

Gourmet Club Spring Menu 2019

Cooking with Wine

Appetizer

Burrata on Crostini with Caramelized shallots
Bacon and Blue Cheese Dip

Soup and Salad

Mushroom Soup with Red Wine and Brie
Shrimp Salad with Arugula and Lime

Main Course

Pan-Seared Scallops with Prosecco
Risotto with Chardonnay and Parmigiano Reggiano
White Wine Haricot Verts

Dessert

Creamy Triple Lemon Pie

Wine

Sauvignon Blanc
Gavi
Chardonnay

Appetizers

Burrata on Crostini with Caramelized Shallots and Bacon

Serves 6 to 8

Recipe from Chapel Hill Cooking Classes by Amanda Cushman

Ingredients:

- ¼ cup olive oil
- 1 cup thinly sliced shallots
- ¼ cup balsamic vinegar
- 1 Tb. brown sugar
- 1 baguette
- 1 clove garlic, peeled, halved
- 12 slices applewood- smoked bacon
- 1 ½ pounds burrata, sliced into 12 slices
- Extra virgin olive oil
- Parsley
- Fresh pepper

Procedure

Heat the olive oil in a large skillet over medium high heat. Add the shallots and sauté for about 5 minutes stirring often. Add the balsamic and brown sugar and simmer the shallots until the bottom of the pan is dry about 6 minutes. Set aside.

Heat the oven to 400. Slice the bread into ¼ inch slices and place on a baking sheet. Drizzle with olive oil and rub with the garlic clove. Toast for about 8 to 10 minutes until golden.

Cook the bacon on a rack on a baking sheet in the oven until brown and slightly crisp, about 15 minutes. Drain on paper towels. Cut in half.

Place a slice of burrata on each crostini, then a piece of bacon and then a spoonful of the shallots. Drizzle with the extra virgin oil and then grind some pepper over each one before serving, garnish with parsley.

Bacon, Blue Cheese Dip

Serves 12

Recipe by Robyn Stone from Add a Pinch

Ingredients:

- 2 (8-ounce) packages cream cheese, softened
- 1/3 cup half-and-half
- 5 ounces crumbled blue cheese
- 5 slices cooked thick-cut bacon crumbled
- 2 tablespoons chopped fresh chives
- 1 teaspoon minced fresh chives for topping (optional)
- assorted crackers and fruit for serving

Procedure

Beat cream cheese at medium speed with an electric mixer until smooth. Slowly add the half-and-half, beating until combined. Stir in the bacon, blue cheese, and chopped chives. Spread dip into a 10-inch skillet or baking dish and bake at 350°F until golden brown, about 25 minutes. Sprinkle with minced chives, if using, and serve warm with assorted crackers and fruit such as apples, pears or grapes.

Notes

Make-Ahead: Prepare Bacon and Blue Cheese Dip ahead without baking and store in the refrigerator for up to 3 days.

Soup and Salad

Mushroom Soup with Red Wine and Brie

Serves 4

Recipe by Healthy Delicious

Author Notes: Earthy mushrooms are balanced out by a rich broth that gets an added layer of flavor from a hefty dose of red wine – any red you have open will work, but I like to use something slightly sweet like a zinfandel. A surprise portion of baguette and creamy Brie hidden in the bottom of the bowl melts into the soup and adds a touch of creaminess and an oh-so-French flair.

Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 onions, sliced
- 4 cloves garlic, minced
- 6 ounces cremini mushrooms, quartered
- 4 ounces oyster mushrooms, chopped
- 1 cup red wine
- 4 cups beef stock
- 2 bay leaves
- 1 bunch thyme
- 4 ounces baguette
- 4 ounces brie
- Salt and Pepper

Procedure

Melt the butter and garlic in a soup pan set over medium heat. Add the onions and garlic and cook until soft and golden, about 15 minutes. Add the mushrooms and cook for another 5 minutes. Stir in the stock, wine, bay leaves, and thyme. Bring to a boil, then reduce heat and simmer for 30 minutes. Remove and discard bay leaves. Season to taste with salt and pepper.

Spread each baguette slice with some Brie. Place two slices in the bottom of each of four bowls. Spoon the hot soup over top to melt the cheese.

Shrimp Salad with Arugula and Lime

Serves 4-6

Recipe from Food & Wine

Ingredients for the Vinaigrette:

- 2 tablespoons orange juice
- ¼ cup lime juice
- 1/2 tablespoon shallots, minced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1/4 teaspoon cayenne
- 1 teaspoon honey
- 1/4 cup plus 1 tablespoon extra virgin olive oil
- Cracked black pepper, and a dash of salt

Salad:

- 1 tablespoon of olive oil
- 3/4 pound shrimp, peeled and deveined
- 3/4 pound cherry tomatoes, halved
- 1 avocado, quartered and thinly sliced
- 3 ounces crumbled cotija cheese
- 4 cups baby arugula, packed
- Lime wedges

Procedure

In a mixing bowl, whisk the citrus juices, shallots, garlic, cumin, cayenne, honey and salt together until combined. Slowly drizzle in the olive oil in a thin and steady stream until the dressing becomes emulsified. Taste and adjust with salt and pepper and set aside. Pat dry and season peeled and deveined shrimp on both sides. In a large sauté pan over medium-high heat, add 1 tablespoon of olive oil to the pan, heat for a minute or so, and drop in the shrimp. Cook for about 1-2 minutes on each side until shrimp are pink and slightly fried. Take off heat and transfer to a large mixing bowl. Add the sliced tomatoes to the mixing bowl and pour in half of the vinaigrette. Toss to coat and let sit for a few minutes.

Meanwhile thinly slice the avocado, and crumble half of the cotija cheese. Add the prepped ingredients to the shrimp and the rest of the mixture fold in the arugula. Pour in the remaining vinaigrette and toss to coat. Season the salad generously with kosher salt and a squeeze of lime juice.

Transfer salad to a serving platter, sprinkle with the remaining cheese, and serve.

Main Course

Pan-Seared Scallops with Prosecco Butter Sauce

Serves 4

Recipe from Sur La Table Cooking Class

Ingredients:

- 2 tablespoons canola or vegetable oil
- 1-½ pounds sea scallops, tough ligament removed from the side
- Kosher salt and freshly ground black pepper
- 1 tablespoon olive oil, if needed
- 1 small shallot, minced
- 1 medium garlic clove, minced
- 1 cup Prosecco
- ¼ cup whipping cream
- 3 tablespoons unsalted butter, cut into small pieces
- 1 tablespoon lemon juice
- 2 tablespoons chopped chives

Procedure

These succulent scallops are perfectly accompanied with sweet yet slightly acidic Prosecco in a delicate buttery sauce. For even cooking with a crisp exterior, it is suggested that the exterior of the scallops are patted dry prior to cooking, seasoned and allowed to reach room temperature before being placed into a hot pan.

Remove the scallops from the refrigerator and season with salt and pepper. Allow to reach room temperature.

To cook scallops: Place a large non-stick skillet over a high heat; add canola oil and heat until the oil starts to shimmer. Carefully add the seasoned scallops to the skillet, sear until browned on both sides and just opaque in the center—about 2 to 3 minutes per side, depending on the size. Using tongs, transfer the scallops to a plate and tent with foil to keep warm.

To prepare the sauce: Return the skillet to the stove over a moderate heat, and add the olive oil if the pan is dry. When the oil is shimmering, add the shallots and cook until tender, about 2 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the Prosecco: bring the liquid to a boil and cook, scraping up the browned bits from the

bottom of the pan with a silicone spatula. Pour in the cream and continue to cook until the mixture has thickened, about 3 minutes. Remove the pan from the heat and whisk in the butter a little at a time. Stir in the lemon juice and chives, taste and adjust seasoning with salt and pepper.

To serve: Divide the scallops between 4 warmed serving plates, ladle the sauce over the top and serve immediately.

For a vegetarian option use different types of flavorful mushrooms instead of the scallops. This will pair well with the risotto.

Risotto With Chardonnay and Freshly Grated Parmigiano

Serves 4-6

Recipe by Chef Mercedes Ross

Ingredients:

- 8 cups chicken broth, low sodium
- 2 tablespoons olive oil
- 1 shallot, diced
- 1 garlic clove, minced
- 2 tablespoons butter
- Salt and pepper
- 2 cups Arborio rice
- 1/2 cup Chardonnay
- 1/2 cup fresh Parmigiano cheese, grated

Procedure

Heat the chicken broth in a medium saucepan and keep warm over low heat.

Coat a saucepan with olive oil and 1 tablespoon of butter. Sauté the shallot and garlic clove. Add the rice and stir quickly until it is well-coated and opaque. Stir in wine and cook until it is nearly all evaporated.

Now, with a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy. Stir in the Parmigiano cheese, cook briefly until melted. Finish off by stirring in remaining tablespoon of butter. Season with salt and pepper to taste. Serve immediately.

Notes

A wooden spoon is a must for making great risotto (and patience). If desired, stir in optional vegetable before the parmigiano and butter, such as sautéed mushrooms, frozen peas or summer corn off the cob.

White Wine Haricot Verts

Serves 12

Recipe from Family Table

Ingredients:

- 2 tablespoons olive oil
- 2 pounds (910 grams) haricot verts
- 1 large shallot, diced
- 2 tablespoons coarsely chopped fresh parsley
- 1/2 cup dry white wine (same wine used for risotto)
- 1 clove garlic crushed
- salt, to taste
- pepper, to taste

Procedure

Heat up the oil in a pan and add shallots, cooking till translucent, about three to four minutes. Add haricot verts and stir another two minutes.

Add the white wine and chopped parsley, salt, pepper, and garlic. Stir the beans for another five minutes in order to keep them crisp, especially if you are going to reheat.

The flavors will further meld as this dish sits.

Dessert

Creamy Triple Lemon Pie

Serves 12

Recipe from Cuisine at Home

Here is another family favorite dessert recipe. It is light and lemony and perfect for spring. Although you might be tempted into buying a store-bought graham cracker crust, I do encourage you to try this lemony crust. You can find Lemon Thins at Trader Joe's.

For the crust, crush:

- 1 ½ pkg. Lemon Thins (44 cookies or 7.25oz)
- 2 tbsp granulated sugar
- 1 tbsp minced lemon zest
- 3 tbsp unsalted butter, melted

For the filling, beat:

- 3 egg yolks
- 1 can sweetened condensed milk (14 oz)
- ⅔ cup fresh lemon juice, strained
- 1 tbsp minced lemon zest

For the whipped cream, beat:

- 1 cup heavy cream
- 2 tbsp powdered sugar
- 1 tbsp minced lemon zest
- 1 tsp vanilla extract

Procedure

Preheat oven to 350°F.

For the crust, crush cookies in a heavy resealable plastic bag with a rolling pin until fine. I use my cuisinart mixer to crush the cookies to a fine sandy consistency. This will make the crust hold together better. Transfer crumbs to a large mixing bowl.

Mix granulated sugar and 1 tbsp zest into crumbs with a fork until combined. Add butter and incorporate until the mixture clings together. If the crust mixture doesn't hold together, add a little more melted butter, but it shouldn't be greasy.

Press crumbs evenly onto bottom and up sides of a 9-inch pie plate.

Bake crust until lightly browned, 8-10 minutes. Remove crust from oven to a cooling rack. Cool crust to room temperature.

For the filling, beat yolks with a hand held electric mixer on medium-high until light and fluffy, 3-5 minutes.

Slowly pour in condensed milk while beating the mixture on medium-high until thick and creamy, about 3 minutes. Add lemon juice and 1 tbsp zest and continue beating on medium-low until combined. Pour filling into cooled crust.

Bake pie until center is set, yet still jiggly, 10-12 minutes. Remove pie from oven to a cooling rack; cool to room temperature. Refrigerate pie until chilled 3-4 hours or overnight.

For the whipped cream, beat cream in a large bowl with a hand mixer to soft peaks. Add powdered sugar, 1 tbsp zest and vanilla and continue whipping to medium peaks. Serve each slice of pie with whipped cream.

Wines

Sauvignon Blanc

Gavi

Chardonnay

Sauvignon Blanc pairs well with scallops and risotto as well as a smooth Italian wine like Gavi.

Bon Appétit!!

This menu has been tried, tested, and prepared by Michelle Warrington.