

Gourmet Group  
January-February 2020  
A Warm Winter Gathering

**Cocktails and Appetizers**

Strawberry Serrano Lime Tequila and Champagne Cocktail

Artichoke Hearts And Prosciutto Roll-Ups  
Lemon-Pepper Salami Bites  
Marinated Manchego

**Soup and Salad**

Chickpea Soup with Chile-Garlic Oil

Honeycrisp Chicken Poppyseed Salad

**Main Course**

Stuffed Pork Tenderloin  
Mediterranean Grilled Vegetables  
Creamy Polenta

**Dessert**

Pear and Frangipane Tart

Wine

Rioja Red, Beaujolais

## **Cocktail and Appetizers**

### **Strawberry Serrano Lime Tequila and Champagne Cocktail**

Author: Heather Christo

Prep time: 5 mins

Cook time: 5 mins

Total time: 10 mins

Serves: 2

#### Ingredients:

- ¼ cup Strawberry Serrano Simple Syrup
- ¼ cup Fresh lime juice
- 2 ounces Tequila
- Chilled Champagne
- Strawberry Serrano Simple Syrup
- 1 cup sugar
- 1 cup water
- 1 cup strawberries
- 1 serrano chili with seeds

#### Instructions:

1. For the Strawberry Serrano Syrup: Bring everything to a simmer and let cook for about 5 minutes over medium heat. Chill the syrup.
2. In a cocktail shaker filled with ice add the simple syrup, lime juice and tequila and shake vigorously and then pour into two chilled glasses and top with chilled champagne or sparkling wine. Serve immediately.

## **Artichoke Hearts And Prosciutto Roll-Ups**

Serves: 14

### Ingredients:

- 1 can (14 ounce size) artichoke hearts, drained and halved
- 1/3 pound Prosciutto, sliced paper-thin
- 1/4 cup olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon finely grated orange peel
- freshly ground black pepper, to taste

### Instructions:

1. Wrap each artichoke heart in a slice of prosciutto and secure with a toothpick.
2. In a separate bowl, whisk together the olive oil, thyme, orange peel, and pepper. Pour the dressing over the roll-ups and let marinate 1 to 2 hours or as much as overnight.
3. Serve at room temperature.

## **Lemon-Pepper Salami Bites**

Serves 8

### Ingredients:

- 2 lb. thinly sliced salami
- Handfuls of Marcona almonds
- 1 lemon
- Freshly ground black pepper
- Extra-virgin olive oil (for drizzling)

### Instructions:

Layer salami with some almonds in a shallow bowl. Finely grate lemon zest over; save fruit for another use. Top with a few grinds of pepper and drizzle generously with oil.

Makes 8 servings

## Marinated Manchego

Serves 8

### Ingredients:

- 1 head of garlic cloves separated and peeled (about 12 cloves)
- 1 small orange, quartered through stem end, thinly sliced crosswise, seeds removed
- ½ cup extra-virgin olive oil
- 3 sprigs rosemary
- Kosher salt
- 1 lb. young Manchego cheese, cut or broken into ¾" pieces

### Instructions:

Cook garlic, orange, and oil in a small saucepan over medium heat, stirring occasionally, until garlic starts to turn golden, 10–12 minutes. Remove from heat and add rosemary sprigs. Season with salt and let cool.

Pour garlic mixture into a medium bowl, add cheese, and gently toss to coat cheese. Cover and chill at least 12 hours before serving.

Do Ahead: Cheese can be marinated 3 days ahead. Keep chilled.

## **Soup and Salad**

### **Chickpea soup with Chile-Garlic Oil**

Serves 4

Recipe from Bon Appétit (modified)

#### Ingredients:

- 6 tablespoons extra-virgin olive oil, divided
- 1 red chile (such as Fresno), seeds removed, finely chopped
- 3 garlic cloves, finely chopped
- Kosher salt
- 1 medium onion, finely chopped
- 2 carrots, finely chopped,
- 4 cups low-sodium chicken stock or broth
- 1 15.5-ounce can chickpeas, rinsed, drained
- ½ cup whole-milk Greek yogurt, room temperature\*
- 1 cup basil leaves with tender stems
- 1 lemon, halved

#### Instructions:

Heat 3 Tbsp. oil in a medium pot over medium. Cook chile and garlic, stirring often, until garlic is golden brown and crisp, 3–5 minutes. Transfer to a small bowl (with oil).

Season with a pinch of salt; set aside.

Wipe out pot. Heat remaining 3 Tbsp. oil over medium. Add onion and carrots, season with salt, and cook, stirring occasionally, until softened but not browned, 5–7 minutes. Add stock, increase heat to medium-high, and bring to a boil. Reduce heat to medium-low, bring to a simmer, and add chickpeas. Continue to cook until chickpeas are warmed through and creamy but not mushy (this won't take long since the chickpeas are already cooked), about 5 minutes. Season with salt.

Meanwhile, stir yogurt\* and a big pinch of salt in a small bowl. Mix Basil leaves in a medium bowl and squeeze lemon halves over. Season with salt and toss to coat.

Divide soup among bowls. Add a dollop of yogurt, then top with basil-lemon mixture and reserved garlic-chile oil.

\* Lactose free plain unsweetened yogurt is available at Fresh Thyme and Natural Grocers.

# Honeycrisp Chicken Poppyseed Salad

Author: Heather Christo

Prep time: 10 mins

Total time: 10 mins

Serves: 4-6

## Ingredients

For the salad:

- 3 cups shredded cooked chicken
- 1 large honeycrisp apple, small diced
- 4 green onions, finely sliced
- 1 cup celery stalk, finely sliced
- ½ jalapeno, minced
- ½ ounce fresh tarragon leaves roughly chopped
- ¼ cup parsley finely chopped

Vinaigrette:

- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons poppyseeds
- Kosher salt to taste
- Butter lettuce leaves

Directions:

In a large bowl, combine all of the ingredients for the salad and gently combine.

In a small bowl, mix together the olive oil, vinegar and poppyseeds and drizzle over the salad. Toss together and season to taste with kosher salt.

## **Main Course**

### **Stuffed Pork Tenderloin**

Author: Natasha's Kitchen

Serves 6

GF,LF

Ingredients:

- 4 Tbsp olive oil divided
- 2 slices bacon chopped
- 6 oz brown mushrooms thinly sliced
- 1/3 cup onion, chopped (from 1/2 small onion)
- 1 1/2 tsp sea salt divided
- 1/2 tsp black pepper divided
- 1 garlic clove minced
- 1/4 cup fresh parsley chopped, plus more to garnish
- 1 1/2 lb pork tenderloin silver skin removed

Instructions:

Stuffing for Pork Tenderloin:

1. Preheat oven to 400°F. In an oven-safe skillet over medium heat, add 2 Tbsp oil with chopped bacon and and cook until browned (3-4 minutes). Add sliced mushrooms and chopped onion and sauté 5 minutes or until soft.
2. Season with 1/2 tsp salt, 1/4 tsp black pepper, chopped parsley and minced garlic. Cook another minute stirring constantly then transfer to a plate.

How to Stuff Pork Tenderloin

1. Remove Silverskin from Pork Tenderloin. Cut a slit all the way down the long end of your tenderloin, making sure not to cut all the way through. Open tenderloin like a book, cover with a sheet of plastic wrap and pound with the flat side of a meat mallet until 1/2" thick without tearing through the meat.
2. Spread mushroom mixture evenly over the surface of the tenderloin, leaving 1/2" at the borders. Roll tightly starting with the long end (hot-dog style) and secure the ends with 6-7 toothpicks. Poke toothpicks through parallel to each other to

create a flat cooking surface. Season all over with 1 tsp salt and 1/4 tsp black pepper.

3. Heat the same skillet over medium heat and add 2 Tbsp oil. Once oil is hot, place tenderloin in the skillet (toothpick-side-down) and sear about 2 minutes per side (6-8 minutes total). Transfer the skillet with the tenderloin to oven and bake at 400°F for 18-20 min or until an instant read thermometer reads 145-150°F in the thickest portion of the meat.
4. Transfer to a cutting board, brush with the pan drippings and rest 10 minutes before slicing into rings. Brush with pan drippings for more flavor and garnish with parsley if desired.

## **Creamy Polenta**

Makes 4 cups

Recipe from Bon Appétit.

Ingredients:

- 3 cups (or more) whole milk / Lactaid for LF option
- 1 cup polenta (coarse cornmeal)
- 3 oz. finely grated Pecorino Romano (about 1½ cups)
- 4 Tbsp. unsalted butter
- 4 tsp. kosher salt

Instructions:

Bring milk and 3 cups water to a boil over medium-high heat in a medium saucepan. Reduce heat to medium. Whisking constantly, gradually add polenta; bring to a simmer. Reduce heat to low, cover pan, and cook, whisking every 10–15 minutes, until thickened and no longer gritty, 30–35 minutes. Remove from heat and add Pecorino, butter, and salt. Cook, whisking, until butter and cheese are melted and polenta is the consistency of porridge, about 1 minute.

Do Ahead: Polenta can be made 3 hours ahead. Store covered at room temperature. Reheat over medium-low, adding milk as needed to loosen.

## Grilled Vegetables

Recipes from The Mediterranean Dish

Serves 6-8

Ingredients:

- 1 eggplant (14oz/404 g), sliced lengthwise to ½-inch thick slices
- Salt
- 6 baby bell peppers, whole (or 3 large bell peppers, cored and cut into wide strips)
- 3 yellow squash, halved lengthwise
- 1 lb asparagus
- 1 tsp Sumac
- Handful fresh parsley, chopped
- Handful fresh basil, chopped
- Handful crumbled sheep milk feta cheese (optional)

For Dressing:

- 3 tbsps extra virgin olive oil
- Juice of half large lemon
- Pinch of salt
- ½ tsp black pepper

Instructions:

Sprinkle eggplant slices with kosher salt and place in a colander for 20 minutes. This will allow the eggplant to sweat out its bitterness. Rinse off salt and pat dry with a paper towel.

Heat an outdoor grill over medium-high heat (make sure the grates are oiled.) Or prepare an indoor griddle over medium-high heat. You can also bake at 400 °F.

Place the vegetables on a large tray or sheet pan. Drizzle generously with extra virgin olive oil. Give the vegetables a quick toss to make sure they are well coated with the oil. Place vegetables on heated grill (or oven) and cook until tender. Vegetables will be ready at different points, so watch accordingly or cook in batches: about 15 minutes for whole baby bell peppers; 8 to 9 minutes for yellow squash and eggplant; and 5 to 6 minutes for Campari tomatoes and asparagus. Shift/turn the vegetables occasionally but not too often.

Arrange grilled vegetables on a large platter. Season vegetables with sumac.

In a small bowl, whisk together dressing ingredients then pour all over the vegetables.

Top with fresh parsley, basil and feta.

## **Dessert**

### **Pear and Frangipane Tart**

Recipe from Williams Sonoma

Serves 8

This beautiful winter tart, with pears beautifully fanned on top of a layer of homemade frangipane, makes a stunning finale to a celebratory feast. Anjou or Bartlett pears are best for this recipe, because they don't turn mushy during baking. Look for pears that are firm but not rock-hard, have a good fragrance and are smooth and unblemished.

#### Basic Tart Dough

Ingredients:

- 1 egg yolk
- 2 Tbsp. very cold water
- 1 tsp. vanilla extract
- 1 1/4 cups unbleached all-purpose flour\*
- 1/3 cup sugar
- 1/4 tsp. salt
- 8 Tbs. (1 stick) cold unsalted butter, cut into 1/4-inch cubes

#### Directions:

In a small bowl, stir together the egg yolk, water and vanilla; set aside.

To make the dough by hand, in a large bowl, stir together the flour, sugar and salt. Using a pastry cutter or 2 knives, cut the butter into the flour mixture until the texture resembles coarse cornmeal, with butter pieces no larger than small peas. Add the egg mixture and mix with a fork just until the dough pulls together.

To make the dough in a stand mixer fitted with the flat beater, stir together the flour, sugar and salt in the mixer bowl. Add the butter and beat on medium-low speed until the texture resembles coarse cornmeal, with butter pieces no larger than small peas. Add the egg mixture and beat just until the dough pulls together.

Transfer the dough to a work surface, pat into a ball and flatten into a disk. Use the dough immediately, or wrap in plastic wrap and refrigerate until well chilled, about 30 minutes.

To roll out the dough on a lightly floured board, flatten the disk with 6 to 8 gentle taps of the rolling pin. Lift the dough and give it a quarter turn. Lightly dust the top of the dough or the rolling pin with flour as needed, then roll out until the dough is about 1/8 inch thick. Use a small, sharp knife to cut out a round or rounds 2 inches greater in diameter than your tart or larger tartlet pans. Use a small, sharp knife or a cookie cutter to cut out rounds 1/2 to 1 inch greater in diameter than your miniature tartlet pans. If using a rectangular tart pan, cut out a rectangle 2 inches larger on all sides than the pan. Makes enough dough for one 9 1/2-inch tart, six 4-inch tartlets, twelve 2-inch miniature tartlets or one 13 3/4-by-4 1/4-inch rectangular tart.

\* I have been experimenting with Gluten Free flour. My favorite brand is called Namaste which can be found at Costco. You will have to add a bit more water as needed to the dough mixture.

For the Tart

Ingredients:

- 1 rolled-out round Basic Tart Dough
- 2 Tbsp. unsalted butter
- 1 1/2 cups (8 oz./250 g) raw unblanched whole almonds, finely ground
- 2/3 cup (5 oz./155 g) sugar
- 2 eggs, lightly beaten
- 1/2 tsp. almond extract
- 1 tsp. vanilla extract
- 2 Tbsp. dark rum
- 1/4 tsp. salt
- 1 tsp. finely grated lemon zest
- 2 Anjou or Bartlett pears, peeled, quartered and cored
- 1/3 cup (3 oz./90 g) apricot jam

Directions:

Fold the dough round in half and carefully transfer to a 9 1/2-inch (24-cm) tart pan, preferably with a removable bottom. Unfold and ease the round into the pan, without stretching it, and pat it firmly into the bottom and up the sides of the pan. Trim off any excess dough by gently running a rolling pin across the top of the pan. Press dough into the sides to extend it slightly above the rim to offset any shrinkage during baking.

Refrigerate or freeze the tart shell until firm, about 30 minutes. Meanwhile, position a rack in the lower third of the oven and preheat to 375°F (190°C).

Line the pastry shell with aluminum foil or parchment paper and fill with pie weights. Bake for 20 minutes, then lift an edge of the foil. If the dough looks wet, continue to bake, checking every 5 minutes, until the dough is pale gold, for a total baking time of 25 to 30 minutes. Transfer to a wire rack. Leave the oven temperature at 375°F and position a rack in the middle of the oven.

In a small saucepan over medium heat, melt the butter and cook until golden brown, about 5 minutes. Remove from the heat and let cool to the touch. In a bowl, stir together the ground almonds, sugar, eggs, almond and vanilla extracts, rum, salt, lemon zest and melted butter. Spread evenly in the tart shell. Slice each pear quarter crosswise into slices 1/8 inch (3 mm) thick, keeping each one together. Arrange each quarter core side down and stem end toward the center of the pan. Use your hand to flatten and fan each quarter slightly and press the slices into the filling.

Bake the tart until the filling is firm to the touch in the center and slightly golden, 40 to 45 minutes. Transfer to a wire rack to cool.

In a small saucepan over low heat, warm the jam until it liquefies. Pour through a fine-mesh sieve set over a small bowl. Using a pastry brush, gently brush the top of the tart with a thin coating of jam.

If using a tart pan with a removable bottom, let the sides fall away, then slide the tart onto a serving plate. Serve warm or at room temperature. Makes one 9 1/2-inch (24-cm) tart.

## **Wine Pairings**

The cocktail should be enough to drink with the appetizers

A bottle of Rioja red wine or a good quality Beaujolais pairs well with the main course.

Bon Appétit!!