

Café 5050 “Bite Size” recipes

Chocolate Mousse Raspberry Martini

1 lb. Semi sweet chocolate
2 eggs
4 egg yolks
2 C. whipping cream
6 tbsp powdered sugar
1 egg whites

Soften chocolate in a pan over boiling water, (you can use a double boiler). Cool to luke warm. Add eggs then yolks.

Whip cream with powdered sugar. Beat whites to stiff.

Stir a bit of each into chocolate, then fold in the rest.

Chill about six hours.

Asian Pears with Star Anise baked in parchment

1 lemon
2 Asian pears
4 whole Star anise
¼ c honey
¼ c dry vermouth, dry white wine, cider, or water

Preheat oven to 350 degrees. Cut four pieces of parchment paper to measure 12 inches square each. Juice lemon into a small bowl. Half each pear horizontally. Dip cut sides of pear in lemon juice (to prevent browning). Using a melon-baller, remove core from each half.

Place 1 star anise in cored center of each pear half. Drizzle 1 tbsp of honey over each star anise.

Place a pear half, cut side up, on each piece of paper. Working with one piece at a time, hold pear half in paper in the palm of your hand; gather edges of paper around fruit with your free hand. Transfer to a rimmed baking sheet.

Pour 1 tbsp vermouth into pear half in parchment. Twist paper tightly around top of each fruit to seal. Bake 45 minutes; pears should be tender. Transfer packets to shallow bowls.

Serve immediately, opening packets at the table.

Tres Guacamoles

Mango and Pear Guacamole

1 ½ tbsp	finely chopped white onion
1 ¼ tsp	finely chopped seeded jalapeno
14 tsp	coarse salt
1	ripe Haas avocado, pitted, peeled and coarsely chopped
1/3 c	peeled, cubed (1/2 inch) mango
¼ c	peeled, cubed (1/2 inch) Anjou pear

With a large mortar (such as a molcajete) and pestle (tejolote), mash onion, jalapeno, and salt until smooth and juicy. Add avocado, and mash slightly (avocado should remain somewhat chunky). Stir in mango and pear. Serve immediately.

Cumin-Garlic Guacamole

2	ripe Haas avocados, pitted, peeled, and cut into ¾ inch chunks
1	garlic clove, minced
2/3 c	finely chopped seeded tomato (about 1 small)
¼ c	finely chopped red onion
1½ tbsp	fresh lime juice
1 tsp	coarse salt
¼ tsp	ground cumin

Mix all ingredients together in a medium bowl with a fork, mashing avocado slightly (avocado should remain rather chunky). Serve immediately.

Classic Mexican Guacamole

1 ½ tbsp	finely chopped white onion
1 tbsp	plus 2 tsp finely chopped fresh cilantro
1 ¼ tsp	finely chopped seeded jalapeno
½ tsp	coarse salt, plus more for seasoning if desired
1	ripe Haas avocado
3 tbsp	finely chopped seeded tomato

With a large mortar (such as a molcajete) and pestle (tejolote), mash onion, 1 tablespoon cilantro, jalapeno, and salt until smooth and juicy. Add avocado, and mash slightly (avocado should remain somewhat chunky). Stir in tomato and remaining 2 teaspoons cilantro. Season with salt if desired. Serve immediately.

Sesame Chicken Edamame Bowl

2 tsp	canola oil
1 tbsp	minced peeled fresh ginger
2 tsp	minced peeled fresh lemongrass
2	garlic cloves, minced
1 lb	boneless, skinless chicken breast, cut into bite size pieces
2c	frozen shelled edamame (green soybeans)
2 c	frozen bell pepper stir-fry mix
2 tbsp	low-sodium soy sauce
1 tbsp	mirin (sweet rice wine)
1 tsp	dark sesame oil
¼ tsp	cornstarch
½ c	diagonally cut green onions (¼ inch)
2 tsp	dark sesame seeds
½ tsp	salt
2 c	hot cooked brown rice

Heat canola oil in a large nonstick skillet over medium-high heat. Add ginger, lemongrass, and garlic; sauté 1 minute or just until mixture begins to brown. Add chicken; sauté 2 minutes. Add edamame and stir-fry mix, sauté 3 minutes. Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk. Add to pan; cook 1 minute. Remove from heat. Stir in onions, sesame seeds, and salt. Serve over rice.

About 6 servings

*note; Frozen stir-fry mixes and frozen shelled edamame save prep time and don't require thawing. The slightly sweetend nutty stir-fried vegetables complement the delicately flavored chicken. You can serve this over udon noodles or rice stick noodles instead of rice.

Citrus freshener

Fill a pot partway with water, and add the juice of a lemon or an orange. Throw the rinds in too- they contain the oils – along with some star anise, cinnamon sticks and cloves. Bring to a boil, and then simmer for 10 minutes' turn off the heat, and let the aromatic steamed fragrance fill your kitchen.

Ginger-Garlic Broccolini

1 tbsp	canola oil
2 tsp	minced peeled fresh ginger
¼ tsp	crushed red pepper
2	garlic cloves, minced
1 lb	Broccolini, trimmed
¾ tsp	salt
¼ c	mirin (sweet rice wine)
¼ c	water

Heat oil in a large nonstick skillet over medium –high heat. Add ginger, pepper, and garlic, sauté 30 seconds. Add Broccolini and salt' sauté 2 minutes. Add mirin and water; cover and cook over low heat 10 minutes or until tender.

About 4 servings.