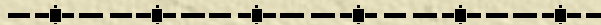


Cooking with Brian & Steve



Recipes from Goodies Cooking Classes



Goodies Café & Restaurant
1470 Mosley St.
Wasaga Beach, Ont.

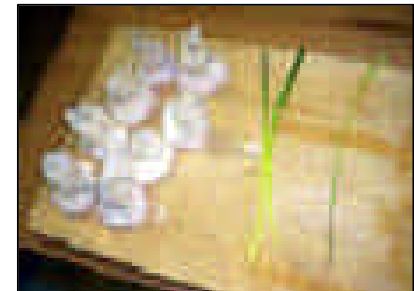
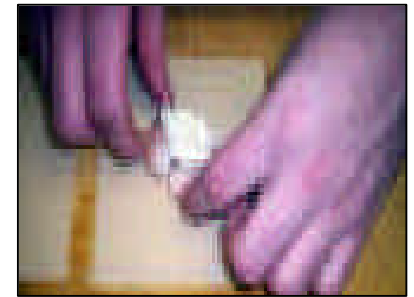
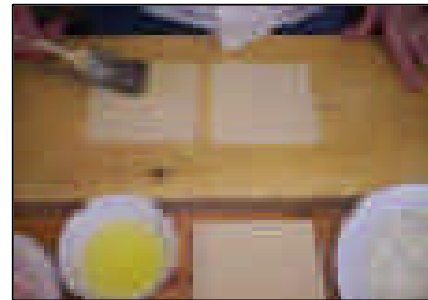
Shrimp Rangoons



2 egg roll wrappers
4 tbsp herbed cream cheese
1/4 tsp fresh garlic
4-6 31/40 cooked shrimp
Oil for deep frying
Seasoning blend
1 egg

Method

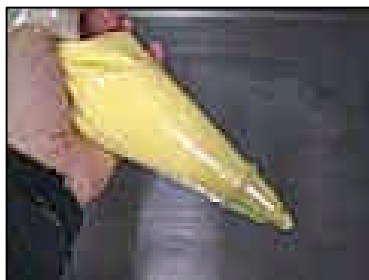
Place the egg roll wraps on a cutting board and brush lightly with the beaten egg. Season the cream cheese with the herbs and the garlic and position in the center of the egg roll wrap. Put 2-3 shrimp on each wrap and form into beggars purses. Deep fry at about 350-375 degrees for about 2-4 minutes until golden brown



Pommes Duchesse



Potato Ricer



2 1/2 lb. potatoes, russet, peeled, quartered
6 oz. butter. cut into small pieces
1 cup milk
2 each medium egg yolks
6 each cooked potato slices, 1/4 inch thick
Pinch ground nutmeg to season
Salt to season
Fresh ground black pepper

Preheat oven to 400 degrees F. Place potatoes in a pot and cover with water. Bring to a simmer and cook until potatoes are tender, approximately 15 - 20 minutes. Heat milk and butter in a small saucepan. Keep warm. Drain cooked potatoes well.

Press through a ricer, place in mixer bowl. Add milk / butter mixture, egg yolks and nutmeg. Season with salt and pepper. Mix until well incorporated. Place cooked potato slices on a lightly oiled baking sheet. . Transfer potato mixture to a pastry bag with a large star tip. Pipe potato mixture onto potato slices. Bake Duchesse Potatoes at 400 degrees F until golden brown (about 15 minutes)

Chicken Rundle

Gaelic for "by a clear running stream" this dish exemplifies a brilliant combination of ingredients, infusing seafood with chicken in a light and summery dish.



6 - 6 oz chicken breasts
7 oz bay scallops
6 oz chopped cooked shrimp
Chicken skins to wrap
15 arugula leaves
2 egg whites
1/2 tsp salt 1/4 tsp pepper

Prepare mousse of scallops, egg whites and the salt and pepper. Lay the chicken skins flat on the table. Flatten the chicken breasts and place on top of the chicken skins. Spread with 1/6th of the scallop mousse. Place about 2 Arugula leaves on top of the mousse and top this with 1/6th of the chopped up shrimp. Wrap up into a tube using the skins as a covering. Wrap in tinfoil and poach for approximately 30-40 minutes.

Pork Savoy

Nothing soothes the soul more on a chilly Autumn day than the earthy aroma of Pork and Savoy cabbage simmering in a warm oven. The combination of Pork and Cabbage combined with a ham mousse create a perfect harmony of flavors

6 Pork Loins trimmed
1 pound diced ham
2 egg whites
1 red pepper diced
About 12 savoy leaves blanched
1/2 tsp salt 1/2 tsp pepper



Method

Flatten each of the pork loins making sure the silver skin and any fat is removed. Whisk the egg whites and add the diced ham, red pepper, salt and pepper. Divide mixture between each escallope of pork and roll to form a rouladen. Wrap pork with the savoy leaves. Wrap in tinfoil and bake at 375 degrees for about 25-30 minutes. Test with a meat thermometer.

Tournedos of Salmon

Skin, trim and de-bone 1-8 oz Salmon fillet. Cut evenly into strips about $\frac{1}{2}$ an inch thick. Brush each piece with the miso mixture and form into a pinwheel making sure the skin side is in. Wrap with a band of tinfoil or pick with toothpicks and cook.



Miso mixture
1/4 cup miso
2 tbsp wine
2 tbsp water
2 tbsp sugar

Cornish Game Hens

Method

Debone the hen from the back removing the spine. Cut a small incision in the breast and remove all of the bones within the carcass. Cut off the wing bones and remove the thighbone. Cut off the ends of the leg bone and slide the bone up for presentation purposes. Season the inside of the hen with the kosher salt and stuff with the rice and dried fruit blend. Pull the carcass up so the two legs are in the air and the neck skin comes up and around. Secure with the tinfoil strip. Bake at 350-375 in a baking dish on top of the bones for about 30-40 minutes. Deglaze the pan with about 4 oz orange juice and 1 oz triple sec and thicken slightly with cornstarch.

Cornish Game Hens

1 Cornish game hen
1/2 tsp. kosher salt
1/2 cup of wild and brown rice
blend cooked
1/2 cup dried fruit
Seasoning blend about 1 tbsp.
Tinfoil band



Beef Wellington

The Rub

1/2 cup white sugar
1/8 cup garlic powder
1/8 cup onion powder
1/8 cup dried oregano
1/2 cup salt
1/8 tsp black pepper
1/8 paprika
1/2 tsp of cayenne
3 tbsp mustard powder
1/2 tbsp celery salt



1. Thoroughly coat the beef with the dry rub and sear in a very hot fry pan, making sure that all sides are cooked. Allow to cool on paper towels to absorb the juice
2. Roll out the pastry into about a 8 inch square. Brush with beaten egg and sprinkle with bread crumbs.
3. Place about 3-4 tbsp of the duxelle into the center of the pastry and roll up.
4. Brush the pastry with egg wash and decorate with the extra scraps.

Bake at about 425 degrees for about 20 minutes.

If you prefer the meat well done, turn down the heat after the pastry browns to 350 degrees for an additional 10-15 minutes.

Mushroom duxelles

Roast Duck a l' Orange



Orange Sauce

1 1/2 cup Orange juice
5 tbsp chicken or duck stock
1/2 triple sec
1 tablespoon cornstarch mixed with 2
tablespoons water,

Remove the zest from one orange;
juice the orange and set aside. Simmer
the zest in stock for 2 minutes.
Thicken with the cornstarch

The Method

Cut the duck in half and remove all of the bones, except the leg tip and the wing tip. Remove the excess fat.

Rub the carcass with salt and pepper and stuff a clove of garlic and onion slices inside

Fold up and bake at 350 degrees about 45 minutes or until the skin is a golden brown and the meat is cooked. Well done to rare are the preferred ways to cook duck since it is considered a red meat.

Crepes

1 1/2 cups milk
1 c pastry flour
4 eggs
1 Tbsp oil
1/4 tsp salt
1 tsp fresh herbs (mint, thyme, basil etc)



Combine the above in a blender or food processor and strain through a sieve. Heat a pan with a little oil until almost smoking. Add about 1 1/2 oz - 2 oz of the mixture to the frying pan. Rotate the pan as you add the batter and pour off the excess. Finish the crepe by flipping it or turning it with a spatula. The presentation side or the first side you cooked, should be on the outside. Form into beggars purses using a piece of chives to secure it.

Apple filling

2 delicious apples peeled, cored and sliced
2 tbsp white sugar
1/4 tsp cinnamon
1 tbsp margarine
Sautee the apples in the margarine until tender. Add the sugar and cinnamon and cool.

The Sauce

1 cup white sugar
1 cup water
1 cup frozen raspberries



Cook the sugar and water until it begins to thicken. Add the raspberries and cook until dissolved. Add 1/2 cup cream and 1/4 lb butter. Strain if desired.

Chimichanga's



Chimichangas are simply deep-fried burritos. Flour tortillas filled with any meat, cheese bean vegetable, or rice combination, they are then dipped into an egg wash, and deep-fried. They can be sliced and served on shredded lettuce as an appetizer or simply as a main dish. No sauce is required however salsa guacamole or sour crème make a nice accompaniment.

Tex Mex Seasoning Mix

2 tsp. instant minced onion
1 tsp. chili powder
1/2 tsp. crushed dried red pepper
1/4 tsp. dried oregano
1 tsp. salt
1/2 tsp. minced garlic
1/2 tsp. ground cumin
1/2 tsp. cornstarch

1-10 inch flour tortilla

2 oz boneless chicken thighs or shredded beef

2 oz cheese

1 tbsp. Salsa

1/2 tsp Tex Mex seasoning mix

1 tbsp. onions peppers and tomatoes

Roasted Red Pepper Vinaigrette

5 large red peppers roasted and the skins removed
1 mdm size red onion
1 cup balsamic vinegar
1 litre canola or olive oil
1 tsp fresh garlic
1 tsp kosher salt
1 tsp black pepper



Excellent on a salad, tossed with pasta or served on a nice piece of fish.

Method

Place red peppers, onion and garlic salt and pepper in the food processor and blend on high. Add the balsamic vinegar and the oil.





Mulligatawny Soup

2 Tablespoons olive oil
2 stalks celery, diced
1 carrot, peeled and diced
1 large onion, peeled and diced
1 chile pepper, seeded and diced
4 cups chicken stock
1/4 cup lentils
Salt and pepper to taste
1 Tablespoon curry powder
1/2 cup coconut milk
1-2 cups cooked basmati rice
1/2-1 cup shredded cooked chicken
1/2 cup tart raw apple, chopped fine

Garnish: spoonful 35% cream or coconut milk--and minced cilantro or parsley.

Saute the celery, carrots, onion, and pepper in the oil at a low heat until the onion is translucent.

Stir in the curry powder to blend and cook for a minute. Pour in the stock, add the lentils, and bring to a boil. Reduce heat and simmer for 30 minutes.

While the soup is simmering, cook the rice; shred the chicken and chop the apples finely. You don't need to skin the apples.

When the soup is done, season to taste with the salt and pepper, then puree, solids first, in a blender. Return to pot. When ready to serve, bring the soup to a simmer and add the coconut milk. Take the pot to the table, as well as individual bowls of warm rice (heat in the microwave, if necessary), shredded chicken, finely chopped apple, coconut milk (or cream), and minced cilantro (or parsley).

Chicken with Chestnut stuffing

1 pound fresh chestnuts
1/2 cup melted butter or margarine
5 cups cubed bread
2 well beaten eggs
1 1/2 cup chopped celery
1 1/2 teaspoon salt
4 teaspoon poultry seasoning
1 1/2 cup chopped onion

Sautee the celery and onions in the butter. Add the chopped up chestnuts and poultry seasoning. Toss with the bread cubes and add the egg.

Yields enough to stuff a 20 lb turkey.



Shelling Chestnuts

Cut a cross on flat side of nut and put in a skillet, allowing 1 teaspoon of butter to each cup of chestnuts. Shake over heat until butter is melted. Put in hot oven and let stand for 10-15 minutes. Remove from oven and with a small knife take off shells. By this method shelling and blanching are accomplished at the same time. The inside skins will adhere to the outer shells.

Mango Salsa

1 fresh mango diced
1/2 tsp cumin
1 tsp chopped fresh cilantro
Juice of 1 lime
1/4 cup of sugar
1/8th of a diced habenero pepper
1 tomato diced
1 tsp fresh ground chili powder
2 oz diced onions
1/4 tsp chopped garlic
1/4 cup jicama (optional)



Combine all ingredients.
Let sit for about an
hour and serve with
Corn chips or Shrimp
rangoons and of
course a frozen margarita.



Margarita

3 parts of tequila
2 parts of orange flavored liqueur
1 part of fresh lime juice

Freeze the above ingredients for about
2 hours. Scrape into a coupe glass
rimmed with kosher salt
garnish with a lime wedge

Venison en Crouste

6 piece of puff pastry 4 inches square
1 egg
6- 5 oz piece of venison seared
3 tbsp mushroom duxelle



Mushroom Duxelles

1 lb Finely chopped mushrooms
1/4 lb chopped onions
2 oz red wine
2 oz bread crumbs
1/4 tsp salt and 1/4 tsp pepper
2 cloves garlic

Sautee the mushrooms, garlic and onions in a tbsp of butter add the red wine and reduce to 1/2. Add the bread crumbs the salt and pepper.

The method

Roll out a piece of puff pastry to about 4 inches square. Brush with the egg and place 1/6th of the mushroom duxelle on the square. Top the duxelle with 1-5 oz piece of seared venison. Fold up the puff pastry and brush again with the egg. Bake at 425 degrees until the pastry is golden brown.

Red wine and mushroom sauce

1 lb shitaki mushrooms, 1/2 lb of onions
2 tbsp balsamic vinegar
3 oz red wine
1/2 cup white sugar
6 oz good demi glace

Sautee the shitaki mushrooms and onions in a tbsp of butter until cooked. Add the sugar and continue to cook until lightly carmelized. Add the balsamic vinegar, the red wine and the demi glace. Continue to cook for another 5 minutes.
Goes well served with red meat



Empanadas

Empanada Dough:

1 1/2 cups all-purpose flour

1 cup masa harina

1 teaspoon baking powder

1 teaspoon salt

1/2 cup (4 oz) margarine, melted and cooled

1 large egg beaten with 1 tablespoon water for egg wash



In a large bowl, sift together the flour, masa harina, baking powder, and salt. Stir in the melted butter. Gradually add 1/2 cup to 3/4 cup of water, working it in with your hands to incorporate; the dough should be easy to handle and not sticky. Form the dough into a ball, wrap it in plastic, and chill for 30 minutes.

Lightly flour bench and rolling pin. Divide the dough in 1/2 so it will be easier to work with and roll it out to 1/8-inch thickness. Using a 4-inch cookie or biscuit cutter, cut out 10 circles of dough (tapas) or divide into balls and roll into a circle. Repeat with the other 1/2.

Sausage rolls

Sausage Rolls

2 1/2 lb ground pork
1 cup dried breadcrumbs
1 medium onion, finely chopped
2 tablespoons chopped parsley
1/2 cup milk
2 tsp salt
1/2 tsp pepper

Egg Wash

1 egg
2 tablespoons milk

Rough puff pastry



Method

Roll out a piece of puff pastry, about 8 inches by 4 inches.

Combine the sausage meat mixture, egg wash the rolled out pastry and portion a 2 inch wide row on the length of the pastry

Score the dough or cut into portions and egg wash again. Bake at 375-400 until golden brown.

Two Sauces

Teriyaki Sauce

2 cups brewed soy sauce (Kikoman)
1 cups water
1/2 cup fresh garlic (unpeeled)
1/2 cup fresh ginger (unpeeled)
1 cup sugar
1 oz wine
2-3 chopped green onions

Puree the garlic and ginger in a food processor. Place all ingredients except the wine in a pot and bring to the boil. Turn off the heat and let stand until cool. Strain off the liquid. Can be used for marinating beef or chicken or thicken with a little cornstarch for a stir fry.



Tzatziki sauce

8 oz. plain yoghurt
1 sm. cucumber, peeled, seeded and chopped
2 cloves garlic, peeled and pressed
1 tbsp. fresh lemon juice
1 tsp. olive oil
1 tsp. fresh mint or dill, chopped
Salt and fresh ground pepper, to taste

Directions:

Drain the yogurt in a coffee filter for a couple of hours or squeeze out in a cloth, puree in a food processor. Add to the rest of the ingredients, mix well. Serve with crudites or souvlaki



Mulled Wine

1 litre of good red wine (remember that bad wine does not get better by cooking it)

1 cup of green tea

1 cup granulated sugar

2-3 cinnamon sticks

6 cloves

Zest of 2 oranges (orange part only)

Juice of 2 oranges

Juice of 1 lime

1 cup of good brandy

Candy canes for a Christmas garnish

Simmer the ingredients in a non corrosive pot. A ceramic crock pot works great. Left overs can be stored in the fridge and used within a few days



Spanakopita

1/2 cup vegetable oil
2 large onions, chopped
3 cups blanched spinach (leaves only)
2 tbsp chopped fresh dill
2 tbsp all-purpose flour
8 oz feta cheese, crumbled
4 eggs, lightly beaten
Salt and pepper to taste
1 1/2 (16 ounce) packages phyllo dough
3/4 pound butter, melted



Preheat oven to 350 degrees F
Heat vegetable oil in a large saucepan over medium heat. Slowly cook and stir onions until softened. Mix in spinach, dill and flour. Cook approximately 10 minutes, or until most of the moisture has been absorbed. Remove from heat. Mix in feta cheese, eggs, salt and pepper.
Lay phyllo dough flat and brush with butter or margarine. Place a small amount of spinach mixture onto each piece of dough. Fold phyllo into triangles around the mixture. Brush with butter.
Place filled phyllo dough triangles on a large baking sheet. Bake in the preheated oven 15 minutes, or until golden brown.

Mayonnaises's

Blender Mayonnaise

1 egg
1 scant teaspoon prepared mustard
Cayenne pepper, optional
1/4 teaspoon salt
1 cup Canola oil
3 teaspoons fresh lemon juice

Put the egg, mustard, cayenne pepper) and salt in a blender; blend at high speed for about 20 seconds. Gradually add the oil through the top of the blender, while blending, in droplets at first, blending until all the oil has been blended with the egg and mayonnaise is thick and creamy.



Chipotle Mayonnaise

1 tsp chipotle peppers in adobe sauce finely chopped
1 cup of mayonnaise
1/2 tsp lemon juice
1 tsp chopped cilantro

Combine and mix well.
Use as a spicy dip for vegetables and breaded appetizers.

Wasabi Mayonnaise

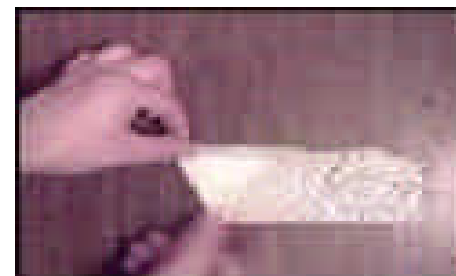
1 tbsp wasabi paste
1 cup mayonnaise
1 tsp lemon juice
Combine and mix well.
Use as a dip for seafood and vegetables

Working with Filo Pastry

Filo pastry comes frozen in paper thin layers wrapped in wax paper and sealed in plastic. Allow about 2 hours for a package to thaw at room temperature. Once opened it should be covered with a damp cloth to prevent the dough from drying out. Remove the sheets that you need and keep the rest under the cloth. When finished take the unused sheets and wrap in saran wrap and refrigerate. Filo pastry breaks easily and can be repaired by simply applying a "band-aid" or another piece brushed with butter to the cracked sheet or simply by reversing the sheets.

3 sheets of filo dough
Melted margarine or butter
Bread crumbs

Lay out a sheet of dough on a flat surface. Brush with the melted margarine or butter and repeat until all three layer have been stacked. Top with bread crumbs and repeat or cut into strips for rolling and folding. Brush butter between the folds to keep the pastry from drying out. Oil cannot be substituted for the butter or margarine.



Chocolate Truffles

1 lb. Chocolate (grated)
1 cup 35% cream
1/4 lb. Butter
2 oz liqueur
Concentrated flavor if desired



Heat the butter and the cream in a pot. Remove from the heat and add the chocolate. Whisk and let stand at room temperature. Keep whisking every 10 minutes until the mixture begins to thicken. Once it holds a sauce consistency then add the liqueur and flavoring. Continue to whisk until mixture becomes hard. Transfer to a stainless steel bowl and refrigerate.

Old Fashioned Egg Nog

8 Eggs separated
3/4 cup Sugar
1 1/2 cups Brandy
1/2 cup Rum
4 cup Milk
4 cup Cream
1/2 cup Icing sugar
Nutmeg to sprinkle



Separate the yolks from the whites of the eggs. Beat the yolks slowly while adding the sugar until the mixture is pale and golden. Now slowly add in the brandy and rum, then beat in the milk and half the cream. Set aside until just before serving, then whisk the egg whites until stiff and fold them into the eggnog mixture. Whip the remaining cream and icing sugar until thick. Top each glass of eggnog with whipped cream and a shake of nutmeg.
Serves 8

Arugula and Ricotta chicken

1 lb. Arugula stems removed
4 oz. Ricotta cheese drained
1 oz. Mozzarella cheese
2 lightly beaten egg whites
Salt and pepper 1/2 tsp.
4 - 6 oz. chicken breasts



Breeding

1 cup bread crumbs with a 1/4 cup ground almonds or hazelnuts
3 lightly beaten eggs with a 1/4 cup milk
1/2 cup seasoned flour

Cut a slit into the thickest part of the chicken breasts. Drain the ricotta cheese and break up with a fork. Add the eggs, mozzarella cheese and the chopped arugula. Season with the salt and pepper and using a piping bag without a tip pipe in the cheese filling. Dust the chicken with the seasoned flour and dip into the egg and milk mixture then into the breeding mixture. Refrigerate for at least 30 minutes. Fry lightly until brown on all sides and then into a 359 degree oven for an additional 20-30 minutes.

Quinoa

Quinoa is a grain related to the spinach family. Pretty much anything you can do with rice you can do with quinoa. Pronounced keen-wah or ke-eno-a it is grown in Peru and can be purchased in most health food stores or bulk food stores.



Quinoa Pilaf

1 cup quinoa
4 cups salted water

Bring the water to the boil. Add the quinoa and cook for 11 minutes. Drain and cool in a strainer under running water.

1/4 cup each, onions, mushrooms, celery, and cooked carrots.
1 tbsp garlic
1 tsp salt and 1/2 tsp pepper

Sautee the vegetables in a little oil with the garlic. Add the quinoa and stir until hot.

Spice rubbed Cranberry Apple stuffed Pork Loin

Stuffing

1/2 cup of sliced dried apples peeled and cored
2 tbsp onion
1/4 tsp cinnamon
2 tbsp sugar
2 tbsp celery
1/4 tsp salt
1/8 tsp nutmeg
2 tbsp dried cranberries

The Rub

1/2 cup brown sugar
1 tsp cayenne
2 tbsp garlic powder
1 tbsp kosher salt
2 tbsp chili powder
1 tbsp cummin

The Method

Cut a pocket in the pork loin and fill the cavity with the apple mixture. Rub the surface of the pork with the rub and wrap completely in tinfoil. Bake at 350-375 degrees for about 1 hour or until the juice runs clear when pricked with a fork



Posole

Treating corn with lime to remove the tough skins was probably a technique the early Meso-American cultures passed on to the Pueblo Indians in New Mexico. This corn, called posole, is the basis of a dish by same name. A tradition during the holiday season, it is considered to bring good luck through the year if eaten on New Year's Eve. Serve the posole with additional chile sauce on the side for guests to add at their own discretion.

- 3/4 cup dried posole corn
- 1 pound diced pork
- 1 to 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 4 to 6 tablespoons dried ground red New Mexican chile
- 1 teaspoon dried oregano, Mexican preferred
- Salt to taste



Cover the posole with water and soak overnight. Bring the water and posole to a boil, reduce the heat, and simmer until the kernels "pop." (It takes a couple of hours.) Add more water if necessary.

Brown the meat in the oil, remove and drain. Add the onions and garlic and sauté until they are soft. Add the meat, onions and garlic to the simmering posole along with the chile and oregano. Add more water if necessary and continue to simmer until the pork is very tender and begins to fall apart.

Guacamole

2 avocados
1 small onion, finely chopped
1 clove garlic, minced
1 ripe tomato, chopped (optional)
1 boiled egg (optional)
1 lime, juiced
Salt and pepper to taste



Preparation

Peel and mash avocados in a bowl. Stir in onion, garlic, tomato, egg, lime juice, salt and pepper. Season with salt and pepper to taste. Chill for half an hour to blend flavors.



Quesedilla's

Nothing goes better with guacamole than a well made Quesedilla. In a frying pan on low heat place a flour tortilla. Top with monterey or mozzarella cheese and peppers onions and tomatoes. Top with your favorite filling like chicken or steak and fold in half. Cook until the tortilla is brown on the outside and warm in the middle. Cut into four.

Rough Puff Pastry

12 oz. (2-1/2 cups) all purpose flour
3/4 tsp. salt
12 oz. (1/2 cups) cold unsalted butter, cut into pieces
6 oz. (3/4 cup) very cold water

Cut the butter or margarine into the flour with a pastry cutter or large chef's knife. Add the cold water a little at a time until it sticks together. Shape the dough into a rectangle with your hands and roll out to about 3/4 of an inch. Use the pastry scrapper to fold the dough in three. Turn the package 90 degrees and after squaring off the ends repeat the procedure. After 5 turns the dough should hold together quite well. Allow to rest in the refrigerator for 1/2 an hour.



Wasabi Hollandaise Sauce

3 egg yolks
3/4 lb. salted butter (melted)
1/4 cup white wine
1/8 tsp black pepper
3/4 tsp. Wasabi paste
1/8 tsp salt
1 tsp lemon juice



In a blender place the 3 egg yolks, white wine, black pepper wasabi paste and salt. Blend on high speed and gradually add the hot butter (more or less) until the mixture thickens. Goes well with Salmon vegetables and eggs. Puts a different spin on eggs benedict.

If Japanese horseradish isn't your thing, try making it by eliminating the wasabi. Adding Fresh tarragon and a tsp of rice wine Vinegar will make a delicious bernaise.



Curried Vegetable Pie

The filling

1/2 cup diced celery
1/2 cup diced onions
1/2 cup chopped leeks
1/2 cup mushrooms
2 tsp chopped garlic
1/2 cup diced peppers
2 tsp grated ginger
1/2 cup coconut milk
1/2 cup fruit juice or puree
2 tsp flour
2 tsp oil
2 tbsp curry powder
1 tsp salt
1/4 tsp pepper

2 pie crusts



Method

Sautee the vegetables and spices in a little bit of oil, add the fruit juice or puree and continue to cook until the vegetables are tender add the coconut milk and bring back to the boil. Make a roux from the oil and flour and thicken. Adjust the seasonings.

Pie Crust

The Pie dough recipe is what we call 1 2 3

That's 3 pounds of flour 2 pounds of fat and 1 lb of water.

We will take that down a notch since this produces an awful lot of dough and say.....

2 1/2 cups flour

1/4 tsp salt

3/4 cup of fat (shortening or margarine)

8 tbsp cold ice water

Place the flour and salt in a mixing bowl. Cut in the fat with a pastry cutter until the dough forms a pea like look. Make a well. Add the ice cold water. Work the dough until it is spongy and refrigerate for 30 minutes to let it rest.



Apple Pie

Georgian Bay apples are some of the best in the world and it is only fitting that we incorporate them into this book. A very basic recipe for apple pie is

FILLING

1/3 to 2/3 cup sugar

1/4 cup all-purpose flour

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

Pinch of salt

8 medium sized apples (a medium apple = about 1 cup)

2 tablespoons margarine

combine the above in a bowl and place on the bottom crust. Top with a lid and bake for about 50 - 60 minutes in a 375 degree oven. The secret is to get your crust to brown evenly before the filling boils over.

[Pie Crust recipe](#)



Mushroom Duxelles

Mushroom Duxelle (Makes enough for about 4 Beef Wellingtons)

1/2 lb Finely chopped mushrooms
1/4 lb chopped onions
1 oz red wine
1 oz bread crumbs
1/8 tsp salt and 1/8 tsp pepper
2 cloves garlic
1/3 cup chopped ham

Sauté the mushrooms and onion in the butter until the mushroom liquid evaporates. Stir in remaining ingredients, stirring constantly, until mixture thickens. Remove from heat, and mix in the parsley and the ham.



Mushroom duxelles can be used for stuffing tomatoes as a vegetable, beef Wellingtons, stuffed into pastry etc.

[Back to Beef wellington](#)

Mushroom Rissotto

2 tbsp shitaki, portobello, and field mushrooms
2 tbsp leeks
2 tbsp oil (canola or olive oil)
1 tsp garlic
1 cup arborrio rice
3-4 cups chicken stock
1/4 cup 35% creme
1/4 cup parmesan cheese



Method

Sautee the leeks, mushrooms, and garlic in the oil. Add the rice and continue cooking for another minute or two making sure that the rice does not brown. Slowly add the stock, about 1/2 cup at a time. Add more stock when the rice has absorbed the moisture in the pan. When the rice is cooked finish the dish stirring in the parmesan cheese and the heavy creme.

It's always nice when it works



Class Pictures

Rolling out the pastry



Class Pictures

Making Truffles



Class Pictures

Last years class



Class Pictures

Skinning and de-boning a salmon



Class Pictures

Cheers!



