

## **May 14, 2022, AAUW Gourmet Dinner**

Antipasto Skewers

Caprese Salad

Veal Saltimbocca

Parsley Pesto Risotto

Roasted Asparagus with Pine Nuts

Apricot Darts

Wine, Coffee and Tea

Our May menu has been taken from the Viking River and Ocean Cruises. They feel they are the World's Leading Small Ship Company as they were given this distinction by the readers of Conde Nast Traveler in 2021 and in previous years. They are a relatively new cruise line as they were founded in 1997 with the purchase of four ships in Russia. Through the years they have added more river boats and ocean going vessels so they now have a fleet of more than 70 vessels. Their boats have a Scandinavian design and "green" features, such as solar panels, an onboard organic herb garden and energy-efficient hybrid engines. Their cruises range from 8 to 23 days, with itineraries featuring Europe, Russia, Ukraine, Egypt and Southeast Asia's rivers. In August, 2022, Viking will come closer to us with voyages on the Lower and Upper Mississippi, starting in New Orleans and making stops in Red Wing and St. Paul. Our menu for this month is from their Manfredi's Italian restaurant. We hope you enjoy your dinner.

### **Assignments**

1. Host Couple, Veal Saltimbocca
2. Apricot Darts
3. Antipasto Skewers and Caprese Salad
4. Risotto with Parsley Pesto and Grilled Asparagus

### **Wine Recommendations**

Hor d'oeuvres-Pinot Grigio

Dinner-Chianti or Pinot Noir

# Antipasto Skewers

bakerbychoice.com



## *Ingredients*

*Serves 8*

- 20 long (6" or longer) wooden skewers
- (1) 9 ounce package cheese tortellini
- 1/2 cup zesty Italian salad dressing
- 1/2 teaspoon tabasco sauce (optional, but it adds a nice kick)
- 40 olives (Kalamata but any kind will work)
- 40 grape tomatoes
- 40 thin slices Genoa salami
- 20 baby mozzarella balls
- 40 pieces basil, torn
- 20 pieces chopped artichoke hearts

## *Instructions*

1. Cook tortellini according to package directions; drain and quickly rinse in cold water. In a large resealable plastic bag, combine the tortellini with salad dressing and hot sauce, seal the bag, and turn it around a few times to coat; refrigerate for at least 15 minutes and up to 4 hours.
2. When ready to assemble, drain and discard any remaining marinade.
3. For each skewer, I threaded an olive, tomato, basil, tortellini, basil, folded salami slice, mozzarella ball, tortellini, basil, folded salami piece, artichoke heart, tomato, olive. You can switch up the arrangement if you like, but I find this order is visually appealing and delicious.

## **Caprese Salad**

Thepioneerwoman.com

### **Ingredients**

**Serves 8**

2 c. balsamic vinegar  
4 whole ripe tomatoes, sliced thick into 16 pieces  
2 packages Belgioioso sliced fresh mozzarella, each pkg. 8 ounce  
large bunch of fresh basil leaves  
Olive oil, for drizzling  
Large pinch of kosher salt  
Freshly ground black pepper

### **Directions**

1. In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook for 10 to 20 minutes, or until balsamic has reduced to a thicker glaze. Remove from heat and transfer to a bowl or cruet. Allow to cool.
2. When you're ready to serve, arrange tomato and mozzarella slices on a platter or individual plates. Arrange basil leaves between the slices. Drizzle olive oil over the top of the salad, getting a little bit on each slice. Do the same with the balsamic reduction, making designs if you want. Store extra balsamic reduction in fridge for a later use.
3. End with a sprinkling of kosher salt and black pepper. Serve as a lunch, with crusty bread or salad course for dinner.

# Veal Saltimbocca

saveureditors.com

Yield: serves 8

Time: 30 minutes

## Ingredients

8 (4-6-oz.) veal cutlets, preferably from the veal top round

Kosher salt and freshly ground pepper

16–24 thin slices of prosciutto

16–24 fresh sage leaves

1 cup flour

1 1/2 cups. Extra-virgin olive oil

12 Tbsp. unsalted butter

1 cup Marsala

2-3 cup chicken stock

## Instructions

Using a meat mallet, pound the veal cutlets, one at a time, between 2 sheets of plastic wrap until each piece is about  $\frac{1}{8}$  inch thick. Lightly season with salt (little is needed, as prosciutto is salty) and pepper to taste.

1. Lay 2–3 slices of prosciutto atop each piece of veal, gently pressing prosciutto against veal to adhere. Place 2–3 sage leaves on top of the prosciutto and stitch them into the veal with toothpicks. Place the flour on a large plate. Dredge each piece of veal in the flour, shake off any excess, and set aside.
2. In a 12-inch skillet, heat 2 tablespoons of the oil and 2 tablespoons of the butter over medium-high. Add 2 pieces of veal and cook, turning once, until the prosciutto side is crisp and the veal side is lightly browned, about 1 minute per side. Transfer the meat to a paper towel-lined plate; drain and discard the oil and butter from the skillet. Repeat this process with more oil, butter, and the remaining meat. Remove and discard the toothpicks.
3. Drain and discard the oil and butter from the skillet; place over high heat. Add the Marsala; cook, scraping up browned bits, until reduced by half, 1–2 minutes. Add the

stock; reduce by half, about 3 minutes. Stir in the remaining 4 tablespoons of butter; reduce heat to medium. Return meat to skillet; cook, turning occasionally, until sauce thickens slightly, 1–2 minutes. Transfer to a platter or individual plates and serve.

(Alternatively, drizzle the pan sauce over the meat and serve.)

## **PARSLEY PESTO RISOTTO**

[WWW.CHEF SAUVY](http://WWW.CHEF SAUVY)

### **Pesto Risotto**

Serves 8

### **INGREDIENTS**

3 tbsp. olive oil  
3 cups Arborio rice  
1 1/2 cups white wine  
9 cups warm chicken broth  
3 tbsp. Parmesan cheese  
3 tbsp. lemon juice  
6 tbsp. unsalted butter  
6-9 tbsp. pesto, recipe below  
salt and pepper if desired

- **How To Make Risotto with Pesto in 5 Steps**

1. Heat oil in a medium skillet until shiny. **Toast rice** in oil until lightly golden brown (approximately 2 minutes).
2. Add wine, and cook for 1-2 minutes, or until most of the wine is absorbed and the alcohol has mostly cooked out.

3. Pour in warm chicken broth, half of a cup at a time, stirring continuously until well incorporated. Cook for 20-30 minutes or until all of the chicken stock is absorbed, stirring occasionally.
4. Once finished cooking, add butter and stir until melted.
5. Remove from heat, and add in Parmesan cheese, lemon juice, and pesto. Stir to combine, and serve immediately. Garnish with chopped basil and more parmesan, if desired.

### **Parsley Pesto**

[www.foodnetwork.com](http://www.foodnetwork.com)

makes ½ cup

#### **Ingredients**

1 clove garlic  
1 cup packed, stemmed Italian parsley  
Course sea salt or kosher salt  
1/8 cup or 2 tbsp. walnut  
¼ cup freshly grated Parmesan cheese, or to taste  
1/3 cup olive oil  
Salt and pepper if needed

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#### **Directions**

1. In a food processor place the garlic, parsley, pinch salt, walnuts, and cheese. Process until they form a paste. Gradually blend in olive oil, taste adjust your seasoning if necessary. Add to above pesto risotto.
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# ROASTED ASPARAGUS WITH PINE NUTS

*WWW.FOOD.COM*

## INGREDIENTS

*SERVES 8*

4 tablespoons pine nuts

3 pounds asparagus

2 shallot, thinly sliced

4 teaspoons extra virgin olive oil

½ teaspoon salt, divided

Fresh ground pepper, to taste

½ cup balsamic vinegar

## DIRECTIONS

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- Preheat oven to 350 degrees.
- Spread pine nuts in a small baking pan and toast in the oven until golden and fragrant, 7 to 10 minutes.
- Transfer to a small bowl to cool.
- Increase oven temperature to 450 degrees.
- Snap off the tough ends of asparagus.
- Toss the asparagus with shallot, oil, 1/8 teaspoon salt and pepper.
- Spread in a single layer on a large baking sheet with sides.
- Roast, turning twice, until the asparagus is tender and browned, 10 to 15 minutes.
- Meanwhile, bring vinegar and the remaining 1/8 teaspoon salt to a simmer in a small skillet over medium-high heat.
- Reduce heat to medium-low and simmer, swirling the pan occasionally, until slightly syrupy and reduced to 1 tablespoon, about 5 minutes.
- To serve, toss the asparagus with the reduced vinegar and sprinkle with the pine nuts.

## Apricot Dartois

hisforhomeblog.com



Dartois is traditionally two layers of puff pastry with a sandwiched layer of frangipane or jam.. It can occasionally contain a savory filling. This recipe was adapted from Michel Roux's *Desserts: A Lifelong Passion*

Ingredients for the frangipane or custard [makes a bit more than 2 cups.)

4 ½ ounce butter, a bit more than a stick, at room temperature

9 ounces 'tant pour tant' (equal quantities of ground almonds and icing or confectioner's sugar sifted together)

1 ounce or ¼ cup of plain flour, not self-raising

3 eggs

1 ounce rum (optional)

### Ingredients for the Dartois

- 1 package of readymade puff pastry (or you could make your own)
- 2 ½ ounce frangipane
- egg wash (1 egg yolk mixed with 1 soup spoon of milk and a pinch of salt)
- 1 tin apricot halves, drained (or you could poach your own)
- Icing sugar or confectioners' sugar for dusting



### **To make the frangipane**

1. Beat the butter until very soft
2. Still beating, add the tant pour tant and flour
3. Add the eggs - one at a time - beating well between each addition until the frangipane is light and homogeneous
4. Stir in the rum

### **To make the Darts**

1. On a lightly floured work surface, roll 8 ounces of the pastry into a 11" x 5" rectangle
2. Roll this pastry around the rolling pin, then unroll it on to a baking sheet lightly dampened with cold water. Prick the pastry with a fork
3. Using a spoon, spread the frangipane along the length of the pastry leaving a clear  $\frac{3}{4}$ " border on either side
4. Brush these pastry borders with egg wash
5. Pat dry the apricots and arrange sliced side on the frangipane
6. Roll out the remaining pastry into a 11" x  $5\frac{1}{2}$ " rectangle
7. Fold the pastry in half lengthways without applying pressure
8. Make incisions down the length of the pastry about every  $\frac{1}{6}$ " with the heel of a chef's knife, leaving a  $\frac{3}{4}$ " strip intact on the two outside edges
9. Unfold the pastry into its original shape and drape it over the rolling pin and unroll it on to the apricot-filled rectangle
10. Lightly press the edges together with your fingertips and refrigerate the darts for 30 minutes
11. Preheat the oven to 345°

12. Using a chef's knife, trim off about  $\frac{1}{8}$ " in pastry along the length of the rectangle
13. Delicately and sparingly brush the top of the pastry with egg wash
14. Liberally brush the sides with more egg wash
15. With the tip of a small, sharp knife, make light, diagonal incisions in the borders, then along the edges
16. Bake for 25 minutes. Increase the temperature to 380°, dust the darts with icing or confectioners' sugar and return it to the oven for 1-2 minutes, or place it under a hot broiler for a few seconds until beautifully glazed
17. Cut crosswise into portions for 8 people. Serve warm or cold with a fruit coulis, cream or ice cream.