

Gourmet Club Menu

March/April 2018

Appetizers

Salmon Rillette

Crostini with Prosciutto, Fig Jam & Goat Cheese

Soup and Salad

Spicy Sausage and White Bean Soup

Apple Brie Salad

Main Course

Chicken Piccata

Or

Cauliflower Piccata

Rice Pilaf

Roasted Rainbow Carrots and Onions

Dessert

Swiss Roll/Jelly Roll

Wine

With both dishes:- Chardonnay, Sauvignon Blanc, Pinot Grigio or Pinot Blanc

Appetizers

Salmon Rilette

Recipe from Avec Eric - aveceric.com

Serves 6

Using both poached, fresh salmon and smoked salmon gives this spread a complex salmon flavor. It is a perfect appetizer.

2 cups white wine
1 tablespoon minced shallots
1 pound fresh salmon fillet, cut into 1-inch pieces
3 ounces smoked salmon, diced
2 tablespoons thinly sliced chive
½ cup mayonnaise
3 tablespoons fresh lemon juice
Salt and pepper to taste

In a shallow pan, bring the white wine and shallots to a boil. When the shallots are cooked, add the salmon and gently poach the salmon until it is just barely opaque. Remove the salmon from the wine and immediately drain on a towel-lined sheet pan. Strain the wine, reserving the shallots. Place the salmon and shallots in the refrigerator to cool.

Combine the poached salmon and shallots in a mixing bowl with the smoked salmon, chives and some of the mayonnaise and lemon juice - use the mayonnaise and lemon juice sparingly to begin and adjust to taste. Mix the rilette - do not over mix or mix too hard. Season to taste with salt and pepper. I like to add dash of tabasco sauce to it but it is completely optional. Serve cold with toasted baguette slices or crackers.

Crostini with Prosciutto, Fig Jam & Goat Cheese

Makes 20

Recipe from The Wholesome Dish

1 8 oz loaf French Baguette
2 tablespoons olive oil
Pinch of salt
Pinch of ground black pepper
4 oz soft goat cheese
4 oz fig jam
¼ lb 4 oz shaved prosciutto

- Preheat oven to 350°F

- Prepare the crostini. Slice the bread into ½-¾ inch slices (makes about 20 pieces). Lay the bread slices on a baking sheet and brush with olive oil. Sprinkle with salt and pepper. Bake for 6-8 minutes, until the bread begins to toast. Let cool for 3-4 minutes.

- Divide the goat cheese among the crostini and spread it into a thin layer (a little over a teaspoon on each). Do the same with the fig jam, spreading an even layer on top of the goat cheese.

- Divide the prosciutto into 20 equal portions. Roll the pieces of prosciutto up neatly and place on top of the jam.

Soup and Salad

Spicy Sausage and White Bean Soup

Makes 4 Servings

Recipe from bon appétit March 2016

2 tablespoons olive oil

1 pound hot turkey or Italian sausage, casings removed, chopped (you could also use soy chorizo instead for a vegetarian dish)

1 large onion, finely chopped

2 large peppers (red, orange, or yellow) finely chopped

2-3 carrots, finely chopped

4 garlic cloves, finely chopped

2 tablespoons finely chopped sage

1 tablespoon finely chopped rosemary

½ teaspoon salt

½ teaspoon ground black pepper

¼ teaspoon red pepper flakes

4 cups homemade chicken stock or low-sodium chicken broth

1 14 ounce can petite diced tomatoes

1 can cannellini beans, drained, rinsed

½ cup unsweetened almond milk

1 pound baby spinach*

1/4 cup grated Parmesan

*You can use other greens, like kale or collard greens - just be sure to cook them in the soup for 5 minutes before serving, since they are more hearty than spinach.

- Heat oil in a large stockpot over medium heat. Cook sausage, stirring occasionally, until browned, about 10 minutes. Transfer sausage to a plate. Add onion, peppers, carrots, and garlic to pot and cook, stirring frequently until onions are tender, about 8 minutes.

- Add sage, rosemary, salt, pepper and red pepper flakes. Stir in chicken stock, tomatoes and their juices, and reserved sausage. Bring to a boil, then reduce heat and simmer until flavors have melded, about 15 minutes.

- Using a fork, coarsely mash beans and add to the soup. Stir in almond milk and let simmer 10 minutes.

-Divide spinach among bowls, then ladle soup over spinach. Top soup with Parmesan.

Apple Brie Salad

Servings 8-10

Recipe from lemontreedwelling.com - Cathy Trochelman

This Apple Brie Salad combines the crispness of apples with the creaminess of Brie cheese in a delicious salad that's perfect any time of the year.

1 bag 5-6 oz. mixed greens
4 oz brie cheese cut in 1 inch pieces
1 large apple cut in 1 inch pieces
½ cup pecans
½ cup dried cranberries
4 green onions chopped

For dressing:

⅓ cup olive oil
⅓ cup apple cider vinegar
1 tablespoon apple cider
1 ½ tablespoon honey
¼ teaspoon pepper
¼ teaspoon ginger

Prepare salad by layering ingredients in a large salad bowl.

Prepare dressing by combining all ingredients and shaking vigorously.

Drizzle dressing over salad just before serving.

Main Course

Chicken Piccata

Servings 2 (adjust recipe according to number of guests)

Recipe from Cuisine at Home

2 boneless, skinless chicken breasts, cut in half and pounded into cutlets*

Salt and black pepper

All purpose flour (use cornstarch for a Gluten Free version)

2 tablespoons vegetable oil

¼ cup dry white wine

1 teaspoon minced garlic

½ cup low- sodium chicken broth

2 tablespoons fresh lemon juice

1 tablespoon drained capers

2 tablespoons unsalted butter

Fresh lemon slices sliced round

Chopped fresh parsley

* Halve chicken breasts lengthwise, cover them with plastic wrap and pound gently with the flat side of your mallet. Strike the chicken with firm, quick movements until the cutlet is about ¼ inch thick. If you do not have a mallet, you can try using a wine bottle wrapped in plastic. Make sure to wash everything that comes in contact with raw chicken.

Season cutlets with salt and pepper, then dredge in flour or cornstarch. Coat a sauté pan with nonstick spray, add oil, and heat over medium-high.

Sauté cutlets 2-3 minutes on one side. Flip cutlets over and sauté the other side, covered, 1-2 minutes. Transfer cutlets to a warmed platter; pour off fat from the pan.

Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly evaporated, about 2 minutes.

Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side for 1 minute. Transfer cutlets to warm plates.

Finish sauce with butter and lemons. Once butter melts, pour sauce over cutlets.

Garnish with chopped parsley and serve immediately.

You can use this sauce over fish or turkey if preferred.

Cauliflower Piccata

Servings 4

Recipe from Natural Comfort Kitchen (modified to baked instead of fried)

2 heads of cauliflower (about 4 lbs total) leaves removed, not cored

Olive oil cooking spray

Sea salt and pepper

6 tablespoons olive oil

4 tablespoons butter

2 small shallots, finely chopped

½ lemon, thinly sliced

½ cups vegetable stock

½ cup dry white wine (or add more vegetable stock)

¼ cup lemon juice (about 1 lemon)

2 tablespoons small capers, drained

¼ cup finely chopped fresh parsley

Preheat the oven to 375°F. Set each cauliflower on its core as a base and cut it in half. Continue cutting ½” slices in the same direction. Hold the slabs together as best as you can, and gather the smaller chunks that fall off. Place slabs and pieces on a wire rack placed over a rimmed baking sheet. Spray all over with olive oil spray or drizzle with regular olive oil then gently turn over and spray the other side. Season with salt and pepper. Roast until golden and tender about 25-30 minutes.

Add a tablespoon each of oil and butter to the skillet, and heat over medium until butter melts. Add shallots and cook for a few minutes, until softened. Add lemon slices, stock, and wine to the pan. Increase heat to bring to a simmer, then cook about 5 minutes, until slightly reduced. Add lemon juice and capers to pan and simmer another minute. Remove from heat and whisk in remaining 3 tablespoons butter, cut into chunks.

Season with salt (not much is needed, since the capers are salty) and plenty of pepper, then stir in 3 tablespoons parsley. Arrange a fourth of the cauliflower on each plate (or all of it on a big platter) and distribute lemon slices evenly over all. Spoon sauce over each plate, and garnish with remaining parsley.

Rice Pilaf

Servings 4 (adjust according to number of guests)

2 tablespoons butter
½ cup finely diced onion
1 cup uncooked white rice
2 cups chicken broth
Salt and pepper to taste
Fresh chives or parsley for garnishing (optional)

Melt the butter in a medium skillet over medium-low heat. Add the finely diced onion and cook until the onion has softened.

Mix in the rice and chicken broth, turn heat to high and bring to a boil. Reduce heat to medium-low, cover and simmer for 20 minutes (Or until liquid is absorbed and the rice is tender).

Remove from heat, stir and add salt and pepper to taste. Garnish with chives or parsley if desired.

This dish is best when cooked and served right away. My suggestion is that the person hosting makes this dish, along with the main dish.

Roasted Rainbow Carrots and onions

Recipe from Food Network Kitchen (modified)

3 bunches rainbow carrots (Trader Joe's)
2 medium sized onions cut in circles
1 tablespoon olive oil
½ teaspoon of salt / garlic salt
Chopped chives

Toss the carrots with olive oil and salt or garlic salt. Arrange them in a single layer on a baking sheet. Roast at 450°F turning once halfway through the cooking process, until tender and slightly browned for 15 minutes. When turning the carrots, add the onions. They take less time to cook. Garnish with chopped chives.

Dessert

Swiss Roll

Making a Swiss Roll can be quite daunting so here is a YouTube link to show you how to make the perfect swiss roll.

Recipe from Titli's Busy Kitchen. I have tried many of her desserts and all of them are beyond delicious.

[Swiss Roll \(Jelly Roll\) Recipe - YouTube](https://www.youtube.com/watch?v=gSo9NOHolxs)

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Ingredients

100 g (4 oz) plain flour

100 g (4 oz) caster (superfine) sugar

4 eggs

6-8 tbsp of jam (jelly)

Icing sugar for glazing (optional) and dusting

Gluten Free Swiss Roll

5 eggs

50 grams ($\frac{1}{4}$ cup) cornstarch

70 grams ($\frac{2}{3}$ cup) sugar

70 grams ($\frac{2}{3}$ cup) sunflower oil

$\frac{1}{2}$ lemon peel grated

Instructions

1. Beat together the eggs and sugar in a bowl until the mixture takes on the consistency of a creamy mousse.
2. Sieve the flour into the bowl and fold the flour in using a metal spoon and a cutting action.
3. Grease and line a sheet pan (34cmx24cm, 9"x13") with baking paper. Pour in the mixture and spread evenly in the pan. Bake at 200°C for 10-12 minutes until the centre is springy to the touch.

4. Place a large piece of baking paper on a flat surface and dust with icing sugar. Turn the sponge out onto the paper and remove the backing paper from the sponge. Trim the edges with a sharp knife.
5. Warm the jam and spread it evenly onto the sponge. Starting at the short end, roll the sponge up using the paper to help you. Once the sponge is rolled hold it with the seam on the bottom for 1 minute.
6. Trim the ends and place the roll on a wire rack. Allow to cool completely.
7. To make a decorative glaze dissolve 25 g (1 oz) of icing sugar in about 1 tsp of water and drizzle it over the roll.
8. Dust with icing sugar before serving.

Titli's Tips

It will take about 10 minutes to get the sugar and egg mixture to the right consistency. Be patient!

Swiss rolls are usually made with raspberry jam, but here are some delicious alternative fillings:

Mango jam

Apricot jam

Confiture du Lait (Dulce de Leche)

Cream Cheese

Whipped Cream

Butter Cream

Nutella and Mascarpone whipped together

Lemon Curd

...and any combination of jam and cream or cream cheese!

