

# *In Honor of Women Chefs*

Gourmet Club Menu

March 2011

(Women's History Month)

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society.

## Appetizers

Smoked Salmon and Egg Salad Tartines

Rosalyn Carter's Cheese Ring

California-Style Char Siu Pork Tacos

## Soup / Salad

Green Salad with Vinagrette

Bibb and Radish Salad with Bacon Dressing

Chilean Roasted Winter Squash Soup

## Entrée

Beef Bourginon

Dirty Risotto

Southern Fried Chicken

## Side Dishes

Herbed Egg Noodles

Corn Griddle Cakes

## Dessert

Goey Toffee Butter Cake

Butterscotch Pudding with Molasses Crisps and Black Pepper Whipped Cream

## Wines

Vinosia Falanghina (a full, not oaky white from southern Italy; an excellent alternative to chardonnay.)

Brunel Cote du Rhone. (a Grenache Shiraz blend that goes great with earthy beef dishes.)

***\*\*Present this menu at Apollo for a 10% discount on Featured Wines\****

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

## Smoked Salmon and Egg Salad Tartines



### Ingredients

- 12 extra-large eggs
- 1/3 cup good mayonnaise
- 2 teaspoons whole-grain [mustard](#)
- 1 tablespoons minced fresh dill, plus sprigs for garnish
- 1 teaspoon [kosher salt](#)
- 1/2 teaspoon freshly ground black pepper
- 8 slices 7-grain bread or round [French bread \(boule\)](#)
- 8 slices good [smoked salmon](#)

### Directions

Place the eggs in a large pot and cover them with cool tap water. Bring the water to a boil, lower the heat, and [simmer](#) for 5 minutes. Turn off the heat and allow the eggs to sit in the water for another 5 minutes. Drain, then fill the pot with cold water. To peel the eggs, tap each end on a board, then roll the egg between your hand and the board to crackle the shell. Peel under running tap water and allow the eggs to cool to room temperature.

Place the eggs in the bowl of a [food processor](#) fitted with a steel blade. Pulse the processor 10 to 12 times to break up, but not puree, the eggs. Transfer the chopped eggs to a bowl and add the [mayonnaise](#), mustard, dill, salt, and pepper. Combine lightly with a fork.

Toast or [grill](#) the bread. Lay 1 slice of salmon on each piece of bread, spread on the egg salad, then [garnish](#) with a sprig of dill. Serve at room temperature.

*2006, Barefoot Contessa at Home*

## Roselyn Carter's Cheese Ring

### Ingredients

- 1 cup sharp Cheddar cheese, finely grated
- 1 cup Hellmann's mayonnaise
- 1 cup toasted pecans, chopped
- 1/2 cup onions, chopped fine
- 6 twists of freshly ground black pepper
- Dash Cayenne pepper
- 1 – 12 ounce jar of good jam or like – not to be put in mix but add on top of cheese mixture on crackers.
- Plain crackers or Melba toast

1. Combine cheese, mayonnaise, nuts, onions and spices. Mix well.
2. Spray mold with vegetable spray.

3. Press into mold. Refrigerate for a minimum of 2 hours.
4. Unmold onto serving platter and surround with crackers.
5. Put cheese spread on cracker and top with a small dollop of jam.

## California-Style Char Siu Pork Tacos

*Suzanne Tracht, Jar, Los Angeles*

Suzanne Tracht's delicious sweet and savory pork tacos were a favorite at the 2009 JBF Awards gala. Although the marinating time is several days, this recipe is as simple as it is flavorful.



### Ingredients:

- 1 cup hoisin sauce
- 1 ½ cups oyster sauce
- 2 tablespoons chopped garlic
- 2 tablespoons chopped ginger
- 2 teaspoon red food coloring
- 1 teaspoon fermented black beans
- 2 pounds pork butt
- 1 1/2 cups chopped cilantro
- 1 small red onion, chopped
- 1 mango, diced
- 2 jalapenos, chopped
- 2 limes
- Salt and pepper to taste
- 24 small corn tortillas

### Method:

Combine the hoisin sauce, oyster sauce, garlic, ginger, food coloring, and black beans in a large metal bowl. Rinse off the pork and put it in a large resealable plastic bag. Add the marinade, seal the bag, and refrigerate. The pork should marinate for at least three days but no longer than 5 days.

To make the salsa, combine the cilantro, onion, mango, jalapenos, limes, salt, and pepper in a bowl and toss.

Preheat an outdoor grill or grill pan to high heat. Grill the tortillas just until warm. Grill the pork until it reaches an internal temperature of 145°, about 14 to 20 minutes. Allow to rest for 15

minutes, thinly slice, and divide among the warmed tortillas. Top with the salsa and fold the tortilla over the ingredients.

## **Vinaigrette**

*by Julia Child, The French Chef Cookbook*

### **French Dressing for Green Salads, Combination Salads, and Marinades**

The basic French dressing of France is very simple indeed — oil, wine vinegar or lemon juice, salt, and pepper; mustard, herbs, and garlic are optional. Although dressing will keep for a day or two, it is usually best when freshly made.

#### Ingredients:

- 1 to 2 tablespoons excellent wine vinegar, or a combination of vinegar and lemon juice
- 1/8 teaspoon salt
- Optional: 1/4 to 1/2 teaspoon dry or Dijon mustard
- 6 to 8 tablespoons best-quality olive oil or salad oil
- Fresh ground pepper
- Optional: 1 tablespoon minced shallots or scallions and/or 1/4 teaspoon dried herbs such as tarragon or basil

#### Preparation

Either make the dressing in your empty salad bowl: Beat vinegar or vinegar and lemon juice, salt, and optional mustard in bowl to dissolve the salt. Then beat in the oil by droplets, and finally the optional shallots or scallions, and such seasonings as you feel necessary.

Or place all ingredients in a covered jar, shake vigorously to blend, and correct seasoning.

<http://www.epicurious.com/recipes/food/printerfriendly/Vinaigrette-105608#ixzz17IifxSfa>

## **Bibb and Radish Salad with Bacon Dressing**

*Recipe courtesy Alex Guarnaschelli*

This is a simple combination of ingredients that I find refreshing. When I was growing up, my father would always serve a huge salad and say "You always need a few leaves to feel good". It is his salads that I carried with me throughout my career as a chef and mother.

#### Ingredients

- 6 ounces slab bacon, trimmed and cut into thin, bite-size pieces
- 1/2 cup water
- 2 shallots, peeled
- Kosher salt
- 3 tablespoons red wine vinegar

- 8 radishes, tops trimmed down to 1/2-inch, thoroughly washed and dried
- 1 tablespoon Dijon mustard
- 3 heads Bibb lettuce, removed, cut in 1/2, washed and dried

Cook's Note: For optimum results, chill the lettuce and radishes before tossing and serving. This salad is so refreshing when eaten cold!

In a large skillet, over medium heat, add the bacon and 1/2 cup water. Bring the water to a boil and reduce until it evaporates. The bacon will start to render its fat and brown. Lower the heat and allow to cook at a slow, steady pace. When the bacon is crispy and light brown, drain the fat into a medium-size bowl and set the bacon aside. Put the shallots on a flat surface and cut them into thin rounds. Transfer to a large salad bowl and season them with salt, to taste. Add the red wine vinegar and mustard and stir to blend. Stir in the bacon fat, tasting as you go. Start with about 1/4 cup of the fat and taste as you add the rest. There should be a good balance between the bacon flavor and the acidity of the red wine vinegar. Set aside. Put the radishes on a cutting board and, using a small, sharp knife, slice them into 1/4-inch rounds (with the bit of the tops still attached). Add them to a small bowl and stir in the mustard. Add the Bibb lettuce to the bowl with the bacon dressing. Toss to blend. Taste for seasoning, then stir in the radishes and the cooked bacon. Serve immediately.

## **Chilean Roasted Winter Squash Soup**

*Courtesy of Suzanne Shilling, executive chef and owner of Suzanne's Cuisine in St Paul for 30 years and current instructor at The Chef's Gallery in Stillwater, MN*

Ingredients:

- 3 lbs butternut winter squash, peeled, seeded and diced
- 1 large white onion
- 5 cloves of garlic, peeled
- 2 tbsp unsalted butter, melted
- 2 tsp ground allspice
- 1 tsp freshly ground black pepper
- 1 1/2 tsp chipotle chile powder
- 1 oz fresh ginger, peeled and grated
- 3 qts low sodium chicken stock
- 1 cup heavy cream
- 1 large russet potato, peeled and diced
- Salt to taste
- Toasted pumpkin seeds
- Rouille (see recipe below)

**Preheat oven 475\***

**In a small bowl add the butter, allspice, pepper and chile powder. Toss 3/4 of spice rub with the diced winter squash. Place the squash on a baking sheet and cook in the oven for 8-10**

min. Turn the squash and bake for another 8-10 min or until evenly charred. Set aside to cool.

Toss the remainder of the rub with the onions and garlic. Roast the vegetables for 5 minutes or until evenly charred.

In a large pot, bring the stock, cream and potato to a boil. Let the soup boil for 10 minutes. Turn the heat down to low and simmer for another 30 minutes.

Add the charred vegetables and squash. Puree with a handheld blender until completely smooth. Adjust salt.

Ladle the soup into bowls. Top with rouille and toasted pumpkin seeds.

*Courtesy of Suzanne Shilling, executive chef and owner of Suzanne's Cuisine in St Paul for 30 years and current instructor at The Chef's Gallery in Stillwater, MN*

## **Rouille**

Ingredients:

- 2 red peppers
- 6 garlic cloves, peeled
- 1 tsp salt
- 1 fresh jalapeno chile, seeded and chopped
- ½ cup fresh bread crumbs
- ¾ cup virgin olive oil
- 2 tbsp fresh lemon juice
- ½ tsp freshly ground pepper

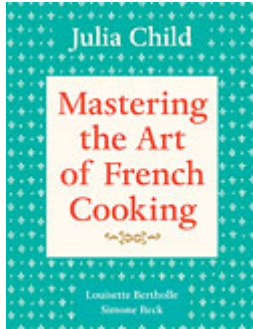
Lay bell peppers on their sides on racks of gas burners and turn flame on high. (Or put on rack of broiler pan about 2 inches from heat.) Roast the peppers, turning them with tongs, until skins are blackened, 8 to 12 minutes. Transfer peppers to a bowl, then cover and let steam 20 minutes. Remove skin and seeds from peppers and tear flesh into large pieces.

Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife).

Purée bell peppers, garlic paste, jalapeño, and bread crumbs in a food processor. With motor running, slowly add oil, then lemon juice and pepper, blending until very smooth (it will look like an orange-pink mayonnaise).

## **Boeuf Bourguignon**

*Recipe created by Julia Child*



As is the case with most famous dishes, there are more ways than one to arrive at a good *boeuf bourguignon*. Carefully done, and perfectly flavored, it is certainly one of the most delicious beef dishes concocted by man, and can well be the main course for a buffet dinner. Fortunately you can prepare it completely ahead, even a day in advance, and it only gains in flavor when reheated.

#### Kitchen Supplies:

- 9- to 10-inch, fireproof casserole dish , 3 inches deep
- Slotted spoon

#### Ingredients:

- 6 ounces bacon
- 1 Tbsp. olive oil or cooking oil
- 3 pounds lean stewing beef , cut into 2-inch cubes
- 1 sliced carrot
- 1 sliced onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 Tbsp. flour
- 3 cups full-bodied, young red wine , such as a Chianti
- 2 to 3 cups brown beef stock or canned beef bouillon
- 1 Tbsp. tomato paste
- 2 cloves mashed garlic
- 1/2 tsp. thyme
- Crumbled bay leaf
- Blanched bacon rind
- 18 to 24 small white onions , brown-braised in stock
- 1 pound quartered fresh mushrooms , sautéed in butter
- Parsley sprigs

#### Directions:

Remove rind from bacon, and cut bacon into *lardons* (sticks, 1/4 inch thick and 1 1/2 inches long). Simmer rind and bacon for 10 minutes in 1 1/2 quarts of water. Drain and dry.

Preheat oven to 450 degrees.

Sauté the bacon in the oil over moderate heat for 2 to 3 minutes to brown lightly. Remove to a side dish with a slotted spoon. Set casserole aside. Reheat until fat is almost smoking before you sauté the beef.

Dry the stewing beef in paper towels; it will not brown if it is damp. Sauté it, a few pieces at a time,

in the hot oil and bacon fat until nicely browned on all sides. Add it to the bacon.

In the same fat, brown the sliced vegetables. Pour out the sautéing fat.

Return the beef and bacon to the casserole and toss with the salt and pepper. Then sprinkle on the flour and toss again to coat the beef lightly with the flour. Set casserole uncovered in middle position of preheated oven for 4 minutes. Toss the meat and return to oven for 4 minutes more. (This browns the flour and covers the meat with a light crust.) Remove casserole, and turn oven down to 325 degrees.

Stir in the wine, and enough stock or bouillon so that the meat is barely covered. Add the tomato paste, garlic, herbs, and bacon rind. Bring to simmer on top of the stove. Then cover the casserole and set in lower third of preheated oven. Regulate heat so liquid simmers very slowly for 2 1/2 to 3 hours. The meat is done when a fork pierces it easily.

While the beef is cooking, prepare the onions and mushrooms. Set them aside until needed.

When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat.

Skim fat off the sauce. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly. If too thin, boil it down rapidly. If too thick, mix in a few tablespoons of stock or canned bouillon. Taste carefully for seasoning. Pour the sauce over the meat and vegetables. Recipe may be completed in advance to this point.

**For immediate serving:** Cover the casserole and simmer for 2 to 3 minutes, basting the meat and vegetables with the sauce several times. Serve in its casserole, or arrange the stew on a platter surrounded with potatoes, noodles, or rice, and decorated with parsley.

**For later serving:** When cold, cover and refrigerate. About 15 to 20 minutes before serving, bring to the simmer, cover, and simmer very slowly for 10 minutes, occasionally basting the meat and vegetables with the sauce.

## **Dirty Risotto**

*Recipe courtesy Giada De Laurentiis*

Ingredients:

- 5 cups reduced-sodium chicken broth
- 2 tablespoons butter
- 2 ounces pancetta, chopped
- 1 link (about 6 ounces) spicy Italian sausage, casing removed
- 3/4 cup finely chopped onion
- 1 cup chopped red bell pepper



- 4 ounces button mushrooms, coarsely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups Arborio rice or medium-grain white rice
- 3/4 cup dry white wine
- 1/2 cup freshly grated Parmesan
- 1 tablespoon chopped fresh Italian parsley leaves

#### Directions

In a medium saucepan, bring the broth to a simmer. Cover the broth and keep warm over low heat.

In a large heavy saucepan, melt the butter over medium heat. Add the pancetta and sausage and saute until golden brown, about 5 minutes. Add the onion, bell pepper, and mushrooms and saute until tender, scraping up the browned bits on the bottom of the pan, about 8 minutes. Season with salt and pepper. Add the rice and stir to coat. Add the wine and simmer until the wine has almost completely evaporated, about 1 minute. Add 1/2 cup of simmering broth and stir until almost completely absorbed, about 2 minutes. Continue cooking the rice, adding the broth 1/2 cup at a time, stirring constantly and allowing each addition of broth to absorb before adding the next, until the rice is tender but still firm to the bite and the mixture is creamy, about 25 to 30 minutes total. Remove from the heat. Stir in 3/4 of the Parmesan. Transfer the risotto to a serving bowl. Sprinkle with the parsley and remaining Parmesan and serve immediately.

## Southern Fried Chicken

*Recipe courtesy Paula Deen*

#### Ingredients:

- 3 eggs
- 1/3 cup water
- About 1 cup hot red pepper sauce (recommended: Texas Pete)
- 2 cups self-rising flour
- 1 teaspoon pepper
- House seasoning, recipe follows
- 1 (1 to 2 1/2-pound) chicken, cut into pieces
- Oil, for frying, preferably peanut oil

#### Directions

In a medium size bowl, beat the eggs with the water. Add enough hot sauce so the egg mixture is bright orange. In another bowl, combine the flour and pepper. Season the chicken with the house seasoning. Dip the seasoned chicken in the egg, and then coat well in the flour mixture.

Heat the oil to 350 degrees F in a deep pot. Do not fill the pot more than 1/2 full with oil.

Fry the chicken in the oil until brown and crisp. Dark meat takes longer than white meat. It should take dark meat about 13 to 14 minutes, white meat around 8 to 10 minutes.

House Seasoning:

- 1 cup salt
- 1/4 cup black pepper
- 1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

## **Herbed Egg Noodles**

*By Martha Stewart*

Serve with our Boeuf Bourguignon Soup.

Ingredients:

- 12 ounces cooked egg noodles
- 2 tablespoons unsalted butter
- 2 tablespoons chopped fresh flat-leaf parsley

Directions

Toss cooked egg noodles with butter and chopped parsley. Serve immediately.

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## **Corn Griddle Cakes**

Ingredients:

- 2/3 cups + 2tbsp flour
- 1/3 cup + 2 tbsp cornmeal
- 1 tsp sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tbsp the dark scallion tops, diced
- 1 large egg
- 1 cup whole milk
- 2 tbsp melted butter

Directions:

Mix all of the dry ingredients. Mix the fresh chives, egg and milk. Combine the dry ingredients and the egg mixture. Mix only until combined. Add the melted butter. Mix only until combined. There should still be some lumps in the batter.

Allow to sit for 10-15 min.

## **Gooey Toffee Butter Cake**

*Recipe courtesy Paula Deen*

## Ingredients

### Cake:

- 1 (18.25-ounce) box yellow cake mix
- 1 large egg
- 1/2 cup (1 stick) unsalted butter, melted

### Filling:

- 1 (8-ounce) package cream cheese, softened
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 (16-ounce) box confectioners' sugar
- 1/2 cup (1 stick) unsalted butter, melted
- 1 cup almond toffee bits or chocolate toffee bits

### Directions

Preheat the oven to 350 degrees F. Lightly grease a 13 by 9 by-2-inch baking pan.

For the cake: In the bowl of an electric mixer, combine the cake mix, egg, and butter and mix well.

Pat into the bottom of prepared pan and set aside.

For the filling: Still using an electric mixer, beat the cream cheese until smooth. Beat in the eggs and vanilla. Dump in confectioners' sugar and beat well. Reduce the speed and slowly pour in butter.

Mix well. Fold in toffee bits.

Pour filling onto cake mixture and spread evenly. Bake for 40 to 50 minutes. Don't be afraid to make a judgment call on the cooking time, because oven temperatures can vary. You want the center to be a little gooey, so don't bake it past that point!

Remove from oven and allow to cool completely. Cut into squares. Just remember that these wonderful cakes are very, very rich, and a little will go a long way.

## Butterscotch Pudding with Molasses Crisps and Black Pepper Whipped Cream

*Recipe courtesy of Gale Gand, Tru, Chicago*

JBF Award winner Gale Gand is an iconic American pastry chef who has helped bring sophisticated and playful desserts to this country through her popular cooking show and cookbooks. This creamy butterscotch pudding has the perfect level of sweetness and the molasses crisps provide a great textural contrast. The finishing touch? Black pepper whipped cream cuts the richness and rounds out this delicious dessert.

### Ingredients:

#### Butterscotch Pudding:

- 2 1/4 cups whole milk
- 1 cup heavy cream
- 6 tablespoons unsalted butter
- 1 1/4 cups light brown sugar
- 4 large egg yolks

- 3 tablespoons cornstarch
- 1/2 teaspoon salt
- 1 tablespoon vanilla extract
- 1/2 tablespoon Scotch whiskey

#### Black Pepper Whipped Cream:

- 1 cup cream
- 1 1/2 teaspoons sugar
- 1/4 teaspoon freshly ground black pepper

#### Molasses Crisps:

- 3/4 cup unsalted butter
- 1 cup sugar
- 1 large egg
- 1/4 cup molasses
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground white pepper
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 3/4 cups all-purpose flour

#### Method:

To prepare the pudding, combine the milk and cream and bring to a simmer in a medium saucepan over medium heat. Immediately turn off the heat and set aside.

In a deep, heavy skillet, melt the butter over medium heat. Stir in the brown sugar and cook 5 to 7 minutes, stirring constantly, to caramelize the mixture. (When the butter browns, you'll smell a characteristic nutty-caramel odor, signaling that the mixture is ready.)

Gradually add the hot cream mixture to the brown sugar mixture in the skillet, whisking constantly. If the mixture isn't smooth, blend for 20 seconds with a hand blender.

Put the egg yolks in a medium bowl. Whisk in about 1/2 cup of the hot cream and brown sugar mixture. Then add the cornstarch and salt and whisk until dissolved; whisk the egg yolk mixture back into the remaining hot cream and brown sugar mixture in the skillet.

Whisking constantly, cook over medium-high heat until thick and just boiling, about 5 minutes. When the mixture is ready, the whisk will leave trail marks on the bottom of the pan and a few large bubbles will boil up to the top.

Turn off the heat and whisk in the vanilla extract and Scotch. Pour into custard cups, ramekins, or mugs and chill, uncovered, at least 2 hours or overnight.

To prepare the whipped cream, combine the cream, sugar, and pepper in a stand mixer with a whisk attachment and whip until the mixture forms soft peaks. Keep chilled.

To prepare the molasses crisps, cream together the butter and sugar in a mixer until it is light and fluffy. Scrape down the sides of the bowl with a rubber spatula, then beat in the eggs. Add the molasses and mix until combined. Scrape down the sides of the bowl.

In a separate bowl, stir together the salt, ginger, white pepper, cinnamon, and baking soda. Add this to the butter and sugar mixture and beat until combined. Add the flour and mix just until combined. Divide the dough in two, wrap in plastic, and chill at least 2 hours or overnight.

Preheat oven to 350°.

Lightly grease two baking sheets. Using your hands, pull off teaspoonfuls of dough and roll them into balls about 1-inch in diameter. Place them in well-spaced rows on cookie sheets. Bake for about 10-12 minutes, just until crisp around the edges. The cookies will be thin and flat.

Let the cookies cool on the baking sheets for about 2 minutes, then transfer to wire racks. When cool, store in an airtight container. Cookies will keep this way for about 2-3 days. This recipe makes about 4 dozen cookies.

Serve the pudding with a scoop of whipped cream and a couple of molasses crisp cookies. You will have extra cookies.