
FALL FOR IT!

GOURMET CLUB MENU
OCTOBER 2013

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APPETIZERS

CRISPY BRUSSEL SPROUTS WITH GARLIC AIOLI -

<http://annacostafood.wordpress.com/2012/02/23/crispy-brussel-sprouts-with-a-garlic-aioli>

BRUSSEL SPROUTS

20 Brussel Sprouts cut into wedges
Canola Oil
Salt & Pepper

AIOLI

6 tbs mayonnaise
1/4 tsp garlic minced fine
1 tsp lemon juice
1 tbs flat leaf parsley chopped fine

BRUSSEL SPROUT PREPARATION

Place brussel sprouts on a baking sheet and drizzle with canola oil. Crack some fresh salt & pepper to taste. Mix around brussel sprouts on pan to ensure they all get nicely coated in the oil. Bake at 400 degrees for 15 minutes or until golden brown on at least one side.

AIOLI PREPARATION

Mix together mayonnaise, garlic, parsley and lemon juice. Serve in a ramekin.

Place ramekin of aioli on a plate and surround with brussel sprouts. If serving as an appetizer, put some toothpicks on the side for your guests. Enjoy!

PROSCIUTTO WRAPPED ASPARAGUS - <http://eatdrinkpaleo.com.au/prosciutto-wrapped-asparagus-recipe>

ASPARAGUS

12 asparagus spears
6 prosciutto slices/strips
A little ghee for frying

ASPARAGUS PREPARATION

Wash asparagus and cut 2 cm off the ends. Cut prosciutto strips into two halves, going lengthways, you should end up with 12 strips.

Place each prosciutto strip on a chopping board at a 45 degree angle. Place one of the asparagus spears on top of the meat, perpendicular to it. The tip of the asparagus should be lined up with the bottom of the prosciutto strip. Wrap the bottom end of prosciutto over the asparagus and holding the meat tight, start rolling the asparagus up. The prosciutto strip will wrap around the whole length of the spear because it's on an angle. You can try a different wrapping method but I find this is a very quick to do it. Don't worry if parts of the asparagus spears are not covered completely.

Heat some ghee in a large, flat frying pan to sizzling hot. Fry wrapped asparagus spears for 1-2 minutes on each side or until prosciutto is brown and crispy.

SIDES

WHOLE ROASTED CAULIFLOWER WITH WHIPPED GOAT CHEESE -

<http://www.bonappetit.com/recipe/whole-roasted-cauliflower-with-whipped-goat-cheese>

ROASTED CAULIFLOWER

- 2 ½ cups dry white wine
- 1/3 cup olive oil
- ¼ cup kosher salt
- 3 tablespoons fresh lemon juice
- 2 tablespoons unsalted butter
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon sugar
- 1 bay leaf
- 1 head of cauliflower, leaves removed

WHIPPED GOAT CHEESE AND ASSEMBLY

- 4 ounces fresh goat cheese
- 3 ounces cream cheese
- 3 ounces feta
- 1/3 cup heavy cream
- 2 tablespoons olive oil plus more for serving
- Coarse sea salt (for serving)

ROASTED CAULIFLOWER PREPARATION

Preheat oven to 475°. Bring wine, oil, kosher salt, juice, butter, red pepper flakes, sugar, bay leaf, and 8 cups water to a boil in a large pot. Add cauliflower, reduce heat, and simmer, turning occasionally, until a knife easily inserts into center, 15-20 minutes.

Using 2 slotted spoons or a mesh spider, transfer cauliflower to a rimmed baking sheet, draining well. Roast, rotating sheet halfway through, until brown all over, 30-40 minutes.

WHIPPED GOAT CHEESE PREPARATION AND ASSEMBLY

While cauliflower is roasting, blend goat cheese, cream cheese, feta, cream, and 2 tablespoons oil in a food processor until smooth; season with sea salt. Transfer whipped goat cheese to a serving bowl and drizzle with oil.

Transfer cauliflower to a plate. Drizzle with oil; sprinkle with sea salt. Serve with whipped goat cheese.

DO AHEAD: Whipped goat cheese can be made 1 day ahead. Cover; chill.

RAW KALE SALAD WITH WARM BACON VINAIGRETTE - <http://www.justataste.com/2013/01/raw-kale-salad-warm-bacon-vinaigrette-dressing-recipe>

SALAD

- 2 pounds kale, washed and thoroughly dried
- 1/3 cup toasted nuts (such as walnuts, pecans or pepitas)
- 6 slices bacon
- 2 Tablespoons minced shallots
- 1/2 cup apple cider vinegar
- 2 teaspoons packed light brown sugar
- 1 teaspoon Dijon mustard

SALAD PREPARATION

Strip the leaves from the stems of the kale, and then roll up the leaves and chiffonade them into thin strips. Place the kale in a large bowl and top with the toasted nuts.

Cook the bacon in a large sauté pan over medium heat, reserving all drippings and leaving all crunchy bits in the pan. Transfer the bacon to a paper towel-lined plate.

Return the sauté pan over medium heat and add 3 tablespoons of the reserved bacon drippings back to the pan. (If you don't have 3 tablespoons of drippings, use what you have plus some olive oil.) Add the shallots and sauté 1 minute, stirring constantly. Whisk in the vinegar, mustard and brown sugar, scraping up any brown bits on the bottom of the pan. Remove the vinaigrette from the heat and season with salt and pepper.

Chop up the reserved bacon and add it to the bowl with the kale and nuts. Toss the kale with the warm dressing and serve immediately.

SAFFRON RISOTTO WITH BUTTERNUT SQUASH -

<http://www.barefootcontessa.com/recipes.aspx?CookBookID=0&RecipeID=205>

RISOTTO

- 1 butternut squash (2 pounds)
- 2 tablespoons olive oil
- Kosher salt
- Freshly ground black pepper
- 6 cups chicken stock, preferably homemade
- 6 tablespoons (3/4 stick) unsalted butter
- 2 ounces pancetta, diced
- 1/2 cup minced shallots (2 large)
- 1 1/2 cups Arborio rice (10 ounces)
- 1/2 cup dry white wine
- 1 teaspoon saffron threads
- 1 cup freshly grated Parmesan cheese

RISOTTO PREPARATION

Preheat the oven to 400 degrees.

Peel the butternut squash, remove the seeds, and cut it into 3/4-inch cubes. You should have about 6 cups. Place the squash on a sheet pan and toss it with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Roast for 25 to 30 minutes, tossing once, until very tender. Set aside.

Meanwhile, heat the chicken stock in a small covered saucepan. Leave it on low heat to simmer.

In a heavy-bottomed pot or Dutch oven, melt the butter and sauté the pancetta and shallots on medium-low heat for 10 minutes, until the shallots are translucent but not browned. Add the rice and stir to coat the grains with butter. Add the wine and cook for 2 minutes. Add 2 full ladles of stock to the rice plus the saffron, 1 teaspoon salt, and 1/2 teaspoon pepper. Stir, and simmer until the stock is absorbed, 5 to 10 minutes. Continue to add the stock, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more stock. Continue until the rice is cooked through, but still al dente, about 30 minutes total. Off the heat, add the roasted squash cubes and Parmesan cheese. Mix well and serve.

ENTREES

GARLICKY BEEF DAUBE – HOW TO COOK EVERYTHING, MARK BITTMAN

BEEF DAUBE

- 8 cloves garlic
- 2 to 3 pounds beef chuck or round, trimmed of surface fat and cut into 1 to 1 ½ inch cubes
- 1 large onion, coarsely chopped
- 1 large or 2 medium carrots, peeled and cut into ¼ inch thick rounds
- Salt and freshly ground black pepper, to taste
- 1 tablespoon sherry or other vinegar
- 1 cup red wine or any stock
- ½ teaspoon minced fresh thyme leaves or pinch of dried thyme
- 1 bay leaf
- Minced fresh parsley leaves for garnish

BEEF DAUBE PREPARATION

Peel and mince 6 of the garlic cloves. Combine them in a non reactive bowl with all the remaining ingredients except for the remaining garlic and the parsley. Stir, cover, and refrigerate, stirring occasionally, for 1 to 24 hours.

Place the meat mixture in a large saucepan over medium heat. Bring to a boil, lower the heat, and cover. Simmer gently until the meat is tender, 1 to 1 ½ hour. (The daube may be made in advance up to this point and stored, covered, in the refrigerator, for up to 2 days.) Uncover and boil the liquid to reduce it slightly if necessary.

Peel and mince the remaining garlic, add it to the daube, and simmer another 5 minutes. Sprinkle with the parsley and serve over rice, noodles, or with crusty bread.

SAUTEED GARLIC LEMON PORK CHOPS WITH MUSHROOMS AND ONION -

<http://www.savoringthethyme.com/2012/09/sauteed-garlic-lemon-pork-chops-with-mushrooms-onion>

PORK CHOPS

- 2 teaspoons olive oil
- 1 tablespoon unsalted butter
- 4 boneless pork chops 1/4 to 1/2 inch thick
- A few pinches of salt and pepper
- 1/4 cup flour (all purpose or whole wheat)

1 lemon
4 oz sliced mushrooms
1/3 sliced sweet onion
3 cloves of garlic
1/2 cup low-sodium chicken broth

PORK CHOP PREPARATION

In a large skillet, heat the olive oil and butter over medium-high heat.

Season the pork chops with salt and pepper. On a plate, place the flour and then zest the lemon right over the flour and place the lemon aside. Coat each pork chop with the flour-zest mixture on both sides and place into the skillet and cover with a splatter screen. Cook for about 2-3 minutes depending on thickness. Repeat on the other side and then place the chops on a plate.

Reduce heat to medium-low and allow the pan to cool a minute. Add the mushroom to the pan and allow to saute for 2 minutes. Add the onion, saute for one minute and then add the garlic and cook about 30 seconds.

Increase the heat to medium and add the chicken broth and scrap the bottom of the pan. When the fluid is reduced by about half, add the pork back into the pan. Cut the lemon in half, juice half of the lemon and gently add the juice to the pan. Cut the remaining half of the lemon into slices, toss them into the pan and cook for another minute or so. Serve.

GRILLED MUSHROOM RISOTTO - <http://www.jamieoliver.com/recipes/rice-recipes/grilled-mushroom-risotto>

RISOTTO

6.5 cups chicken or vegetable stock, hot
a handful dried porcini mushrooms
olive oil
1 small onion, peeled and finely chopped
2 sticks celery, trimmed and finely chopped
14 ounces risotto rice
2/3 cup vermouth or white wine
sea salt
freshly ground black pepper
4 large handfuls wild mushrooms (try shiitake, girolle, chestnut or oyster), cleaned and sliced
a few sprigs fresh chervil, tarragon or parsley, leaves picked and chopped
juice of 1 lemon
2 tablespoons butter
2 nice handfuls of freshly grated Parmesan cheese, plus extra for serving
extra virgin olive oil

RISOTTO PREPARATION

Heat your stock in a saucepan and keep it on a low simmer. Place the porcini mushrooms in a bowl and pour in just enough hot stock to cover. Leave for a couple of minutes until they've softened. Fish them out of the stock and chop them, reserving the soaking liquid.

In a large pan, heat a lug of olive oil and add the onion and celery. Slowly fry without coloring them for at least 10 minutes, then turn the heat up and add the rice. Give it a stir. Stir in the vermouth or wine – it'll smell fantastic! Keep stirring until the liquid has cooked into the rice. Now pour the porcini soaking liquid through a sieve into the pan and add the chopped porcini, a good pinch of salt and your first ladle of hot stock. Turn the heat down to a simmer and keep adding ladlefuls of stock, stirring and massaging the starch out of the rice, allowing each ladleful to be absorbed before adding the next.

Carry on adding stock until the rice is soft but with a slight bite. This will take about 30 minutes. Meanwhile, get a dry griddle pan hot and grill the wild mushrooms until soft. If your pan isn't big enough, do this in batches. Put them into a bowl and add the chopped herbs, a pinch of salt and the lemon juice. Using your hands, get stuck in and toss everything together – this is going to be incredible!

Take the risotto off the heat and check the seasoning carefully. Stir in the butter and the Parmesan. You want it to be creamy and oozy in texture, so add a bit more stock if you think it needs it. Put a lid on and leave the risotto to relax for about 3 minutes.

Take your risotto and add a little more seasoning or Parmesan if you like. Serve a good dollop of risotto topped with some grilled dressed mushrooms, a sprinkling of freshly grated Parmesan and a drizzle of extra virgin olive oil.

DESSERTS

APPLE-PEAR CRISP - <http://www.williams-sonoma.com/recipe/apple-pear-crisp.html>

CRISP

- 1 lb. apples, peeled
- 1 lb. pears, peeled
- 2 tsp. fresh lemon juice
- 3/4 cup all-purpose flour
- 2/3 cup firmly packed light brown sugar
- 1/8 tsp. salt
- 4 Tbs. (1/2 stick) cold unsalted butter, cut into 1/2-inch cubes
- 2 Tbs. pine nuts
- Lightly whipped cream for serving

CRISP PREPARATION

Preheat an oven to 375°F. Butter an 8-inch square baking dish.

Halve and core each apple, then cut into 1-inch cubes. Repeat with the pears. Put all the fruit in the prepared baking dish. Drizzle with the lemon juice, stirring the fruit once or twice to mix well. Spread the fruit evenly in the dish.

In a bowl, stir together the flour, brown sugar and salt. Add the butter and, using a pastry blender or 2 knives, cut the butter into the flour mixture until the mixture is grainy and the butter pieces are about the size of small peas. Add the pine nuts and mix with a fork or your fingers. Spread the topping evenly over the fruit.

Bake the crisp until the top is golden and the fruit juices are bubbling around the edges, about 50 minutes. Transfer the baking dish to a wire rack and let cool for 10 to 15 minutes. Serve warm with a dollop of whipped cream. Serves 6 to 8.

NOTE: For the best results, choose firm apples, such as Granny Smith or Gala, and firm, ripe pears, such as Bosc or Bartlett. These varieties will soften but still hold their shape when the crisp is baked. The pine nuts in the topping contribute an extra touch of autumn.

MAPLE-PUMPKIN CRÈME BRULEE - <http://www.bhg.com/recipe/maple-pumpkin-creme-brulee/>

CRÈME BRULEE

- 8 egg yolks
- 2 cups whipping cream
- 1 cup canned pumpkin
- 1/2 cup pure maple syrup
- 1/4 cup packed brown sugar
- 2 teaspoons vanilla
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/3 cup granulated sugar

CRÈME BRULEE PREPARATION

Preheat oven to 350 degrees F. In a large bowl combine egg yolks, cream, pumpkin, maple syrup, brown sugar, vanilla, cinnamon, and nutmeg; whisk until smooth. Spoon pumpkin mixture evenly into eight 6-ounce ramekins or custard cups.

Place ramekins in a large roasting pan. Place roasting pan on oven rack. Pour enough boiling water into the roasting pan to reach halfway up the sides of the ramekins.

Bake for 40 to 45 minutes or until edges are set (centers will shake slightly). Carefully remove ramekins from water; cool completely on a wire rack. Cover and chill for 4 to 8 hours.

Before serving, let ramekins stand at room temperature for 20 minutes. Meanwhile, in a medium heavy skillet heat granulated sugar over medium-high heat until sugar begins to melt, shaking skillet occasionally to heat sugar evenly. Do not stir. Once sugar starts to melt, reduce heat to low and cook about 5 minutes or until all sugar melts and is golden, stirring as needed with a wooden spoon. Quickly drizzle the caramelized sugar over custards. (If sugar hardens in the skillet, return to heat; stir until melted.) Serve immediately.

DRINKS

PUMPKIN BEER COCKTAIL -

http://www.boston.com/lifestyle/food/blogs/chowdown/2011/10/seasonal_beer-belishment_pumpk.html

BEER COCKTAIL

Pumpkin beer (Shipyard Pumpkinhead is excellent but any pumpkin beer will do)

Vanilla vodka, chilled
1 tablespoon of sugar
1 ½ teaspoons of cinnamon

BEER COCKTAIL PREPARATION

In a small bowl, combine the sugar and cinnamon. Pour out onto a small rimmed plate, spreading it out so there is a ring that you can dip the glasses in.

Dampen the rims of your glasses and then dip them in the cinnamon sugar mixture to make a nice sweet/spicy rim.

Pour a bottle of the pumpkin beer into each glass. Top with a shot (or more if you prefer) of vanilla vodka. Enjoy!