

WHAT'S COOKING? PRESENTS

2024 VIRTUAL COOKING CLASS

# Recipes

LUCA MANFE

WINNER OF MASTER CHEF SEASON



**ATTEND FOR A  
CHANCE TO WIN  
ONE OF TWO  
GRAND PRIZES\***

\*TERMS AND CONDITIONS APPLY



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# Mushroom Crepes with Truffle Bechamel Sauce

Mushrooms crepes with truffle bechamel sauce served with mixed greens, poached pears in basalmic vinaigrette

Recipe for 4 people

## **Equipment**

- 1 nonstick pan 8-10 inches
- A few medium saucepans
- 1 large sauté pan
- 1 glass casserole dish (9x12 or similar size)
- A few bowls (stainless still or glass)
- 1 fine sieve strainer
- Plastic wrap
- Cheese grater or zester
- Regular kitchen utensils such as knives, whisk, spatula, spoons, paper towels, kitchen towels, etc...

## **Ingredients**

### **BECHAMEL SAUCE**

- ½ onion
- 4 whole cloves
- 5 tablespoon flour
- 5 tablespoon butter
- 630 ml whole milk (2 + 2/3 cups)
- ½ cup truffle paste - optional  
(I use this from Urbani, made in Italy <https://amzn.to/3xjqjaJ> )
- ½ teaspoon grated nutmeg
- 1 cup Parmigiano Reggiano

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# Mushroom Crepes with Truffle Bechamel Sauce

## FILLING

- 2 lbs. of your favorite mushrooms, thinly sliced
- 2 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 4 springs rosemary
- ½ cup parsley + extra for garnish
- ½ cup white wine
- 8oz brie cheese
- 1 cup Parmigiano Reggiano

## CREPE BATTER

- 3 eggs
- 2 cups flour
- 500 ml whole milk (2 cups)

## SALAD

- Mix greens
- 2 tablespoons honey
- 1 tablespoon Dijon
- ¼ cup balsamic
- ¾ cup extra virgin olive oil
- 2 pears
- 2 cups Port wine
- ¼ cup orange jam
- 2 cinnamon sticks
- ¼ cups sugar
- ½ cup pecans or your favorite nuts
- 5oz crumbled blue cheese or goat cheese
  
- Extra virgin olive oil
- Salt
- Pepper
- Butter

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# Mushroom Crepes with Truffle Bechamel Sauce

## **Recipe:**

Let's start with making the batter for the crepes.

Break the eggs in a bowl, add the milk and slowly whisk in the flour making sure the mixture is smooth with no lumps. Cover the bowl with plastic wrap and rest in the fridge for at least 30 minutes.

For the mushrooms, heat a large sauté pan on medium-high. Drizzle some olive oil and add the mushrooms.

Cook for 5 minutes, stirring occasionally then add the garlic and shallots. Taste for seasoning and eventually adjust with salt and pepper. Add thyme and rosemary.

When the mushroom released all the moisture and the water has evaporated, add 1 tablespoon of butter, parsley and glaze with the white wine.

To make the béchamel, start with heating the milk. Stick the cloves inside the ½ onion. Place the onion in a sauce pan with the milk. Warm up the milk without bringing to a boil and cook for 10 minutes. In a saucepan, melt the butter over low heat. Add the flour; mix quickly with a wooden spoon. Stir until the mixture is smooth and without lumps. This is called a roux.

Pour the milk slowly over the roux, while stirring vigorously with a whisk.

When the milk is completely poured over the roux, put the saucepan on low heat. Keep mixing constantly, until you have a fairly thick consistency (about 10/15 minutes).

Add the nutmeg and the truffle paste and ¼ cup of Parmigiano Reggiano

The sauce is ready when it sticks to the back of a wooden spoon.

# Chocolate Souffle and Cream Puffs



Chocolate souffle with creme anglaise & cream puffs, chantilly cream, chocolate sauce

Recipe for 4 people

## **Equipment**

- 8oz ramekins (I have these <https://amzn.to/3jNQcMn>)
- Pastry brush
- A few pastry bags + rubber bands
- Spatula
- Stand mixer or hand mixer
- Mixing bowls
- A couple of medium size saucepans
- Stand mixer or electric hand mixer
- Baking tray with silicon mat or parchment paper
- Spatula
- Usual kitchen utensils

## **Ingredients & Recipe**

### **SOUFFLÉ**

- ½ cup unsalted butter, softened, plus more to coat the ramekins
- ¼ cup granulated sugar, plus more to coat the ramekins
- 8 oz bittersweet chocolate (60-65% cacao), broken into small pieces
- 6 large eggs, room temperature, separated
- 1 tsp vanilla extract
- ¼ tsp fine sea salt
- ½ tsp cream of tartar

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# Chocolate Souffle with Cream Puffs

Preheat the oven to 400°F with a rack in the lowest position of the oven.

Brush the bottoms and sides of six 8-oz ramekins with softened butter, brushing the butter in an upward motion on the sides of the ramekins to encourage rise. Coat the inside of the ramekins thoroughly with granulated sugar, turning the ramekin to coat the sides and tapping out the excess.

Add 2 cups of water to a medium saucepan and bring to a simmer on the stove and adjust the heat to keep it at just a simmer.

In a large rimmed heatproof mixing bowl, combine chocolate and 8 Tbsp of softened butter. Place the bowl over the simmering water (it should just be over the steam and not touching the water) and stir occasionally with a spatula just until melted and combined. Remove from heat right away and set aside for 5 minutes to cool slightly then whisk in 6 yolks, 1 tsp vanilla, and 1/4 tsp salt until combined.

In a clean large mixing bowl, add 6 egg whites and 1/2 tsp cream of tartar and beat with an electric mixer or stand mixer on medium speed until soft peaks form (2 minutes). With the mixer on, gradually add the sugar then increase to high speed and beat until stiff peaks form and the mixture is glossy and shiny (2 to 2 1/2 minutes).

Fold 1/3 of the egg whites into the chocolate mixture to lighten it. Fold in the remaining egg whites in 2 additions. Fold scraping from the bottom of the bowl and turning the bowl as you go, just until incorporated and no streaks of whites remain.

Divide the mixture evenly between the prepared ramekins (using an ice cream scoop or pastry bag keeps this process tidy and easy).

Just before putting it into the oven, Run your thumb around the inside rim of the ruffle, creating a little border about 1/4" deep at the edges to encourage the center of the soufflé to rise.

Place on the bottom oven rack then immediately reduce heat to 375°F and bake without opening the door for 13 -16 minutes. Once they have risen, they can be removed from the oven. Don't over-bake or they may crack on top.

## CRÈME ANGLAISE

- 1 cup heavy cream
- 1 cup whole milk
- 2 teaspoons vanilla paste or vanilla extract
- 6 large egg yolks
- ½ cup sugar



# Chocolate Souffle with Cream Puffs

Bring milk, cream and vanilla to a boil. Cover pan, turn off heat and let it rest for at least 10 minutes. Fill a large bowl with ice cubes and set aside another bowl that can hold the finished cream.

Whisk yolk and sugar together in a medium size saucepan. Whisking constantly, drizzle in one quarter of the hot liquid. When yolks are warm, add rest of the liquid in a steadier stream.

Return pan to medium heat and, whisking vigorously, cook cream until it thickens slightly, lightens in color and coats the back of a spoon. Strain sauce into a bowl and place on top of bowl with ice to cool.

To reheat the sauce once the soufflés are ready to be served, just gently reheat in a water bath.

Make a cut in the middle of the soufflé and pour the crème Anglaise inside the soufflé.

## CREAM PUFFS

- ½ cup water
- ½ cup whole milk
- 8 Tbsp unsalted butter
- 1 tsp granulated sugar
- 1/4 tsp salt
- 1 cup all-purpose flour
- 4 eggs, (large), room temperature

Preheat oven to 425°F. Line a rimmed baking sheet with silpat or parchment paper.

In a Medium saucepan, combine 1/2 cup water, 1/2 cup milk, 8 Tbsp butter, 1 tsp sugar and 1/4 tsp salt. Bring just to a boil over medium heat then remove from heat and stir in 1cup of flour all at once with a wooden spoon.

Once flour is incorporated, place back over medium heat stirring constantly for 1 1/2 to 2 minutes to release extra moisture and partially cook flour. A thin film will form on the bottom of the pan and dough will come together into a smooth ball.

Transfer dough to a large mixing bowl and beat using an electric mixer or on a stand mixer on medium speed for 1 minute to cool mixture slightly. Add 4 eggs, 1 at a time, allowing to fully incorporate between additions. Beat another minute until dough is smooth and forms a thick ribbon when pulled up.

Transfer the dough to a piping bag fitted with a ½" round tip or just cut the bottom at ½ inch. Pipe 28 puffs, each 1 ½" diameter and 1/2 " tall rounds. Keep them 1" apart and avoid making peaks, but if you do get peaks, wet fingertips lightly with water and smooth them out.

# Chocolate Souffle with Cream Puffs

Bake at 425°F for 10 minutes in the center of the oven. Without opening oven, reduce temp to 325°F and, bake 20-22 min longer or until golden brown on top. Transfer to wire rack to cool completely.

## CHANTILLY CREAM

- 1 teaspoon of vanilla paste or extract
- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar

Pour **cream** in a bowl of a stand mixer or in a cold glass bowl if you are using an electric mixer; add **sugar** and **vanilla extract**. Whip cream with an electric mixer until soft peaks form, 3 to 5 minutes; cover with plastic wrap and chill until ready to serve.

## CHOCOLATE SAUCE

- ¾ cup heavy cream
- 1 tablespoon butter
- 6 ounces bittersweet chocolate, chopped

In a small saucepan, bring the heavy cream just to a boil. Remove from the heat. Add the chocolate and the remaining 1 tablespoon of butter and let stand just until the chocolate is melted. Whisk until smooth.

Once cream puffs are completely cooled, fill them with cream.

There are 2 ways to fill them:

Pipe the cream into the puffs by pushing the pastry tip into the side and piping until cream pushes back

OR

Cut off tops of puffs and pipe cream inside using a pastry bag then cover with the tops.

Drizzle some of the chocolate sauce over the puffs

# Risotto with Sea Scallops



Asparagus and lemon risotto with sea scallops

Recipe for 4 people

## **Equipment**

- Sauce pan or Dutch oven
- Small sauce pan
- Wooden spoon
- Blender
- Cast iron or sauté pan
- Stock pot

## **Ingredients**

- 1 quart (960 ml) vegetable stock, homemade (see below \*\*)  
or good-quality store-bought
- 1 bunch asparagus (about 14 ounces/400 g), woody ends trimmed (saved for stock)
- 6/8 tablespoons (100 g) unsalted butter (3-4 cubes should stay in the freezer)
- 1 large shallot, very finely chopped
- 1 cup (200 g) Arborio rice
- 1 cup (240 ml) white wine
- 2 tablespoons finely grated lemon zest
- 1 cup (100 g) freshly grated Parmigiano, at room temperature
- ½ cup chopped fresh parsley
- ½ cup thinly sliced scallions
- 1 tablespoon fresh lemon juice
- Salt and ground black pepper
- Extra virgin olive oil
  
- 2 or 3 scallops per person (size U-10), possibly not frozen
- Curry Powder

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# Risotto with Sea Scallops

## **Recipe**

### **HOMEMADE VEGETABLE STOCK \*\***

- 1 onion, peeled and cut in half
- 2 carrots, washed and roughly chopped
- 2 celery stalks (no leaves), roughly chopped
- Cut the asparagus woody ends and add them to your vegetable stock.

Put the ingredients in a large saucepan and add 3 liters of cold water.

Cook on medium heat for at least 45 minutes. The water should slowly simmer, but never boil.

### **RISOTTO:**

Cut the asparagus tips and set aside.

Now you are left with the middle part of the asparagus. Let's make an asparagus puree.

Fill a bowl with ice and water to make an ice bath. Bring a small pot of water to a boil.

Add the asparagus and cook for about 3 minutes, until slightly softened and bright green in color. Using a slotted spoon, transfer the asparagus to the prepared ice bath. Let cool for a minute, then using a slotted spoon, move the asparagus to a blender.

Add some of the cooking water (or vegetable stock) and run the blender until the asparagus are juiced to a soup consistency. Set aside

Wash parsley and scallions and wrap them in paper towels to dry. I like to cut my herbs right before I need them.

In a sauté pan add a tablespoon of butter and cook the shallots for about 5 minutes, add the asparagus tips and keep on cooking for a couple of minutes and set aside.

We want the asparagus tips still crunchy.

Keep the stock very hot while you start making the risotto.

In a large saucepan or Dutch oven over medium heat add a tablespoon of butter, the rice and the shallots and cook for about 5 minutes.

Add the wine, raise the heat to high and let the wine reduce, stirring constantly, until the wine has been absorbed, about 5 minutes. Add a pinch of salt and black pepper.

Reduce the heat to medium. From here on, you will keep stirring and adding the hot stock a few ladles at a time, as the rice asks for it, waiting until the previous addition has been absorbed before adding the next.

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# Risotto with Sea Scallops

After about 10 minutes add the asparagus tips cut in half an inch pieces.

Keep on stirring to bring the starch out of the rice and get your risotto very creamy.

At the 17-minute mark, taste the rice. It should still be too al dente, but we are getting closer and it is always better to check. Add the asparagus puree and lemon zest.

Keep cooking, just a few minutes more, adding stock if needed, until the rice is just tender and creamy-looking but still al dente.

Remove from the heat and add 2/3 tablespoons of very cold butter (cut it into cubes first), the cheese, parsley, scallions and lemon juice.

Stir vigorously; adding a little more stock if it is looking too thick.

When the butter is all melted, the risotto is ready.

Taste for seasoning and adjust with salt and pepper if needed and serve immediately.

## SCALLOPS

Remove the scallops from the fridge at least 30mins before you want to cook it. Remove the muscle from the side of each scallop (the muscle is a little rectangular tag of tissue on the side of the scallop).

Lay a cookie tray with paper towels and place the scallops on top and cover them with more paper towels. We are trying to take as much moisture out as possible because it will help to get a perfect sear.

Use your favorite sauté pan. I like a nice cast iron. Put it on the stove on low heat at least 10 minutes before you want to cook the scallops. The longer the better as we want to get even heat distribution on the pan.

In a small bowl, mix equal parts of curry powder and sea salt.

Sprinkle on top of each scallops from 5/6 inches of distance for even seasoning. Season only one side, the side that will heat the pan first

When you are ready to cook, turn the heat on high, add olive oil and add the scallops, one at the time, clock wise, as fast as possible. Season the top part. Do not touch the scallops.

After 2 minutes, try to lift the scallop that you put down first to check on the sear. It should be a perfect, even golden brown. When ready flip them all, making sure they are all seared and ready to flip. If they are not all ready, just keep down the ones that need more time.

When seared on both sides, set aside on a baking tray with a rack.



# Frico Friulano with Polenta

Recipe for 6/8 to people on a 8/10 inch non stick pan

*(Nonstick pan STRONGLY recommended.*

*This is a very good deal from All-Clad. <https://amzn.to/3l2op4n>)*

It can be done in a smaller or bigger pan.

The proportions for the ingredients are:

40% cheese

30% onions

30% potatoes

## **Equipment**

- Nonstick pan
- A lid or a plate larger than the Frico pan for the flip
- Medium sauce pot
- Wooden spoons or spatula
- Large holes grater
- Vegetable peeler
- Regular kitchen utensils such as knives, whisk, spatula, spoons, paper towels, kitchen towels, etc.

## **Ingredients**

- 1 tablespoon butter
- 3 white onions, very thinly sliced
- 1 pound (455 g) russet or Yukon Gold potatoes, peeled just before grating
- 8 ounces (225 g) Gruyere cheese
- 8 ounces (225 g) Manchego
- 2 ounce (25 g) grated Parmigiano Reggiano
- Salt
- Black pepper

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# Frico Friulano with Polenta

- Polenta
- 4 cups water
- 1 cup polenta or corn meal (I use this one <https://amzn.to/3X7WzrE> )
- 4 tablespoons butter
- 1 cup milk

## **Recipe**

### **FRICO**

Heat the butter in a large nonstick pan over medium-low heat. Add the onions, season with salt and pepper, and cook for 20 to 30 minutes, until the onions are very soft, taking care not to let them get caramelized and adding a little hot water if the pan starts to get dry.

First, raise the heat to medium, using the large holes of a box grater, grate the potatoes into a bowl and add them to the pan all at once.

Using two wooden spoons, work the potatoes and onions together until they are fully incorporated into a very sticky and wet paste; this will take about 5 minutes.

Work that paste! We want to make it as homogenous as possible.

Add the cheeses to the potato/onion mixture. Using the two wooden spoons, work the mixture—grabbing it, lifting it up, stretching it, and repeating—until all the cheese is melted and incorporated and you have a uniform paste; this will take about 5 minutes.

Smooth the mixture into an even layer to cover the pan's bottom and cook until lightly browned on the bottom, 5 to 10 minutes (use a spatula to lift and check on the color of the bottom crust).

If there is a lot of oil floating feel free to pat it with some paper towel or take it out using a spoon.

Turn off the heat and grab a large lid or a large round plate and slide the frico on it.

Then put the pan upside down to cover the frico and rapidly flip it the upright position.

Set the pan back on the stove and turn the heat to medium-low.

Continue to cook until a light brown crust forms on the bottom, 5 to 10 minutes.

I suggest serving this classic on a large wooden tray or a cutting board. Just wait a few minutes before cutting into it for the cheese to firm up a bit.

# Frico Friulano with Polenta

## **POLENTA**

For the polenta, bring water and salt to a boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until all polenta is stirred in and there are no lumps.

Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5 to 6 minutes. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is thick and the individual grains are tender.

Turn off heat and gently stir 2 tablespoons butter into polenta until butter partially melts; mix 1/2 cup Parmigiano-Reggiano cheese into polenta until cheese has melted. Cover and let stand 5 minutes to thicken; stir and taste for salt before transferring to a serving bowl.

Top polenta with remaining 1 tablespoon butter and about 1 tablespoon freshly grated Parmigiano-Reggiano cheese for garnish.

## **POLENTA FRIES OR GRILLED POLENTA**

For crispy deep-fried or grilled polenta, do not add butter and cheese for this recipe.

When cooked pour everything in a baking tray and set in the fridge for a few hours.

Cut in the desire shape and grill on a pan or cast iron.

To make fried polenta, just cut in 1/2 inch thick fries shape, dust in cornstarch and deep fry at 350 F until crispy and golden.



# Lasagna ala Bolognese



**Serves 8 to 10**

To be cooked in a standard glass or ceramic casserole dish (9x13 inch)

## **Equipment**

- Casserole dish (9x12in works well)
- 2 sauce pot
- 1 large Dutch oven or large pot
- Ladle
- Whisk
- Wooden spoon
- Serving utensils

## **Ingredients**

- 2 lbs boxed lasagna noodles
- 2 cups grated cheese (Parmigiano or any aged cheese)
- Softened butter for brushing and oiling the casserole dish
- Olive oil
- Salt
- Pepper

### **BOLOGNESE – MEAT SAUCE**

- 2 lbs beef
- 8 ounces pancetta, cubed
- 1 medium onion, chopped
- 2 garlic cloves, thinly sliced
- 2 carrots, chopped
- 2 celery sticks

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# Lasagna ala Bolognese

- 2 sprigs rosemary
- 2 sprigs basil
- 28 oz San Marzano, whole peeled
- 1/2 cup tomato paste
- 1 cup red wine

## **BÉCHAMEL SAUCE**

- 2.5 liters whole milk
- 2 whole cloves
- ½ onion, peeled
- ¾ cup unsalted butter
- ¾ cup all-purpose flour
- ½ teaspoon nutmeg

## **Recipe**

### **BECHAMEL SAUCE**

Pour the milk into a large saucepan. Stick the cloves into the onion and drop the onion into the milk. Bring the milk to a simmer over medium-high heat, watching carefully so it doesn't boil and stirring occasionally so it doesn't stick to the bottom and sides of the pan.

Place the butter in a separate large saucepan, then add the flour a little at a time, stirring with a wooden spoon and making sure each addition is fully incorporated before you add the next.

This paste is called a roux, and it's often used to thicken sauces quickly.

Keep on stirring for about 10 minutes to get rid of that raw flour taste and to darken it a shade or two (this would be called a blonde roux).

Keep the onion and the cloves aside for a bit.

Slowly whisk the milk into the roux; make sure you whisk vigorously to avoid forming lumps.

I like to add the onion back, but be careful not to hit the onion too much while whisking otherwise you may lose the cloves in the process. After 5 minutes you can take it back out and discard. Keep on cooking and whisking, reducing the heat a little if it starts bubbling too much and reaching all the way down into the pan to make sure the sauce doesn't stick to the bottom, until the sauce is smooth and velvety, 15 to 20 minutes. Remove from the heat. If you'd like a smoother sauce, you can pass it through a fine-mesh strainer.

Add the nutmeg, salt, and pepper.

# Lasagna ala Bolognese

## **BOLOGNESE - MEAT SAUCE**

Heat the oil in a Dutch oven or large sauce pan over medium-low heat. Add the onion, carrots, celery and garlic and saute until soft and fragrant, about 8/10 minutes.

Place to meat in a bowl and season a few pinches of salt and pepper.

Add the ground beef to the vegetables and increase the heat to high. Cook, breaking up the meat with a wooden spoon, until browned all over.

Add the red wine and reduce by half.

Add the tomatoes. Pour some water in the empty tomato can (half can) to rinse out the last bits of tomatoes and add to the pot. Add the rosemary.

Bring the mixture to a boil. Reduce the heat and simmer, until the sauce thickens and the flavors come together, about 1 hour. When done add the basil and cover.

Preheat the oven at 375F.

Bring a large pot of heavily seasoned water to a boil.

Cook the lasagna sheets to a few minutes earlier than dente and set a side on baking tray and sprinkle with olive oil so they don't stick together.

Oil the casserole dish with some butter and pour a couple of tablespoons of meat sauce and layer it on the bottom.

Put down the first layer of noodles. Next, cover the noodles with a good layer of Bolognese, followed by a light layer of Bechamel. The ratio should be 2 meat sauce – 1 bechamel.

Sprinkle a hand full of Parmigiano and repeat the layers: pasta, Bolognese, bechamel, cheese.

For the last layer just omit the noodles, but add extra cheese on top.

Take a piece of aluminum foil to cover the casserole. I like to oil mine with butter so it doesn't stick to the bubbling cheese.

Bake for 30 minutes, then remove the foil and bake for 15 more minutes until golden brown.

Take it out of the oven and let it rest (covered) for at least 15 minutes.

If you cut into it right away it will not hold the shape and will fall apart.

# Taco Night



Fish tacos, avocado crema, corn pico de gallo, habanero-pineapple sauce, homemade tortillas

Recipe for 4 people

## **Equipment**

- 2 large sauté pan
- 1 cast iron or flattop or comal or regular saute pan – for the tortilla
- A few medium size bowls or containers
- Baking tray
- Parchment paper
- Plastic wrap
- Food processor or mortar and pestle
- Blender
- Tortilla press or rolling pin ([I have this one](#))
- Usual kitchen utensils

## **Ingredients**

- 2-3 filet of fish (cod, halibut, snapper, grouper or mahi-mahi or whatever fish you prefer)
- 2 teaspoons old bay
- 2 teaspoons dry Italian seasoning
- 3 avocados
- 1 shallot
- ½ cup sour cream
- 3 limes
- 1 garlic clove
- 1 bunch of cilantro
- 2 stalks of scallions
- 1 red onions
- 1 white onion

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# Taco Night

- 1 jalapeno
- 8 ripe Roma tomatoes
- 1 corn on the cob or frozen corn or canned (whatever is easier)
- 2 habaneros
- 2 cups chopped pineapple
- 1 tablespoon of sugar
- 1 cup apple cider vinegar
- 3 cups Masa Harina, Golden corn flour
- ¼ cup lard or pork fat or duck fat or beef tallow or ghee
- Salt
- Pepper
- Olive oil

## **Recipe**

Taco night is always a favorite in our home.

The kids love to make tortillas.

Take the fish of the fridge, pat dry with some paper towels and keep at room temperature.

For the pico de gallo cut the red onion and the jalapeno in small dice. Keep the seeds if you like it very spice or remove them if you prefer it mild. Chop a hand full of cilantro.

Core the tomatoes and cut in small dice as well.

If you have corn on the cob, just cook it in salted water for 10 minutes and then cut it off the cob. If canned, just strain it. Add the corn to the rest of the ingredients.

Season with olive oil, salt, pepper and juice of half lime. Set aside.

For the avocado crema, slice the avocados in half, remove the pit, and scoop into the food processor or mortar and pestle. Add the shallot and the garlic after cutting it in small dice. Add the sour cream and the juice of one lime. Season with salt and pepper. Run the food processor or mix on the mortar and pestle until smooth. Cover tightly with plastic wrap to avoid browning from oxidation.

For the hot sauce, chop the white onion and the pineapple. Place it in a baking tray, sprinkle with salt and sugar and bake at 400 for 20 mins. Move everything to a sauté pan and add the sliced habanero.

Be careful with the habanero. It is better to use gloves and cut it with scissors directly in the pan. Make sure you do not touch any parts of your face or body if you touch it with your bare hands.

# Taco Night

Add one cup of water and cook until the water has evaporated. Add the vinegar.

Place everything in the blender and blend until smooth. I like to store my sauce in a mason jar. It stays good in the fridge for long time.

Now, for the tortillas: place the masa harina with the fat and a pinch of salt on the counter or in a bowl. For 3 cups of corn flour you will need approx 2 ¼ cups of water. Add the water gradually and start incorporating to the flour. Add the water until you can form a ball and start kneading until the dough doesn't stick to your fingers any longer. Divide the dough in balls the size of a golf ball and press them with your tortilla press between two sheets of parchment paper.

Hit a cast iron on high heat. To cook the tortilla, add it to the pan, flip after 10 seconds then flip and flip again after 10 seconds. Cook on each side for one minute. Once cooked place them on a plate, one on top of each other covered with a kitchen towel.

To cook the fish, pat each filet dry with some paper towel. Season with old bay, Italian season, salt and pepper.

In a very hot pan, drizzle some olive oil and cook the fish on one side until golden brown and flip to cook thoroughly.

To assemble the tacos, put the avocado crema in the bottom followed by a few slices of fish, pico de gallo and a nice drizzle of the habanero-pineapple sauce.

# Tiramisu and Olive Oil Cake



Tiramisu and olive oil cake with strawberry sauce and zabaglione

## **Equipment**

- Round 9" cake pan
- Casserole dish 9x12"
- Stand mixer or hand mixer
- A few glass or stainless steel bowls
- Saucepan
- Spatula

## **Ingredients & Recipe**

### **TIRAMISU**

- 1 cup (240 ml) freshly brewed coffee, cooled
- 1/4 cup (60 ml) grappa
- 3/4 cup (150 g) granulated sugar
- 6 large egg yolks
- 1 teaspoon freshly grated lemon zest
- 1/4 cup (60 ml) marsala wine
- 1 pound (455 g) mascarpone cheese
- 4 large egg whites
- 10 ounces (280 g) lady fingers (savoiardi)
- Dark cocoa powder, for dusting
- Confectioners' sugar, for dusting

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# Tiramisu and Olive Oil Cake

Pour the coffee into a small bowl and add the brandy and 2 tablespoons of the granulated sugar; stir to dissolve the sugar. Set aside.

In the bowl of a stand mixer fitted with the whisk attachment, combine the egg yolks with the remaining granulated sugar and the lemon zest and beat on medium-high speed until thick and pale yellow, about 2 minutes. add the marsala wine, and mix to combine. Gently fold in the cheese with a spatula or a wooden spoon.

In a clean bowl of the stand mixer with a clean whisk attachment (or using an immersion blender with the whisk attachment), whip the egg whites on high speed until stiff peaks form.

Gently fold the egg whites into the cheese mixture.

One by one, dip the cookies very quickly into the coffee mixture and arrange them in a 9-by-13-inch (23-by-33-cm) glass casserole dish, covering the bottom to make a base. Cover with half of the cheese mixture. Make another layer of cookies, dipping them into the coffee as you add them. This time you don't need to overlap them, just place them next to each other. Top with the rest of the cheese mixture, smoothing it evenly with a rubber spatula. cover with plastic wrap and refrigerate for at least 3 hours, or overnight.

Just before serving, dust the top with cocoa powder and confectioners' sugar.

## OLIVE OIL CAKE

- Sugar 167g (1 1/3 cups)
- 38g yolks (2 tablespoons) 2 yolks
- 30g lemon juice (2 tablespoons)
- 4g vanilla paste (2 teaspoons)
- 113g AP flour (1cup)
- 160g olive oil (1/2 cup)
- 105g egg whites (1/3 cup)
- A pinch of salt

For the cake, pre-heat the oven to 325F.

Combine 110g of sugar, egg yolks, lemon juice and vanilla paste in stand mixer with whisk attachment. Mix on medium speed until incorporated. Gradually add flour while mixing on medium speed. In a slow stream, pour in olive oil. Once thoroughly mixed, transfer to a large bowl and set aside. Clean and dry the stand mixer bowl and whisk attachment.

Add egg whites and salt to bowl of stand mixer. Mix on high speed until eggs form a light foam.

Gradually add 57g sugar. Mix until stiff peaks form.



# Tiramisu and Olive Oil Cake

Using a spatula, gently fold the egg whites into the batter a third at a time.

Coat a 9-inch springform pan with butter.

Dust with flour and tap pan on counter to remove excess flour. Pour batter into pan.

Bake for 45/55 mins.

## STRAWBERRIES SAUCE

- 1lbs (454 grams) strawberries
- ½ cup (120g) port wine
- 3 tablespoons (32 gr) sugar
- 1 tablespoon(20 grams) lemon juice

Wash the strawberries, cut the top part off and cut in half.

Add the strawberries to a saucepan with sugar and lemon juice on medium heat. When the sugar melts, turn the heat on high and add the Port Wine. Cook for 5 minutes, until the liquid is reduced by half. Set aside.

## ZABAGLIONE

- 6 eggs yolks
- ¼ cup (60grams) Dry Marsala wine
- ¼ cup (50gr) sugar

For the zabaglione, in a medium-size heatproof bowl, whisk the egg yolks, marsala and sugar until smooth. place over, not in, barely simmering water and continue beating (switching to an electric handheld mixer, if you like) until the mixture is pale yellow, frothy and falls in thick ribbons when the whisk or beaters are lifted, about 8 minutes if you are whisking by hand or about 4 minutes if you are using an electric mixer. it is important to whisk continuously, or the egg yolks will cook and the mixture will appear curdled. remove the sauce from over the heat and serve immediately, either spooned into individual coupes or over fresh fruit or berries.

To serve this dessert, you could just serve the cake in slices and spoon some strawberries on top with a nice drizzle of zabaglione to finish, but it also looks very fancy if you serve it like a shortcake. Use a round cookie cutter to cut out some biscuits-sized pieces of cake. For each plate put a small spoon of zabaglione in the middle with the first piece of cake on top so it doesn't slide. Then put some more zabaglione on top of the cake followed by some strawberries to cover the piece of cake. Lay a second piece of cake on top. This time put the strawberries first and then finish with a nice drizzle of zabaglione.

# Homemade Spinach Gnocchi



Homemade spinach gnocchi with asparagus and saffron

Recipe for 4 people

## **Equipment**

- Potato ricer
- Vegetable peeler
- A large saucepan
- A large sauté pan

## **Ingredients**

- 1 ½ pounds baking potatoes
- ¾ teaspoon salt
- 1 large egg, beaten well
- 1 ½ to 2 cups all-purpose flour
- 1 bunch asparagus
- A couple of pinches of saffron
- 1 cup white wine
- ½ cup chicken stock
- 2 tablespoon butter
- 1 cup Parmigiano Reggiano
- 1 shallot
- ¼ cup of parsley
- 1 garlic clove
- The zest of a lemon
- Olive oil
- Salt
- Pepper

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# Homemade Spinach Gnocchi

## **Recipe**

Boil the potatoes, skin on in water and cover until tender when poked with a fork. Don't let them overcook to the point that their skins split. Drain.

Put the potatoes through the ricer or vegetable mill letting the shreds fall onto a large baking tray or board. Remove the skin from the ricer between each potato.

Spread them out, sprinkle on the salt, and let them dry out and cool for at least 20 minutes.

Pour the beaten egg over the potatoes and then 1 cup of the flour. Gather the mass together and knead, adding a little more flour as necessary to make the dough hold together. But keep it light; the more you work the dough, the more flour you'll need, and you don't want to incorporate too much or the gnocchi will be heavy and dry.

Cut the dough into 3 equal pieces. Roll out each portion into a broomstick about 18 inches long, then cut crosswise into 2/3-inch pieces and toss them lightly in flour.

Take one piece of gnocchi and place it cut-side-down on the tines of a fork. Then with your lightly floured thumb, press into it, at the same time pushing it off the end of the fork and onto a floured board. The gnocchi should have an indentation where your thumb was and ridges from the fork tines on the other side. Repeat with all the remaining pieces and cover with a clean towel. At this point they should be cooked immediately or quickly frozen.

Bring a large pot of salted water to a boil.

Drop the gnocchi, 5 or 6 at a time, into a large pot of boiling, salted water—the larger the pot the less time they will take to return to the boil.

Once they have cooked for 2 to 3 minutes, they will plump up and float to the surface. Fish them out and drop them in the sauce.

For the sauce, remove the bottom part of the asparagus and peel the rest.

Cut it in 1½ inch pieces.

Cut the onion in small dice and thinly slice the garlic.

Heat up a sauté pan with some olive oil, add the onions, garlic and the asparagus and cook for a few minutes. Add the white wine, reduce by half, add the chicken stock and the saffron. Add the lemon zest and the chopped parsley.

Add two tablespoons of butter. Season with salt and pepper.



# Fish and Chips

Recipe for 4 people

## Equipment

- Large pot for frying
- Meat/candy thermometer for the oil
- Bowls
- Baking trays with racks

## Ingredients

- 4 cod fillets
- 4 large potatoes, peeled and cut into thick strips

### **FOR THE DREDGE:**

- ½ corn starch
- 2 tablespoons AP flour

### **FOR THE BATTER:**

- 1 ½ AP flour
- 1 teaspoon baking powder
- 2 tablespoon Old Bay spice
- 1 ½ - 2 cups cold beer
- Peanut oil for frying

### **TARTAR SAUCE**

- 1 cup mayonnaise
- 1 cup sour cream
- 3 tablespoons finely chopped cornichon (baby pickles)
- 1 tablespoon pickles juice
- 1 tablespoon finely chopped capers
- 2 tablespoon finely diced shallot
- 1 tablespoon lemon juice

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# Fish and Chips

- 2 teaspoon Dijon mustard
- 3 tablespoon fresh dill, finely chopped
- 3 tablespoon fresh parsley, finely chopped
- 2 tablespoon fresh mint, finely chopped
- Malt vinegar (optional, but very traditional)
- Salt and pepper to taste

## **Recipe**

In a bowl, combine the mayonnaise, sour cream, chopped pickles, capers, diced shallot, and Dijon mustard.

Then add all the fresh herbs and finish with lemon juice and pickle juice.

Mix all the ingredients together until well combined.

Taste the tartar sauce and season with salt and pepper as needed. Remember that pickles and capers can be salty, so be cautious with the salt.

Cover the bowl and refrigerate the tartar sauce for at least 30 minutes before serving to allow the flavors to meld together.

Peel the potatoes and cut them in thick strips. Bring a large pot of salted water to a boil. Cook the potatoes for 10/12 minutes. They need to be fork tender, but not fall apart.

Drain them into a cookie sheet layered with a wired rack so they cool down. Set apart for at least 30 minutes.

In the meantime, prepare the fish:

For the dredge, mix the AP flour and corn starch in a cookie tray with a generous pinch of salt. Dredge each fillet in the mix making sure every part is coated, then shake off the excess and move to a tray with a wired rack.

For the batter, in a mixing bowl, combine the flour, baking powder, old bay, a few pinches of salt and one tablespoon of black pepper.

Then add the cold beer to make a smooth batter.

Dip each fish fillet into the batter, allowing any excess to drip off.

Heat the peanut oil in a deep fryer or large, deep pot to 350°F (175°C).

Carefully place the battered fish fillets into the hot oil.

Fry the fish for about 4–6 minutes, or until they are golden brown, and the fish is cooked through. The cooking time may vary depending on the thickness of the fillets.

# Fish and Chips

Remove the fried fish from the oil and drain on paper towels to remove excess oil.

Carefully add the potato strips to the hot oil and fry until they are golden brown and crispy, about 5-7 minutes.

Remove the chips from the oil and drain on paper towels. Season with salt while they're still hot.

Serve the fish and chips with tartar sauce, and don't forget the very traditional malt vinegar, or lemon wedges.

# Steak Night



Sirloin steak with peppercorn sauce, truffle mashed potatoes, mixed mushrooms

**Recipe for 4 people**

## **Equipment**

- Cast iron pan or grill pan for the steaks (it's my preference, but any pan works)
- Wire baking rack
- Baking tray
- Regular sauté pans
- Saucepot
- Potato masher or ricer
- Tongs
- Spoons
- Usual kitchen utensils
- If you have an electric stove, you will need a lighter

## **Ingredients**

- 4 x 8/10 ounces NY strip, at least 1.5 inches thick (Out from the fridge and kept at room temperature for at least 60 minutes)
- 3 garlic cloves
- 4 sprigs of thyme
- 4 sprigs of rosemary
- 1cup brandy or cognac
- 1 lb of your favorite mushrooms
- 1 medium shallot, thinly sliced
- 5/6 sprigs of parsley, finely chopped
- ½ cup dry white wine
- 2/3cup beef broth
- 2tbsp Dijon mustard
- 3 teaspoons whole black or rainbow or green peppercorn, crushed

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# Steak Night

- 2lbs yellow potatoes
- ¼ cup truffle paste (I use this from Urbani, made in Italy <https://amzn.to/3xjqjaJ>)
- 6 sticks butter
- 2 cups heavy cream
- Salt
- Pepper
- Olive oil

## **Recipe**

### **STEAK**

In choosing your steak always look for the best marbling.

It is important to take the steaks out of the fridge in time. The meat needs to relax and get at room temperature so when you cook it, the middle doesn't stay cold.

For my steaks, I love to use my cast-iron pan or cast-iron grill depending on how many steaks I am cooking. I don't think there is anything better, but if you don't have a cast iron, really any sauté pan works.

Drizzle the steaks with olive oil and heavily season with salt and pepper.

Put your pan on the stove and heat it on medium heat. Do not any add any oil yet. We need to warm up the pan very well, almost at the point where it starts to smoke. Make sure to have your fan on high and open the windows ;-)

Place the steaks in the pan on their side with no oil to sear the fat cap first.

Cook on the side for 3 minutes and then lay on the flat side and press it down with a spatula or a meat press to make sure they are evenly touching the pan. Here is an important tip: if you see that a steak curls up, you need to make a little cut on the side where it curls so it can be flat.

Keep it on medium-high heat and check after 2 minutes to see how quickly they are searing. A 1½ inch steak should cook 3 minutes per side if the pan was hot enough. When you get that awesome sear, flip them. Cook for 90 seconds, and then add the garlic, herbs and butter to the pan. Start basting for 90 seconds. Three minutes total per side.

Put the steak on a rack on a baking tray and cover – not tightly – with foil and let it rest.



# Steak Night

## PEPPERCORN SAUCE

It's time to make the sauce. Using a few paper towels absorb the butter from the pan, but keep the garlic and the herbs (if not burnt). Now, we are going to flambé. Add the crushed black pepper to the pan. On high heat, but with the pan off the stove add the brandy or cognac. Place the pan back on the stove and tilt it a bit until it catches on fire. If you have an electric stove, just use a lighter or matches. Let the fire go off and then add the stock and reduce by half.

Then add the cream and cook until the sauce thickens, and it coats the back of a spoon. You can pour the sauce right on top of the steak or served in a gravy boat on the side.

## MASHED POTATOES

This is no news. I am sure lots of people can make very good, mashed potatoes. Here I am using a recipe from the late legend, "Chef of the Century, Chef Joel Robuchon. His recipe was very simple; the game changer was the ratio. Two parts butter, one part potatoes.

Boil the potatoes in slightly salted water. When potatoes are soft, drain it from the water and put back in the hot pan with no heat. For 2 lbs of potatoes we will use 4 sticks of butter, cut in cubes and keep in the fridge until needed. Warm up the milk.

Add the butter, a few pieces at the time, stirring vigorously with a spatula. When the butter is incorporated, add more. At the end, add the cream and truffle paste and stir more. Taste for salt and pepper. Cover with plastic wrap to keep warm.

## MUSHROOMS

Heat a large sauté pan on medium-high.

Drizzle some olive oil and add the mushrooms. Add a pinch of salt to help release some of the moisture.

Cook for 5 minutes, stirring occasionally then add the garlic and shallots. Taste for seasoning and eventually adjust with salt and pepper. Add thyme and rosemary.

When the mushroom released all the moisture and the water has evaporated, add 1 tablespoon of butter, parsley and glaze with white wine.

# Beef Short Ribs



Braised beef short ribs, parsnips puree, broccoli rabe

*Recipe for 4 people*

The short ribs can be braised in the oven for 4+ hours, but for the cooking class it will be more convenient if you have a pressure cooker.

Something like this works great <https://amzn.to/3lcPMjg>.

If you don't have a pressure cooker you can cook the ribs in the oven and still prepare all the rest of the recipe, you will just have to wait more to eat it.

## **Equipment**

- Pressure cooker or Dutch oven or ovenproof large saucepan
- Cast iron pan for the broccoli rabe
- Baking tray
- Wire baking rack
- Regular sauté pans
- Medium saucepot
- Blender or food processor
- Cheese grater
- Tongs, spoons and usual

## **Ingredients**

- Short ribs
- Four 10-ounce beef short ribs (boneless or on the bone)
- 2 tablespoons extra-virgin olive oil
- 2 white onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 1 leek, white and light green parts, finely chopped
- 5 garlic cloves, finely chopped

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# Beef Short Ribs

- One 2-inch piece fresh ginger, finely chopped
- 1 small jalapeño pepper, finely chopped
- 2 cups balsamic vinegar
- 1.5 quart beef stock
- 4 fillet of anchovies
- 3 tablespoons molasses
- 1 teaspoon black peppercorns
- ¼ cornstarch
- 2 whole cloves
- Salt
- Black pepper

## PARSNIPS PUREE

- 1lb parsnips, peeled and roughly chopped
- ½ cup cream

## BROCCOLI RABE

- 1 bunch broccoli rabe
- 1 shallots, small diced
- 4 garlic cloves, thinly sliced
- 4 fillet of anchovies
- 1 teaspoon red pepper flakes
- a touch of vinegar (any vinegar you like)

## Recipe

First we'll sear and then braise the short ribs: heavily season the short ribs with salt and pepper. Heat the olive oil in a large saucepan over medium-high heat until screaming hot. Add the ribs and sear them on all sides, about 4 minutes per side, turning them with tongs as you go. Transfer them to a roasting pan. It is important to get a nice hard sear so the meat will keep all its natural juices.

Add the onions, carrots, celery, leek, and garlic in the fat from the pan you seared the ribs in, reduce the heat to medium, and cook, stirring often, for 5 minutes, or until softened. Add the ginger and jalapeño and cook, stirring, for 1 minute. Add the vinegar, increase the heat to medium-high, and cook for 10/12 minutes to reduce the vinegar by half. Put the ribs back in the pan. Add enough stock to cover the ribs; Then add the anchovies, molasses,

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# Beef Short Ribs

peppercorns, and cloves. Season with salt and pepper, bring it to a simmer, place the lid and set the pressure cooker for 50-75 minutes. If you cook it in the oven, cook at 275F for at least 4 hours or until meat is tender. Take the ribs out of the pan, brush off any bits of vegetables from them, and place them in a new large pan. Strain the braising liquid into the pan. Keep the pan on the stove over low heat while you are completing the recipe. This will continue to coat the meat with the delicious juices and form a glaze around it.

While the meat is braising, we'll work on our sides, beginning with the parsnips.

Peel and roughly chop. Put them in a medium saucepan and cover with water.

Season with salt. Place over medium heat, bring to a light boil and cook to very tender, about 15/20 minutes. Strain the parsnips and put them in a blender or a food processor with a little of the cream. Run the machine until you have a super-smooth puree, adding more cream if needed. Season with salt and pepper to taste.

For the broccoli rabe, bring a large pot of water to a boil. Add some salt to the water.

Trim the ends of the broccoli rabe. If some stems are very thick, you can slightly peel them or cut them in halves. When the water is boiling, add the broccoli rabe. Prepare a large bowl with ice water. Cook the broccoli rabe until the stems get a little tender, but they still have a crunch. Move them in the water bath to cool and then strain.

In a large sauté pan on low-medium heat, add a couple of tablespoons of olive oil. Add the shallots and cook for a few minutes, then add the garlic, red pepper flakes and anchovies.

Cook for a few more minutes and set aside. It is important to not have the heat too high, otherwise it will caramelize very fast. You actually don't want any color of the garlic and shallots, but just to cook them down making it softer and sweeter.

Once the broccoli rabe have been drained, toss them in a bowl with olive oil, salt and pepper. Get a cast iron pan or a sauté pan very hot, and then add the broccoli rabe to give it a nice char. When they get some color, just toss it in the pan with the garlic and shallots.

When the ribs are ready, take meat out and strain the liquid from the vegetable and add it to a saucepan and bring the braising liquid to a boil.

Make a slurry with equal parts cornstarch to water. Once the liquid is boiling you can add some of the cornstarch slurry to thicken the sauce. Add the ribs to the sauce and glaze for a few minutes.

Now you are ready to plate.

Parsnips puree in the bottom, short rib in the middle, top with broccoli rabe and glaze the short ribs with the sauce.

# Pork Tenderloin



Pork Tenderloin, butternut squash puree, gorgonzola sauce, pecans

**Recipe for 4 people**

## **Equipment**

- Cast iron pan
- Baking trays
- Baking rack
- Saucepan
- Meat thermometer
- Blender or food processor

## **Ingredients**

- 1 whole pork tenderloin
- 1 tablespoon smoked paprika
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 2 tablespoon butter
- 2/3 sprigs fresh thyme
- 2/3 sprigs fresh rosemary
- 2 garlic cloves
- 1 butternut squash
- 1 white onion,
- 2 garlic cloves
- 1 cup heavy cream
- ½ cup gorgonzola or blue cheese
- 1 tablesspon Dijon mustard
- ½ cup Parmigiano Reggiano

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# Pork Tenderloin

- 3 tablespoons brown sugar
- Pinch cayenne pepper
- 1/2 teaspoon vanilla extract
- 1 tablespoons water
- 1 cup pecan halves
- Extra Virgin Olive Oil (EVOO)
- Salt
- Pepper

## **Recipe**

Heat the oven at 375F. Cut the butternut squash in half, lengthwise. Scoop the seeds out. Season with salt, pepper and olive oil. Peel and dice the onion and garlic and spread on top of the squash. Cook in the oven for 30 minutes or so, until fork tender. Move it to a blender and run it until smooth.

For the pecans: add brown sugar, salt, cayenne, vanilla, and water to a medium skillet. Place the skillet over medium heat and cook, stirring often until the brown sugar melts into a bubbling sauce, about 1 minute. Stir in the pecans so that the brown sugar sauce coats them. Cook, stirring the entire time, until the pecans look candied and smell nutty, 2 to 3 minutes. As the nuts heat up in the pan, the sauce will slowly coat them and become shiny. Watch closely as the nuts cook so that they do not burn. Transfer the candied pecans to a baking sheet and spread into one layer. Allow the pecans to cool down before serving.

Mix the spices for the rub. Season the pork tenderloin with salt, pepper, and the rub.

In a hot skillet with olive oil, sear the tenderloin on all sides until golden brown. Lower the heat to medium, add the butter, thyme, rosemary, and garlic. Baste the tenderloin for a minute or so, flip it and baste the other side. Cook until an internal temperature of 125F and rest on a sheet pan layered with a rack.

In a saucepan, over medium heat, add heavy cream and cook until reduced by half. Turn off the heat, add the Gorgonzola cheese, Dijon mustard, and Parmigiano. Stir until the cheese is melted and the sauce is smooth.

For serving: slice the roasted pork tenderloin into medallions. Serve them on a bed of butternut squash purée. Drizzle the Gorgonzola sauce over the top. Garnish with the candied pecans. Optionally, garnish with fresh herbs like parsley or basil for added flavor and a pop of color.



# Veal Scaloppini

Veal involtini: veal scaloppini filled with Parmigiano and sage, sweet potatoes puree, brussels sprouts with bacon

## Recipe for 4 people

### **Equipment**

- Meat pounder
- Vegetable peeler
- Plastic wrap
- A couple of sauté pans
- Sauce pot
- Potato masher

### **Ingredients**

- 8 veal cutlets (about 1 pound/455 g total), thinly sliced (or chicken breast)
- Leaves from 1 bunch fresh sage
- 1 cup (100 g) Parmigiano Reggiano, chunk – not grated
- 1lb very thin slices prosciutto or pancetta (about 1 pound/455 g)
- 2 sticks unsalted butter
- 2 lemons
- 4 sprigs of rosemary
- 4 garlic cloves
- 1lb Brussel sprouts
- 5 slices smoked bacon
- 1 tablespoon balsamic vinegar
- 1 tablespoon sriracha
- 1 tablespoon maple syrup
- 2lbs sweet potatoes
- ¼ cup sour cream
- 2 scallions, thinly sliced

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# Veal Scaloppini

- 1 cup white wine
- Salt
- Black pepper
- Extra Virgin Olive Oil (EVOO)

## **Recipe**

Cover the cutting board with a layer of plastic wrap. Working in batches, lay two cutlets on a cutting board. Starting 1 inch from the bottom of each cutlet, arrange 4 or 5 sage leaves over each cutlet, overlapping just a little bit, leaving 1 inch empty at the top of the cutlet.

Use the meat pounder to make them evenly flat, especially where they overlap.

Top with the sage leaves, thinly sliced and Parmigiano, shaved with a vegetable peeler.

Roll up the cutlets very tight, pulling up with the plastic wrap. Roll away from you and pull the cutlet toward you slightly as you roll to keep it tight. Wrap completely with the plastic wrap rolling the edges very tight. Set them on a plate as you finish rolling each one. Once done, keep them in the fridge for a little bit so they can get more firm.

In the meantime, peel the sweet potatoes and cut them in cubes. Place them in a sauce pot and add enough water to cover by 1". Season with salt.

Cook on medium heat and simmer, uncovered, until the potatoes are tender, about 12/15 minutes.

Drain well, then return the potatoes to the pot. Mash the sweet potatoes with a potato masher.

Add two cloves of minced garlic, the thinly sliced scallions, the sour cream, 2 tablespoons of butter. Stir and check for seasoning. Add some salt and black pepper if needed.

Let's go back to the veal involtini. Lay another layer of plastic wrap in a clean cutting board.

Lay the slices of prosciutto on the plastic wrap. Lay enough slices to cover the width of one veal roll. Working one piece at the time, unwrap one involtini, lightly season it with salt and pepper. Place one roll near the bottom and start wrapping it lifting the plastic wrap just like for the first part. Roll very tight and then wrap it completely with the plastic wrap, securing the edges.

Once you wrap them all, move them to the fridge.

Cut the bacon in 1" strips. Place in a pan and cook on low/medium heat. It is important to



# Veal Scaloppini

start cooking from a cold pan so the bacon can cook slowly and render the fat. Once the fat has render and bacon looks golden brown and somewhat crispy, take the bacon out of the pan and set it aside on a plate.

Wash the brussels sprouts. Cut a tiny bit at of the root at the bottom, then cut them in half, lengthwise. Toss them in a bowl with a nice drizzle of olive oil, salt and pepper.

Raise the heat of the pan with the bacon fat and add the brussels sprouts to it. Try to turn most of it on the flat side to get a nice sear and color. Cook without moving for at least 3-4 minutes making sure the pan is not too hot otherwise they would burn. When they get a nice golden brown color start to stir and flip them.

In a bowl mix the balsamic vinegar, maple syrup, and sriracha.

Turn off the heat on the brussels sprouts and stir in the balsamic mix.

Now it's time to cook the veal involtini. Heat a large sauté pan on medium heat.

Drizzle a couple of tablespoons of olive.

Cooking in batches, add a few of the involtini in the pan, but don't over crowd. Using tongs, move the involtini and keep on cooking until they get an even golden-brown color. Once done, add 2 tablespoon of butter, 1 garlic clove and a sprig of rosemary. Once the butter has melted splash the pan with  $\frac{1}{4}$  white wine. Baste the involtini with the sauce.

Remove the involtini, turn the heat on high and reduce the sauce for a minute or so.

To serve, spoon some of the sweet potatoes puree topped with brussels sprouts. Garnish with some crispy bacon. Slice each involtini diagonally in 1" thick slices. Serve on the side of the puree with a nice drizzle of the sauce on top.

# Seafood Stew



Seafood stew with cannellini beans and sausage

**Recipe for 4 people**

## **Equipment**

- A couple of sauté pan
- Large sauce pan
- Medium saucepan

## **Ingredients**

- 4 filets of cod or halibut or any fish
- 1lb mussels
- 1lb shrimp, shell on
- 1lb calamari, whole or sliced
- 2 large onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 2 bay leaves
- 1 fennel, finely chopped
- 8oz andouille sausage or mild Italian sausage
- 4 cloves garlic, minced
- 1 can cannellini beans, drained and rinsed
- 1 jar/can artichoke hearts, 14oz drained and quartered
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 cup pitted green olives, sliced
- 2 ½ cup white wine
- 1 cup brandy
- ¼ cup tomato paste
- 1 tablespoon red pepper flakes

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# Seafood Stew

- 1 tablespoon paprika
- 1 cup tomato puree
- Extra virgin olive oil
- Salt and pepper to taste
- A bunch of parsley
- Handful of basil, leaves
- 6-8 fresh sage leaves, chopped
- A few sprigs of rosemary and thyme
- 1 lemon
- A loaf of sourdough bread (or your favorite bread)

## **Recipe**

Clean shrimp and reserve the shells.

In a medium size saucepan, start the seafood stock.

Add one tablespoons of olive oil, 1 onion, carrots, celery with the shrimp shells on medium heat. Season with salt and pepper. Flambe with the brandy and reduce by half. Add 1 cup of white wine and let it reduce by half. Cover with 4 cups of water. Add peppercorn and bay leaves and cook for at least 30 minutes.

Heat a couple of tablespoons of olive oil in a large skillet over medium heat. Add the other onion with the fennel and cook for 5 minutes.

Stir in the garlic, tomato paste, chopped sage and cook for 5 minutes.

Add the sausage and break it down on the pan with a fork.

Slice the calamari in rings, season with salt and pepper and add to the pan. Add one cup of white wine, reduce on high heat and bring the mixture to a simmer.

Add the cannellini beans to the skillet, the quartered artichoke hearts, chopped sun-dried tomatoes and olives. Stir and cook for 5 minutes.

Let it cook for about 5 minutes to reduce slightly. Add the tomato puree. Add red chili flakes and paprika.

Strain the shrimp stock into the sauce. Cook for a few more minutes.

Place the mussels in a sauté pan with 2 garlic cloves and half a cup of white wine. Season with salt and pepper. Turn on the heat on high, cover with a lid and start cooking. When the mussels start to open move them to a bowl. Reduce the liquid for a couple of minutes, the strain it into the pot with the sauce.

## Seafood Stew

Season the shrimp with salt and pepper. Lower the heat to low and poach the shrimp in the sauce.

Cut the fish in small cubes, season with salt and pepper and poach in the sauce.

Add the mussels to the pot. Let cook all together on low heat.

Cut 2/3 slices of sourdough per person. Drizzle with olive oil and cook in a cast iron or flat top to grill the bread for very crunchy slices.

Right before serving add some roughly chopped parsley and basil leaves with a nice drizzle of olive oil.

# Roasted Rack of Lamb



Roasted rack of lamb, grilled carrots, pepper sauce

Recipe for 4 people

## **Equipment**

- Large cast iron pan
- Baking trays with racks
- Baking dish
- A few sauté pans
- Blender
- Food processor
- Pastry brush
- Meat thermometer
- Usual kitchen utensils

## **Ingredients**

- 1 whole rack of lamb, frenched
- 5 tablespoons olive oil, divided
- 8 cloves garlic, peeled and smashed
- $\frac{3}{4}$  cup breadcrumb
- 1 bunch fresh flat-leaf parsley
- $1\frac{1}{2}$  tablespoons fresh rosemary
- $\frac{1}{2}$  cup grated Parmigiano Reggiano cheese
- $1\frac{1}{2}$  tablespoons Dijon mustard
- 3 pounds medium carrots, peeled and cut in half lengthwise
- $\frac{1}{3}$  cup crumbled goat cheese
- $\frac{1}{2}$  tablespoon curry

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# Roasted Rack of Lamb

- ½ tablespoon cumin
  - 2 red bell peppers
  - 3 shallots
  - 2 Star Anise
  - 1 tablespoon paprika
  - 1 ½ tablespoons white wine vinegar
  - ¼ cup white wine
  - A few fresh thyme sprigs
  - 1 spring of fresh Basil
- 
- Salt
  - Pepper
  - Olive oil

## **Recipe**

### **ROASTED RACK OF LAMB**

Preheat oven to 400°F (200°C).

Season lamb generously with salt and pepper.

Heat a cast iron over medium high heat.

Add the lamb to a cold pan skin side down. Sear to render the fat. Sear on all other sides.

Place lamb onto a baking sheet with a rack.

Add garlic, breadcrumbs, ½ cup of chopped parsley, Parmigiano, rosemary, and 1 tablespoon of olive oil to a food processor. Pulse until combined.

Brush the top and sides of the lamb with mustard.

Coat the top and sides of the lamb with the breadcrumb mixture and roast in oven for 20-25 minutes. Check temperature with thermometer and remove at 125/130F for medium rare. Allow to rest before slicing.

### **GRILLED CARROTS**

Toss carrots in a bowl with a generous drizzle of olive oil, salt, pepper, cumin and curry.

Grill in a very hot pan on the flat side. Move to a baking dish and roast in the oven at 425 degrees for 15/20 minutes until tender, but still crunchy.

Serve topped with some chopped parsley and goat cheese.

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# Roasted Rack of Lamb

## PEPPER SAUCE

Remove the core from the bell peppers and cut in thin slices. Small dice the shallots.

Heat some olive oil in a pan, add the peppers, shallots, star anise along with a pinch of salt and pepper.

Stir well and cook for a few moments until the peppers start to soften up.

Add the basil, white wine and vinegar. Reduce for a few minutes over high heat.

Add the paprika. Add 1 cup of water, bring to a boil and simmer until liquid is almost gone.

Remove basil and star anise. Add everything to a blender, reserving some of the liquid.

Blend until smooth. Pass through a fine mesh strainer if necessary.