



Fall Harvest Dinner
AAUW Dinner Group
November 11, 2017
6:30 p.m.

Menu

Steak Stuffed Mushrooms
Harvest Nuts & Seeds

Apple Salad with Walnuts
Chicken Schnitzel

Lime Shredded Brussels Sprouts with Pancetta and Caraway

Deep Dish Sweet Potato Plantain Pie
with Orange Caramel Sauce
Wine and Coffee

Assignments

Couple 1: (Host) Main Dish
Chicken Schnitzel
Wine

Couple 2: Appetizers
Steak Stuffed Mushrooms
Harvest Nuts and Seeds

Couple 3: Salad and Vegetable
Apple Salad with Walnuts and Lime
Shredded Brussel Sprouts with Pancetta and Caraway

Couple 4: Dessert
Deep Dish Sweet Potato Plantain Pie with Orange Caramel Sauce

Recipes

STEAK STUFFED MUSHROOMS

1 lb. lean ground round steak
2 tsp. prepared horseradish
1 tsp. chopped chives
1/2 tsp. garlic salt

coarse ground pepper to taste
1 lb. mushrooms
2/3 cup dry white wine

18 servings

Mix the beef, horseradish, chives, garlic salt and pepper together. Remove the stems from the mushrooms. Stuff the mushroom caps with the beef mixture. Place the stuffed mushrooms in a shallow baking dish and pour wine over them. Bake in a preheated oven at 350 degrees Fahrenheit for 20 minutes or until meat is browned.

HARVEST NUTS & SEEDS

This addictive appetizer, with a coating like a delicate nut brittle, combines **an abundant** assortment of nuts and seeds with just the right amount of sugar and spice. Add the cayenne to taste. It can provide a nice kick without taking over.

2 tablespoons vegetable oil or butter
3 tablespoons pure maple syrup
 $\frac{1}{2}$ cup pine nuts
 $\frac{1}{2}$ cup chopped hazelnuts
 $\frac{1}{2}$ cup sliced almonds
 $\frac{1}{2}$ cup raw pumpkin seeds
 $\frac{1}{2}$ *cup raw sunflower seeds*
2 tablespoons brown sugar, packed
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
1/8 teaspoon cayenne (optional)

Preheat the oven to 350°.

In a small saucepan, warm the oil with the maple syrup on medium heat for about $\frac{1}{2}$ minute. Toss together the pine nuts, hazelnuts, almonds, pumpkin seeds, sunflower seeds, brown sugar, salt, and paprika in a bowl. Sprinkle in the cayenne to taste. Pour on the butter mixture and stir well to thoroughly coat the nuts and seeds. Spread them evenly (not clumped together) on an un-oiled baking sheet.

Bake for 8 to 10 minutes, turn them over with a spatula, and bake until golden, 8 to 10 minutes more. Be careful not to let the mixture burn. Remove from the oven, loosen the nuts and seeds with a spatula, and allow them to cool for about 5 minutes. Store in a sealed container at room temperature or freeze for long-term storage.

Yields 4 cups

Total time: 35 to 40 minutes

Apple Salad with Walnuts and Lime

An invigorating hit of citrus brings together crisp apples, toasty bread and nuts, and sharp cheese, making this one of our favorite recipes this year.

6 Servings

Ingredients

$\frac{1}{2}$ cup walnut halves

2 crisp apples (such as Pink Lady or Honeycrisp), thinly sliced

4 scallions, thinly sliced

$\frac{1}{4}$ cup fresh flat-leaf parsley leaves

$\frac{1}{4}$ cup fresh lime juice

$\frac{1}{2}$ tsp. crushed red pepper flakes

Kosher salt and freshly ground black pepper

$\frac{1}{2}$ cup grated provolone cheese or white cheddar

2 Tbsp. extra-virgin olive oil

1 cup very coarse, fresh breadcrumbs

Preparation Instructions

Preheat oven to 350°. Spread out breadcrumbs on a small rimmed baking sheet; toast, stirring occasionally, until golden brown, 6-8 minutes. Let cool. Meanwhile, spread out walnuts on a small rimmed baking sheet; toast, stirring occasionally, until golden brown, 8-10 minutes. Let cool; coarsely chop.

Toss breadcrumbs, walnuts, apples, scallions, parsley, lime juice, and red pepper flakes in a large bowl; season with salt and pepper. Add cheese and oil; toss gently.

Chicken Schnitzel

This classic chicken Schnitzel recipe sounds harder to make than it is. Plus, you get to pound out the day's stress. Note: You will need to double the recipe.

Ingredients

4 Servings

4 4-ounce skinless, boneless chicken breasts, pounded to 1/8-inch thickness

- Kosher salt and freshly ground black pepper
- 1 cup all-purpose flour (for dredging)
- 2 large eggs
- 1 tablespoon Dijon mustard
- 2 cups (or more) whole wheat (or regular) panko (Japanese breadcrumbs)
- 2 tablespoons canola oil, divided
- 2 tablespoons unsalted butter, divided
- Chopped flat-leaf parsley
- Lemon wedges

Preparation

Line a baking sheet with waxed paper. Season chicken breasts with salt and pepper. Place flour on a plate. Beat eggs and Dijon mustard to blend in a shallow baking dish. Place 1 cup panko in another shallow baking dish, adding remaining 1 cup panko, or more, to dish as needed throughout process. Working with 1 chicken breast at a time, dredge in flour, shaking off excess, then dip into egg mixture, turning to coat evenly; carefully coat with panko, pressing panko gently to adhere to chicken. Transfer chicken to prepared baking sheet.

Heat 1 Tbsp. oil and 1 Tbsp. butter in a large skillet over medium-high heat (pan should be large enough to hold 2 breasts). Add 2 chicken breasts to skillet and cook until golden brown on both sides, 8-10 minutes. Transfer chicken breasts to a paper towel-lined plate and season with salt. Add remaining 1 Tbsp. oil and 1 Tbsp. butter to skillet and repeat with remaining chicken breasts. Transfer chicken breasts to plates and garnish each with parsley and a lemon wedge.

SHREDDED BRUSSEL SPROUTS WITH PANCETTA AND CARAWAY serves 6

From Cook This Now by Melissa Clark (food columnist for the New York Times)

1 pound Brussel Sprouts
3 Tablespoons extra-virgin olive oil
4 garlic cloves, finely chopped
1 $\frac{1}{2}$ teaspoon caraway seeds
4 ounces pancetta, diced small (1/2 cup)
 $\frac{1}{2}$ teaspoon kosher salt
Freshly ground pepper to taste

1. Use a paring knife to trim the bottoms of the sprouts: peel away any browned leaves. In a food processor fitted with the slicing blade, shred the Brussels sprouts. Toss the sprouts with 2 tablespoons oil, the garlic, and the caraway seeds. (You can shred the sprouts a day ahead without any problem. Just store them in the fridge in an airtight container.)

2. Heat the remaining 1 Tablespoon oil in a large skillet over medium- high heat. Add the pancetta and cook until golden, 3 to 5 minutes. Add the Brussels sprouts mixture and cook, tossing until wilted, 1 to 2 minutes. Season with salt and pepper.

If you don't have a food processor with a slicing blade, you can cut the Brussels sprouts in quarters and saute them for a few extra minutes. (Cover the pan for a few minutes to help them steam as they saute.)

Deep Dish Sweet Potato Plantain Pie

Sweet potato pie is no stranger in the American South, where the African influence helped make this an old-time favorite dessert. The same influence has prevailed in the Caribbean, where a variety of desserts use American-style sweet potatoes. This recipe takes a shortcut by using canned sweet potatoes packed in a light syrup, and gets the island touch from the plantain chips used to form the crust. It's best eaten soon after it's made, when the crust is plenty crunchy, before the chips get soggy. Rich in Vitamin A because of the potatoes, the pie can be jazzed up with a drizzle of Orange Caramel Sauce.

1 (12-ounce) can drained sweet potatoes, packed in light syrup (reserve $\frac{1}{4}$ cup syrup)
3/4 cup evaporated skim milk
2/3 cup sugar
2 eggs
1 egg white
1 teaspoon vanilla extract
1/4 teaspoon lemon extract
1 ounce plantain chips

1. Preheat the oven to 350°. In a food processor, puree the sweet potatoes to a creamy consistency. Add all the remaining ingredients, except the plantain chips, including 1/4 cup syrup from the potatoes, and process for 2-3 minutes, until well combined. If using an electric mixer, whip the potatoes before adding the other ingredients.

2. Spray a 9-inch, deep-dish pie pan with nonstick cooking spray. Using a rolling pin, crush the plantain chips. Don't pulverize them to fine crumbs, but leave a little crunch. Coat the bottom of the pie pan with the crumbs. Slowly pour the filling over the plantain chips. Since the chips are not stuck firmly to the bottom of the pan, they will move about a little as you pour in the filling; that's okay.

3. Bake for 60-70 minutes, until a toothpick inserted in the center comes out clean. Cool, then refrigerate for at least 2 hours before slicing.

Per Serving: Calories: 140; Fat: 2g; Cholesterol: 45 mg; Sodium: 55 mg; % Daily Value: Vitamin A 28%. Makes ten servings

Orange Caramel Sauce

Caramel sauces are sweet, gooey, and, in my book, the ultimate dessert topping. Yet they can be real calorie busters. Evaporated skim milk helps trim down some of the calories and fat, while the double citrus whammy of orange juice and orange extract lends new flavor to an old favorite. Although we tend to think of citrus fruits as being indigenous to the New World, it

was Columbus himself who first brought citrus plants to the Caribbean rim, where they've been grown extensively since the sixteenth century.

$\frac{3}{4}$ cup sugar

$\frac{1}{3}$ cup orange juice

$\frac{3}{4}$ tablespoon unsalted butter

$\frac{3}{4}$ cup evaporated skim milk

1 teaspoon dark corn syrup

$\frac{1}{2}$ teaspoon orange extract

1. In a small saucepan over medium heat, heat the sugar and orange juice to a boil. Stirring occasionally, cook at a light boil for 10-15 minutes.
2. Remove the pan from the heat and stir in the butter. Stirring constantly, add the evaporated milk, a little at a time. Over low heat, stir for 1 minute, to ensure a perfectly smooth consistency. Turn off the heat and stir in the corn syrup and orange extract. Cool at least 30 minutes before serving, to thicken.