

# ***Gourmet Club Menu***

## ***January 2017***

### **Appetizers**

Fried Almonds with Lemon & Rosemary

Dates wrapped in Prosciutto

### **Salad & Soup**

Radicchio & Arugula Salad with Dried Cherries, Hazelnuts and Feta

Leeks and Pear Bisque

### **Main Course**

Beef Tenderloin with Green Peppercorn sauce

Or

Stuffed Portobello Mushrooms with Crispy Goat Cheese

Au Gratin Mashed Potatoes

Brussels Sprouts with Bacon, Red Onion and Avocado

### **Dessert**

Apple and Pear Crisp with Rum Raisin

Or

Panettone Bread Pudding with Amaretto sauce

### **Wine**

With Roast Beef Tenderloin serve :- Bordeaux, Chianti, Reserva Rioja, Cabernet Sauvignon

With Portobello mushroom :- Dry Riesling, Malbec: Alamos, Chardonnay, Pinot Gris or light Pinot Noir.

## **Appetizers**

### **Fried Almonds with Lemon and Rosemary**

For slightly richer and sweeter nuts, use raw, blanched Marcona almonds, in place of the standard ones. You can find Marcona almonds at Trader Joe's or Costco.

Makes 16 servings (2 cups)

¼ cup olive oil

2 cups whole blanched almonds

1 Tbsp. minced lemon zest

1 tsp. Minced fresh rosemary

Salt and black pepper to taste

Minced lemon zest and fresh rosemary

Heat oil in a large skillet over medium heat. Add almonds and cook, stirring often, until golden, about 10 minutes. Nuts burn fairly easily, so keep a close eye on them and stir or toss them often until golden.

Stir in 1 Tbsp. zest and 2 tsp. Rosemary; season with salt and pepper. Transfer almonds to a baking sheet; spread into one layer to cool. Garnish almonds with additional zest and rosemary.

Recipe from Cuisine at home Nov/Dec 2013

### **Cheese Stuffed Dates with Prosciutto**

The sweetest, best kind of dates are Medjools. They are large, so they are easy to fill, meaty, and chewy. Stuffed with goat cheese and wrapped in prosciutto, they provide a perfect sweet-salty mouthful in every bite.

Makes 8 servings (2 each)

¼ cup (2 ounces) goat cheese, at room temperature

¼ cup (2 ounces) mascarpone cheese, at room temperature

¼ cup finely chopped fresh basil leaves

Salt and freshly ground black pepper

16 Medjool dates

8 thin slices prosciutto, halved lengthwise

16 toothpicks or cocktail picks

In a small bowl, mix together the cheeses and basil. Season with salt and pepper. With a knife, make a lengthwise incision in each date. Gently open the dates slightly and remove the pits. Spoon about ½ teaspoon cheese mixture inside each one. Close the dates around the filling. Wrap a piece of prosciutto around each date and secure with a toothpick.

Arrange the stuffed dates on a platter and serve.

Recipe from Giada At Home.

## **Salad**

### **Radicchio & Arugula Salad with dried Cherries, Hazelnuts and Feta.**

Prep 25 minutes

Makes 6 servings

½ cup roasted hazelnuts  
2 tbsps red wine vinegar  
2 tbsps balsamic vinegar  
5 tbsps extra-virgin olive oil  
2 small heads of radicchio cut into 1-inch pieces  
2 cups arugula  
¾ cup dried cherries  
3 ounces feta cheese, crumbled

Chop roasted hazelnuts coarsely; set aside. Combine vinegars in small bowl. Whisk in olive oil; season with salt and pepper. Combine radicchio, arugula, dried cherries, and hazelnuts in serving bowl. Toss with enough dressing to coat. Sprinkle feta over salad.

Recipe from Bon Appetit November 2010, modified

## Soup

### **Leeks and Pear Bisque**

Makes 6 servings

4 ½ tbsps butter

2 stalks thinly sliced celery with leaves (plus chopped leaves for garnish)

3 cups unpeeled ripe Bartlett pears, cored, diced plus ½ cup finely diced for garnish

2 cups chopped dark green leek tops

3 small Turkish bay leaves

1 ½ tsps chopped fresh thyme

1 ½ tbsps all purpose flour

3 cups (or more) low-salt chicken broth

Melt butter in pot over medium-high heat. Add sliced celery, 3 cups of diced pear, leek tops, bay leaves, and thyme. Cover and cook until celery softens, stirring occasionally, about 8 minutes. Toss in flour. Stir in 3 cups broth; bring to boil. Cover, reduce heat to medium-low, and simmer until celery is tender, about 20 minutes.

Remove bay leaves from soup. Puree soup in batches in blender until smooth. Return puree to same pot. Season to taste with salt and pepper. Thin with more broth by ¼ cupfuls, if desired. Rewarm briefly.

Divide soup among bowls; garnish with ½ cup finely diced pear and celery leaves.

Recipe from Bon Appetit November 2010

## **Main Course**

### **Beef Tenderloin with green peppercorn sauce**

Makes 8 servings

For the Beef-

1 beef tenderloin, trimmed (5lbs)  
2 Tbsp. fresh lemon juice  
1 Tbsp. minced garlic  
1 Tbsp. chopped fresh rosemary  
Salt and pepper

For the sauce-

4 Tbsp. unsalted butter, divided  
¼ cup minced shallots  
1 Tbsp. dijon mustard  
¼ cup brandy  
2 Tbsp. good quality beef broth (Kitchen accomplice from Hyvee or Better than bouillon)  
½ cup water  
⅓ cup ruby port  
2 Tbsp. green peppercorns in brine, drained (Hyvee)  
⅓ cup heavy cream  
1 Tbsp. sherry or red wine vinegar

- Preheat oven to 500° with oven rack in center position. Line a shallow roasting pan with foil. Let tenderloin stand at room temperature 30 minutes.

-Combine lemon juice, garlic, and rosemary in a small bowl.

-Transfer beef to prepared pan. Rub juice mixture over tenderloin and season with salt and black pepper. Tuck the “tail” of the tenderloin under, and tie it to allow the beef to roast evenly.

-Roast beef 15 minutes, then rotate pan in oven, and roast until an instant-read thermometer inserted in the thickest part of the beef registers 135° for medium rare, 15-20 minutes more. Remove beef from pan, tent with foil, and let rest 5-10 minutes before slicing.

For the sauce:

-Melt 2 tbsp butter in a sauté pan over medium- high heat. Add shallots and sauté 2 minutes. Stir in mustard; cook 30 seconds.

-Off-heat, add brandy to the pan, scraping any browned bits from the bottom. Return pan to stovetop over medium-high heat and whisk in beef broth, water, port, and peppercorns. Boil sauce until reduced to  $\frac{3}{4}$  cup, 5-7 minutes.

-Stir in cream and return sauce to a boil until large, thick bubbles appear, 5-7 minutes.

-Off heat, stir in vinegar and remaining 2 tbsp butter. Serve sauce with tenderloin.

If your oven can't make the climb to 500° without switching to broil, you can still make this roast by cooking it at 475°.

For even roasting, a shallow roasting pan that's 1  $\frac{1}{2}$  to 2 inches deep is ideal.

# Stuffed Portobello Mushrooms with Crispy Goat Cheese

Makes 4 servings

Homemade tomato sauce:

- 1 tbsp olive oil
- 5 cloves garlic, finely minced
- 2 dried bay leaves
- 1 tbsp dried oregano
- 2 tbsp tomato paste
- 1 (28 ounce) can chopped plum tomatoes

Sautéed Spinach:

- 1 tbsp olive oil
- 1 shallot, finely sliced
- 6 ounces baby spinach

Panko Bread Crumb Topping:

- 2 tbsps unsalted butter
- 1 shallot, finely chopped
- ½ cup panko breadcrumbs
- 1 garlic clove, finely chopped

For Mushrooms:

- 8 large portobello mushrooms, stems trimmed
- Olive oil
- 4 ounces soft, goat cheese

Prepare Sauce:

-Using large saucepan, heat the olive oil in a medium saucepan over medium heat. Once the oil is warm, add the chopped garlic, stirring continuously for 30 seconds, making sure that the garlic doesn't brown (this is essential.) Add the bay leaves and the dried oregano to the pan and stir continuously for a minute.

- Add tomato paste and canned tomatoes, stir together, and bring to low simmer. Cover and simmer sauce for 30 minutes, stirring occasionally. Season with salt and pepper to taste.

#### Saute Spinach:

-Heat the oil in a large sauté pan over medium heat. Add the sliced shallots and sauté until soft and translucent.

-Add the baby spinach and sauté until just wilted, stirring continuously. Season with salt and pepper and set aside.

#### Breadcrumb Topping:

-Melt the butter in a small sauté pan over medium heat. Once the butter is just beginning to sizzle, add the chopped shallots and cook for 30 seconds, stirring continuously.

-Add the panko breadcrumbs and chopped garlic, and toast for three to four minutes, stirring constantly to prevent the breadcrumbs from burning - or until the breadcrumbs should be lightly golden.

#### Prepare the Mushrooms:

-Preheat the oven to 425°F. Line a large baking sheet with foil and wire rack.

-Trim the portobello mushrooms and drizzle them lightly with olive oil. Season with salt and pepper.

-Heat a grill pan over high heat. Grill the portobello mushrooms for 2-3 minutes on each side. Place the grilled portobello mushrooms gill-side up onto the wire rack as they are ready (the mushrooms will give off a lot of liquid as they cook and sit, and this will prevent them from sitting in any of their juices).

-Top the mushrooms with a large spoonful of tomato sauce and then top with spinach mixture, distributing it evenly among the mushrooms.

-Slice the goat cheese into ½" thick slices (roughly half an ounce). Bread the goat cheese slices lightly in the panko breadcrumb topping and place on top of each mushroom. Sprinkle the mushrooms with the remaining breadcrumb mixture.

-Bake for 10-15 minutes or until heated through and the breadcrumbs are golden brown and goat cheese is just beginning to soften.

Recipe from A Beautiful Plate

## **Au Gratin Mashed Potatoes**

You can slice the potatoes with a knife, but for even cooking, do so as thinly and uniformly as possible.

Makes 12 servings

4 lb. Yukon gold potatoes, peeled and thinly sliced

3 cups whole milk

1¼ cups heavy cream

2 tsp. Salt

Combine:

1 cup grated Parmesan

2 tbsp. Chopped fresh chives

Black pepper to taste

Thinly slice potatoes on a mandoline or with vegetable peeler and place in a large pot with milk, cream, and salt. Heat mixture until it boils over medium-high; boil, stirring frequently to prevent scorching, until potatoes are tender and nearly all liquid evaporates, about 30 minutes. Crush potatoes with a masher to desired consistency. Preheat broiler to high with rack 6 inches from heat element. Transfer mashed potatoes to a broiler-safe 1½ -quart bowl or dish.

Combine - Parmesan, chives, and pepper; sprinkle over potatoes. Broil potatoes until Parmesan melts and browns, about 5 minutes.

Recipe from Cuisine at Home Dec 2013

## **Brussel Sprouts with Bacon, Red Onion and Avocado**

4 strips thick cut bacon  
½ red onion, thinly sliced  
2 tsp olive oil  
1 pound brussel sprouts, trimmed and halved  
½ cup chicken stock  
1 medium avocado, cut into chunks  
2 tbsps olive oil  
2 tbsps balsamic vinegar  
Salt and pepper to taste

- In a large nonstick pan, cook the bacon over medium heat, turning until crispy and the fat has rendered, about 5-7 minutes. Set the bacon aside to drain and keep the pan on the heat.

- Add the red onion to the bacon fat and sprinkle with salt. Cook until golden brown, about 5 minutes. Transfer to a small bowl, keeping the pan on the heat.

- Add 2 tps olive oil and the Brussels Sprouts. Cook the sprouts on high heat for about 2 minutes until starting to brown and the pan is drying up. Add the chicken stock.

- Cook the Brussels Sprouts about 5 minutes until just tender and the broth has cooked off. Add the onions back in and toss together. Season to taste with salt and black pepper.

-Transfer to a serving dish. Crumble the bacon over the sprouts. Add the chunks of avocado.

-Mix together the olive oil and the balsamic vinegar and drizzle over the top of the dish. Serve warm.

Serves 8.

Recipes from Heather Christo

## **Dessert**

### **Apple and Pear Crisp with Rum Raisins**

Makes 12 servings

#### Rum Raisins

1 ½ cup raisins

1 cup dark rum

Simmer raisins and rum in a small saucepan 3 minutes. Remove from heat. Ignite with match; let flames burn out, about 4 to 5 minutes. Transfer 2 tbsps liquid to small bowl for crisp topping.

#### Crisp Topping

¾ cup (1 ½ sticks) unsalted butter

2 cups all purpose flour

1 cup sugar

1 tsp ground nutmeg

¼ tsp salt

Melt butter in small saucepan over medium-low heat. Simmer until butter is golden brown, about 6 minutes. Cool.

Mix flour, sugar, nutmeg, and salt in medium bowl. Add browned butter and 2 tbsp reserved liquid from rum raisins; stir until moist clumps form.

Do ahead: Raisins and topping can be made 1 day ahead. Cover each; chill.

#### Filling

5 bartlett pears medium sized,peeled, cut into 1-inch pieces

4 large Gala apples, cut into 1-inch pieces

2 tbsp fresh lemon juice

1 tbsp all purpose flour

½ cup sugar  
¼ tsp salt  
Whipped cream or Vanilla ice-cream

Position rack in center of oven and preheat to 350°F. Butter 13x9x2 inch glass baking dish. Add pears, apples, lemon juice, flour, salt, ½ cup sugar, and rum raisin mixture to bowl. Toss to blend. Transfer to baking dish. Crumble topping over.

Bake apple and pear crisp until golden and bubbling, about 55 minutes. Cool at least 30 minutes. Serve warm or at room temperature with softly whipped cream or ice cream.

Recipe from Bon Appétit (modified) November 2007

## **Panettone Bread Pudding with Amaretto Sauce**

### **Sauce:**

½ cup heavy cream  
½ cup whole milk  
3 tablespoons sugar  
¼ cup Amaretto Liqueur  
2 teaspoons cornstarch

### **Bread Pudding:**

Butter for baking dish  
1 pound loaf Panettone Bread, crusts trimmed , cut into 1-inch cubes  
8 large eggs  
1 ½ cups heavy cream  
2 ½ cups whole milk  
1 ¼ cups sugar

### **For the Sauce:**

Bring the cream, milk, and sugar to a boil in a small, heavy saucepan over medium heat, stirring frequently. In a small bowl, mix the amaretto and cornstarch to blend, then

whisk it into the cream mixture. Simmer over medium-low heat, stirring constantly, until the sauce thickens, about 2 minutes. Keep warm or refrigerate up to 3 days and reheat.

For the Bread Pudding:

Lightly butter a 13x9x2 inch baking dish. Arrange the bread cubes in the prepared dish. In a large bowl, whisk the eggs, cream, milk, and sugar to blend. Pour the custard over the bread cubes, and press the bread cubes gently to submerge. Let stand for 30 minutes, occasionally pressing the bread cubes into the custard mixture.

Preheat the oven to 350°F. Bake the pudding until it puffs and is set in the center, about 45 minutes. Cool slightly. Spoon the bread pudding into bowls and drizzle with the warm sauce.

Recipe from Giada's family dinners.

Tip : If running short on time, the Panettone Bread can be served as is, sliced and served with Amaretto sauce.