

Gourmet Group Fall Menu 2019

Holiday Family Traditions

Appetizers

Stuffed Mushrooms
Broad Bean Dip

First Course

Tortellini in Brodo

Main Course

Tourtière (French Meat Pie)

Stuffing

Holiday Ham

Baked Potatoes

Dessert

Pecan Pie

Wine

With the Pie -Tempranillo, Barolo, Pinot Noir
With the Ham - Lambrusco, Rosé, Riesling, Moscato

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

Our Gourmet Group came up with the idea of putting a menu together with all our holiday traditions. In this menu you will find Maltese, Costa Rican, French Canadian and American recipes. Enjoy and feel free to add your own holiday traditions to your gourmet group if you wish!!

Appetizers

Stuffed Mushrooms

Recipe from the Warrington family.

GF, LF,V

Ingredients

- 12 large white mushrooms (2 per person)
- A small box of small mushrooms
- 1 shallot, finely sliced
- Breadcrumbs (Gluten Free available in many stores)
- 1tbsp butter
- Salt and pepper to taste
- A sprinkle of thyme

Instructions

Preheat the oven to 400 °F.

Wash the mushrooms well and remove the stalks. Save some stalks for the filling.

Melt the butter in a saute pan. Add the finely sliced shallot in the pan. Saute for a few minutes.

Chop the small mushrooms and stalks into very small pieces and add to the pan with the shallots.

Add the breadcrumbs and seasoning.

Stuff the mushrooms with this mixture.

Sprinkle some breadcrumbs on top of each mushroom.

Place the mushrooms in a buttered dish and bake for 12-15 minutes.

Broad Bean Dip (Bigilla pronounced Bih-gill-la)

This is a traditional recipe from the Island of Malta. Bigilla is a dip that forms a staple part of any Maltese diet. A delicious, versatile condiment, it's usually eaten with salad, as a dip, with crackers or savoury biscuits. Made from mashed up brown or broad beans with plenty of garlic and herbs.

*I looked everywhere for dried broad beans and I found them at Walmart in the International aisle.

GF,LF,V

Ingredients

- 500 grams dried Broad beans*
- 6 tablespoons of olive oil
- Juice of 1 lemon
- 2 cloves of crushed garlic
- Fresh parsley
- Salt

Instructions

Boil the beans for about 90 mins, always adding water when needed. Once the beans are tender remove from water, mix all the remaining ingredients into a blender, and blend until smooth. Sprinkle a dash of chili pepper flakes (optional but highly recommended) and fresh chopped parsley on top. Serve with pita chips.

First Course

Tortellini in Brodo

Recipe from the Warrington family

Ingredients

- 7 oz good quality tortellini pasta (200 g)*
- 3 cups water (720 ml)
- 2 tbsp fresh carrots chopped
- ½ chicken bouillon cube or vegetable bouillon cube
- 2 tbsp onion chopped
- 1 large garlic clove peeled
- 6 fresh sage leaves
- 2 tbsp fresh parsley chopped
- pepper
- salt

Instructions

Add the vegetables and sage to a large saucepan.

Add water and bouillon cube. Season with some pepper. Place the pan over medium heat until boiling gently. Then cover the pan and let the vegetables simmer in the hot broth for 5 minutes.

Remove the vegetables and sage. You can strain the broth and pour it back into the pan or remove them using a slotted spoon.

Add the fresh tortellini to the broth.

Stir and turn the heat lower. Cover the pan again. Let the tortellini poach in the hot stock for 3 to 4 minutes or until they start to rise to the surface because that means that they are cooked.

With a slotted spoon remove the cooked tortellini and divide them between deep plates or large bowls. Check the seasoning of the hot broth and add extra pepper or salt to taste. Pour the broth on top of the tortellini. Sprinkle with freshly chopped parsley and finish with a dash of freshly ground black pepper. Serve immediately while the tortellini are al dente.

* Gluten free tortellini or ravioli can be found at the People's Co-Op.

For a Lactose free version, use Ditalini pasta instead of Tortellini.

For a vegetarian version, use vegetable bouillon cube instead of chicken.

Main Course

Tourtière - Meat Pie

Recipe from Joan Cafarella and family.

LF

Tourtière, also known as pork pie or meat pie, is a combination of ground meat, onions, spices, and herbs baked in a traditional pie crust.

Pie Crust

- 2 cups unbleached all purpose flour
- 1/2 teaspoon kosher salt
- 2/3 cup butter
- 6-7 tablespoons cold water

Filling

- 2lbs ground lean pork
- 1lb ground lean beef
- 3 medium potatoes (peeled and boiled)
- 2 medium onions, chopped finely
- 2tsps cinnamon
- 2tsps ground cloves
- ¾ tsps ground savory
- 1 ½ tsps allspice
- 3 1/2 tsps salt
- ¾ tsps pepper
- 1 ¼ tsp sage
- ¾ tsp nutmeg
- 1 cup water
- Pie crust
- 1 egg for glazing

Instructions

Prepare the Pie Crust

In a large bowl, combine flour with the salt. Cut in butter until mixture is a roughly even crumbly texture. Add water and blend just until dough comes together.

Shape into a rough disc, wrap and chill in the refrigerator. While pastry is chilling, prepare filling.

Filling

Cook potatoes in a pot of water until tender, about 12 minutes. Reserve 1/2-cup of potato water and drain the rest. Mash potatoes and set aside.

In a large skillet, cook the onion, garlic beef and pork over medium heat until no longer pink. Drain off excess fat.

Combine the seasonings in a small bowl and add to the meat mixture into the skillet. Add the reserved potato water. Mix in well and simmer over low heat for about 10 minutes until the liquid is absorbed.

Remove the pan from heat, stir in mashed potatoes, and set aside to cool.

Preheat oven to 400°F/205°C

On a lightly floured surface, divide dough in half and flatten one ball of dough with your hands. Roll dough to about 12-inches in diameter to fit a 9-inch pie pan.

Place the pastry into the pie plate and add the meat filling.

Brush around the outer edge of the pastry with the beaten egg. Roll out the top pastry and place on top of the filling.

Fold the top crust under the bottom crust and pinch or flute the edges. Brush with egg wash and cut vent holes.

Bake in a preheated oven for 30 to 35 minutes or until the pastry is golden brown.

Remove the tourtière from oven and let it cool for at least 10 minutes before serving.

Yield: Makes 1 pie, about 8 servings.

Stuffing

Recipe from the Jimenez/Campos family

Ingredients

5 slices bacon,diced
1 onion,chopped
1 clove garlic, minced
3 lbs ground pork loin
½ cup tomato purée
¾ cup blanched almonds, chopped
½ cup ripe olives, coarsely chopped
6 jalapeño chillies, seeded and chopped
3 carrots, pared and sliced
3 bananas,peeled and sliced
3 apples, pared, cored, and diced
¾ cup raisins
2 tsps sugar
Salt and pepper
Cinnamon

Instruction

Fry, bacon until brown in a large skillet. Remove bacon from fat; reserve.
Brown onion and garlic in fat in skillet, then brown meat. Discard excess fat.
Add tomato purée, almonds, olives, chillies, carrots, fruit, sugar, salt, pepper and cinnamon to taste. Mix well.
Cook several minutes. Mix in bacon. Cool before serving (or stuffing a turkey).

Brown Sugar and Mustard Glazed Ham

A holiday tradition for most of us.

GF,LF

Ingredients

- A medium sized fully cooked ham,
- 1/2 cup water
- 1/2 cup unsalted butter, reduce fat or full fat
- 1 cup brown sugar
- 1/2 cup honey
- 2 tablespoons Dijon mustard
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 4 cloves garlic, smashed

Instructions

Preheat the oven to 300°F | 150°C and arrange a rack in the lower third. Remove any plastic packaging or netting from the ham. Trim away the rind and discard. Set the ham aside to rest at room temperature for 1-2 hours.

Line a baking tray or dish with several sheets of aluminium foil or parchment paper if you prefer (it will make cleanup a lot easier).

Remove the rind or skin of the ham (refer to steps in post), ensuring you leave the fat on. Using a sharp knife score a 1-inch-wide diamond pattern (don't cut more than 1/4 inch deep) over the entire ham. Place the ham in the baking tray; pour 1/3 cup of water into the base of the pan and cover the ham with two pieces of foil or parchment paper and bake for 30 minutes.

Meanwhile, heat the butter in a small pot or saucepan over medium heat until golden brown. Add in the brown sugar, honey, mustard, cinnamon and cloves, stirring to mix together well until the brown sugar has completely dissolved, (about 2 minutes).

Reduce heat to low and add in the garlic. Allow it to become fragrant, cooking for a further minute or two until the glaze just begins to simmer, then set it aside and let cool to lukewarm (the glaze should be the consistency of room-temperature honey).

After 30 minutes baking time, carefully remove the ham from the oven and increase the oven temperature to 425°F | 220°C. Discard the foil or parchment paper and pour 1/3 of the glaze all over the ham, brushing in between the cuts to evenly cover. Return to oven and bake uncovered for 15 minutes.

Remove from the oven, brush with another third of the glaze and some of the pan juices, and repeat again after 15 minutes more minutes of baking until a dark golden-brown crust has formed, (about 30 minutes total). For added depth of flavour, mix some of the ham pan juices together with the glaze in the pot which will help keep it runny enough for brushing. If your crust is still pink after there suggested baking time, turn on your broiler (or oven grill), and allow it to broil for 2-5 minutes, while keeping an eye on it so it doesn't burn from the sugar.

Let the ham rest 10-20 minutes before slicing.

NOTES

If your glaze has been over simmered and begins to thicken between each baste, add some of the pan juices to it and heat it up over low heat until it warms through and is the consistency of warmed honey.

Baked Potatoes

A Maltese tradition

GF, LF, V

Serves 4 as a Side Dish

Ingredients

- 4-6 russet potatoes, peeled and sliced evenly into rounds
- 1 large white onion, peeled and sliced
- 2-4 medium garlic cloves crushed
- 1/2 Pint/225ml vegetable stock
- 1 tbsp regular olive oil
- 1 level tbsp very lightly crushed Fennel Seeds
- Salt and pepper to taste

Instructions:

Mix the garlic, stock, fennel seeds and oil together, infuse for a few minutes. Place the sliced onions at the bottom of a casserole dish, layer over the sliced potatoes and pour over the liquid. Season lightly. Cook in the oven at 375 °F for 50 minutes to 1 hour, until the top is browned and crispy and the potatoes cooked through. The potatoes should be moist, with a very small amount of gravy juices.

Dessert

Pecan Pie

Recipe from Catherine McBride and family.

LF

Ingredients:

- Dough for single pie crust, rolled and placed in glass pie pan, chilled*.
- 6 tbsp unsalted Butter, cubed 1"
- 1 cup packed dark brown sugar
- 1/2 tsp salt
- 3 large eggs
- 1/4 cup light corn syrup
- 2 tbsp vanilla extract
- 2 1/2 cups toasted pecans, chopped
- (6 ounces chunk semi-sweet chocolate, optional)
- (1/4 cup high quality bourbon, optional)

Instructions

Heat oven to 375 °F.

Line the chilled pie crust with a layer of heavy duty foil then add pie weights. Bake on middle rack about 25 minutes until light brown. Remove from oven, lift out foil and weights, reduce heat to 225 °F. Crust should be warm when filled for baking.

Melt butter in a heat-proof mixing bowl set in a pan of almost boiling water, stir in sugar and salt. Whisk eggs, syrup and vanilla together then add mixture to the bowl still in water, simmer to 130F and shiny. Remove from heat and add pecans; add chocolate and/or bourbon (optional).

Pour the filling into the warm crust, bake at 225 °F for about 55 minutes until filling is set but jiggle. Cool pie on a wire rack and serve warm with ice cream, clotted cream or whipping cream (whipped or fluid).

* You can use store bought pie crust or you can make your own.

Sweet Pie Crust

Recipe from Williams-Sonoma

Ingredients:

- 1 1/4 cups unbleached all-purpose flour
- 1 Tbs. sugar
- 1/4 tsp. salt
- 8 Tbs. (1 stick) cold unsalted butter, cut into 1/4-inch cubes
- 3 Tbs. very cold water

Directions:

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 water and mix with a fork just until the dough pulls together.

To make the dough in a stand mixer, fit the mixer with the flat beater, and stir together the flour, sugar and salt in the mixer bowl. Add the butter and toss with a fork to coat with the flour mixture. Mix on medium-low speed until the texture resembles coarse cornmeal, with the butter pieces no larger than small peas. Add water and mix on low speed just until the dough pulls together.

Transfer the dough to a work surface, pat into a ball and flatten into a disk. (Although many dough recipes call for chilling the dough at this point, this dough should be rolled out immediately for the best results.) Lightly flour the work surface, then 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 into a round at least 12 inches in diameter and about 1/8 inch thick. Makes enough dough for one 9-inch single-crust pie or one 10-inch galette.

To make a double-crust pie: Double the recipe, cut the dough in half and pat each half into a round, flat disk. Roll out one disk into a 12-inch round as directed and line the pan or dish. Press any scraps trimmed from the first round into the bottom of the second disk. Roll out the second dough disk into a round at least 12 inches in diameter and about 1/8 inch thick and refrigerate until ready to use.

To make a lattice top: Double the recipe, cut the dough in half and pat one half into a round, flat disk. Roll out the disk into a 12-inch round as directed and line the pan or

dish. Trim the edge of the dough, leaving a 1/2-inch overhang. Press any scraps trimmed from the first round into the bottom of the remaining dough half. Pat the dough into a rectangle and roll out into a rectangular shape about 1/8 inch thick. Trim to cut out a 14-by-11-inch rectangle and refrigerate until ready to use.

Nut Dough Variation: Add 2 Tbs. ground toasted pecans, walnuts, almonds or hazelnuts to the flour mixture and proceed as directed.

Make-Ahead Tip: Pie dough may be made ahead and frozen for up to 2 months. To freeze, place the dough round on a 12-inch cardboard circle and wrap it well with plastic wrap. Alternatively, use the round to line a pie pan or dish, flute the edge and wrap well.