAT</th>
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<tr>
<td>1 portion</td>
<td>120</td>
<td>11 gm</td>
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JICAMA-MANGO SALAD
WITH CILANTRO DRESSING

serves 4

½ cup (3 oz/90 g) minced red onion

FOR THE CILANTRO DRESSING
6 Tbsp (½ oz/15 g) chopped fresh cilantro
½ cup (2 fl oz/60 ml) plus 2 tsp extra-virgin olive oil
3 Tbsp fresh lime juice
3 Tbsp fresh orange juice
4 tsp honey
½ tsp chili powder
Salt and freshly ground pepper

5 small mangoes (about 3½ lb/1.75 kg total weight)
1 small jicama (about 1 lb/500 g total weight)
Chili powder for garnish

In a small bowl, soak the onion in cold water to cover for 15 minutes.

To make the dressing, in a food processor or blender, combine the cilantro, oil, lime juice, orange juice, honey, chili powder, a scant ½ tsp salt, and a few grindings of pepper and purée until smooth. Taste and adjust the seasonings.

Peel the mangoes. Stand a fruit stem end up with a narrow side toward you. Position a sharp knife about 1 inch (2.5 cm) from the stem and cut down the length of one side, just missing the large pit. Repeat on the other side of the pit. Cut the flesh into ½-inch (12-mm) pieces. Repeat with the remaining mangoes. Peel the jicama and cut the flesh into ¼-inch pieces.

Drain the onion in a fine-mesh sieve and transfer to a bowl. Add the mango, jicama, ½ tsp salt, and ¼ tsp pepper. Drizzle with the dressing and toss well. Taste and adjust the seasonings.

Divide the salad among plates. Garnish each serving with a light dusting of chili powder and serve.
Southwest Chicken Salad with Healthy Avocado Buttermilk Dressing

Author: Nicole-Cooking for Keeps
Serves: 4-6

*Note: I know this looks like a LOT of ingredients, but most of them are repeats (in the spice area) and are something you should have on hand.

**Ingredients**
- 1 pound chicken (2 medium sized breasts)
- 2 teaspoon chili powder
- 2 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- 2 romaine hearts, chopped (about 5-6 ounces)
- 1 jalapeño, sliced thinly
- 1 cup shredded low-fat mozzarella cheese
- 1 large tomato, diced
- 3 tablespoon roughly chopped cilantro
- 2 cups corn
- 2 cups black beans
- **Avocado Dressing (recipe below)**
- Chili Croutons (recipe below)
- Avocado Dressing
  - 1 ½ cups diced avocado (about 2 small avocados)
  - 1 ¼ cups buttermilk
  - ¼ cup low-fat mayo
  - ¾ teaspoon garlic powder
  - ¾ salt, plus more to taste
  - ½ teaspoon dried dill
  - ½ teaspoon dried basil
  - Pinch of black pepper
- Chili Croutons
  - 2 ½ cups cubed day old bread
  - 1 ½ tablespoons grapeseed oil (or whatever you have on hand)
  - ¾ teaspoon salt
  - ¼ teaspoon garlic powder
  - ¼ teaspoon chili powder

**Instructions**
1. Cut chicken lengthwise to make four pieces of chicken.
2. In a small bowl, combine chili powder, paprika, garlic powder, oregano, cayenne pepper, and salt.
3. Sprinkle chicken evenly on both sides with seasoning. Heat a large non-stick skillet to medium-high with a little oil. Cook chicken until cooked through and slightly blackened, about five minutes per side. Let set for a few minutes. Slice into strips.
4. Pile lettuce onto serving platter. Sprinkle, jalapeño, cheese, tomato, cilantro, corn, and black beans over. Top with sliced chicken breasts, then drizzle with dressing.
5. Avocado Dressing:
6. Place all ingredients in the bottom of a blender, blend until smooth and creamy. Add more buttermilk if the dressing is too thick. Season to taste with salt and pepper.
7. Chili Croutons:
8. In a medium bowl toss bread with oil, salt, garlic powder, and chili powder. Spread on to a rimmed baking sheet. Bake at 325 degrees for 5-8 minutes until crisp and lightly brown. If you use fresh bread, they will need to be cooked longer.

red wine-braised flank steak
with roasted peppers, onions, and gruyère

3 tablespoons vegetable oil
1 pound flank steak
1 medium carrot, cut into large dice
½ white onion, cut into large dice
2 garlic cloves, quartered
2 to 3 cups red wine
2 large sprigs fresh thyme
2 teaspoons kosher salt
1 large red onion, sliced crosswise into ¼-inch wheels
8 tablespoons Roasted Peppers (page 184)
2 teaspoons extra-virgin olive oil
½ teaspoon sherry vinegar
4 ciabatta rolls
8 slices Gruyère cheese

This is a sandwich that was so good we had to take it off the menu! Conceptually similar to a cheese steak, it was offered as a pressed sandwich, and when too many people ordered it at once, we had a traffic jam on our premises. So while you can no longer find it at 'wichcraft, you can make it for yourself. Flank steak is wonderfully easy to work with because it's lean—there's no waste, and it has an excellent texture for braising.

There are many schools of thought about the right wine to cook with. Some advocate cooking with the best wine, or at least a wine that you would want to drink; others believe in using the cheapest wine available. We suggest going with the wine that you can afford to use for cooking or the one you have lying around. At home, whenever he has some leftover red wine at the end of a meal, if he doesn't drink it the next day, Sisha puts it in a container in the freezer. He keeps adding to that container, and when he needs wine for braising, there it is. The blend is never the same twice—and always good. **MAKES 4 SANDWICHES**

Preheat the oven to 350°F.

Choose a heavy-bottomed ovenproof skillet or Dutch oven that's large enough for the flank steak to lie flat but is as snug as possible. Add 2 tablespoons of the oil to the skillet over high heat. Once the oil starts to smoke, add the meat and cook for 5 to 7 minutes on each side, until deep brown in color. Remove the meat from the skillet and set the meat aside.

**RECIPE CONTINUES**
Add the carrot and onion to the skillet, followed by the garlic. Sauté the vegetables over medium-high heat until they start to brown but are still firm. Return the meat to the pan. Add the red wine—enough to come three-fourths of the way up the side of the meat. Add the thyme and 1 teaspoon of the salt, cover the skillet, and transfer to the oven. Braise the meat for about 2½ hours, until the meat can be pulled apart with a fork. Transfer the meat to a plate to rest and cool.

Reserve and strain the pan juices and pour into a saucepan. Over medium-low heat, reduce the juices until thickened (it should coat the back of a spoon). With two forks, separate the meat into chunky strings and roughly cut them crosswise into 2- to 3-inch pieces. Place the meat in the pot with the reduced juices and coat well.

Brush the red onion with the remaining 1 tablespoon vegetable oil. In a grill pan or cast-iron skillet over high heat, grill the red onion (without separating into individual rings) until charred on the outside and slightly cooked on the inside. Place in a bowl and separate into rings. Add the peppers, olive oil, sherry vinegar, and remaining 1 teaspoon salt and mix well.

Slice the ciabatta rolls in half. Place 1 slice of cheese on each bottom and top half. Arrange the meat on the bottom halves of the rolls and the onions and peppers on the top halves and place all the roll pieces in the 350°F oven. Remove once the cheese is melted. Close the sandwiches, cut into halves, and serve.
Bacon Seared Salmon with Apple pepper Slaw

Yield: 8 each

8 ounces  bacon, cooked,
2 ounces  Panko Bread Crumbs
½ teaspoon  Black Pepper
8 each  Salmon filet, 6 ounces

1. Cook bacon until barely crisp, drain, crumble
2. Mix bacon crumbles with Panko bread crumbs
3. Process Panko and Bacon in the food processor using several pulses, do not over mix
4. Season Salmon with black pepper
5. Coat Salmon with Bacon/Panko mixtures on one side only
6. Fry salmon in a sauté pan until desired doneness. Cook the uncoated side first and finish with the bacon crusted side last.

1 each  red bell pepper, julienne
1 each  yellow bell pepper, julienne
1 each  granny smith apple, julienne
1 sprig  fresh tarragon
1 ounce  olive oil

Salt and pepper to taste

Heat a sauté pan and cook the peppers, apples and tarragon until just wilted.

To assemble:

Arrange the pepper salad on top of the Salmon

Mustard Cream Sauce

2 ounce  butter
1/2 cup  Chopped Shallots
1 cup  Dry White Wine
2 cup heavy cream
4 tablespoons Dijon mustard
4 teaspoon whole grain mustard
2 quarts Veloute

1. Sauté shallots in butter until au sec.
2. Deglaze with white wine.
3. Add cream and the mustards
4. Finish with 2 quarts of Veloute
5. Simmer and finish sauce with salt and pepper as needed.
Sicilian Bread

36 oz water, warmed to 105°
8 oz Salad oil
4 tbsp + 11/2 teaspoons Active dry yeast
4 lbs, 1 oz Bread Flour
2 1/8 oz Sugar (4 Tablespoons plus 1 teaspoon)
1 1/8 oz Salt (2 tablespoons plus 1 teaspoon)
1/2 cup Poppy Seeds
3 Tbsp. Kosher Salt

Blessing

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 browed (approximately 15-20 minutes)
Asking Paula Deen for her favorite pie recipe is kind of like asking which son she loves more, but in the summer, Paula is all about blackberries. “Nothing says summer like a blackberry pie,” she says. “Add a scoop of ice cream and you’ve got a heavenly dessert!”

**PAULA DEEN’S LATTICE-TOP BLACKBERRY PIE**

**ACTIVE: 40 min  I TOTAL: 1 hr 25 min (plus cooling)  I SERVES: 8**

- 6 cups (1¾ pounds) blackberries
- 1 cup sugar
- 3 tablespoons cornstarch
- 1 teaspoon lemon juice
- ½ teaspoon grated lemon zest
- 2 disks refrigerated pie dough (one 14-ounce package)
- 2 tablespoons unsalted butter, diced
- 1 large egg

1. Preheat the oven to 400°F with a baking sheet on the middle rack. In a large bowl, toss the blackberries, sugar, cornstarch, lemon juice and lemon zest. Let stand, mixing and coarsely mashing occasionally, 20 minutes.  
2. Fit one round of dough into a 9-inch pie plate. Trim the edges, leaving a ½-inch overhang. Refrigerate while you continue. Cut the remaining piece of dough into approximately eleven 1¼-inch-wide strips.  
3. Spoon the blackberry mixture into the pie shell. Dot the top with the butter. Arrange the dough strips in a lattice pattern on top of the filling and trim the strips close to the edge of the pan; roll up and crimp the edge. Lightly beat the egg with 1 tablespoon water and brush on the top and edge of the pie.  
4. Place the pie on the hot baking sheet in the oven and bake until the filling is bubbling, 45 minutes to 1 hour. If the crust browns too quickly, cover it with foil and continue baking. Let the pie cool before serving.

Find a lattice how-to at foodnetwork.com/lattice, or just lay half of the dough strips evenly on the pie and arrange the remaining strips diagonally across them.
Flourless Chocolate Cake

½ cup water
¼ tsp salt
¾ cup sugar
18 oz. bitter sweet chocolate
8 oz. butter (soften)
6 eggs

Directions:

1. Preheat oven to 300 f Grease one 10 inch round cake pan set aside.
2. In a small sauce pan over medium heat combine the water, salt and sugar. Stir until completely dissolved and set aside.
4. Cut butter into pieces and beat the butter into chocolate. 1 piece at a time. Beat in the hot sugar-water. Slowly beat in the eggs, one at a time.
5. Pour the batter into the prepared pan. Have a pan larger than the cake pan ready, put the cake pan in the larger pan and fill the pan half way with hot water.
6. Bake cake at 300 f for 30 -45 min. the center will still look wet. Chill cake overnight in pan. To unmold dip the bottom of pan in hot for 15 seconds and invert onto a serving plate.