

January 8, 2022, Gourmet Dinner

Seasoned Mushroom Crustades

Refreshing Apple Sorbet

Seared Duck Breast with Cherries and Port Sauce

Sautéed Brussels Sprouts

Roasted Fingerling Potatoes

Floating Islands

Wine, Coffee and Tea

REGENT SEVEN SEAS CRUISES

TRUE LUXURY TRAVEL AROUND THE WORLD

Our January menu has been taken from the Regency Cruise Line. According to them they are the only truly all-inclusive luxury line. They do travel to over 450 ports of call across the globe and do have some special amenities, all the cabins have private balconies and walk-in closets. A nice educational offering is the onboard speakers available to all guest, some from National Public Television and Radio and others are writers for the New York Times. They do have a unique way of introducing guests to each other and the staff. All guests are invited to stand outside their cabins (with their cocktails) to meet each other while the staff, including the captain, walks down each and every deck to greet their guests. They do offer a Culinary Arts Kitchen Class on some of their cruises. Those attending receive highly-individualized hands on instruction and a curriculum that appeals to a wide range of tastes and levels of aptitude. Of course, they offer wonderful opportunities for dining and we hope you will enjoy the menu taken from their cruise line.

Assignments

1. Host Couple, Duck Breast with Cherries and Port Sauce
2. Floating Islands
3. Seasoned Mushroom Crustades and Fingerling Potatoes
4. Apple Sorbet and Sautéed Brussel Sprouts

Suggested wines, Prosecco and Pinot Noir

Seasoned Mushroom Croustades

www.seasonedkitchen.com

- Makes 24 croustades

Ingredients

24 slices Pepperidge Farms very thin white bread
4 tablespoons butter
3 tablespoons finely chopped green onion
8 ounces fresh mushrooms, finely chopped
2 tablespoons flour
Dash garlic powder
1 cup heavy or whipping cream
dash cayenne pepper
½ tsp. salt
1 tablespoon finely chopped fresh parsley
1 1/2 tablespoons chopped chives
½ tsp. lemon juice
3 tablespoons freshly grated Parmesan cheese
Butter

1. Preheat oven to 400 degrees. Generously butter (or spray with butter-flavored Pam) 24 mini-muffin tins.
2. Using cookie cutter or glass cut a 3-inch round from each slice of bread and butter both sides lightly. Carefully fit bread circle into tin. Gently mold bread around bottom of well with tip of finger. Repeat until 24 crustades are made. Bake for 10 minutes or until edges are lightly browned on rims and outside. (At this point, crustades can be used immediately or frozen for future use. If frozen, fill without defrosting when ready to use.)
3. In a large skillet (preferably Teflon) over medium heat, melt 4T. butter. Before foam subsides add green onions. Stir almost constantly, approximately 2 to 4 minutes without letting onions brown. Add mushrooms and coat with butter. Let simmer, stirring occasionally, until all moisture has evaporated. (This takes much longer than one might expect.). Sprinkle 2 tablespoons flour and a dash of garlic powder over mushrooms. Coat until no flour is visible. Add 1 cup cream and stir constantly while bringing to a boil. Simmer 1 minute, or until all taste of flour is gone. Remove from heat and stir in salt, cayenne pepper, parsley, chives, and lemon juice. Use immediately or refrigerate until ready to use.
4. Before serving, fill rounded bread cups with mushroom mixture. Dot with butter and sprinkle with Parmesan. Bake in preheated 350 degree oven for 10 minutes. Serve warm.

Note to make ahead: Croustade shells can be placed in a Ziploc baggie and frozen for up to 3 months. Filling can be stored in the refrigerator for up to 1 day. Alternatively, croustades can be filled, sprinkled with Parmesan cheese, placed on a cookie sheet and placed in the freezer. Once frozen, place in a Ziploc baggie. To heat, place frozen croustades on cookie sheet and increase cooking time by 3 to 5 minutes.

Refreshing Apple Sorbet

www.Allrecipes.com

Best made with tart Granny Smith apples. You can vary the flavor by adding different honey flavors, such as lavender honey or thyme honey.

Ingredients

Serves: 8

- 1 ¼ pounds Granny Smith apples, peeled, cored and thinly sliced
- 12 ounces of water
- 1 ½ cups caster or superfine sugar
- 1 ½ lemons, juiced
- 1 tablespoon honey
- Chocolate mint stick, optional

Preparation Method

Prep: 1 hour

Cook: 5 minutes

Extra time: 3 hour freezing

Ready: 4 hour 5 minutes

1. In a large, resealable plastic bag or plastic container with a lid, mix apples with the juice of 1/2 lemon. Freeze for several hours or overnight.
2. In a small saucepan, bring water and sugar to the boil. Reduce heat, and simmer for 5 minutes. Remove from heat, and stir in honey. Cool completely.
3. Place apples in a blender, and liquidize them with juice of 1 lemon and the cooled sugar syrup until as smooth as possible. The peel will add texture, and prevent the mixture from being completely smooth.
4. Transfer the mixture to an ice cream machine and freeze according to directions or place in container in freezer. Leave the sorbet out to soften 10 minutes prior to serving.
5. May be served in Martini or Sherbet glass. May be served with chocolate mint stick.

Seared Duck Breast with Cherries and Port Sauce

bonappetit.com/June2009

Ingredients

8 Servings

Eight 5- to 6-ounce duck breast halves or four 12- to 16-ounce duck breast half

8 tablespoons (1 stick) chilled butter, divided

1 cup finely chopped shallot (about 4 large)

2 cups low-salt chicken broth

32 halved pitted sweet red cherries, fresh or frozen, thawed

8 tablespoons or ½ cup tawny Port

4 tablespoon orange blossom honey

Preparation

Step 1

Place duck breast halves between 2 sheets of plastic wrap. Pound lightly to even thickness (about 1/2 to 3/4 inch). Discard plastic wrap. Using sharp knife, score skin in 3/4-inch diamond pattern (do not cut into flesh). DO AHEAD Can be made 8 hours ahead. Cover and chill.

Step 2

Melt 1 tablespoon butter in heavy large skillet over medium-high heat. Sprinkle duck with salt and pepper. Add duck, skin side down, to skillet and cook until skin is browned and crisp, about 5 minutes. Turn duck breasts over, reduce heat to medium, and cook until browned and cooked to desired doneness, about 4 minutes longer for small breasts and 8 minutes longer for large breast for medium-rare. Transfer to work surface, tent with foil to keep warm, and let rest 10 minutes.

Step 3

Meanwhile, pour off all but 2 tablespoons drippings from skillet. Add shallot to skillet and stir over medium heat 30 seconds. Add broth, cherries, Port, and honey. Increase heat to high and boil until sauce is reduced to glaze, stirring often, about 3 minutes. Whisk in 1 tablespoon cold butter. Season sauce to taste with salt and pepper.

Step 4

Thinly slice duck. Fan slices out on plates. Spoon sauce over and serve.

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Sautéed Brussels Sprouts

wellplated.com

SERVINGS: 8 servings

Ingredients

- 2 pounds of Brussels sprouts *trimmed and halved*
- 4 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons balsamic vinegar or lemon juice
- 2 to 4 tablespoons raw pine nuts *or chopped raw walnuts, almonds, or pecans (optional)*
- Chopped fresh herbs like parsley *cilantro or mint (optional)*
- A handful of Parmesan *feta, or goat cheese (optional)*

Instructions

- Heat a large cast iron or similar sturdy bottomed skillet over medium high for 4 minutes. Add the oil. As soon as the oil is hot and shining (but before it starts smoking), swirl to coat the pan, then add the halved Brussels sprouts. Shake the skillet a little and prod them so that as many as possible are cut-side down. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear.
- Add the salt and pepper. With a wooden spoon or spatula, stir the Brussels sprouts. Continue cooking, stirring every few minutes, until the Brussels sprouts are browned all over and just turning tender inside, about 6 to 8 additional minutes.
- Remove the pan from the heat. Stir in the vinegar, then the pine nuts or almonds. Let the residual heat of the skillet toast the nuts, stirring them very often so that they toast evenly on all sides and do not burn (if they aren't toasting, return the skillet to low heat). As soon as the nuts are toasted, transfer the sprouts to a serving plate and sprinkle with fresh herbs. Enjoy hot.

Notes

TO STORE: Place cooked Brussels sprouts in an airtight storage container in the refrigerator for up to 4 days.

TO REHEAT: Gently rewarm leftovers in a large skillet over medium-low heat until warmed through. You can also microwave the Brussels sprouts on a microwave-safe plate until warm. Add fresh toppings as desired.

TO FREEZE: Brussels sprouts can become soggy, so I don't recommend freezing them..

TO TRIM: Before trimming, wash your Brussels sprouts to remove any dirt. Use a knife to cut off the tough stem end of each Brussels sprout. Then, remove any yellow or damaged leaves, and cut each Brussels sprout in half lengthwise, from tip to trimmed end.

Roasted Fingerling Potatoes

www.wellplated.com

Serves 8

Ingredients

- 3 pounds fingerling potatoes
- 5 tablespoons extra virgin olive oil
- 1.5 teaspoon kosher salt, divided
- 1 teaspoon black pepper
- 4 tablespoons minced fresh parsley

Instructions

- Preheat the oven to 400 degrees F.
 - Rinse and dry the potatoes. Trim off any bad parts (do not peel). Cut the potatoes in half lengthwise.
 - Transfer the potatoes to a large bowl. Add the oil, ½ teaspoon salt, and pepper. With your fingers (easiest) or a large spoon, toss to combine
 - Transfer the potatoes to a large rimmed baking sheet or roasting pan. For best results, flip the potatoes so the cut sides are flat against the pan. Make sure the pieces do not touch
 - Bake until the potatoes are browned and crisp and tender enough to easily pierce with a fork, 30 to 40 minutes depending upon the size of the potatoes. Flip the potatoes twice during cooking, spreading them back into an even layer each time
 - Remove the potatoes from the oven. Sprinkle with the parsley, and remaining 1/4 teaspoon kosher salt. Stir to combine. Serve hot.
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- **TO STORE:** Refrigerate leftover potatoes in an airtight storage container for up to 4 days.
 - **TO REHEAT:** Rewarm potatoes on a baking sheet in the oven at 350 degrees F or in the microwave.
 - **TO FREEZE:** Freeze leftovers in an airtight freezer-safe storage container for up to 3 months. Let thaw overnight in the refrigerator before reheating

Julia Child's Floating Islands

www.cafejohnsona.com.



A classic French dessert, floating islands feature a fluffy meringue in a pool of creamy custard sauce. Serves: 6-8, Prep time 1 hour, Cook time 1 hour, Total time 2 hours

Ingredients

- For crème anglaise:
- 6 large egg yolks
- $\frac{2}{3}$ cup sugar
- 1½ cups very hot milk
- pinch salt
- 1 tsp. pure vanilla extract
- 3 Tbsp. unsalted butter (optional)
- 2 Tbsp. rum or another liqueur (optional)
- For meringue:
- 1 Tbsp. softened butter
- $\frac{1}{4}$ cup sifted confectioners' sugar
- 1½ cups egg whites (about 12)
- 1½ cups granulated sugar
- $\frac{1}{2}$ tsp. cream of tartar
- large pinch salt
- 1 teaspoon pure vanilla extract
- For caramel sauce:
- 1 cup granulated sugar
- $\frac{1}{3}$ cup water
- 2-3 Tbsp. heavy cream
- 1 Tbsp. butter
- For serving:
- Fresh berries, optional

Instructions

1. For crème anglaise: Preliminaries. Whisk the egg yolks in a 2-quart saucepan, adding the sugar by fairly rapid spoonful's--if it goes in all at once the yolks can turn grainy.
2. Continue beating 2 to 3 minutes, until the mixture is pale yellow and thick. By dribbles, stir in the hot milk--stirring, not beating, because you do not want the sauce to foam.
3. Heating the sauce. Set the saucepan over moderately low heat, stirring rather slowly with the wooden spoon, and reaching all over the bottom and sides of the pan. The sauce should gradually come near--but not to--the simmer. You must be careful not to overheat it and scramble the yolks, but you must have the courage to heat it enough so that it thickens. Indications that it is almost ready are that surface bubbles begin to subside, and almost at once you may see a whiff of steam rising. Watch out at this point, you are almost there!
4. When is it done? The sauce is done when it coats the wooden spoon with a light creamy layer thick enough to hold when you draw your finger across it, as shown.
5. Finishing. Beat in the vanilla, and the optional butter and rum. Serve warm, tepid, or cold.
6. Ahead of time note: The sauce may be refrigerated in a covered container for several days.
7. For meringue: Preliminaries. Butter a straight-sided 4-quart baking dish 3" deep and dust the inside with confectioners' sugar, knocking out the excess. Preheat the oven to 250 degrees F.
8. Beating the egg whites. Start beating the egg whites at moderate speed until it foams throughout, beat in the salt and cream of tartar, then gradually increase the speed to fast until soft peaks are formed.
9. Beating in the sugar. Beat in the sugar by big spoonful's and continue until stiff shining peaks are formed. Beat in the vanilla, and turn the meringue into the prepared baking dish.
10. Baking. Bake for 35-40 minutes at 250 degrees F. Set in the lower middle of the oven and bake until the meringue has risen 3 to 4 inches.
11. When is it done? A skewer or straw plunged through it comes out clean.
12. Cooling. Set the casserole on a rack. The meringue will sink down to about its original height as it cools.
13. Ahead of time note: covered airtight, it will keep several days in the refrigerator or several weeks in the freezer.
14. For caramel sauce: For those not wishing to go on, please purchase Mrs. Richardson's Caramel Sauce. For those wishing to continue: Preliminaries to boiling. Blend the sugar and water in the saucepan and bring to the simmer. Remove from heat, and swirl the pan by its handle to be sure that the sugar has dissolved completely and the liquid is perfectly clear.
15. Caramelizing the syrup. Cover the pan tightly and boil the syrup for several minutes over moderately high heat--keep peeking, after a minute or so, and boil until the bubbles are thick. Uncover the pan and continue boiling, swirling the pan slowly by its handle. In a number of seconds the syrup will begin to

color. Continue boiling and swirling a few seconds more, until it is a light caramel brown, then remove from heat. Stir in the butter and cream. Put back on the heat and cook over a low heat and stir with a fork until any hardened caramel melts and the sauce is smooth. Set the bottom of the pan in the cold water to cool it and stop the cooking.

16. To serve: Pour the custard sauce into a serving platter (or individual dessert plates). Run a knife around the edge of the meringue dish and push with a rubber spatula to loosen. Unmold the meringue onto a cookie sheet. Cut it into 6-8 chunks and arrange them over the sauce.
17. Just before serving, reheat the caramel until you can lift the syrup with a fork and dribble thick strands over meringue. Add a few fresh berries on the side, if desired.