

Gourmet Group Summer 2021 Menu
Cooking with Fresh and Seasonal Ingredients

Cocktail

Tequila with Grapefruit Juice

Salads

Grilled Corn and Avocado Salad with Feta Dressing

Cantaloupe, Prosciutto and Arugula Salad

Honeydew Salad with Ginger Dressing and Peanuts

Main Course

Vegetarian Turkish Kebabs with Sumac, Onions and Garlic Dill Mayonnaise

Grilled Scallops with Nori, Ginger and Lime

Spicy Pork Skewers

Side Dishes

Roasted Cauliflower and Farro Salad

Grilled Summer Squash and Red Onion

Dessert

Pavlova with Cream and Berries

Cocktail

Tequila with Grapefruit Juice

Bon Appétit

Makes 1 serving

Ingredients:

- 2oz tequila blanco
- $\frac{3}{4}$ oz fresh lime juice
- $\frac{3}{4}$ oz simple syrup
- $\frac{1}{2}$ oz Campari
- $\frac{1}{2}$ oz fresh grapefruit juice
- Lime wheel (for serving)

Instructions:

Combine tequila, lime juice, simple syrup, Campari, and grapefruit juice in a cocktail shaker. Fill the shaker with ice, cover, and shake vigorously until the outside of the shaker is very cold, about 20 seconds.

Strain cocktail through a Hawthorne strainer or a slotted spoon into a chilled coupe glass. Garnish with lime wheel.

Grilled Corn and Avocado Salad

NYT

4-6 servings

V, GF

Ingredients:

- 6 ears corn (about 3 pounds), shucked and silk removed
- 1 bunch scallions (about 6), trimmed
- 1 jalapeño, stemmed and halved lengthwise
- 3 tablespoons olive oil
- Kosher salt and black pepper
- 4 ounces feta cheese, crumbled (about 3/4 cup)
- 1/3 cup buttermilk
- 1 teaspoon freshly grated lemon zest plus 1 tablespoon lemon juice
- 1 small garlic clove, grated
- 1/4 cup sliced fresh chives
- 1/4 cup finely chopped fresh parsley
- 1 medium head romaine lettuce, torn into bite-size pieces (about 8 cups)
- 2 avocados, sliced

Instructions:

Heat a grill or grill pan over medium-high. Brush corn, scallions and jalapeño with the oil and season with salt and pepper. Arrange on the grill and cook, turning occasionally, until corn kernels are browned in spots, 6 to 8 minutes, and the scallions and jalapeño are charred all over and tender, 9 to 10 minutes. Transfer vegetables to a cutting board and let cool slightly.

In a medium bowl, using a whisk, mash the feta into a coarse paste. Whisk in buttermilk, lemon zest and juice and garlic, then stir in chives and parsley. Finely chop the charred jalapeño and stir it into the feta dressing; season with salt and pepper.

In a large bowl, toss lettuce with half the feta dressing and arrange on a platter. Cut corn kernels off the cob and slice scallions into bite-size pieces. Arrange avocado slices, corn and scallions on top of the lettuce. Serve with remaining dressing.

Cantaloupe, Prosciutto and Arugula Salad

Martha Stewart

6 servings

GF,LF omit prosciutto for V alternative

Ingredients:

- 1/4 cup champagne vinegar or white-wine vinegar
- 1 tablespoon minced shallot
- 1/2 teaspoon minced garlic
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup vegetable oil or vegetable-olive oil blend
- 1 tablespoon minced mixed fresh herbs (such as basil, chives, and parsley)
- 8 ounces fresh arugula, rinsed and spun dry
- 1/2 cup thinly sliced red onion
- 1 cantaloupe, halved, seeded, peeled, and cut into thin wedges
- 6 to 8 thin slices prosciutto, torn into bite-size pieces

Instructions:

In a mixing bowl, combine vinegar, shallot, garlic, mustard, salt, and pepper and whisk to combine. While continuously whisking, add the oil in a slow, steady stream until completely incorporated. Whisk in the herbs, and set aside while you prepare the salad.

In a large bowl, combine the arugula and red onion. Drizzle in 1/4 cup of the vinaigrette and toss to combine. Add more vinaigrette to taste, if desired, and season lightly with salt and pepper. Toss gently to combine.

Arrange the cantaloupe wedges on a large serving plate, top with the arugula salad and the prosciutto. Serve immediately.

Honeydew Salad with Ginger Dressing and Peanuts

BA Serves 6

V, GF, LF

Ingredients:

- 6 Tbsp. white wine vinegar
- 1 tsp. finely grated peeled ginger (from one 1" piece)
- 1 tsp. light brown sugar
- 1 serrano chile, thinly sliced
- ½ medium honeydew melon (about 2 lb.), seeds and rind removed, flesh cut into wedges, wedges halved crosswise
- 3 small Persian cucumbers, sliced on a diagonal ¼" thick
- 1 avocado, peeled, thinly sliced
- ¼ cup mint leaves
- ¼ cup salted, dry-roasted peanuts, coarsely chopped
- Flaky sea salt

Instructions:

Whisk vinegar, ginger, and brown sugar in a large bowl to combine. Add chile and let sit for 10 minutes.

Add melon, cucumbers, and avocado and toss gently to coat.

Transfer to a platter; top with mint and peanuts and sprinkle with salt.

Main Course

Vegan Turkish Kebabs with Sumac Onions and Garlic-Dill Mayonnaise

NYT - 4 servings

V, LF, GF(omit bread)

Ingredients:

For the Sumac Onions

- 1 medium red onion, halved lengthwise, then thinly sliced
- 1 cup loosely packed fresh parsley leaves
- 1 tablespoon ground sumac

For the Garlic Dill Mayonnaise

- 20 garlic cloves, peeled and ends trimmed
- 1 cup vegan mayonnaise
- 1 tablespoon fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- Large handful of minced fresh dill leaves
- Kosher salt and freshly ground black pepper

For the Kebabs

- 1 pound vegan ground meat, such as Impossible or Beyond
- 1 tablespoon minced fresh oregano leaves
- 3 medium garlic cloves, minced
- 1 ½ teaspoons Urfa pepper, or 1 teaspoon ground ancho chile
- 1 ½ teaspoons ground sumac
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon freshly ground black pepper

For Serving

- 1 teaspoon neutral oil, such as grapeseed or canola
- 1 cup cherry tomatoes, halved
- 1 cup arugula
- Hot sauce, to taste
- Vegan Turkish bread or pita

Instructions:

Make the sumac onions: Combine all ingredients and toss until the onion pieces are separated and well coated. (You should have about 1 1/2 cups. Sumac onions should be used the day they are made.)

Make the garlic-dill mayonnaise: Put 18 garlic cloves in a medium pot, and cover with a couple inches of water. Bring to a boil over high heat. Continue cooking for 30 seconds. Drain garlic and allow to cool to room temperature.

Meanwhile, mince the remaining 2 garlic cloves. In a food processor, combine blanched and raw garlic, mayonnaise and lemon juice; process until completely smooth. With the machine running, slowly drizzle in the olive oil. Transfer mixture to a bowl, stir in minced dill, and season to taste with salt and pepper. (You should have about 1 1/2 cups.)

Make the kebabs: Combine all ingredients in a large bowl, and fold with very clean hands until fully incorporated. Divide mixture in half, then divide each half into 6 equal balls. Working on a clean cutting board, roll them into cylinders about 3/4 inch in diameter. Cut each cylinder in half to form 24 small logs.

Cook and serve: In a large skillet over medium-high, heat oil until shimmering. Add the logs, working in batches if necessary to prevent crowding. Cook on one side until well browned, about 2 minutes. Flip and cook on the second side until well browned and cooked through, another 1 1/2 minutes. (Alternatively, cook on a hot grill until lightly charred and cooked through.) Transfer to a serving plate.

Serve with sumac onions, garlic-dill mayonnaise, cherry tomatoes, arugula, hot sauce and Turkish bread or pita.

Grilled Scallops with Nori, Ginger and Lime

Epicurious Serves 4

LF, GF

Ingredients:

- 1/3 cup mayonnaise
- 2 tsp. fresh lime juice
- Kosher salt
- 1 toasted nori sheet
- 1 tsp. ground coriander
- 1/2 tsp. ground ginger
- 2 Tbsp. vegetable oil, plus more for grill
- 12 large dry sea scallops, side muscles removed, patted dry
- 1/2 lime
- 3 scallions, dark green parts only, very thinly sliced
- 1 tsp. Aleppo-style or other mild red pepper flakes or gochugaru (coarse Korean red pepper powder)

Special Equipment: A spice mill; eight 8" wooden skewers, soaked at least 1 hour

Instructions:

Prepare a grill for medium-high heat. Mix mayonnaise, lime juice, a pinch of salt, and 1 Tbsp. water in a small bowl; set lime mayo aside.

Finely grind nori in spice mill. Transfer half to a small bowl; set aside for serving.

Transfer remaining nori to a large bowl and mix in coriander, ginger, and 2 Tbsp. oil.

Add scallops and toss to coat.

Thread 3 scallops onto 2 skewers. (This will keep scallops in place and make them easy to turn. You can also use this method for shrimp and small peppers like shishito and Padrón.) Repeat with remaining scallops and skewers. Season both sides with salt.

Clean and oil grate, then immediately place scallops on the outside edge of the grill so that the skewers are hanging off the side. Grill, turning scallops with handles of skewers, until grill marks appear and scallops are just cooked through, about 3 minutes per side, depending on their size.

Spread lime mayo on a platter and place skewers with scallops on top. Finely grate zest from lime half over, then squeeze juice over. Top with scallions and sprinkle with Aleppo-style pepper and reserved nori.

Spicy Pork Skewers

BA - 8 servings

LF,GF

Ingredients:

- 2 lb. skinless, boneless pork shoulder
- ½ small red onion, thinly sliced
- 12 red Thai chiles, coarsely chopped
- 8 garlic cloves, coarsely chopped
- 1 cup Sprite or 7UP
- ½ cup soy sauce
- ⅓ cup cane vinegar (such as Datu Puti) or unseasoned rice vinegar
- ¼ cup sugar
- 1 Tbsp. black peppercorns
- 1 Tbsp. kosher salt, plus more
- 6 dried shiitake mushrooms

Special Equipment

A spice mill or mortar and pestle; twelve to sixteen 8" metal skewers or soaked wooden chopsticks or bamboo skewers

Instructions:

Freeze pork on a rimmed baking sheet until very firm around the edges, 45–60 minutes. Remove pork from the freezer and slice as thinly as possible. Slice pieces lengthwise into 1"–2"-wide strips.

Meanwhile, combine onion, chiles, garlic, Sprite, soy sauce, vinegar, sugar, peppercorns, and 1 Tbsp. salt in a large resealable plastic bag. Grind mushrooms in a spice mill or with mortar and pestle to a powder; whisk into marinade. Add pork a few pieces at a time, coating well so they don't stick together and can evenly absorb marinade. Cover and chill 6–8 hours.

Prepare a grill for medium-high heat. Remove pork from marinade and thread onto skewers. Transfer marinade to a small saucepan and bring to a rolling boil on the grill. Cook for 1 minute, skimming off any foam that rises to the surface. Move to a cooler part of the grill.

Season pork lightly with salt and grill, undisturbed, until well browned, about 2 minutes. Turn and baste with marinade. Continue to grill, turning and basting every minute, until cooked through and browned all over, about 4 minutes longer.

Side Dishes

Roasted Cauliflower and Farro Salad with Feta and Avocado

V, GF, LF(omit feta)

Serves 4

Ingredients:

Roasted Cauliflower

- 1 large head cauliflower (about 2 pounds), cut into bite-sized florets
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon red pepper flakes (scale back or omit if sensitive to spice)
- ¼ teaspoon fine sea salt

Garlicky Farro

- 1 cup uncooked farro, rinsed
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, pressed or minced
- ¼ teaspoon fine sea salt

Everything else

- ⅓ cup pitted Kalamata olives, rinsed, half sliced into small rounds and the rest halved lengthwise
- ¼ cup oil-packed sun-dried tomatoes, rinsed and roughly chopped
- ½ cup crumbled feta (about 2 ounces)
- 1 tablespoon lemon juice (about ½ lemon), plus more for serving
- Freshly ground black pepper, to taste
- 1 avocado, sliced into thin strips
- 4+ handfuls leafy greens (spring greens, spinach, arugula or baby kale are all good choices)

Instructions:

To roast the cauliflower: Preheat the oven to 425 degrees Fahrenheit. Toss the cauliflower florets with the olive oil, red pepper flakes and salt, and arrange it in an even layer across the pan. Roast for 25 to 35 minutes, tossing halfway, until the cauliflower is tender and deeply golden on the edges.

To cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups of water (enough water to cover the farro by a couple of inches). Bring the water to a boil, then reduce the heat to a gentle simmer, and cook until the farro is tender to the bite but still pleasantly chewy. (Pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes.) Drain off the excess water and mix in the olive oil, garlic and salt. Set aside.

In a large serving bowl, toss together the roasted cauliflower, cooked farro, olives, sun-dried tomatoes, feta and lemon juice. Taste and season with additional salt and pepper if necessary.

Divide the avocado and greens between four dinner plates. Top with a generous amount of the cauliflower and farro salad. Finish the plates with an extra squeeze of lemon juice or drizzle of olive oil, if desired. Serve promptly.

Grilled Summer Squash and Red Onion with Feta

BA Serves 4

V, GF, LF (omit feta)

Ingredients:

- 1/2 cup plus 3 Tbsp. extra-virgin olive oil, plus more for grill
- 1 garlic clove, finely grated
- 1/4 cup white wine vinegar
- 4 medium summer squash and/or zucchini, cut lengthwise 1/4" thick
- 1 medium red onion, cut through root end into 8 wedges
- 2 bay leaves
- Kosher salt, freshly ground pepper
- 8 oz. feta, crumbled into large pieces
- 4 banana peppers from a jar, thinly sliced crosswise
- Generous pinch of crushed red pepper flakes

Instructions:

Prepare a grill for medium-high heat; lightly oil grate. Whisk garlic, vinegar, and 1/2 cup oil in a small bowl to combine; set marinade aside.

Toss squash, onion, and bay leaves on a rimmed baking sheet with remaining 3 Tbsp. oil to coat; season generously with salt and black pepper.

Arrange squash and onion on a grate. Grill squash, undisturbed, until grill marks appear, about 3 minutes. Turnover and grill on the second side until tender and starting to release liquid, about 2 minutes. Transfer squash back to the baking sheet. Grill onion, turning occasionally, until tender and charred around the edges, about 5 minutes. Transfer back to the baking sheet.

Arrange squash, onion, bay leaves, and feta on a rimmed platter and pour reserved marinade over. Scatter banana peppers on top and sprinkle with red pepper flakes. Let sit at least 15 minutes and up to 1 hour before serving.

Dessert

Pavlova with Fresh Cream and Berries

GF, V,

For a LF option use Silk Dairy Free whipping cream.

Ingredients:

- 6 large egg whites
- 1 1/2 cups superfine granulated sugar
- 1 1/2 teaspoons cornstarch
- 1 teaspoon distilled white vinegar
- 1/2 teaspoon vanilla
- 1/4 cup boiling water
- 1 cup heavy cream
- 3 cups assorted seasonal fruit such as raspberries and sliced strawberries and kiwifruit

Instructions:

Preheat the oven to 350° F. and line a large baking sheet with foil.

In a large bowl with an electric mixer beat together whites, sugar, cornstarch, vinegar, and vanilla on low speed until just combined. Add boiling water all at once and beat on high speed for 3 to 5 minutes, or until mixture forms stiff, glossy peaks.

Spoon meringue mixture onto baking sheet and spread into a 9- to 10-inch circle. Bake Pavlova in the middle of the oven for 10 minutes. Reduce temperature to 200° F. and bake Pavlova 40 minutes more. Turn off the oven and let Pavlova stand in the oven for 1 hour. Transfer Pavlova to a rack and cool completely. (Pavlova will be hard on the outer surface and soft inside.)

In a bowl with cleaned beaters, beat cream until it holds soft peaks and spread over Pavlova. Mound fruit on top of whipped cream.

