

# **Gourmet Club Menu**

## **November-December 2018**

### **Appetizers and Christmas Cocktail**

Christmas Sangria

Olive Tapenade and Roasted Bell Peppers Tartines

Stuffed Mushrooms

### **Soup and Salad**

Butternut Squash Soup

Roasted Beet and Arugula Salad

### **Main Course**

Oven-Braised Pork Chops with Apples, Onions, and Dried Cherries

**Or**

Vegetarian Roasted Vegetable Quinoa Salad

Baked Potatoes and Onions

### **Dessert**

Sour Cherry Pie

### **Wine**

Chardonnay, Sauvignon Blanc, Gewürztraminer, Pinot Gris

GF-Gluten Free, LF-Lactose Free, V-Vegetarian

## Cocktail

### Christmas Sangria

Author: Heather Christo

Prep time: 20 mins

Total time: 20 mins

Serves: 6

GF, LF, V

#### Ingredients:

- 1 red apple, thinly sliced into strips
- 1 green apple, thinly sliced into strips
- ½ cup fresh cranberries
- ¼ cup fresh pomegranate seeds
- 2 cinnamon sticks
- ¼ cup brandy or bourbon
- 1 bottle cold sparkling white wine, prosecco or champagne

#### Directions

Fill a pitcher with all of the fruit and the cinnamon sticks and then add the brandy or bourbon. Top with the cold sparkling wine and serve immediately!

## **Appetizers**

### **Olive Tapenade and Roasted Bell Pepper Tartine**

Makes 8

GF, LF, V

Ingredients:

- 2 large red peppers
- Baguette cut into rounds (GF bread if needed)
- Olive Tapenade-recipe follows
- Extra Virgin olive oil
- Grated Parmesan cheese (Pecorino Romano for a lactose free option)

Directions

Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minute. Peel and seed peppers, then cut into thin strips. Toast bread. Spread each piece with olive tapenade( see recipe below). Top with pepper strips. Drizzle with oil, then sprinkle with salt and pepper. Garnish Tartines with Parmesan cheese and serve.

Tapenade

- 1/3 cup pitted green olives
- 1/4 cup pitted Kalamata olives
- 1 tablespoon drained capers
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1 anchovy minced (omit if vegetarian)
- Freshly ground black pepper

In a food processor, combine the green and kalamata olives, capers, 1 tbsp of the oil, the lemon juice, lemon zest and anchovy. Pulse just until the olives are finely chopped. Season the tapenade with pepper.

## Stuffed Mushrooms

Author: Lidiasitaly.com

Serves 6

GF, LF, V

### Ingredients:

- 24 white or cremini mushrooms with caps about 1 ½ inches in diameter
- 2 tablespoons extra virgin olive oil
- ½ cup finely chopped scallions
- ½ cup finely chopped red bell peppers
- ½ cup coarse bread crumbs
- ½ cup grated grana padano cheese (or Pecorino Romano)
- ¼ cup finely chopped fresh Italian parsley
- Salt and freshly ground pepper.
- 4 tablespoons unsalted butter
- ½ cup chicken stock or vegetable stock
- ¼ cup dry white wine, optional

### Directions

Preheat the oven to 425°F. Remove the stems from the mushrooms and chop the stems fine.

Heat 2 tablespoons olive oil in a medium pan over medium heat. Add the scallions and cook until wilted, 1 minute. Stir in the red peppers and chopped mushroom stems and cook, stirring until tender, about 3 minutes. Remove and cool.

Toss the bread crumbs, grated cheese, 2 tablespoons of the parsley, and the sautéed vegetable until thoroughly blended. Season to taste with salt and pepper. Stuff the cavity of each mushroom with the filling, pressing it in with a teaspoon until even with the sides of the mushrooms.

Using 2 tablespoons of the butter, grease a baking pan. Arrange the mushrooms side by side in the pan and using the remaining 2 tablespoons of butter, dot the top of each mushroom with about ¼ teaspoon butter. Add the stock, wine and remaining parsley to the pan. Drizzle the tops of the mushrooms with olive oil. Bake until mushrooms are cooked through and the bread crumbs are golden brown, about 20 minutes.

Serve the mushrooms on a warmed platter or divide them among warmed plates. Pour the pan juices into a small saucepan and bring to a boil on top of the stove. Reduce until lightly thickened, 1 to 2 minutes. Spoon the juices over the mushrooms and serve.

## Soup and Salad

### Butternut Squash Soup

Author: Giada De Laurentiis

GF, LF, V

#### Ingredients:

- 2 tablespoons unsalted butter, at room temperature
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium carrot, peeled and chopped into ½ inch pieces
- 3 garlic cloves, minced
- 3 ½ pounds butternut squash, peeled and seeded and cut into ¾ inch pieces (7-8 cups)
- 6 cups low sodium chicken broth or vegetable broth
- ¼ cup chopped fresh sage leaves
- Salt and freshly ground black pepper

#### Directions

In an 8 quart stockpot, melt the butter and heat the oil together over medium-high heat. Add the onion and carrot. Cook, stirring occasionally for 5 minutes or until the onion is soft. Add the garlic and cook for 3 seconds or until aromatic. Add the squash and chicken broth. Bring the mixture to a boil and add the sage. Continue to boil until the vegetables are tender about 20 minutes. Ladle the soup into bowls and serve warm.

# Roasted Beet and Arugula Salad with Goat Cheese and Avocado

Author: Giada De Laurentiis

Serves 6

GF, LF, V

## Ingredients:

- ¼ cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 tablespoon honey
- ⅓ cup olive oil
- Salt and freshly ground black pepper
- 6 medium beets, peeled each cut into 6 wedges
- 6 cups arugula, stems removed
- 1/2 cup toasted walnuts, coarsely chopped
- 1/4 cup dried cranberries or cherries
- ½ cup avocado peeled, pitted and cubed
- 3 ounces goat cheese, coarsely crumbled

## Directions

Preheat the oven on 400°F. Place a large piece of foil on a heavy baking sheet.

In a medium bowl, whisk the vinegar, shallots and honey to blend. Gradually whisk in the oil. Season the vinaigrette to taste with salt and pepper.

In another medium bowl, toss the beets with enough dressing to coat. Place the beet mixture in the center of the foil on the baking sheet. Top with another piece of foil and crimp the edges of the foil to seal tightly. Roast the beets until they are tender when pierced with a fork, about 30 minutes. Uncover the beets and continue roasting until they are slightly caramelized, shaking the pan occasionally about 25 minutes longer. Set aside to cool completely.

In a large bowl, toss the arugula, walnuts and cranberries with enough salt and pepper. Mound the salad on 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese and serve.

## Main Course

### Oven Braised Pork Chops

Author: Lidia Bastianich

Serves 4 GF,LF

This delicious and festive recipe is easily doubled for a larger group— you can bake in two skillets or transfer it all to a large roasting pan. With the onions and fruits like built-in side dishes, it is always a nice big pan roast to bring out to the table for a holiday meal.

Ingredients:

- ½ cup dried cherries
- ½ cup dry white wine
- 4 center-cut Bone -in Pork Chops, about 1 ¼ inches thick (about 3 pounds total)
- 1 teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 4 cloves garlic, crushed and peeled
- 2 medium onions, each cut into 6 wedges through the root end
- 2 large Golden Delicious apples, peeled, cored and each cut into 6 wedges
- 8 large fresh sage leaves
- ¼ cup white wine vinegar
- 2 tablespoons honey

Directions

Preheat oven to 425 degrees. Put the cherries and wine in a bowl, and let the cherries soak 10 minutes to soften.

Season the pork chops with ½ teaspoon of the salt. Heat a large skillet over medium-high heat, and add the olive oil. When the oil is hot, add the chops and brown on both sides, about 2 minutes per side.

Add the garlic. Once it is sizzling, tuck the onions and apples into the spaces around the chops, and cook, moving them around as needed, until golden, about 5 minutes. Scatter the sage leaves in the spaces in the pan, and season with the remaining ½ teaspoon salt.

Stir the vinegar and honey into the cherries and wine, and pour this into the pan. Bring to a simmer, and put the skillet on the bottom rack of the oven. Bake, turning the chops, apples, and onions twice during baking, until the pork is cooked through and the juices have reduced to a glaze, about 20 minutes.

To serve, remove the chops to a platter or plates. If the juices are still too thin, reduce them on the stove a bit. Spoon the glazed apples and onions over the chops, and serve.

## **Vegetarian Roasted Vegetable Quinoa Salad**

Author: Heather Christo

Serves: 4-6

GF,LF,V

### Quinoa:

2 ½ cups vegetable broth

2 teaspoons kosher salt

2 cups white quinoa

¼ cup minced flat leaf parsley

### Roasted Vegetables:

2 jalapeno peppers, halved lengthwise

1 Sweet Potato, peeled and diced

Red bell pepper, cored and diced

Zucchini, cut into bite sized chunks

2 tablespoons olive oil

### Salad:

1 Shallot, minced

3 cups baby spinach

1 avocado

### Directions

Preheat the oven to 400 degrees.

For the Quinoa:

Bring the broth and salt to a simmer over medium heat and then stir in the quinoa. Stir well and bring the quinoa to a simmer then turn the heat to low and put lid on the quinoa. Simmer for 20 minutes and then turn the heat off and let sit until you are ready to serve. Then fluff the quinoa with a fork and gently stir in the fresh parsley.

While the Quinoa is cooking, add the jalapeno, sweet potatoes, bell pepper and zucchini on a sheet pan and toss with the olive oil and sprinkle with kosher salt. Roast for 10-12 minutes until everything is golden and tender.

Make a bed of baby spinach and then pile the quinoa on top and add the roasted vegetables. Sprinkle with the shallots and add the avocado to the bowl and serve.

## Baked Potatoes and Onions

Author: Lidia Bastianich

Serves 6

GF, V

### Ingredients:

- 2 pounds russet potatoes, peeled and sliced ¼ inches thick
- 4 tablespoons extra virgin olive oil
- 2 teaspoons kosher salt
- 2 medium onions, sliced ¼ inch thick
- 6 large fresh sage leaves, coarsely chopped
- 1 cup chicken stock or vegetable stock or water
- 1 ½ cups grated Italian Fontina
- ½ cup freshly grated Grana Padano

### Directions

Preheat the oven to 450 degrees. In a large bowl, toss the potatoes with 2 tablespoons of the oil and 1 teaspoon of the salt. In another large bowl, toss the onions with the remaining 2 tablespoons oil and the remaining teaspoon salt.

Spread half of the potatoes in a layer in a 9-by-13-inch baking dish, and scatter half of the sage over them. Top with all of the onions and the rest of the sage. Top with the remaining potatoes, and pour the stock over all. Cover with foil, and bake until potatoes and onions are tender, about 20 to 25 minutes.

In a medium bowl, toss the cheeses together. Uncover the pan, sprinkle the cheese on top of the potatoes, and bake until the cheese is browned and bubbly, about 15 minutes more. Serve hot.

## Dessert

### Sour Cherry Pie

Bon Appetit June 2014

Makes 8

LF, V

#### Crust:

⅓ cup almond flour

¼ cup granulated sugar

1 teaspoon kosher salt

2½ cups all-purpose flour, plus more for surface

1 cup (2 sticks) chilled unsalted butter, cut into pieces

2 large egg yolks

#### Filling and Assembly:

All-purpose flour for surface

1 cup granulated sugar

1 tablespoon finely grated lime zest

3 tablespoons cornstarch

pinch of kosher salt

3 pounds fresh sour cherries, pitted, or 6 cups frozen sour cherries

1 large egg, beaten to blend

Demerara sugar or granulated sugar (for sprinkling)

#### Directions

##### For the Crust:

Pulse almond flour, granulated sugar, salt, and 2½ cups all-purpose flour in a food processor. Add butter and pulse until mixture resembles coarse cornmeal.

Whisk egg yolks and ¼ cup ice water in a small bowl and drizzle over flour mixture.

Pulse, drizzling in more ice water as needed, until dough just comes together (a few dry spots are okay). Gently knead dough on a lightly floured surface until no dry spots remain, about 1 minute. Divide dough in half and pat each piece into a disk; wrap in plastic. Chill at least 2 hours.

For the Filling and Assembly:

Preheat oven to 425°. Let dough sit at room temperature to soften slightly, about 5 minutes. Roll out 1 disk of dough on a lightly floured surface to a 12" round. Transfer to a parchment-lined baking sheet and chill. Repeat with remaining disk of dough.

Combine granulated sugar and lime zest in a large bowl, rubbing together with your fingertips to release oils in zest. Whisk in cornstarch and salt until there are no lumps in cornstarch. Add cherries and toss to coat.

Carefully transfer 1 crust to a 9" pie dish. Lift up edges and allow dough to slump down into dish. Trim edges to even out crust if needed. Scrape in cherry filling.

Using a  $\frac{3}{4}$ "-diameter pastry tip or cookie cutter, punch out holes in remaining crust, covering an area just smaller than the diameter of pie dish. Place over filling. Fold edge of top crust underneath edge of bottom crust and press together to seal. Crimp as desired. (Alternatively, assemble pie, then cut X's or slits into crust.)

Brush crust with egg and sprinkle with demerara sugar. Chill pie until crust is firm, 20–30 minutes.

Place pie on a parchment- or foil-lined baking sheet. Bake until crust is golden, about 30 minutes. Reduce oven temperature to 350° and bake, tenting with foil if crust is browning too quickly, until juices are bubbling and crust is deep golden brown, 50–60 minutes longer. Transfer to a wire rack and let cool at least 4 hours before slicing.

DO AHEAD: Pie can be baked 1 day ahead. Store tightly wrapped at room temperature.

For a gluten free option try using Glutino pie crust mix for the crust.  
For filling and assembly use cornstarch instead of flour.

## **Wine**

Both red and white wine can be served with pork. In this case however, the pork is accompanied by ingredients such as apples so it does call for a white wine.

Gewürztraminer is a good go-to wine if the pork is served with fruit like apples and cherries.

Chardonnay, Pinot Gris, and Sauvignon Blanc are some of the white wine choices that go well with pork chops served with fruit.

This menu was put together, tried and modified by Michelle Warrington. The recipes used in this menu are from Bon Appétit, Giada De Laurentiis, Lidia Bastianich and Heather Christo.

Bon Appétit!