

AAUW Gourmet Dinner for May, 2015

2015 Gourmet has been a year to remember some of our favorite past dinners. We have used menus in their complete form for the first three months, however for our final dinner it will be a compilation from different years. The appetizer will be Mushroom Croustades from November, 1998. Ann Bucheck keeps her favorites in a recipe box, but this one is dog-eared from being used many times. We all enjoyed the Sautéed Apple Salad in January 2003. The main course is Salmon and is from "When Friends Cook" and was served in January 1994, a favorite of Joanne Espe-Lillo. There may be a chance you remember the desert, Key Lime pie, from the spring of 2012.

The gourmet committee hopes you have enjoyed a walk down memory lane and that we have included some recipes that have been your favorites. We also wish to thank Rosemary Meier who loaned us the book containing the AAUW Gourmet recipes from years gone by.

Bon Appétit, the Gourmet Committee

Menu for Gourmet Dinner May 2015

Mushroom Croustades

Sautéed Apple Salad with Roquefort Cheese and Walnuts

Salmon with Cranberry-Mint Beurre Blanc

Grilled Asparagus with Caper Butter

Wild Rice and Mushroom Gratin

Key Lime Pie

Assignments:

Hostess: Salmon and wine

Couple #2: Croustades and Asparagus

Couple #3: Salad and Gratin

Couple #4: Key Lime Pie

Mushroom Croustades Appetizers

Makes 18

2 T butter, softened
18 slices fresh white bread, thinly sliced
4 T butter
3 T finely chopped shallots
½ pound fresh mushrooms, finely chopped
2 T flour
¾ c whipping cream
½ t salt
1/8 t cayenne pepper
1 1/2 T finely chopped fresh parsley
1 T lemon juice
Grated Parmesan cheese

Preheat oven to 400 degrees.

Using 2 tablespoons butter, grease bottoms and sides of 18 muffin cups (2-inch). Cut a 3-inch round from each bread slice; fit carefully into muffin cups. Bake 10 minutes or until edges begin to brown. Remove croustades from tins and cool (they can be frozen – bring to room temperature before using).

Melt 4 tablespoons butter or margarine in heavy skillet; add shallots and stir over moderate heat for 4 minutes. Add mushrooms and stir occasionally; cook until moisture has evaporated, for 10 to 15 minutes. Remove skillet from heat; thoroughly stir in flour. Return skillet to heat; add whipping cream, stirring until it boils. When thickened, remove from heat and stir in seasonings and lemon juice; cool.

Just before serving, heat oven to 350 degrees. Fill croustades with mushroom mixture; sprinkle with Parmesan cheese. Bake about 5 minutes or until bubbly.

SAUTEED APPLE SALAD WITH ROQUEFORT CHEESE AND WALNUTS

Serves 8

¼ cup sherry vinegar or red wine vinegar
1 tablespoon chopped fresh thyme or 1 teaspoon dried
½ cup plus 1 tablespoon olive oil

6 cups mixed baby greens
3 cups trimmed watercress
1 Belgian endive, sliced
1 ½ pounds Golden Delicious apples, peeled, cored, cut into ½-inch slices
1 tablespoon sugar
1 cup crumbled Roquefort cheese
½ cup chopped toasted walnuts

Combine vinegar and thyme in small bowl. Gradually whisk in ½ cup of oil. Season to taste with salt and pepper.

Combine greens, watercress and endive in large bowl. Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat. Add apples and sugar and sauté until apples are almost tender, about 8 minutes. Increase heat to high and sauté until golden brown, about 5 minutes longer.

Mix salad greens with Roquefort and walnuts and enough dressing to coat. Divide greens among eight plates with apples arranged on top, passing remaining dressing separately.

Cook's choice: Sauté apples at home and keep at room temperature or sauté at hostess' home.

Salmon with Cranberry-Mint Beurre Blanc

Serves 8

The unique, tart flavor of the cranberry balances the richness of the salmon beautifully. The sauce can be made low in fat: Simply leave out the butter and sweeten it up a bit with a honey.

1 ½ cup dry white wine
1 ½ cup cleaned cranberries (fresh or frozen)
juice of 1 orange
9 tablespoons cold butter
¾ teaspoon grated orange peel
¾ tablespoon chopped fresh mint
pinch of salt
pinch of white pepper
1 ½ tablespoon honey (optional)
8 Salmon fillets (5 to 7 ounces each)
mint sprig for garnish

In a saucepan bring wine, cranberries, and orange juice to a boil, and reduce the liquid down at a medium-high heat for 5 minutes. Blend cranberries and wine in blender until smooth.

Pour cranberry purée into a saucepan and heat. Swirl cold butter into the purée, 1 tablespoon at a time. Add orange peel, chopped mint, salt, and pepper. If the cranberry puree is too tart, add a tablespoon of honey.

Preheat broiler for 10 minutes. The high oven temperature will help seal in the juices. Place fillets on broiler rack, and position the rack so fillets are 2 to 4 inches from the heat. Fillets do not need turning. Check them after 5 minutes; they should be nearly done. (Optional if weather is nice, grill outside).

Pour sauce over fish, garnish with mint, and serve at once.

Grilled Asparagus with Caper Butter

Serves 8

$\frac{3}{4}$ cup butter
3 teaspoons Dijon mustard
3 tablespoons capers, rinsed, drained
3 pounds asparagus, trimmed
6 tablespoons olive oil
salt and freshly ground pepper to taste

Preheat grill or broiler to high.

Place butter in small saucepan and melt over low heat; whisk in Dijon mustard and capers. Remove from heat and set aside.

Brush asparagus with olive oil and sprinkle with salt and pepper. Place on hot grill or under broiler for 4 minutes. Turn asparagus over with tongs and grill an additional 4 minutes or just until crisp-tender.

Transfer asparagus to serving dish and pour caper-butter over.

Wild Rice and Mushroom Gratin

Serves 8

1 ½ cups wild rice
2 (14 ½ ounce) cans of 1/3 less sodium chicken broth
3 tablespoons olive oil
1(5 ounce) package baby portobello mushrooms, sliced
1(8 ounce) package sliced button mushrooms
1 (3.5 ounce) package shitake mushrooms, stemmed, caps sliced
¼ cup minced shallots
1 teaspoon minced garlic
1 teaspoon snipped fresh thyme
¾ teaspoon kosher salt
½ teaspoon pepper
1 cup shredded Gruyère cheese
Parchment Paper
1 sprig fresh thyme
Mushroom Sauce (see below)

Cook rice in chicken broth according to package directions. Cool.

Heat oil in large skillet over medium high heat. Sauté mushrooms until liquid evaporates (about 10 minutes); reserve ½ cup mushrooms for sauce. Stir in shallots and garlic; sauté 2 minutes. Add thyme, salt and pepper. In large bowl, combine rice, mushrooms and cheese. Cut parchment paper to cover bottom of greased 12-inch gratin dish (1 ½ quart size). Spread rice mixture evenly over the dish. Top with a second piece of parchment paper; cover tightly with foil. Bake in a preheated 375 degree oven for 20 minutes. Remove foil and top parchment paper; cool for 10 minutes.

To Serve: Run knife around inside of dish. Invert onto a large heated serving platter. Drizzle Mushroom Sauce over gratin. Garnish with thyme. Pass additional sauce.

Mushroom Sauce

In a small saucepan, combine 1 package frozen wild rice and mushroom soup, reserved mushrooms and 1 teaspoon snipped fresh thyme. Cook until slightly thickened (about 10 minutes).

Key Lime Pie

Serves 8

Crust

1 ¼ cups cinnamon graham cracker crumbs
1/3 cup (5 ½ tablespoons) melted unsalted butter

Filling

3 egg yolks
1 can (14 ounces) sweetened condensed milk
1/2 cup plus 2 tablespoons fresh key lime juice, or 2 tablespoons each regular lime juice and fresh lemon juice
2 teaspoons grated lime zest, preferably from key limes

Whipped cream topping

1 cup heavy or whipping cream
3 tablespoons confectioners' sugar
½ teaspoon vanilla extract
½ teaspoon grated lime zest

Preheat the oven to 350 degrees

Prepare the crust: combine the graham cracker crumbs and butter in a mixing bowl and mix to form a crumbly dough. Press the mixture into an 8 inch pie pan. Bake the crust for 5 minutes. Remove the crust from the oven, but leave the oven on.

Meanwhile, prepare the filling. Combine the egg yolks and sweetened condensed milk in a mixing bowl and beat with a mixer at high speed until light and fluffy, about 5 minutes. Gradually beat in the lime juice and zest.

Pour the mixture into the crust. Bake the pie for 6 – 8 minutes, or until the filling is set and an inserted skewer comes out clean and hot to the touch.

Remove the pie from the oven, set on a rack and cool to room temperature or refrigerate.

To prepare the whipped cream topping, place the cream in a chilled bowl and beat until soft peaks form. Add the confectioners' sugar, vanilla, and lime zest and beat the

cream until stiff. Spread or pipe the whipped cream on top of the pie. Serve immediately.