

New Year's Resolutions

Gourmet Club Menu

January 2011

Appetizers

Garlic Flatbreads with Smoked Mozzarella and Tomato Vinaigrette

Or

Spicy Cheese Baked Fondue Bread Bowl

Entrée

Spiced Rubbed Roasted Salmon with Lemon-Garlic Spinach

Or

Spicy Chicken Tenders with Honey Mustard

Side Dishes

Wild Rice and Toasted Pecan Pilaf (to be served with salmon entrée)

Or

Hoppin' John's Cousin (to be served with chicken tenders)

Vegetables

Lemon-Garlic Spinach (with salmon entrée)

Or

Sauteed Brussel Sprouts with Shallots

Dessert

Savannah Chocolate Cake with Hot Fudge Sauce

Or

Mocha Cheesecake

Beverages

Pomegranate Champagne Cocktail

Quadri Pinot Grigio or La Noche Malbec

**Present this menu at Apollo's Liquor for a 10% discount on the featured wine.*

Present this menu at The Good Food Store Co-op for a 15% discount

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Appetizers

New Year's Resolution: Make more time to "break bread" with friends.

Garlic Flatbreads with Smoked Mozzarella and Tomato Vinaigrette

Smoked mozzarella infuses this dish with distinctive flavor, though you can substitute regular mozzarella, if you prefer. Serve warm, or prepare in advance and serve at room temperature (store flatbreads and topping separately).

Yield: 12 servings (serving size: 1 wedge)

Ingredients

Flatbreads:

- 1/4 cup whole wheat flour (about 1 ounce)
- 1 cup warm water (100° to 110°), divided
- 1 package dry yeast (about 2 1/4 teaspoons)
- 2 1/4 cups all-purpose flour, divided (about 10 ounces)
- 1/2 teaspoon salt
- Cooking spray
- 1 teaspoon cornmeal
- garlic cloves, thinly sliced

Topping:

- 3 tablespoons balsamic vinegar
- 2 tablespoons extravirgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 3/4 cup halved red cherry tomatoes (about 4 ounces)
- 3/4 cup halved yellow cherry tomatoes (about 4 ounces)
- 1 cup (4 ounces) shredded smoked mozzarella cheese
- 1/2 cup thinly sliced fresh basil

Preparation

To prepare flatbreads, lightly spoon whole wheat flour into a dry measuring cup; level with a knife. Combine whole wheat flour, 1/4 cup water, and yeast in a bowl; let stand 10 minutes.

Lightly spoon all-purpose flour into dry measuring cups, and level with a knife. Combine 2 cups all-purpose flour, 1/2 teaspoon salt, and remaining 3/4 cup water in a large bowl. Add yeast mixture, and stir until a dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining 1/4 cup all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky). Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm

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place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

Preheat oven to 450°.

Punch dough down; cover and let rest 5 minutes. Divide dough in half. Roll each half into a 9-inch circle on a lightly floured surface; place on baking sheets sprinkled with cornmeal. Lightly coat dough with cooking spray. Sprinkle dough evenly with sliced garlic; press garlic into dough using fingertips. Bake at 450° for 10 minutes or until crisp and garlic begins to brown. Remove flatbreads from oven; cool on wire racks.

To prepare topping, combine vinegar, oil, 1/4 teaspoon salt, pepper, and minced garlic in a medium bowl. Add tomatoes; toss gently.

Preheat broiler.

Sprinkle each flatbread with 1/2 cup cheese; broil flatbreads 1 minute or until cheese melts. Remove from oven; top each flatbread with half of tomato mixture. Sprinkle each flatbread with 1/4 cup basil. Cut each flatbread into 6 equal wedges.

Note: It may be best to broil flatbread at host's house right before serving.

Spicy Cheese Baked Fondue Bread Bowl

Makes 16 appetizer servings

This cheese fondue is baked and served in an edible bread bowl.

Ingredients:

1 (1 pound) loaf of round sourdough or French bread (you may want additional bread for dipping).

8-ounce package shredded cheddar cheese

2/3 cup cream cheese

1 1/2 cups sour cream

1/2 cup chopped green onions

4 ounces canned diced green chile peppers

1 teaspoon Worcestershire sauce

Instructions:

Preheat oven to 350 degrees.

Make a bowl from the round loaf of bread by cutting a circle in the top of the bread. Hollow out the bread loaf by working with your hands to get at the bottom to create a bowl shape. Save the bread that you take out for dipping later.

In mixing bowl, beat the cheese, cream cheese, sour cream, green onions, chile peppers and Worcestershire sauce together on low speed. Spoon the mixture into the bread bowl and cover the filled bread bowl with a sheet of foil.

While baking, place bread bowl on a cookie sheet, bake until the cheese is melted and bubbly (about 1 hour).

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Serve with the bread top all cut up into bite-size chunks. Cut vegetables will also serve well to scoop up the fondue!

Entrées

New Year's Resolution: Eat heart-healthy.

The American Heart Association recommends two servings of fish every week. Salmon is a good source of omega-3 fatty acids, which help keep blood from forming clots and protect against irregular heartbeats that may cause a heart attack. www.mayoclinic.com

Spice-Rubbed Roasted Salmon with Lemon-Garlic Spinach

Yield: 6 servings (serving size: about 4 1/2 ounces salmon and 1/3 cup spinach mixture)

Ingredients

Salmon:

- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon paprika
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon freshly ground black pepper
- 1 (2 1/4-pound) skinless salmon fillet
- 2 cups thinly sliced onion
- Cooking spray

Spinach:

- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 2 (6-ounce) packages fresh baby spinach
- 1 teaspoon grated lemon rind
- 1/4 teaspoon salt
- 1 tablespoon fresh lemon juice

Remaining ingredients:

- 2 tablespoons chopped fresh cilantro
- Lemon wedges (optional)

Preparation

Preheat oven to 400°.

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To prepare salmon, combine first 6 ingredients; rub spice mixture evenly over fish. Place onion in an 11 x 7-inch baking dish coated with cooking spray. Place fish on top of onion; bake at 400° for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

To prepare spinach, heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute. Add half of spinach; cook for 1 minute, stirring frequently. Add remaining spinach; cook 4 minutes or until wilted, stirring frequently. Sprinkle spinach mixture with rind and 1/4 teaspoon salt. Stir in juice; remove from heat.

Place salmon on a platter. Arrange onions and spinach evenly around salmon. Sprinkle salmon with chopped fresh cilantro. Serve with lemon wedges, if desired.

From Cooking Light; December 2007

New year's Resolution: Channel your inner –child.

Spicy Chicken Tenders with Honey-Mustard

Serves: 4 to 6 servings

Ingredients

Vegetable oil [cooking spray](#)

Honey-Mustard:

- 1/3 cup [honey](#)
- 1/3 cup Dijon or whole-grain [mustard](#)

Breading:

- 1 cup all-purpose flour
- 1 tablespoon kosher salt, plus extra for seasoning
- 3 large eggs, at room temperature, beaten
- 3 tablespoons hot sauce (recommended: Tabasco)
- 1 cup cornmeal
- 2 tablespoons chili powder
- 1 teaspoon cayenne pepper
- 1 1/2 pounds chicken tenders, halved lengthwise
- Olive oil, for drizzling
- Kosher salt

Directions

Put an oven rack in the center of the oven. Preheat the oven to 425 degrees F. Spray a heavy baking sheet liberally with vegetable oil cooking spray. Set aside.

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Honey-Mustard: In a small serving bowl, mix together the honey and mustard until smooth. Set aside.

Breading: In a medium bowl, mix together the flour and 1 tablespoon salt. In a second medium bowl, whisk together the eggs and hot sauce. In a third medium bowl, mix together the cornmeal, chili powder and cayenne pepper. Dredge the chicken in the flour and then into the egg mixture. Allow any excess egg mixture to drip off and coat the chicken in the cornmeal mixture. Arrange the breaded chicken in a single layer on the prepared baking sheet. Drizzle with olive oil and season with salt, to taste. Bake until golden and cooked through, about 15 to 17 minutes.

Arrange the chicken on a platter and serve the honey-mustard alongside.

Recipe courtesy Giada De Laurentiis

Side Dishes

New Year's Resolution: Eat more local food.

Minnesota Wild Rice and Toasted Pecan Pilaf (to be served with the salmon entrée)

Yield: serves 8

Ingredients

- 1 cup pecan halves, chopped coarse
- 2 tablespoons unsalted butter, melted
- 3/4 teaspoon dried thyme, crumbled
- 1/4 teaspoon salt
- 1 large onion, halved lengthwise and sliced thin lengthwise
- 1 yellow bell pepper, cut into julienne strips
- 1/4 cup olive oil
- 2 1/2 cups Minnesota wild rice (about 1 pound), rinsed well in several changes of water and drained
- 4 1/2 cups chicken broth

Preparation

Preheat the oven to 375°F. In a small baking pan toss the pecans with the butter, the thyme, and the salt until they are coated well and toast them in the middle of the oven for 10 minutes, or until they are crisp and fragrant.

In a flameproof casserole cook the onion and the bell pepper in the oil over moderately low heat, stirring, for 5 minutes, or until they are just softened, and with a slotted spoon transfer them to a bowl. Add the rice to the casserole and cook it, stirring constantly, for 1 minute. Stir in the broth, heated to boiling, and salt and pepper to taste and bring the mixture to a boil. Bake the mixture, covered, in the middle of the oven for 40 minutes. Stir in the onion mixture, bake the pilaf, covered, for 30 minutes more, or until the rice is tender and the broth has been absorbed, and stir in the pecans.

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Recipe courtesy: Gourmet April 1993

New Year's Resolution: Strive for prosperity.

Hoppin' John's Cousin (to be served with the chicken tenders)

Traditionally, Hoppin' John is served in the South at New Year's because the black-eyed peas represent coins—they're meant to herald prosperity in the coming year. This version, with all its veggies, is a fresher, healthier update. This side dish can be made a day ahead and is, in fact, better after the flavors have had a chance to meld.

Yield: 8 servings (serving size: about 3/4 cup)

Ingredients

- 1 cup dried black-eyed peas
- 2 teaspoons olive oil
- 1 cup chopped onion
- 1/2 cup finely chopped red bell pepper
- 1/2 cup finely chopped green bell pepper
- 3 garlic cloves, minced
- 1 jalapeño pepper, seeded and minced
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 2 cups water, divided
- 1 1/2 cups fat-free, lower-sodium chicken broth
- 1 1/2 teaspoons chopped fresh thyme
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper sauce (such as Tabasco)
- 3 ounces andouille sausage, cut into 1/4-inch cubes
- 1 (14.5-ounce) can diced tomatoes, drained
- 1 bay leaf
- 1 cup water
- 1/2 cup uncooked long-grain rice
- 1/4 cup thinly sliced green onions (optional)

Preparation

1. Sort and wash black-eyed peas; place in a large bowl. Cover with water to 2 inches above peas; soak for 8 hours or overnight. Drain.

2. Heat oil in a Dutch oven over medium-high heat. Add onion and next 4 ingredients (through jalapeño); sauté 7 minutes or until vegetables are tender. Stir in paprika and cumin; sauté 1 minute. Add peas, water, and next 8 ingredients (through bay leaf), stirring to combine. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until peas are tender. Discard bay leaf.

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3. Combine 1 cup water and rice in a small saucepan; bring to a boil. Cover, reduce heat, and simmer for 12 minutes or until rice is tender and water is absorbed. Fluff rice with a fork, and stir into pea mixture. Top with green onions, if desired.

From Cooking Light December 2010

Vegetables

New Year's Resolution: Eat your leafy greens.

Lemon-Garlic Spinach (serve with salmon; see recipe above)

Sauteed Brussel Sprouts with Shallots

Slicing Brussels sprouts lengthwise helps them cook more quickly. They'll retain just a hint of crunch but develop a lovely flavor from the browned bits created in the hot skillet.

Yield: 4 servings (serving size: about 3/4 cup)

Ingredients

- 2 tablespoons olive oil
- 1 cup thinly sliced shallots
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 3/4 pound Brussels sprouts, trimmed and thinly sliced lengthwise
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preparation

1. Heat a large stainless steel skillet over medium-high heat. Add oil to pan; swirl to coat. Add shallots; sauté 3 minutes or until almost tender, stirring occasionally. Add garlic; sauté 30 seconds, stirring constantly. Add sugar and Brussels sprouts; sauté 5 minutes or until brown, stirring occasionally. Sprinkle with salt and pepper; toss.

Recipe courtesy of Cooking Light September 2010

Desserts

New Year's Resolution: Splurge a little— have your cake and eat it too!

Savannah Chocolate Cake with Hot Fudge Sauce

Ingredients

Chocolate Cake:

- 2 cups brown sugar

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- 1/2 cup vegetable shortening
- 1 cup buttermilk
- 1 teaspoon vanilla
- 2 ounces unsweetened chocolate, melted
- 3 eggs
- 2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Hot Fudge Sauce:

- 1 (4-ounce) bar German chocolate
- 1/2-ounce unsweetened chocolate
- 8 tablespoons (1 stick) butter
- 3 cups powdered sugar
- 1 2/3 cups evaporated milk
- 1 1/4 teaspoons vanilla

Directions

Preheat oven to 350 degrees F.

To make the cake, cream the brown sugar with the shortening in an electric mixer. Add the buttermilk and vanilla then the melted chocolate. With the mixer running, add eggs, 1 at a time. Sift the flour with the baking soda, and salt. Add the dry ingredients to the sugar mixture and beat for 2 minutes.

Grease and flour a 13 by 9 by 2-inch rectangular cake pan. Pour the batter into the prepared cake pan and bake until the cake is springy and a toothpick can be inserted and removed cleanly, about 40 minutes. Allow the cake to cool for 10 minutes then turn it out onto a rack to finish cooling.

To make the sauce: Melt the 2 chocolates with the butter in a saucepan over very low heat. Stir in the powdered sugar, alternating with evaporated milk and blending well. Stirring constantly, bring the mixture to a simmer over medium heat. Simmer until the mixture becomes thick and creamy, about 8 minutes. Stir in the vanilla. Serve slices of cake topped with warm fudge sauce.

Recipe courtesy of Paula Deen Celebrates!

Mocha Cheesecake

Recipe Courtesy of Emeril Lagasse

Serves: 12 servings

Ingredients

- 2 cups crushed chocolate wafers
- 2 tablespoons ground coffee

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- 1/2 stick melted butter
- 3 pounds cream cheese, at room temperature
- 2 cups sugar
- 3 shots of espresso, cooled
- 6 eggs, at room temperature
- 1 1/2 cups heavy cream
- 1/2 cup flour
- Pinch of salt
- 1/4 cup coffee liqueur
- 12 chocolate covered express beans
- 12 sprigs of fresh mint

Directions

Preheat the oven to 350 degrees F. Combine the crumbs, ground coffee and butter together. Mix well and press into a 10-inch spring-form pan. In a large food processor, with the metal blade, process the cream cheese until smooth. Add 1 1/2 cups of the sugar and blend. Add the eggs one at a time to thoroughly incorporate into the cheese mixture. Add 2 shots of the espresso and 1/2 cup of the heavy cream. Add the flour, salt and vanilla and blend until smooth. Pour into the prepared pan. Bake for 1 hour and 15 minutes or until the cake is set. (If you insert a toothpick in the center of the cake, it will not come out clean. After the cake will continue to cook as it is cooling.) If the cake starts to get too dark on the top, place a sheet of aluminum foil over the top of the cake. Remove from the oven and with a knife loosen the sides from the pan. This will prevent the cake from splitting down the center. Completely cool the cake before cutting. In the bowl of an electric mixer, fitted with a whip attachment, combine the remaining 1/2 cup sugar, shot of espresso, 1 cup cream, and coffee liqueur. Whip the cream to medium peaks. Slice the cake into twelve slices. Spread the whipped cream evenly over the top of the cake. Garnish each slice with the espresso beans and fresh mint sprigs.

Beverages

New Year's Resolution: Eat, drink, and be merry.

Quadri Pinot Grigio

La Noche Malbec

*Both available at Apollo Liquor. Present menu for discount.

Pomegranate Champagne Cocktail

Ingredients

- 1 teaspoon fresh [pomegranate](#) arils, optional
- 4 ounces Champagne
- 1/2 teaspoon store bought pomegranate juice
- 1 teaspoon cassis

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Directions

Place fresh pomegranate arils, if using, into a Champagne flute. Pour [Champagne](#) into flute, add pomegranate juice and cassis.