

Gourmet Club Winter Menu 2019

Winter Comfort

Appetizers

Caramelized Onion, Mushroom and Gruyere Tartlets
Smoked Salmon with Mascarpone Cheese

Soup and Salad

French Onion Soup
Blood Orange, Fennel and Avocado Salad

Main Course

Pan-Seared Steak with Red Wine Sauce
OR
Broccoli and Mushroom Stir-Fry

Smashed Potatoes
Baked Asparagus

Dessert

Flourless Chocolate Hazelnut Cake

Wine

Merlot, Chianti, Pinot Noir

Appetizers

Caramelized Onion, Mushroom and Gruyere Tartlets

Recipe from Little Spice Jar

Ingredients:

- 4 tablespoons salted butter, divided
- 2 tablespoons vegetable oil, divided
- 5-6 ounces crimini or button mushrooms, sliced
- 2 medium yellow onions, thinly sliced
- 1/4 teaspoon dried thyme
- 1 tablespoon sugar
- 1 1/2 tablespoons balsamic vinegar
- 1/4 teaspoon garlic powder
- salt and pepper, to taste
- 4 ounces grated gruyere cheese (I used applewood smoked gruyere)
- 1 package (1 pound) frozen puff pastry, thawed
- 1 egg, lightly beaten

Directions:

1. In a large cast iron skillet over medium heat, heat 1 tablespoon of oil along with 1 tablespoon of butter. Add the mushrooms and sauté for about 5 minutes until tender. Remove and set aside in a medium bowl.
2. Heat the remaining 3 tablespoons of butter along with the 1 tablespoon of oil and sauté the onions for 5 minutes. Add the dried thyme and sugar and continue to cook for 25 minutes on medium low heat. Make sure to stir the mixture every 5 minutes or so. If the onions are caramelizing too fast, turn down the heat a little more. Add the balsamic vinegar to deglaze the pan, allow the onions to soak it all in. Turn off heat. Add the onions to the mushroom mixture. Season with the garlic powder and salt and pepper to taste, stir to combine. Allow to cool to room temperature. Mixture can be kept in an airtight container and refrigerated for up to 48 hours at this point. Allow to come to room temperature before proceeding. Add the gruyere cheese and mix well.
3. Position two racks in the upper and lower thirds of the oven. Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment paper or silicone mats.
4. Using a knife or a pizza cutter, cut the puff pastry into 2-inch squares and place them on a lined baking sheet. Make sure the puff pastry is cold before proceeding. If not, allow it to rest in the refrigerator for 10-15 minutes before

proceeding. Using a pastry brush, brush the beaten egg on the squares. Place a tablespoon of caramelized onion mixture in the center. Bake for 20-25 minutes, rotating the pan halfway in between until crisp and golden brown. Let cool slightly before serving.

Notes:

Make sure the puff pastry is cold when it goes into the oven. If at any point it becomes soft, allow it to rest in the refrigerator for 15-20 minutes or until it firms up again. Do not open the oven door during the first 10 minutes of baking time. Frequently opening the oven may cause the puff pastry to not 'puff up'.

Mozzarella or gouda cheese may be used to replace the gruyere. I really like the smoky flavor of applewood smoked gruyere with these bites.

If you've prepared the caramelized onion mixture ahead of time, you can zap it in the microwave for 30 seconds to bring it back to room temperature quickly.

Smoked Salmon with Mascarpone Cheese

Recipe from Ciao Florentina

Ingredients:

- 1/2 lb smoked salmon & sliced
- 3/4 lb mascarpone cheese
- 1/3 c chives
- 1/3 c fresh dill
- Freshly cracked black pepper to taste

Directions:

1. Spread the slices of smoked salmon on a cookie sheet or cutting board.
2. Spoon a dollop of the mascarpone cheese on top and a sprinkling of chives and dill.
3. Gently roll up each salmon slice to envelop the cheese. Repeat with the remaining salmon and place on a serving tray.
4. Finish with a nice sprinkling of freshly cracked black pepper and garnish with the fresh dill and chives.

Soup and Salad

French Onion Soup

Recipe by Delia Smith from Delia's Winter Collection

Serves 6

Ingredients:

- 1½ lb (700 g) onions, thinly sliced
- 2 tablespoons olive oil
- 2 oz (50 g) butter
- 2 cloves garlic, crushed
- ½ level teaspoon granulated sugar
- 2 pints (1.2 litres) good beef stock (see related recipe below)
- 10 fl oz (275 ml) dry white wine
- 2 tablespoons Cognac
- salt and freshly milled black pepper

For the croutons:

French bread or baguettine, cut into 1 inch (2.5 cm) diagonal slices

1 tablespoon olive oil

1-2 cloves garlic, crushed

To serve:

6 large or 12 small croutons (see above)

8 oz (225 g) Gruyère, grated

Directions:

1. First make the croutons – begin by drizzling the olive oil on to a large, solid baking-sheet, add the crushed garlic and then, using your hands, spread the oil and garlic all over the baking sheet.
2. Now place the bread slices on top of the oil, then turn over each one so that both sides have been lightly coated with the oil. Bake them in the oven for 20-25 minutes till crispy and crunchy.
3. Next place the saucepan or casserole on a high heat and melt the oil and butter together. When this is very hot, add the onions, garlic and sugar, and keep turning them from time to time until the edges of the onions have turned dark – this will take about 6 minutes. Then reduce the heat to its lowest setting and leave the onions to carry on cooking very slowly for about 30 minutes, by which

time the base of the pan will be covered with a rich, nut brown, caramelised film. After that, pour in the stock and white wine, season, then stir with a wooden spoon, scraping the base of the pan well.

4. As soon as it all comes up to simmering point, turn down the heat to its lowest setting, then go away and leave it to cook very gently, without a lid, for about 1 hour.
5. All this can be done in advance but, when you're ready to serve the soup, bring it back up to simmering point, taste to check for seasoning – and if it's extra-cold outside, add a couple of tablespoons of Cognac!
6. Warm the tureen or soup bowls in a low oven and pre-heat the grill to its highest setting. Then ladle in the hot soup and top with the croutons, allowing them to float on the top of the soup. Now sprinkle the grated Gruyère thickly over the croutons and place the whole lot under the grill until the cheese is golden brown and bubbling.
7. Serve immediately – and don't forget to warn your guests that everything is very hot.

Blood Orange, Fennel and Avocado Salad

Recipe from cookieandkate.com

Recipe yields 2 large salads or 4 side salads.

This refreshing salad features winter citrus, fennel, creamy goat cheese and avocado, tossed with greens and a simple lemon dressing.

Salad

- 4 large handfuls of spring greens
- 2 blood oranges, sliced into segments
- 1 bulb fennel, quartered, cored and sliced into super thin strips (reserve fennel fronds)
- 1 avocado, diced
- 2 ounces (about $\frac{1}{3}$ cup) goat cheese, crumbled
- 3 tablespoons sliced almonds

Dressing:

- $\frac{1}{4}$ cup olive oil, more to taste
- 1 lemon, preferably organic, zested and juiced
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon honey
- Sea salt and lots of freshly ground black pepper, to taste

Directions:

1. Lightly toast the almonds: In a small skillet over medium heat, toast the almonds for a few minutes, stirring frequently so they don't burn. Once the almonds are fragrant and starting to turn golden, remove from heat and transfer to a plate.
2. In a large serving bowl, combine the greens, segmented blood oranges, sliced fennel, diced avocado, goat cheese and warm almonds. If the fennel's feathery fronds (say that five times fast) are in good shape, chop up a handful worth and toss them into the salad.
3. In a small bowl, whisk together the salad ingredients until emulsified. Whisk in more olive oil if the dressing tastes too tart. The final result should be pleasantly tangy.
4. Once you're ready to serve, drizzle citronette over the salad (you might not need all of it) and toss. Serve immediately.

Main Course

Pan Seared Steak with Red Wine Sauce

Recipe by Melissa Clark for the New York Times

Serves 4

You can use any cut of steak, either bone-in or boneless, to make this classic French bistro dish. Steaks cut from the tenderloin, such as filet mignon, are the most tender pieces of beef, though they lack the assertively beefy chew of sirloins and rib steaks. Adding brandy to the pan sauce not only contributes flavor; its high alcohol content and acidity help extract flavor from the pan drippings. However, if setting it on fire makes you nervous, skip that step and let the brandy simmer down for an extra few minutes to cook off most of the alcohol. Make sure to open a good bottle of red wine to use in the sauce here, preferably one that you're happy to finish off with dinner. This recipe is part of [The New Essentials of French Cooking](#), a guide to definitive dishes every modern cook should master.

Ingredients:

- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1 ½ pounds boneless steak, or 1 ¾ pounds bone-in steak (1 ½ inches thick)
- 2 shallots
- 2 ½ tablespoons unsalted butter
- ½ teaspoon neutral oil, such as grapeseed
- 2 tablespoons good brandy, preferably Cognac
- ⅓ cup dry red wine
- ⅓ cup beef or chicken stock, preferably homemade
- 1 tablespoon chopped chives
- Watercress, for serving

Directions:

1. Generously sprinkle salt and pepper all over steaks, then let steaks rest uncovered for 15 minutes at room temperature. Meanwhile, mince the shallots.
2. Melt ½ tablespoon butter and the oil in a large skillet over medium-high heat until almost smoking. Add steaks and cook until done to taste, about 3 to 4 minutes per side for rare and a little longer for medium-rare or medium. (Bone-in steaks take a few minutes longer to cook through than boneless.) If the pan

begins to smoke or burn, lower the heat. Transfer steaks to a plate to rest while you prepare the sauce.

3. Add shallots to the skillet and cook over medium heat until lightly browned, about 1 minute. Add brandy to the skillet and use a long-handled match or igniter to set the brandy on fire. (Stand back when you do this.) Let flames die out, then add red wine and cook until reduced and syrupy, 2 to 4 minutes. Add stock and boil until reduced and thickened, 3 to 4 minutes longer.
4. Remove pan from heat and whisk in remaining 2 tablespoons butter and the chives. Serve steaks and sauce immediately with water.

Broccoli and Mushroom Stir-Fry

Recipe from SkinnyMs

Serves 4

Ingredients:

- 2 cups broccoli, cut into small florets
- 1/4 cup red onion, chopped small
- 3 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1/4 teaspoons crushed red pepper (optional)
- 2 teaspoons fresh ginger, grated
- 3 tablespoons water (more as needed)
- 1/2 cup carrot, shredded
- 1/4 cup cashews
- 2 tablespoons rice wine vinegar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame seeds

Directions:

1. In a large skillet on high heat, add the broccoli, onion, garlic, mushrooms, red pepper, ginger, and water. Cook, stirring often until broccoli is soft and onions are translucent. Add water as needed to prevent the vegetables from sticking.
2. Stir in the carrot, cashews, vinegar, and soy sauce. Stir well and simmer for about 2 minutes. Sprinkle with sesame seeds. Serve alone or on top of quinoa or brown rice.

Smashed Potatoes

Recipe from Natasha's Kitchen

These cheesy smashed potatoes are crisp on the outside with a creamy center and irresistible cheesy crust.

Ingredients:

- 2 lbs (12-16 count) small potatoes (1 1/2 to 2" diameter)*
- 2 tsp salt for water
- 1 Tbsp Olive oil to drizzle
- 1 1/2 tsp Garlic salt (or to taste)
- 1/4 tsp Freshly cracked black pepper (or to taste)
- 3/4 cup parmesan cheese (or to taste)
- 2 Tbsp fresh parsley finely chopped, to garnish

Directions:

1. Bring a pot of water to boil and add 2 tsp salt (Note: 8 cups water for 5Qt pot). Once water has boiled, carefully add potatoes then reduce heat to a low boil and cook until potatoes are tender and easily pierced with a fork then drain (total boiling time is 25-30 minutes depending on potato size).
2. Meanwhile preheat the oven to 450°F. Transfer drained potatoes to a lined rimmed baking sheet, spacing them evenly.
3. Use a potato masher or the flat bottom of a drinking glass to smash the potatoes to about 1/2" thickness. Press gently so you don't break the potatoes apart.
4. Drizzle the tops with olive oil then sprinkle generously with garlic salt and black pepper to taste. Bake at 450°F for 15 min. Flip potatoes over with a spatula, drizzle the second side with oil and season with more garlic salt and pepper. Bake another 12-15 min or until potatoes are crisp with golden brown edges.
5. Sprinkle generously with parmesan cheese then return to the oven another 2-3 minutes or just until cheese is melted. Garnish with parsley if desired and serve warm.

Garlic Roasted Asparagus

Recipe from whoneedsacape.com

Ingredients:

- 1 bunch washed and trimmed asparagus
- 3 cloves chopped garlic
- Olive oil
- salt and pepper
- red pepper flakes (optional)
- bacon bits (optional)

Directions:

1. Preheat oven to 425 degrees
2. Place the garlic and asparagus in a baking pan. Drizzle with olive oil. Sprinkle with salt and pepper (and the red pepper flakes and bacon if you so choose). Give the pan a good shake to make sure the asparagus is coated with olive oil.
3. Bake for 12-15 minutes. Enjoy!

Dessert

Flourless Chocolate-Hazelnut Cake

Recipe from Bon Appétit

Serves 12

Ingredients:

- 12 ounces 60% cacao bittersweet chocolate, chopped
- 3/4 cup (1 1/2 sticks) unsalted butter, cut into chunks
- 6 large eggs
- 1 cup (packed) golden brown sugar
- 1/2 cup Frangelico or other hazelnut liqueur, divided
- 1 cup finely ground hazelnuts (ground in processor; about 5 ounces)
- 1 teaspoon coarse kosher salt
- 1 cup chilled heavy whipping cream
- Chopped toasted hazelnuts

Directions:

Position rack in center of oven and preheat to 350°F. Butter 9-inch-diameter springform pan. Line bottom of pan with parchment paper round. Wrap outside of pan tightly with 3 layers of heavy-duty foil. Combine chocolate and butter in medium metal bowl; set bowl over saucepan of simmering water. Whisk until mixture is melted and smooth. Remove bowl from over water.

Whisk eggs, golden brown sugar, and 1/4 cup Frangelico in large bowl to blend. Add chocolate mixture and whisk until smooth. Stir in ground hazelnuts and 1 teaspoon coarse kosher salt. Transfer batter to prepared pan. Place springform pan in large roasting pan. Pour enough hot water into roasting pan to come halfway up sides of springform pan. Place in oven and tent springform pan loosely with foil. Bake until cake is set in center and top is dry to touch, about 1 1/2 hours (top of cake will remain shiny). Remove cake from roasting pan; remove foil from top and outside of pan. Cool cake in pan on rack. Chill cake until

cold, about 3 hours. DO AHEAD Can be made 3 days ahead. Cover and keep chilled.

Using electric mixer, beat whipping cream and remaining 1/4 cup Frangelico in medium bowl until soft peaks form. Run knife around pan sides to loosen cake. Release pan sides. Cut cake into wedges. Transfer to plates. Top with whipped cream; sprinkle with chopped toasted hazelnuts.