

Sensational Servings



Energy Park 2007

we energies. 

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We Energies welcomes Chef Mark to Energy Park for his second year of cooking, baking and grilling demonstrations.



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Thursday August 2

MINI PITA PIZZAS (REUBEN, POTATO, CAPRESE)

Makes 6 servings

REUBEN

1 whole wheat pita (not pocketed)
1/2 cup shredded cooked corned beef
1/4 cup drained sauerkraut
2 Tbs. 1000 Island dressing
1/2 cup shredded Swiss cheese

POTATO

1 whole wheat pita (not pocketed)
1 large red potato, sliced into 6-1/4" slices, blanched
1/4 large Vidalia onion, sliced and caramelized
Pinch fresh thyme
3 oz. crumbled blue cheese
Salt & pepper to taste

CAPRESE

1 whole wheat pita (not pocketed)
1 vine ripened Roma tomato
1 Tbs. fresh basil chiffonade
1 Tbs. extra virgin olive oil
1 ball of buffalo mozzarella cheese (six slices)
Salt & pepper to taste

For each pizza, use a round cutter (2" in diameter) to make 6 small crusts from the pita bread. Place crusts on a sheet pan and build the pizzas by layering all of the ingredients as listed, ending with the cheese. Bake pizzas at 350 degrees until cheese melts. Serve immediately.

ROSEMARY ROASTED CHICKEN WITH AGAVE HONEY-GLAZED NECTARINES

Makes 4 servings

CHICKEN

1 whole fresh chicken
Salt and pepper to taste
2 Tbs. olive oil
4 sprigs fresh rosemary
1 sprig fresh thyme
1 pound, large diced mirepoix (50% onions, 25% each carrots & celery)
4 cloves garlic
1 cup semi-dry white wine, such as Chardonnay
3 cups low sodium chicken stock

Preheat oven to 500 degrees. Prepare chicken by cleaning out the inside, seasoning the entire bird with salt and pepper and coating with olive oil. Slide one sprig of rosemary under the skin of each breast and stick the other two sprigs of rosemary into the thigh/leg portion of the bird. Roast at high temperature for approximately 20-30 minutes, or until the skin has started to brown. Reduce the temperature to 300 degrees. Remove the chicken and place the mirepoix, garlic and thyme in the bottom of the pan. Place the bird back onto the mirepoix and continue roasting until an internal temperature of 160 degrees is reached.

Prepare the nectarine sauce while the chicken is roasting. When the chicken is done, remove it from the pan and keep warm. Place the pan directly on the stove, bring to a crackling temperature, and deglaze with the wine. Reduce by half, add the stock and reduce by 2/3 the volume or until a nice glaze has developed. Strain, adjust the seasonings and reserve warm.

NECTARINE SAUCE

1 Tbs. whole butter
5 ripe, firm nectarines, pitted and sliced
1/4 cup agave honey
1/4 cup white balsamic vinegar
Salt to taste
2 Tbs. toasted pecan pieces

Melt the butter over medium heat. Add nectarines and sauté for 1 minute. Add the honey and vinegar and simmer until glazed. Season with salt if necessary and add the pecans. Reserve warm.

Friday August 3

WARM FENNEL AND PEAR SALAD WITH FETA CHEESE VINAIGRETTE

Makes 4 servings

FENNEL & PEARS

1 large fennel bulb, trimmed, cored, and cut into 8 vertical slices
1/4 cup fresh bread crumbs
1/3 cup grated parmesan cheese
1 clove minced garlic
Salt & pepper to taste
1/2 Tbs. minced fresh rosemary
2 Tbs. olive oil
2 small ripe, red pears, cored and cut into 16 slices
Salad greens

Wash, trim and cut the fennel. In a food processor or stainless steel bowl, combine the rest of the ingredients, except the olive oil, to form a breading. Coat the fennel with the breading and lay out in a baking dish. Drizzle with the olive oil and bake at 350 degrees for about 30-45 minutes until tender. Remove and reserve at room temperature.

VINAIGRETTE

1/4 cup red wine vinegar
2 tsp. Dijon style mustard
2 cloves garlic, smashed
1/4 cup olive oil
1/4 cup canola oil
Salt & pepper to taste
1 Tbs. fresh thyme or basil leaves, finely chopped
1/4 cup crumbled feta cheese

Combine red wine vinegar, mustard, and garlic in a blender and puree for 30 seconds. With the blender running, drizzle in the oils; add the salt and pepper. Remove to a non-corrosive bowl. Stir in the herbs and feta cheese. Vinaigrette is best when prepared one day in advance. (You can utilize your favorite greens in this recipe.)

SUGGESTED PRESENTATION

Place the greens in the center of the plate and drizzle with the vinaigrette. Stack the center with alternating pieces of crisp red pear and warm fennel. Garnish with shaved fresh fennel or other colorful vegetables.

SEARED SALMON CAPONATA WITH BALSAMIC GLAZE

Makes 6 servings

CAPONATA

2 medium-sized eggplants, unpeeled and cut into 1 inch cubes
1 ea. green, red, and yellow peppers cut into 1/2 inch cubes
1/4 cup olive oil, reserve 1 Tbs. for sautéing
1 cup small-diced yellow onion
1/2 cup diced celery
3/4 cup rice wine vinegar
1/2 cup sugar
1/2 cup raisins (preferably golden)
2 anchovy fillets, salt removed and chopped (optional but strongly suggested)
Chiffonade of 10 medium basil leaves

Preheat oven to 350 degrees. Toss the eggplant and peppers in the oil and roast in a 350 degree oven until tender. Sauté onions and celery in the oil until lightly caramelized. Add vinegar, sugar, raisins, and anchovies. Simmer until mixture has reduced by half the volume. Allow to cool slightly and combine with the vegetables. Toss gently, add the basil, toss and reserve warm.

SALMON

1-1/2 Tbs. coriander seeds
1-1/2 Tbs. mustard seeds
1-1/2 Tbs. fennel seeds
1 tsp. Kosher salt
1 tsp. course ground black pepper
6 boneless, skinless salmon fillets
Olive oil for searing
Balsamic glaze or balsamic vinegar that has been reduced by half

Toast the seeds in a heavy bottomed pan until fragrant. Crush or blend in a grinder. Mix with the salt and pepper and season the salmon fillets. Heat the oil in a heavy bottomed pan until just about smoking. Lay the salmon fillets into the oil, skin side up, and sear well. Turn over and repeat the process. At this point, the salmon will be about medium-rare to medium. Continue cooking, if desired, at 375 degrees.

SUGGESTED PRESENTATION

Place 1/6 of the caponata in the center of the plate. Lay a salmon fillet over half of the relish, drizzle with the balsamic glaze, garnish, and serve.

Saturday August 4

JUNIOR CHEF DAY

KIDS CALZONE

Makes 4 Calzones

- 1 box instant pizza crust or pre-made pizza dough
- 1-1/2 cups pizza or marinara sauce
- 1-1/2 cups shredded mozzarella or pizza cheese
- 1 cup cooked Italian sausage or sliced pepperoni
- Flour to dust
- Cornmeal to bake

Preheat oven to 400 degrees. If using boxed pizza dough, prepare according to package directions. If using pre-made pizza dough, unwrap it.

Divide the dough into four equal parts and roll out into equal-sized circles about 1/4-inch thick. Use the flour to keep the dough from sticking to your hands or the board. Divide the sauce equally among the four dough rounds, spreading it over only the bottom half leaving a 1-inch border. Sprinkle each round with cheese and desired meat. Dampen the border lightly with water and fold the plain half over the filled half and seal the edges. When sealing the calzones, pinch together the edges and give them a short roll to create a roped edge. Using a fork, poke a few vent holes in the top of the calzone.

Transfer the calzones onto a baking sheet sprinkled with cornmeal. Bake at 400 degrees for about 20-30 minutes, or until golden brown. Slide calzones off the sheet pan and allow to rest for 5 minutes.

CHOCOLATE MINT ICE CREAM CAKE

Makes 12 servings

CRUST

- 12 Oreo cookies
- 2 oz. melted butter
- 1 whole egg, beaten
- 1/4 cup granulated sugar

FILLING

2-1/2 quarts mint ice cream, softened
1 cup chocolate chips
1 cup whipping cream

TOPPING

Chocolate syrup

Grind Oreo cookies in food processor until fine. Combine in a bowl with melted butter, sugar, and egg. Press into a lightly buttered 9x13 pan. Bake at 300 degrees for 10 minutes. Remove and cool. Whip the topping and blend with softened ice cream. Fold in chocolate chips and spoon into the crust. Cover and freeze overnight. Remove from freezer and top with chocolate sauce.



Sunday August 5

JICIMA AND CUCUMBER SLAW WITH PICKLED RED ONIONS

Makes 4-6 servings

PICKLED ONIONS

1/2 medium red onion, sliced very thin
1/4 tsp. whole peppercorns
1/4 tsp. cumin
1/4 tsp. oregano
2 garlic cloves
1/4 tsp. salt
1/3 cup apple cider vinegar

Blanch the onions in salted, simmering water for 30 seconds. This will expel the sulfur and sweeten the onions. Drain and cool. Grind the peppercorns, cumin, oregano, garlic and salt in a mortar, mix with the onions. Add the vinegar and enough cool water to cover.

SLAW

1 jicama, peeled and julienned
1 large cucumber, peeled, seeded and julienned
1 ruby red grapefruit, peeled, sectioned and halved
4 radishes, slivered
Juice of two limes
Salt to taste
1 tsp. Sambol (Thai chili paste)
Pickled onions (above recipe), drained
2 Tbs. chopped cilantro

In a bowl combine the jicama, cucumbers, grapefruit, and radishes. Drizzle lime juice over the mixture. Sprinkle with salt, add Sambol and cilantro; toss. Arrange on leaf or Bibb lettuce. Top with pickled onions.

WILD MUSHROOM AND SPINACH RAVIOLIS WITH FRESH HERB BROTH

Makes 4-6 servings

SPINACH PASTA

8 oz. bread flour
8 oz. semolina flour
Pinch salt & pepper
4 oz. fresh spinach, cleaned
1 or 2 egg yolks

STUFFING

2 Tbs. olive oil
1 shallot, minced
1 lb. chopped assorted wild mushrooms (oyster, shitake, crimini, chanterelle, etc.)
2 Tbs. brandy
1 cup heavy cream
1/2 cup ricotta cheese
1 or 2 egg whites

Sweat the minced shallot in olive oil; add mushrooms and sauté until dry. Flame with the brandy. Add cream and reduce until a thick mixture forms. Cool and stir in the cheese and egg white(s).

Blend the flours, salt, pepper and spinach in a food processor until smooth. Remove to lightly floured surface and knead in the egg(s). Continue kneading for about 5 minutes until the dough is smooth and not sticky. Add more flour if necessary. Divide pasta into three equal parts; roll each portion into rectangular planks, and book-fold. Wrap tightly in plastic wrap and let rest for at least 30 minutes. Using a pasta maker, roll each packet

into very thin #7 sheets, egg wash, stuff with mushroom stuffing, and cut into desired-shaped raviolis. Cook in lightly salted simmering water for 3 additional minutes after they float. Drain, shock and reserve cold.

SAUCE

1 pint low-sodium chicken or vegetable stock
2 Tbs. roasted, finely diced red and yellow peppers
2 Tbs. chiffonade of fresh herbs (choice of basil, oregano, thyme, rosemary)
Cornstarch and cold water slurry

Bring the chicken stock to a simmer in a heavy bottomed saucepan. Add the peppers and herbs and thicken to a light sauce consistency with the cornstarch slurry. Add the cooked raviolis and simmer slowly for 3-5 minutes. Garnish with a sprig of fresh herb and/or freshly grated parmesan cheese.



Monday August 6

ROASTED BEETS WITH ARUGULA, PEACHES, GORGONZOLA, AND DIJON VINAIGRETTE

Makes 6 salads

SALAD

1-1/2 lbs. beets (similarly sized)
2 ripe but firm peaches
6 oz. spring lettuce mix
2 oz. Arugula
4 oz. crumbled Gorgonzola cheese
6 fl. oz. Dijon vinaigrette

Wash the beets, wrap in foil and bake at 375 degrees for about 1 hour or until tender. Unwrap and allow to cool slightly before peeling and slicing into circles. Wash and peel the peaches; slice into 18 wedges. Prepare the vinaigrette.

DIJON VINAIGRETTE

1/4 cup red wine vinegar
Salt & pepper to taste
1 Tbs. whole grain Dijon mustard
1/4 cup canola oil
1/4 cup olive oil
1/2 tsp. chopped fresh tarragon or basil

Combine vinegar, salt, pepper and mustard in a blender. Blend for 30 seconds and drizzle in the oils. Adjust seasonings and garnish with the chopped fresh herbs.

SUGGESTED PRESENTATION

Arrange the beets around the edge of a cold, white salad plate. Toss the greens gently in the vinaigrette and place them in the center of the plate. Stand three peach slices around the greens and sprinkle with the gorgonzola cheese.

BOURBON BANANA BREAD PUDDING WITH CHOCOLATE ICE CREAM

Makes 8 servings

1-1/2 lb. day old cinnamon rolls, sweet rolls or raisin bread, torn into pieces
5 ripe, firm bananas, sliced
1/3 cup Bourbon
1 Tbs. pure vanilla extract
1/8 cup granulated sugar
1/8 cup brown sugar
4 large eggs
2 egg yolks
1 cup heavy cream
8 scoops high-quality chocolate ice cream

Preheat oven to 350 degrees. Lightly butter 8 soup cups, soufflé dishes or Teflon muffin tins. In a large bowl, combine the rolls, bananas and bourbon and mix together. Set aside. In a separate bowl combine the eggs, sugars and vanilla. Set aside. Bring the heavy cream to a simmer and briskly whisk it into the sugar/egg mixture. When incorporated, pour this mixture over the rolls and bananas and toss until the rolls are well soaked and coated. Divide the pudding evenly into the dishes and bake at 350 degrees for about 30 minutes until firm and the tops are slightly brown. Unmold puddings and serve warm. Top with your favorite chocolate ice cream and topping.

Tuesday August 7

GOAT CHEESE AND SUN-DRIED TOMATO STRUDEL WITH BASIL OIL

Makes 6 servings of 2 slices each

BASIL OIL

1 cup fresh basil leaves
1/2 cup olive oil
Salt & pepper to taste

Pan-steam the basil leaves in a small amount of water until wilted. Remove them from the pan and squeeze dry. Place them in a blender with the salt and pepper and oil; blend well. Refrigerate overnight. Strain through a fine mesh and store refrigerated for up to three weeks.

STRUDEL

6 oz. goat cheese
1/2 cup sun-dried tomatoes
1/4 cup toasted pine nuts
3 sheets phyllo dough
4 Tbs. melted butter

Preheat oven to 400 degrees. Crumble the goat cheese, soften the tomatoes (if necessary) and toast the pine nuts. Working quickly, lay out one sheet of phyllo dough and brush with the melted butter. Repeat this step with the two remaining sheets of dough. Distribute the goat cheese evenly along the bottom edge of the phyllo dough. Top the cheese evenly with the sun-dried tomatoes and pine nuts. Roll up the dough pressing the roll into an even tube as you go. Place on a sheet pan and make 5 evenly spaced diagonal slits in the top of the strudel. Drizzle with the remaining butter. Bake at 400 degrees for about five minutes or just until golden brown. Allow to rest for 2-4 minutes; slice and drizzle with basil oil.

GRILLED CHICKEN WITH POPCORN SAUCE AND RISSOTTO CAKES

Makes 4 servings

CHICKEN AND POPCORN SAUCE

4 - 5 oz. chicken breasts
Olive oil for grilling
1 - 3-4 oz. package buttered microwave popcorn
1/4 cup granulated sugar
1/4 cup brown sugar
1 Tbs. white balsamic vinegar
1-1/2 cups heavy cream
Salt & pepper to taste

In a heavy bottomed saucepan over medium heat, caramelize the sugars until golden brown. While the sugar is browning, pop the popcorn and allow it to rest for a few minutes. Add the popcorn to the caramel and stir until well coated. Add the vinegar and cream and keep the sauce at a medium simmer for a few minutes. Transfer the sauce to a blender and puree until a smooth sauce develops. Season and keep warm. Grill the chicken over medium heat until an internal temperature of 165 degrees is reached.

RISSOTTO CAKES

2 Tbs. vegetable oil
2 strips diced bacon
1/4 cup minced onion
1 minced garlic clove
1 cup Arborio rice
Pinch of saffron (approx. 7 threads)
3 cups chicken stock
1/4 cup shredded Asiago cheese
1 Tbs. fresh-chopped herbs

Heat the vegetable oil and cook the bacon until half done. Add the onion and garlic and sweat until tender. Add the rice and stir until well blended. While stirring, add the saffron. Add the stock in at least three stages, allowing the rice to fully absorb each addition. When all the stock is absorbed, stir in the cheese and herbs.

SUGGESTED PRESENTATION

Form a cake using a ring mold in the center of the plate. Slice the chicken as desired and fan out over the rice. Drizzle sauce over the chicken and around the rice. Garnish with fresh herb leaves or stalk.



Wednesday August 8

COOKIE DAY

CRANBERRY OATMEAL CHIP COOKIES

Submitted by:

Sandra K., Customer Consultant-Inbound, Customer Services

Makes approximately 4 dozen.

- 2/3 cup butter, softened
- 2/3 cup brown sugar, packed
- 2 eggs
- 1 1/2 cups uncooked oatmeal
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2/3 cup white chocolate chips
- 2/3 cup semi-sweet chocolate chips
- 1 (6 oz.) package dried cranberries
- 2/3 cup walnuts or pecans (optional)

Preheat oven to 375 degrees F. In a medium mixing bowl, beat butter and sugar until light and fluffy. Add eggs; mix well. In a separate bowl, combine oatmeal, flour, baking soda, and salt. Slowly add flour mixture to the butter mixture; mix well after each addition. Stir in chips and dried cranberries. If desired, mix in nuts. Drop well rounded teaspoonfuls of dough onto ungreased cookie sheets. Bake at 375 degrees for 9 to 10 minutes or until golden brown.

DOLORES' CHEWY PEANUT BUTTER BARS

Submitted by:

Shari L., Project Specialist-Energy Planning, Wholesale Energy & Fuels

Makes 24 (2-inch) bars.

1 3/4 cups all-purpose flour
1 3/4 tsp. baking powder
1 tsp. salt
1/2 cup solid vegetable shortening
3/4 cup creamy peanut butter or 1 cup chunky peanut butter
1/3 cup brown sugar, packed
1 1/2 cups sugar
3 eggs
2 tsp. vanilla extract
2/3 cup flaked coconut

Preheat oven to 350 degrees F. Combine flour, baking powder and salt in a bowl; set aside. Combine shortening, peanut butter, sugars, eggs and vanilla in a large bowl. Mix until well blended. Blend in reserved dry ingredients; stir in coconut. Batter will be very stiff. Spread batter into well-greased 13x9x2-inch pan. Bake at 350 degrees for 25 to 35 minutes or until golden brown. Cool completely; cut into bars.

GRANDMA'S ROCKS

Submitted by:

Todd M., Right Of Way Agent, Customer Operations

Makes about 3 dozen.

3/4 cup butter
2 cups granulated sugar
3 eggs
3 cups flour
1 tsp. cinnamon
1/4 tsp. cloves
1 tsp. baking soda
1 lb. dates, pitted and chopped
1 lb. walnuts, chopped

Preheat oven to 350 degrees F. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. In a separate bowl, combine flour, cinnamon, cloves and baking soda. Gradually add flour mixture to butter mixture until well combined. Stir in dates and walnuts. Drop dough by teaspoonfuls onto a greased or parchment paper lined cookie sheet. Bake 15 minutes or until done. Let stand on pan for one minute; remove to wire rack to cool completely.

CARAMEL CHEWY BARS

Submitted by:

Judy S., GIS Specialist, Customer Operations

Makes about five dozen.

1 12 oz. package chocolate chips

1 14 oz. package caramels

8 Tbs. milk

1 1/2 cups flour

1 1/2 cups oatmeal

1 1/4 cups brown sugar

3/4 tsp. baking soda

1/4 tsp. salt

1 cup margarine, melted

Preheat oven to 350 degrees F.

Melt caramels and milk in double boiler or in the microwave. Set aside.

Mix together flour, oatmeal, brown sugar, baking soda, salt and margarine. Set aside one cup of this mixture. Press the remaining mixture into a 9x13 inch ungreased baking dish.

Bake at 350 degrees for 10 minutes. Sprinkle chocolate chips on baked crust; spread over crust when chips begin to melt. Pour melted caramel mixture over chocolate layer. Sprinkle the reserved cup of crust mixture over the top. Bake an additional 15 minutes. Let cool. Cut into 1x2 inch bars.

Thursday August 9

SPICY OVEN-CARAMELIZED PINEAPPLES WITH VANILLA BEAN ICE CREAM

Makes 6-8 servings

CARAMELIZED PINEAPPLE

1 golden pineapple
1/4 cup granulated sugar
1/4 cup brown sugar
1/2 tsp. salt
1/4 tsp. ground cinnamon
1/2 Tbs. crushed red chilies
6 scoops vanilla bean ice cream

Preheat oven to 400 degrees. Cut both ends off of the pineapple. Stand the pineapple on end and peel away the rind in a downward slicing motion. Remove enough to reveal a clean flesh but do not take away too much of the meat. Lay the pineapple on its side and slice into 6 or 8 equal slices depending on the size of the pineapple. Combine the sugars, salt and cinnamon and sprinkle evenly over both sides of fruit slices. Lay the fruit on baking paper or pan and bake in the oven until golden brown. This may take as long as 30 minutes so turn the slices occasionally. Remove from the oven, sprinkle with the chilies and cool on the baking pan. Use caution as the slices of pineapple will be extremely hot.

SUGGESTED PRESENTATION

Place a slice of pineapple in the center of a large plate. Scoop a generous portion of ice cream in the center of the fruit and garnish with fresh mint or pineapple leaves.

POTATO CHIVE GNOCCHI WITH LUMP CRAB AND SWEET CORN

Makes 6 servings

GNOCCHI

2 lbs. Russet (baking) potatoes
2 to 2 1/2 cups all-purpose flour
3 eggs, beaten
1 Tbs. salt
1/4 cup chopped chives

Rinse and dry potatoes and bake at 350 degrees for about 50 minutes until tender. Allow to cool. Peel potatoes when cooled. Run the potatoes through a food mill or ricer into a bowl. Sprinkle with 2 cups of flour, mix lightly, and add the eggs and salt. Knead by hand until a dough forms. At this point, if the dough is too wet, add more flour. If suitable for dough, blend in the chives, being careful not to turn the dough green. Wrap tightly and allow to rest for 1 hour.

On a lightly floured surface, roll out the dough into 12-inch long tubes about the size of a pretzel rod (1/2 inch diameter). Cut each into 3/4 to 1-inch sized pieces; roll over fork to shape. Drop into boiling, salted water and simmer for 3-5 minutes, or until they float. Drain, shock, and reserve cold and dry.

SAUCE

2 Tbs. butter
1/2 shallot minced
2 garlic cloves minced
1/2 cup dry white wine
1/2 cup low-sodium chicken stock
1 cup roasted fresh sweet corn kernels
3 cups heavy cream
2 Tbs. dry sherry
1 cup canned or frozen lump crabmeat

Sweat the shallots and garlic in the melted butter. When translucent, deglaze pan with the wine and reduce volume by half. Add the stock, reduce again by half and add the corn and cream. Reduce this by 1/3 the volume. Finish with the sherry, add the crab meat and season with salt and pepper to taste.

SUGGESTED PRESENTATION

Bring the sauce to a simmer in a heavy bottomed saucepan. Add the gnocchi and gently stir until the dish returns to a simmer. Remove from the heat and serve immediately. Garnish with fresh herbs and grated parmesan cheese.

Friday August 10

BASMATI STUFFED CALAMARI WITH VINE-RIPENED TOMATO SAUCE

Makes 6 servings

CALAMARI

3 oz. pancetta bacon or 2 slices of regular bacon diced
1 Tbs. olive oil
1/2 Tbs. minced shallot
1 garlic clove, minced
2 cups cooked and cooled Basmati rice
Zest from half a lemon
1 Tbs. chopped fresh parsley
1/4 cup toasted pine nuts
1 whole egg, beaten
12 cleaned squid tubes
Fresh tomato sauce
1 cup shredded parmesan cheese

Preheat oven to 325 degrees. Fry bacon in a pan until browned. Add the olive oil and sweat the shallots and garlic. Remove from heat and allow to cool. Blend in rice. Add the lemon zest, parsley, pine nuts, and egg and gently mix until well blended. Stuff each tube equally, seal with a skewer if necessary, and place in a non-corrosive baking dish. Prepare sauce and spoon over the squid tubes, making sure to cover them completely. Bake at 325 degrees for about 20 minutes. Sprinkle with parmesan cheese and bake for another 15 minutes.

SAUCE

1 Tbs. olive oil
1/2 cup minced onion
1/8 cup minced garlic
1/4 cup merlot wine
2 lbs. garden fresh over-ripe tomatoes, peeled, seeded and chopped
1/2 Tbs. chopped fresh oregano
1 Tbs. chopped fresh basil
Salt & freshly ground black pepper

Sweat the onions and garlic in the oil. Deglaze pan with the wine. Add tomatoes and seasonings and cook for 30 minutes. Adjust the seasonings to taste.

STEAMED GINGER CHILI TILAPIA WITH JASMINE RICE

Makes 4 servings

TILAPIA

- 4 - 5 oz. tilapia fillets
- 1 banana leaf or parchment paper
- 1/2 cup low-sodium soy sauce
- 1 tsp. crushed red chillies
- 2 minced garlic cloves
- 1 Tbs. minced ginger
- 1 Tbs. cilantro leaves, chopped
- 1/4 cup diagonally sliced green onions
- 3 cups cooked jasmine rice, seasoned to preference

Combine soy sauce, chillies, garlic and ginger. Add fillets and marinate for 1 hour. Remove fillets and strain marinade, reserving pulp and discarding liquid. Bring water to boil in a bamboo or stainless steel steamer. Arrange fillets evenly onto the banana leaves or parchment paper; sprinkle with green onions, cilantro and reserved pulp. Cover and steam until the fish is flaky and tender.

SAUCE

- 1/4 cup fresh lime juice
- 1 Tbs. finely shredded carrots
- Fish sauce to taste
- 1 Tbs. honey
- 1/2 tsp. toasted sesame seeds

Combine all of the ingredients and keep at room temperature.

SUGGESTED PRESENTATION

Place 1/4 of the rice on a plate. Shingle a piece of the tilapia over the rice and drizzle with sauce. Garnish and serve.

Saturday August 11

BAILEY'S CRÈME BRULÉE WITH SEASONAL BERRIES

Makes 12 servings, approx. 4 oz. each

1 qt. heavy cream
6 oz. Bailey's Irish cream
1 Tbs. vanilla extract
3/4 cup light brown sugar
12 egg yolks

TOPPING

1/4 cup brown sugar
1/4 cup granulated sugar
36 ripe raspberries

Combine the heavy cream, Bailey's Irish cream, vanilla, and half of the brown sugar in a heavy bottomed saucepan. Bring just to a simmer. **AT THE LAST MINUTE** combine the egg yolks and rest of the sugar. Temper them into the warm cream by adding a little of the cream to the egg mixture. When combined, add a bit more and so on. When warm, add the entire egg mixture to the cream and cook just until it begins to thicken. Do not exceed 175 degrees.

Fill dishes 3/4 full and bake at 325 degrees in a water bath until they turn gelatinous. Remove from water bath and refrigerate for at least 4 hours or overnight.

To serve, sift white and brown sugars over the custard and burn with a torch or under a broiler until caramel brown.

PAN SEARED DUCK BREAST SALAD WITH SMOKED TOMATO VINAIGRETTE

Makes 6 servings

VINAIGRETTE

3 ripe tomatoes
1 Tbs. olive oil
1/2 shallot, peeled and minced
1 garlic clove, minced
1/2 Tbs. Dijon mustard
Leaves from 1 sprig of thyme
1/4 cup rice wine vinegar
1/2 cup olive oil
Salt & pepper to taste
3 oz. spring mix lettuce

To smoke tomatoes, wash and slow roast over low heat charcoal or gas grill for approximately 15-20 minutes until the skin of the tomatoes becomes charred and breaks away from the flesh. Peel, de-seed and reserve.

Sweat the shallot and garlic over low heat in the oil. Add the tomatoes, mustard and thyme. Heat thoroughly and cool. Puree this mixture in a food processor with the vinegar; drizzle in the oil and season. Keep refrigerated.

DUCK BREAST

3 - 6 oz. duck breasts, scored
1 cup Worcestershire sauce
1/4 cup brown sugar
1/2 Tbs. chopped lavender
1/4 cup toasted pecans

Marinate the duck breasts for 1 hour prior to searing. Remove from marinade and sear in a heavy bottomed iron skillet, skin side first, until well browned and the fat has rendered. Turn meat side down and brown well. At this point the duck should be medium rare. Finish in the oven if a more well-done temperature is desired.

SUGGESTED PRESENTATION

Lightly toss the greens in the vinaigrette and place in center of the plate. Slice each duck breast into six equal slices and fan over the greens. Lightly ladle a small amount of the vinaigrette around the duck and sprinkle with the pecans.

Sunday August 12

CHOCOLATE HAZELNUT BANANA BURRITOS WITH JACK DANIELS SAUCE

Makes 8 servings

GANACHE (1 CUP)

- 1/4 cup heavy cream
- 1/2 Tbs. light corn syrup
- 1 Tbs. butter
- 1/2 cup semi-sweet chocolate chips

Bring the cream, syrup, and butter to a boil. Remove from the heat and cool for 3 minutes. Stir in chocolate. Reserve at room temperature.

BURRITOS

- 4 medium ripe bananas
- 4 oz. chocolate ganache
- 3 oz. toasted, crushed hazelnuts
- 16 sheets phyllo dough
- 2 Tbs. melted butter
- 2 cups Jack Daniels sauce (recipe follows)
- Powdered sugar to dust

Preheat oven to 375 degrees. Peel and slice each banana in half lengthwise and crosswise. Pipe half of the bananas with the ganache and dip the other half into the hazelnuts. Sandwich together one of each piece and wrap tightly in buttered phyllo dough like a burrito. Bake at 375 degrees for 15-20 minutes until golden brown. Cool slightly and slice diagonally with a serrated knife.

SAUCE

- 3 egg yolks
- 2 Tbs. granulated sugar
- 2 Tbs. brown sugar
- 1/4 cup Jack Daniels
- 1/2 Tbs. vanilla extract
- 3/4 cup heavy cream

Cook the yolks, sugars and vanilla over a double boiler until thickened. Remove to a mixer and whip until cool and thick. In a separate bowl, whip the heavy cream until soft peaks form. Combine with cold egg mixture. Adjust consistency with liquid cream.

SUGGESTED PRESENTATION

Ladle sauce into the middle of the plate and stack the burrito halves on top. Dust with powdered sugar and garnish with fresh fruit and mint.

PEPPERED PORK TENDERLOIN WITH CHOCOLATE MERLOT SAUCE & VEGETABLE ORZO PASTA

Makes 4 servings

SAUCE

1-1/2 cups merlot wine
2 Tbs. light corn syrup
1 Tbs. brown sugar
1/8 cup bittersweet chocolate
1/8 cup semi-sweet chocolate
1/4 cup rich, low-sodium, beef stock or demi-glace (preferred)
Fresh ground pepper

Over medium heat, reduce the wine (and stock if that's what being used) by half the volume. Add the corn syrup, sugar and chocolate; stir until chocolate is melted. Add the demi-glace if that's what being used. Season and reserve warm.

ORZO PASTA & PORK

1 whole skinned pork tenderloin
Cracked black pepper as desired
1 Tbs. butter
4 grape tomatoes, halved
4 kalamata olives, quartered
1/2 cup blanched asparagus tips
2 cups cooked orzo pasta
1/4 cup shredded parmesan cheese
Salt to taste

Preheat oven to 350 degrees. Season the pork tenderloin and sear in an iron skillet until well browned on all sides. Finish by roasting in a 350 degree oven to an internal temperature of 145 degrees. Allow to rest for 5 minutes. In the meantime, melt the butter over medium heat; add the tomatoes, olives and asparagus tips, sautéing just until warm. Add the pasta and toss until warmed through. Stir in the cheese.

SUGGESTED PRESENTATION

Place 1/4 of the pasta in the center of the plate. Drizzle the merlot sauce around the pasta and finish by arranging the sliced pork as desired.

