

*Celebrate Spring (finally) with Good Friends and Good Food
May 12, 2018, at 6:30 P.M.
Bon Appetit*



Menu

Artichoke and Green Chili Dip

Seafood Salmon Roulade

Cauliflower Puree in Tomato Cups

Israeli Couscous, Asparagus, Cucumber, and Olive Salad

Banana bread Pudding with Hot Fudge and Toasted Walnuts

Wine and Coffee

Assignment

Couple One (Hosts): Salmon, Coffee, Wine

Couple Two: Artichoke and Green Chili Dip and

Cauliflower Puree in Tomato Cups

Couple Three: Israeli Couscous, Asparagus, Cucumber, and Olive Salad

Couple Four: Banana Bread Pudding with Hot Fudge and Toasted Walnuts



Seafood Salmon Roulade

2 lb. centre cut salmon fillet
¼ tsp. each salt and pepper

Seafood Stuffing

1 egg white
8 oz. raw black tiger shrimp, peeled and deveined
8 oz. bay scallops
¾ cup fresh breadcrumbs
1/3 cup chopped fresh chives
¼ cup chopped fresh parsley
1 tsp. grated lemon rind
1 tsp. chopped fresh tarragon
¼ tsp each salt and pepper

Lemon Tarragon Beurre Blanc

2 shallots, minced
1/3 cup white wine vinegar
1/4 cup dry Vermouth
¾ cup unsalted butter, cubed
1 Tbsp chopped fresh tarragon
1 tsp lemon juice
1 pinch salt

Seafood stuffing: In a bowl whisk egg white until frothy: set aside. Finely chop shrimp: cut scallops into ½ inch cubes. Add seafood to egg white. Add bread crumbs, chives, parsley, lemon rind, tarragon, salt and pepper; toss to combine. Refrigerate

Place salmon fillet, skin side down, on cutting board. At one end corner, cut between flesh and skin just enough to grip skin. Holding skin with paper towel and angling knife slightly toward skin but without moving, slowly pull skin back and forth to remove. Discard skin. Trim any silver skin remaining.

At thinnest long side and starting where salmon starts to thicken, cut in half horizontally almost but not all the way through; open like a book Sprinkle with half each of the salt

and pepper. Leaving 1-inch border on both long and 1 short side, spread stuffing over salmon.

Starting at side with stuffing, roll up. With kitchen string, tie at 1-inch intervals. Place, what was skin side down, on parchment paper-lined rimmed baking sheet. Sprinkle with remaining salt and pepper. (Make ahead: Cover and refrigerate for up to 2 hours.)

Roast in 375° oven until thermometer inserted into stuffing through end of roll registers 160° F., about 50 minutes. Transfer to cutting board; tent with foil and let stand 10 minutes.

Lemon Tarragon Beurre Blanc: Meanwhile, in small saucepan, boil shallots, vinegar, and vermouth until reduced to 2 tbsp., about 3 minutes. Reduce heat to low, whisk in butter, piece by piece, whisking until smooth. Add tarragon, lemon juice, and salt.

Using chef's knife and gentle sawing motion, cut salmon crosswise into 1-inch thick portions, removing string. Serve with blanc sauce.

Tip: You will find that skinning and rolling the salmon is much easier if it's cold. You can also ask the fishmonger to skin and butterfly the salmon to lessen the prep work at home.

Artichoke and Green Chili Dip

16 oz. can of artichoke hearts, quartered
4 ounce can of MILD green chilies, diced and peeled
½ cup mayonnaise
½ cup grated Parmesan cheese

Mix ingredients, put in small casserole and bake at 350° for 30 minutes or Microwave for 8 to 10 minutes. Serve hot with thin crackers.

Cauliflower Puree in Tomato Cups

(An easy-to-make side dish)

4 cups cauliflower florets (from one small cauliflower)
3 tablespoons butter
1½ tablespoons milk
a pinch of ground nutmeg

4 medium tomatoes, cut in half crosswise

1 tablespoon Dijon mustard
1 ½ cups fresh breadcrumbs from crustless sourdough bread
2 tablespoons chopped fresh parsley

Steam cauliflower until very tender, about 10 minutes. Transfer cauliflower to processor. Add 1 tablespoon butter and milk; blend until smooth. Season puree with nutmeg, salt and pepper.

Scoop out tomato halves; discard pulp. Place tomatoes, cut side down on paper towels and drain well. Arrange tomatoes, cut side up, on small baking sheet. Fill with cauliflower puree.

Preheat oven to 350° F. Melt remaining 2 tablespoons butter in medium skillet over medium heat. Mix in mustard. Add breadcrumbs and toss until crumbs begin to brown, about 8 minutes. Mix in parsley. Sprinkle crumb mixture over puree. Bake tomatoes until heated through, about 30 minutes.

Israeli Couscous, Asparagus, Cucumber, and Olive Salad

(to be served with the main course)

1 garlic clove
3 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
½ cup extra-virgin olive oil

2 ½ cups low salt chicken broth

2 cups toasted Israeli couscous (about 6 ounces)

2 cups of ½ inch pieces of asparagus spears, blanch 2 minutes
2 cups of ½ inch cubes of seeded English hot house cucumber
½ cup of pitted Kalamata olives, halved
2 large green onions, chopped
¼ cup fresh mint leaves plus sprigs for garnish
1 ½ cups coarsely crumbled feta cheese (about 7 ounces)

Press garlic clove into small bowl. Add lemon juice and mustard; whisk in oil. Season dressing with salt and pepper.

Bring broth to boil in heavy medium saucepan. Mix in couscous. Cover, reduce heat to medium low, and simmer until couscous is tender and all broth is absorbed, about 10 minutes. Transfer couscous to large bowl; sprinkle with salt and pepper. Cool to room temperature, tossing occasionally, about 45 minutes.

Mix asparagus, cucumber, olives, green onions, and 1/4 cup mint leaves into couscous. Add dressing; toss. Gently mix in cheese. **Do ahead.** Can be made 2 hours ahead. Let stand at room temperature. Garnish with mint sprigs and serve.

Banana Bread Pudding with Hot Fudge and Toasted Walnuts

1 loaf brioche (13 ounces), cut crosswise into 12 slices about 1 inch thick
¾ cup (1 ½ sticks) unsalted butter, melted, plus 2 tablespoons cold butter, cut into little bits
1 ½ cups sugar
1 tablespoon ground cinnamon
8 large eggs
3 large egg yolks
1 teaspoon pure vanilla extract
2 cups heavy cream
1 cup whole milk
1/8 teaspoon salt
1 cup mashed bananas
Ganache (recipe follows)
1 cup coarsely chopped walnuts, toasted
Vanilla ice cream or sweetened whipped cream for serving (optional)

Editor's note:

There's no need to use up all the melted butter called for here---just use what you need for brushing the pan and brioche slices. You're likely to have some left over, which you can refrigerate and remelt for another use.

Position a rack in the middle of the oven and preheat to 350°. Lightly butter a 9-by-13 inch rectangular or oval baking dish.

Brush both sides of the brioche slices with melted butter. Stir together ½ cup of the sugar with the cinnamon. Sprinkle both sides of the buttered brioche with the cinnamon-sugar, reserving 2 tablespoons for topping the pudding. Cut each slice into 4 squares (like big croutons), place on a baking sheet, and toast in oven until golden brown and crisp all over, tossing occasionally, 7 to 10 minutes. Let cool completely.

In a large bowl big enough to hold the custard and the bread, whisk together the whole eggs, egg yolks, the remaining 1 cup sugar, and the vanilla. Gradually whisk in the cream and milk. Stir in the salt and mashed bananas. Add the brioche croutons and stir to coat them with the custard.

Pour the pudding mixture into the prepared dish. Cover the dish with plastic wrap and refrigerate for at least 4 hours or up to overnight to allow the bread to absorb much of the custard.

Preheat the oven to 325° F. Remove the pudding from the refrigerator and dot the top with cold butter bits. Sprinkle with the reserved 2 tablespoons cinnamon-sugar. Cover the bread pudding with aluminum foil. Pierce a few holes in the foil to allow steam to escape. Bake for 20 minutes. Uncover the pudding and continue baking until it is

puffed and golden and when a knife inserted into the center of the pudding the knife comes out clean, 20 to 25 minutes. Let cool for 5 minutes. Cut the pudding into squares and drizzle each serving with ganache and a sprinkling of walnuts. Serve warm, with vanilla ice cream or whipped cream, if desired.

Ganache (Makes 1 ½ cups)

8 ounces finely chopped semisweet chocolate

1 cup heavy cream

2 tablespoons unsalted butter

2 tablespoons light corn syrup

Place the chocolate in a heatproof bowl. Combine the cream, butter, and corn syrup in a saucepan. Stir over medium-high heat until the butter is melted and the corn syrup combined with the cream. Bring to a boil. Just as the bubbles start to rise, pour the hot cream mixture over the chocolate. Let stand for 1 minute. Stir until smooth and creamy.