

Classic COOKWARE



Recipe Book

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CHEF SARA RHODES

Alfredo Sauce

Olive Oil

½ of medium shallot, finely chopped

6 cloves garlic, finely chopped

1/3 cup white wine

2 ½ cups heavy cream

1 ½ cups grated parmesan cheese

Dash of nutmeg

1 Tbsp. butter

Heat oil in heavy sauce pan. Add shallot and sauté for a minute. Add garlic and sauté another minute. Add white wine and cook until pan is almost dry. Add cream and simmer until cream coats back of the spoon. Add cheese and stir until melted. Add nutmeg and butter.

VARIATION:

Add ½ cup of reconstituted sundried tomatoes and ¾ cup chopped artichoke hearts with the garlic. Finish as directed above.

Asian Chicken Salad with Pineapple

1 lb. chicken breast cut into small chunks
3 green onion, chopped
8 oz. can pineapple chunks, rough chopped
1/3 cup water chestnuts, chopped
3 Tbsp. red pepper, finely chopped
2 Tbsp. cilantro, chopped
Cilantro leaves and toasted sesame seeds to garnish

DRESSING:

¾ cup mayonnaise
2 tsp sesame oil
2 Tbsp. reserved juice from can of pineapple
¼ cup Earth & Vine Pineapple Sake Teriyaki Marinade
Salt and pepper to taste

Season the chicken with salt and pepper. Heat a sauté pan over medium heat. Add a little olive oil to the pan. Add the chicken and sauté just until done. Drain on paper towel and let cool completely.

Mix up the dressing ingredients and set aside.

When the chicken is cool, chop pieces a little finer. Add the rest of the ingredients and mix together. Add the dressing. Mix together well.

Serve on a bed of red lettuce and pineapple rings. Garnish with cilantro leaves and toasted sesame seeds.

Basic Pasta Recipes

This recipe will make 1 lb. of pasta

1 ½ cups All Purpose Flour
2 large eggs
2 tsp. Olive Oil
Water as needed

Put the flour in a food processor with the oil and the eggs. Start processing and start adding water a little at a time. The mixture will form a ball.

Remove from the food processor and knead until dough springs back when poked with your finger. Divide in half and flatten into discs. Wrap in film and let rest in the refrigerator for at least 30 minutes.

Roll and cut as desired.

GARLIC CHIVE PASTA – Add 4 crushed cloves of garlic and ¼ cup chopped chives.

BASIL PASTA – add ½ cup basil leaves to food processor

WHOLE WHEAT PASTA –cut A/P flour to ¾ cup and use ¾ cup of whole wheat flour. Put the whole wheat flour in the processor first and process a little before adding A/P flour. Then process the flours slightly before adding eggs and oil and water.

*Roasted Butternut Squash Ravioli with Sage & Brown Butter
Sauce*

2 Tbsp. butter
6 Tbsp. minced shallots
2 cups roasted butternut squash puree
6 Tbsp. heavy cream
6 Tbsp. grated Parmesan cheese
Pinch of nutmeg
1 1 lb. recipe of whole wheat pasta dough
Salt and Pepper

In a large sauté pan, over medium heat, melt the butter. Add the shallots and sauté for about a minute. Add the squash puree and cook until the mixture is slightly dry, about 2 to 3 minutes. Season the mixture with salt and pepper. Stir in the cream and continue to cook for 2 minutes. Remove from the heat and stir in the parmesan cheese and nutmeg, to taste. Season the mixture again with salt and pepper if desired. Let cool completely.

Roll out the pasta and, using the ravioli form, fill the raviolis with the squash filling. Dust with flour and let dry until cooking time.

Heat a pot of salted water. When gently boiling, add ravioli and cook about 2 to 3 minutes or until pasta floats. Remove pasta and drain on paper towel.

Plate the ravioli and spoon sauce over the pasta. Sprinkle with more parmesan cheese.

SAUCE:

24 fresh sage leaves
1 cup butter

In a large sauté pan, melt the butter. Add the sage to the butter and continue to cook until the butter starts to brown. Remove from the heat.

CHEF SARA RHODES

Chicken Piccata

4 boneless, skinless chicken breasts, trimmed and pounded
Salt and pepper
All-purpose flour, for dredging
6 Tbsp. unsalted butter
Olive oil
1/2 cup fresh lemon juice
3/4 cup chicken stock
3/8 cup brined capers, rinsed
1/3 cup fresh parsley, chopped

Mix flour with salt and pepper. Dredge the chicken in the flour mixture and shake off excess.

In a large skillet over medium high heat, melt 2 Tbsp. of the butter with 3 Tbsp. of the olive oil. When butter and oil start to sizzle add the chicken and cook about 3 minutes per side. Remove and transfer to a warm plate.

Add the lemon juice, stock and capers to the pan. Bring to a boil, scraping up brown bits from the pan for extra flavor. Check seasoning, adding salt and pepper if necessary. Return the chicken to the pan and simmer for about 5 minutes. Remove chicken to a platter. Add remaining 4 Tbsp. of butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

CAPER: The flower bud of a bush native to the Mediterranean and parts of Asia. The small buds are picked, sun-dried and then pickled in a vinegar brine. Capers range in size from the petite nonpareil variety from southern France (considered the finest), to those from Italy, which can be as large as the tip of your little finger. Capers should be rinsed before using to remove excess salt. The pungent flavor of capers lends piquancy to many sauces and condiments; they're also used as a garnish for meat and vegetable dishes.

DEFINITION FROM "FOOD LOVER'S COMPANION"

Chocolate Panna Cotta with Espresso-Hazelnut Sauce

2 tsp unflavored gelatin
2 Tbsp water
2 1/2 cups heavy cream
1/2 cup sugar
1/4 cup mascarpone cheese
3 oz. semisweet chocolate, finely chopped
1 tsp Chocolate Extract

Sprinkle gelatin over water in a small bowl and set aside until water is absorbed and gelatin sets up, about 5 minutes.

Combine the heavy cream, sugar and mascarpone cheese in a saucepan over medium heat. Cook, stirring occasionally, until sugar is dissolved and mascarpone melts. Mixture will be hot but do not let it boil. Add chocolate, stirring until it melts. Remove pan from heat and stir in the softened gelatin until it dissolves.

Strain mixture through a fine mesh sieve into a 4 cups measuring cup. Divide evenly among six custard cups. Loosely cover cups with plastic wrap and chill until set. At least 24 hours.

SAUCE:

1/3 cup heavy cream
1 Tbsp Hazelnut syrup
1/2 tsp instant espresso powder
3 oz. bittersweet or semi-sweet chocolate
Toasted, skinned and chopped hazelnuts

Combine the cream, hazelnut syrup and espresso powder for the sauce in a small saucepan over medium-low heat. Bring to a boil. Pour cream mixture over chopped chocolate in a small bowl. Let mixture rest 5 minutes then whisk until chocolate melts and sauce is smooth.

Unmold panna cotta by running the tip of a paring knife around the side of the custard cup, then dip the cup briefly into hot water, about 5 seconds. Invert panna cotta onto a dessert plate shaking gently to release. Run knife around again if necessary.

Top Panna Cotta with sauce and chopped hazelnuts.

Herb & Dijon Green Beans & Peppers

12 oz. green beans, washed and trimmed
½ red bell pepper, cut into strips
½ yellow bell pepper, cut into strips
½ Tbsp. lemon juice
1 tsp. Dijon mustard
½ tsp. honey
½ Tbsp. chopped fresh basil
1 tsp. chopped fresh thyme leaves
1 tsp. chopped fresh rosemary
1 clove garlic, minced
Olive oil
1 ½ Tbsp. butter
Salt and pepper to taste.

Blanch the beans for 2 to 3 minutes then shock in an ice bath. Drain and set aside.

Mix the lemon juice, mustard, honey, herbs and garlic together. Set aside.

Add the oil to a sauté pan and heat over medium high heat. Add the peppers and cook 5 to 6 minutes. Add the beans and the herb and mustard mixture and cook 2 to 3 minutes more. Add the butter and season with salt and pepper to taste.

Serve immediately.

Lemon & Strawberry Parfait

8 oz. mascarpone cheese
¾ cup Earth and Vine Meyer Lemon Pear Marmalade
½ tsp almond flavored bakery emulsion
½ cup heavy cream
Strawberries, thinly sliced
1 cup crushed ginger snap crumbs
1 Tbsp. sugar
3 Tbsp. unsalted butter, melted

Mix the ginger snap crumbs and sugar together. Add the melted butter to the crumbs and mix well. Set aside.

With a hand mixer, mix the mascarpone cheese, marmalade and the emulsion in a bowl. In a separate bowl, whip the heavy cream to soft peaks. Fold cream into cheese and marmalade mixture.

Spoon a small amount of the gingersnap crumb mixture into a martini glass. Layer a few slices of strawberries on top of the crumbs. Add some of the cheese and marmalade mixture and smooth out. Repeat layer once more. Cover glass with film and refrigerate at least 2 hours before serving.

When ready to serve, top with a shingle cut strawberry and a few of the gingersnap crumbs.

Extra gingersnap crumbs can be kept in the refrigerator for a month.

Lemony Cream Brussels Sprouts W/Bacon & Sage

2 lb. Brussels sprouts, trimmed, halved
3 slices thick-cut bacon
2 shallots, halved and thinly sliced
1 cup heavy cream
2 tsp chopped fresh sage leaves
1 tsp grated lemon zest
1 Tbsp lemon juice
salt and pepper to taste

Bring 4 quarts of lightly salted water to a boil in a large saucepan. Add Brussels sprouts Cook 3 minutes or until crisp-tender. Drain in a colander, then refresh under cold water to stop cooking. This can be done a day ahead.

In a large, heavy skillet over medium heat, cook bacon until crisp, about 7 minutes.

Drain bacon on paper towels, leaving rendered fat in skillet. Put shallots in skillet and sauté over medium heat until translucent, about 3 minutes. Add sprouts and sauté 3 minutes longer. Add cream, sage, and lemon zest, stirring to mix. Bring mixture to a simmer uncovered, until cream is reduced and thickens to a glaze that loosely coats sprouts, about 3 minutes. Stir in lemon juice and add salt and pepper to taste. Crumble cooked bacon on top and serve immediately.

Moroccan Braised Beef Roast with Apricots

4 TO 5 lbs. bone-in Beef Roast
Moroccan spice blend, recipe follows
1 cup carrots, medium dice
1 cup celery, medium dice
16 pearl onions, peeled, whole
10 baby gold potatoes, halved
1/4 cup All Purpose Flour
2 Tbsp. tomato paste
1 cup red wine
4 cups beef/veal stock
3 Tbsp. Honey
1/3 cup chopped apricots
1 oz. Veal/Beef demi
1 1/2 Tbsp. butter

Trim the meat of any excess fat. Cut into large pieces. Rub Moroccan spice into meat

Heat a braising pot over medium high heat with olive oil. Brown meat on all sides, doing in batches if necessary and remove from pot and set aside. Add the vegetables and sauté for about 7 or 8 minutes, or until they start to soften. Add the flour and cook about 5 minutes more. Add the tomato paste and mix well. Deglaze the pan with the red wine. Add the meat back to the pan and add the stock and the honey.

Bring to a boil. Cover and put in the oven for two hours.

Remove from oven. Remove the meat and place pot over burner on the stove. Add the demi glace and apricots. Simmer about 3 to 4 minutes. Add butter.

MORACCAN SPICE RUB:

2 Tbsp. ground ginger
2 Tbsp. ground turmeric
1 Tbsp. ground cumin
1 Tbsp. ground black pepper
1 1/2 Tbsp. kosher salt
1 Tbsp. ground coriander
1 1/2 tsp. ground cinnamon
2 Tbsp. garlic granules
1 tsp. ground nutmeg
1/4 tsp. cayenne
1/2 tsp. ground cloves

Pork Marsala

1 1/2 lbs. center cut boneless pork loin roast trimmed and cut into medallions
All-purpose flour
Salt and pepper
Olive Oil
1 1/2 lbs. cremini mushrooms, quartered
2/3 cup chicken stock
1/2 cup dry marsala wine
1/3 cup heavy cream
2 tsp. lemon juice
1 Tbsp. butter
Chopped parsley

Mix flour with the salt and pepper in a pie plate to dredge the pork medallions. Heat a large sauté pan and add olive oil. Dredge the medallions in the flour and shake off excess. When the oil is hot, brown the medallions, about 2 to 3 minutes per side. Transfer to a warm plate and cover with heavy duty foil.

Add the mushrooms to the sauté pan, adding a little more olive oil. Cook until golden, about 6 minutes.

Add about 1 1/2 Tablespoons of flour to the mushrooms and cook about one minute, stirring as it cooks.

Add stock and marsala and bring to a boil. Add the cream and boil until the sauce thickens, about 6 or 7 minutes. Add the butter and whisk until melted. Turn off heat and add lemon juice and parsley.

Spoon sauce over pork.

Can be served over sautéed spinach or fettuccine.

CHEF SARA RHODES

Sugar Snap Peas with Mint & Orange

12 oz. sugar snap peas, trimmed (about 3 1/2 cups)
2 Tbsp butter (1 oz.)
1 Tbsp water
1 1/2 Tbsp thinly sliced fresh mint leaves
1/2 tsp finely grated orange zest

Cook peas in large saucepan of boiling salted water for 2 minutes. Drain and refresh with cold water. Can be done 2 hours ahead and can stand at room temperature.

Melt butter in a medium sauté pan over medium high heat. Whisk in 1 Tbsp water. Stir in mint and orange zest. Add sugar snap peas and sauté just until heated through.

Season with salt and pepper. Transfer to bowl and serve.

CHEF SARA RHODES

Summer Squash Slaw with Feta & Almonds

1/3 cup sliced almonds, toasted
¾ lbs. summer squash, julienned on a mandolin or with a knife
¾ lbs. Zucchini squash, julienned on a mandolin or with a knife
2 green onions, thinly sliced
¼ cup coarsely chopped fresh mint
1 tsp. coarsely chopped fresh oregano
3 Tbsp. extra virgin olive oil
1 Tbsp. fresh lemon juice
4 oz. crumbled feta cheese

Toss the zucchini, yellow squash, green onion, mint and oregano together in a bowl. Whisk the oil and the lemon juice together in a small bowl. Add the oil and juice mixture to the bowl with the squash. Mix together. Season to taste with salt and pepper. Add the feta cheese and the almonds and toss to combine.

CHEF SARA RHODES

Tilapia with Meyer Lemon & Rosemary Reduction

1 cup Earth & Vine Meyer Lemon & Rosemary Marinade
2 Tbsp. chopped fresh rosemary
2 Tbsp. butter
4 tilapia fillets

Put the marinade and the rosemary in a saucepan and simmer on medium low until starting to thicken. Add butter and set aside while you sauté fish.

Season tilapia with salt and pepper. Heat a sauté pan on medium high heat. Add a little olive oil to the pan. Add the fillets to the pan, presentation side down. Cook about 3 to 4 minutes on each side.

Reheat the reduction. Plate fillets and spoon reduction over fish.

CHEF SARA RHODES

*Vegetable & Shrimp Quinoa Salad with Tart Cherry Zinfandel
Balsamic Dressing*

1 1/2 cup red quinoa
2 1/2 cups water
1/2 tsp. kosher salt
1 cup yellow squash, cut small dice
3/4 cup red pepper, cut small dice
3/4 cup sugar snap cut into two pieces
1/2 cup red onion, cut into small dice
1/2 of a fennel bulb, corded and cut in small dice
1 cup feta cheese, crumbled
3/4 cup roasted and salted pumpkin seeds
12 oz. small cooked shrimp, tails removed
1/2 cup extra virgin olive oil
3/4 cup dried tart cherries
3/4 cup Earth & Vine Tart Cherry Zinfandel Balsamic Finishing Sauce
1 tsp. Herbs de Provence
Salt and pepper to taste

In a bowl, rinse the quinoa with water and rubbing it between your fingers for about 10 seconds. Drain and transfer it to a 3 quart saucepan. Add the water and salt and bring to a boil over medium high heat. Reduce the heat to medium low and simmer, covered until the quinoa is tender but still delicately crunchy, about 15 minutes.

Drain the quinoa and return it to the pot. Cover and let the quinoa rest for 5 minutes. Then fluff it with a fork. Let it cool to room temperature.

Whisk together the oil, finishing sauce, herbs de province and some salt and pepper. Place the cooled quinoa in a bowl. Add the vegetables, cheese, shrimp and pumpkin seeds. Mix together. Add the finishing sauce mixture and mix. Serve immediately.

If you are making this the day ahead, mix everything together except the dressing. Refrigerate separately and mix right before serving.