

May 2011

Painter's Palate

Appetizer

Mixed Vegetable Soup
Phyllo-Wrapped Brie with Apricot and Rosemary Chutney

Salad

Roasted Beet and Blood Orange Salad with Bitter Greens

Side Dishes

Poached Eggs au Gratin
Spring Vegetable Galette

Main Entrée

Pork Chops Foyot
Rib Roast with Olives

Desert

Green Cake
Rose Geranium Cake

*Present this menu at **Apollo Liquor North** for a 10% discount on the featured wines*

APPETIZER

Mixed Vegetable Soup

Serves 4

2 C. dried green or yellow peas
2/3 C. butter, softened
1 onion, thinly sliced
2 leeks, white parts only, sliced
2 C. (1/4 lb.) sorrel, trimmed and shredded
1 head iceberg lettuce, trimmed and shredded
3 sprigs chervil, finely chopped
2 medium-sized potatoes, peeled and cut in half
6 cups Rich Broth (recipe to follow) or water
½ tsp. salt
½ tsp. pepper
2 egg yolks
1 C. heavy cream or crème fraîche
8 slices of thinly sliced bread

Soak the dried peas in water for 2 hours, then drain. Melt 2 T. of butter in a pot. Add the onion, leeks, sorrel, lettuce, and chervil. Cook over low heat, stirring with a wooden spoon, until the vegetables are well-coated; do not let them brown. Add the dried peas and potatoes, then the Rich Broth or water. Season with the salt and pepper and bring to a boil. Cover and simmer over very low heat for at least 2 hours. Strain and reheat for a few minutes, stirring constantly.

Beat the rest of the butter into a smooth cream, then beat in the egg yolks and cream or crème fraîche. Pour this mixture into a soup tureen and pour the boiling hot soup over it. Serve with the thinly sliced bread.

Rich Broth

Makes 4 quarts

Carcasses and giblets of 2 boiling chickens
6 carrots
4 small turnips
2 large leeks, trimmed and split lengthwise
1 celery stock
1 large onion
2 cloves garlic
1 sprig thyme
1 bay leaf

2 sprigs parsley
2 egg whites well beaten

Pour 5 quarts of water into a soup kettle. Add the carcasses and giblets and bring to a boil over moderate heat. Skim the surface until it is clear.

Tie the cloves, thyme, bay leaf and parsley together in a piece of cheesecloth to make a bouquet garni. Add the carrots, turnips, leeks, celery and onion and the bouquet garni. Cover and simmer for 3 hours, skimming from time to time. Strain the broth.

If you want a very clear consommé you must clarify it. Let it cool completely, then degrease it by passing a paper towel over the surface.

Return the broth to the heat and when it is hot but not yet boiling, add the beaten egg whites. Stir very slowly until the liquid boils, then strain it through cheesecloth.

Phyllo-Wrapped Brie with Apricot and Rosemary Chutney (www.epicurious.com)

Chutney

12 ounces dried apricots, chopped
1 large red onion, chopped
1 cup water
2/3 cup cider vinegar
2/3 cup (packed) golden brown sugar
3 ounces dried tart cherries (3/4 cup)
1 1/2 tablespoons chopped fresh rosemary
3 large garlic cloves, finely chopped
2 teaspoons grated lemon peel
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/2 cup blanched slivered almonds, toasted

Cheese and Phyllo

1 cup (2 sticks) unsalted butter, melted
1 pound fresh phyllo pastry sheets or frozen, thawed
4 1/2 tablespoons chopped fresh rosemary

1 32- to 36-ounce wheel of Brie

Presentation

Fresh herb sprigs (such as rosemary, sage, and chives)
Additional dried apricots and dried cherries
Fresh baguettes, thinly sliced
Thinly sliced apples

SALAD

Roasted Beet and Blood Orange Salad with Bitter Greens

Serves 6-8

6 small red and/or yellow beets, roasted and peeled and sliced.

3-4 T (plus) extra-virgin olive oil

2 T. red wine vinegar

6 C. torn curly endive leaves, inner leaves only

2 C. watercress sprigs

2-3 blood oranges, peeled and sectioned

zest from 1 orange

1 C. coarsely chopped pecans, toasted and chopped.

salt and freshly ground pepper

In a small bowl, whisk together vinegar, orange zest, salt and pepper (a little juice from the blood oranges could be added, if desired). While whisking vigorously, slowly drizzle in the olive oil.

Divide the curly endive and watercress among individual plates. Top with beet slices and blood orange sections. Drizzle with vinaigrette and sprinkle with toasted pecans.

SIDE DISH

Poached Eggs au Gratin

Serves 8

¼ C. vinegar
8 eggs
12 small white onions, minced
1 T. unsalted butter
2 T. flour
1 C. milk
1 C. clear broth (see above)
½ t. salt
2 T. grated Gruyère cheese

Pour 2 cups boiling water into a large skillet and add vinegar. Break each egg individually and slide it into the boiling liquid, to poach it. Cover the skillet and cook for about 6 minutes, or until all the eggs are all poached. Remove each with a spatula and drain them on paper towels.

Put the onions into a saucepan with ½ cup boiling water and bring to a boil. Cook for 5 minutes, uncovered, or until slightly softened. Melt the butter in a saucepan and add onions. Cook them gently for 5 to 10 minutes, or until they are just beginning to color. Stir in the flour, milk, and Clear Broth; cook, stirring constantly, until you have a thick white sauce. Season to taste with salt and pepper.

Preheat the broiler. Grease a large shallow baking dish and pour half the sauce into it. Arrange the poached eggs on the sauce and pour the rest of the sauce over them. Sprinkle with the grated cheese. Place the dish under the broiler and broil on very high heat until the cheese browns and bubbles.

Spring Vegetable Galette

Serves 2 -4

½ recipe Galette Dough (see below)
2 oz. Monterey Jack cheese, shredded
2 oz. mozzarella, preferably fresh, shredded
¼ c. fresh basil leaves, cut into chiffonade or torn
2-3 firm but ripe plum tomatoes, cut into ¼ - in-thick slices
Fresh basil leaves, for garnish

Position a rack in the lower third of the oven and preheat the oven to 400 degrees. Line a baking sheet with parchment paper.

Put the dough on a lightly floured work surface and roll it into an 11-inch circle that's about 1/8 in. thick. Since the dough is soft, you'll need to lift it now and then and toss some flour under it and over the top. Roll the dough up around your rolling pin and unroll onto the prepared baking sheet.

Making the Filling Toss the cheeses and basil together in a small bowl, then scatter them over the rolled-out dough, leaving a 2-3 inch border. Place the tomatoes in concentric circles, one slice slightly overlapping the last, on top of the cheese. Fold the uncovered border of dough up over the filling, allowing the dough to pleat as you lift it up and work your way around the galette.

Baking the Galette Bake the galette for 35-40 minutes or until the pastry is golden and crisp and the cheese is bubbly. Transfer the baking sheet to a cooling rack and let the galette rest on the sheet for 10 minutes. Slip a wide spatula or a small rimless baking sheet under the galette and slide it onto the cooling rack. Serve warm or at room temperature, garnished with fresh basil leaves.

Galette Dough

3 T. sour cream
1/3 C. of ice water
1 C. flour
¼ C. yellow cornmeal
1 t. sugar
½ t. salt
7 T. cold unsalted butter, cut into 6-8 pieces

To make the dough in a food processor, stir the sour cream and 1/3 C. ice water together in a small bowl; set aside. Put the flour, cornmeal, sugar, and salt in the work bowl of a processor fitted with the metal blade; pulse to combine. Drop in the butter pieces into the bowl and pulse 8-10 times, or until the mixture is speckled with pieces of

butter that vary in size from bread crumbs to peas. With the machine running, add the sour cream mixture and process just until the dough forms soft, moist curds.

Remove the dough from the processor, divide it in half, and press each half into a disk. Wrap in plastic and chill for at least 2 hours.

The dough can be kept in the refrigerator for a day or two, or it can be wrapped airtight and frozen for a month. Thaw, still wrapped, in the refrigerator. It is convenient to roll the dough into rounds, place parchment between each round, and freeze them wrapped in plastic; this way, you'll need only about 20 minutes to defrost a round of dough at room temperature before it can be filled, folded into a galette, and baked.

MAIN ENTRÉE

Pork Chops Foyot

Serves 4

8 T. unsalted butter
4 onions, thinly sliced
4 pork chops
½ C. dry breadcrumbs
½ C. grated Gruyère or Parmesan cheese
½ C. dry white wine
½ t. salt
½ t. pepper
4 lemon wedges

Melt half the butter in a skillet and sauté the onions until softened but not browned. Preheat the oven to 325 degrees. Place the pork chops in a shallow, greased ovenproof dish. Pile the onions on top. Then sprinkle with the breadcrumbs and the grated cheese. Pour the white wine into the bottom of the dish. Cut the rest of the butter into pieces and dot over the mixture. Season. Bake the pork chops for 45 minutes or until the tops are golden. Serve garnished with lemon wedges.

Rib Roast with Olives

Serves 4

½ C. butter

1 T. oil

1 rolled rib roast (about 3 lbs.)

12 pearl onions

4 ounces diced bacon

1 bouquet garni (tie cloves, thyme, bay leaf and parsley together in a piece of cheesecloth to make a bouquet garni -- See Rich Broth recipe above).

2 garlic cloves

½ t. salt

½ t. pepper

2 C. green olives, rinsed and pitted

2 C. sliced mushrooms

2 T. flour

Preheat the oven to 350 degrees. Heat half the butter in a deep pot with a tight-fitting lid. Add the oil and brown the beef on both sides. Arrange the onions and bacon around the beef. Add 2 cups warm water, the bouquet garni, and the garlic. Season with the salt and pepper, then cover tightly. Bring to a boil over medium heat, then place the pot in the oven and cook for 2 hours. Add the olives and the mushrooms, if desired, and cook for another 75 minutes. Remove the meat and keep it warm.

Combine the rest of the butter with the flour into a smooth paste. Cut off pieces of the paste and drop them into the cooking liquid, stirring constantly until the sauce is smooth after each addition. When the flour and butter mixture is used up, remove the sauce from heat. Pour the sauce over the beef in the bowl.

DESSERT

Green Cake

Serves 8-10

Cake

4 eggs
¾ C. sugar
1 C. flour, sifted
2 T. ground pistachios
4 T. kirsch
2 T. unsalted butter, softened
Grated rind of 1 lemon

Spinach Coloring

3 C. fresh spinach

Pistachio Cream

4 T. ground pistachios
2 T. kirsch
2 ¼ C. unsalted butter, softened
2 t. spinach coloring (see below)
1/3 C. sugar
2 eggs
2 yolks
2 t. flour
1 C. milk

Fondant Frosting

3 C. sugar
2 T. white corn syrup
1 t. spinach coloring (see below)
Juice of 1 lemon

First make the spinach coloring. Bring ½ cup water to a boil and blanch the spinach in it for a minute. Strain the liquid and pass the spinach through a sieve. This will give a green purée to color the pistachio cream and the frosting.

Preheat oven to 300 degrees. Grease an 8 inch cake pan. To make the cake, place a saucepan over a low heat and break the eggs into it. Beat them with the sugar until the

mixture has doubled in volume. Beat in the flour until it is completely incorporated. Add the pistachios, kirsch, softened butter, and lemon rind. Stir well with a wooden spoon or spatula. Pour the mixture into the cake pan and bake for 30 minutes. Test with a knife to see if the cake is done. If so, remove it from the oven, turn it upside down on a wire rack and let it cool.

To make the pistachio cream, combine the pistachios, kirsch and 2 tablespoons of the softened butter into a smooth paste. Color it with the spinach coloring. In a saucepan off the heat, combine the sugar with the whole eggs and the yolks. Beat in the flour and milk, stirring constantly. Heat this mixture over a low heat, stirring, and beat in the pistachio paste. Remove the mixture from the heat and beat in the rest of the softened butter.

Carefully slice the cake into three equal layers. Spread two of the rounds with the pistachio cream, then stack the layers together again. Refrigerate.

To make the fondant frosting, dissolve the sugar in a heavy pan with 2 cups water. Heat, without stirring, over high heat until the sugar dissolves and begins to boil. Check the syrup cooking stage while it is boiling. When the syrup reaches the large thread stage (that is, when a little of the syrup is dropped in cold water it forms a large thread), add the corn syrup and the spinach coloring, and remove from the heat.

Lightly oil a marble work surface. Pour the syrup onto the surface and work it with a wooden spatula, until it starts to become opaque. Sprinkle with the lemon juice and continue working until it is a smooth, pale green paste. Roll it into a ball and wrap it in a damp cloth. Refrigerate until needed. Roll it out with a rolling pin and use it to cover the cake.

Rose Geranium Cake

Makes one 8 inch cake

1 2/3 C. all purpose flour
2 t. baking powder
1 t. salt, preferably sea salt
2 t. rose water
1 C. crème fraîche (or sour cream)
1/2 C. (4 ounces) unsalted butter, at room temperature
1 C. granulated sugar
2 large eggs, at room temperature
Geranium leaves

Mix together flour, baking powder and salt. Set aside.

Mix together crème fraîche and rose water. Set aside.

In a large mixing bowl cream the butter and sugar well, until the mixture is smooth and pale and you can no longer feel the graininess of the sugar between your fingers. Add eggs one at a time, beating well (approx one minute per egg).

Slowly and gently alternate the addition of the wet and dry mix to the butter mix, beginning and ending with the dry. You may want to use a rubber spatula. Stop mixing as soon as the last speck of dry ingredients disappears.

Butter your cake pan and cover with a fine layer of granulated sugar. Arrange several geranium leaves in the bottom of the pan and gently spoon the thick cake batter on top.

Bake at 350 for 20-25 minutes. Check the cake after 15 minutes, as it can cook quickly.

As soon as the cake is done, remove them from the oven and turn them out of their pans onto a cooling rack.

Serve with fresh whipped cream, if desired.

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*Recipes for this menu were taken from *Monet's Table: The Cooking Journals of Claude Monet* by Clare Joyes; *Baking with Julia* by Dorie Greenspan; *The Williams-Sonoma Cookbook* by Chuck Williams.