

Show 29: *Dinner at Dusk*

Carrot Soup With Coriander & Chives

4 T (1/2 stick) unsalted butter
1 shallot, peeled & minced
1 ½ teaspoons ground coriander
4 Cups chicken stock
1 ½ pounds carrots, peeled and thinly sliced
1 large parsnip, peeled and thinly sliced (optional)
½ cup heavy cream
salt and freshly ground pepper

1 ½ T. chopped fresh cilantro
fresh chives

1. Melt the butter in a heavy saucepan. Add the shallot and sprinkle with ground coriander. Sauté for 2 minutes. Stirring frequently.
2. Add stock, carrots and parsnip, Bring to a boil, reduce heat and simmer, covered until veggies are tender (35 min)
3. Process the mixture in 2 cup batches in a food processor until smooth.
4. Return mixture to the saucepan, add the cream and heat through. Season to taste, then serve hot or cold, garnished with fresh coriander and fresh chives.

Green Mashed Potatoes

These delicious potatoes are gorgeous served with fish or meat. A treat for the eyes as well as the taste buds!

2 pounds russet (Idaho) potatoes (about 3 large)
6 3-inch sprigs fresh English thyme, tied together with cotton string
½ cup coarsely snipped fresh chives
1 cup (lightly packed) fresh parsley leaves
¼ cup extra-virgin olive oil
¼ teaspoon salt
½ cup whole milk
¼ cup heavy cream
Freshly ground black pepper

1. Boiling the potatoes. Peel the potatoes and cut them into quarters. Put them in a large (4-quart) saucepan, fill the pan with cold water to cover the potatoes by 1 ½ inches, and add the thyme bundle. Bring the potatoes to a boil over medium-high heat and continue to boil them until they are easily pierced with a fork, about 20 minutes.
2. Pesto. While the potatoes are cooking, puree the chives, parsley, olive oil, and salt in a food processor until it forms a fairly smooth paste.
3. Mashing. When the potatoes are done, drain them in a colander and discard the thyme. Return the saucepan to the stove, add the milk and cream, and bring it to a simmer over medium heat. Remove the pan from the heat and press the potatoes through a ricer, letting them fall into the hot cream. Whip the potatoes with a sturdy wire whisk or a mixer. At this point you can keep the potatoes warm by holding them in a covered metal bowl set over a pan of simmering water for up to 1 hour. Just before serving, add the pesto and continue to whip until it is thoroughly incorporated. Taste and season with pepper, and additional salt if needed.

Spicy Red Cabbage with Apple & Cilantro

½ medium head red cabbage (about 1 pound)
2 T. vegetable oil
½ t. dried red pepper flakes
1 large or 2 small apples, peeled, cored, & cut into 1/4 -inch dice
¼ cup freshly squeezed lime juice
1 ½ T sugar
¼ t. salt
3 green onions, thinly sliced
1 cup coarsely chopped fresh cilantro

1. Cabbage. Cut the ½ head of cabbage in half again and cut out the cores. Slice the cabbage very thin, less than 1/8" thick, preferably using a mandoline, cabbage shredder or the shredding disk of a food processor.
2. Cooking. Heat the oil with the red pepper flakes in a large (12") skillet or wide saucepan over medium heat. Add the apple and cook, stirring for about 1 minute. Add the red cabbage and toss it with tongs to coat it with the hot oil. Add the lime juice, sugar, and salt, cover the pan, and reduce the heat to low. Cook until the cabbage is tender, 5-10 minutes. Add the green onions and cilantro and toss together with the tongs. Taste and season with additional salt or sugar if needed.

Beef Tenderloin Steaks s/ Red Onion & Tarragon Relish

Relish

2 T. olive oil
 1 large red onion (about 10 oz), peeled and thinly sliced
 1 T sugar
 ½ t. salt
 ½ cup full bodied red wine, such as Cabernet Sauvignon or Merlot
 1 ½ T sherry vinegar or use tarragon-flavored red wine vinegar
 ½ cup very coarsely chopped fresh French tarragon
 Freshly ground black pepper

Beef tenderloin steaks (filet mignon), about 8 oz each and 1 to ¼" thick
 Salt & freshly ground black pepper
 2 T. extra-virgin olive oil

1. Relish. Heat the olive oil in a medium (3 quart) saucepan over medium heat. Add the onion, sugar, and salt and cook stirring often, over medium heat until the onion is softened, but not browned, about 5 minutes. Add the red wine and gently simmer, stirring often, until all the wine evaporates and the onion is very tender, 5-10 minutes. Stir in the vinegar and tarragon. Taste and season with pepper and salt if necessary. (This relish can be made ahead of time and refrigerated covered for up to 1 week.)
2. Searing the steaks. Season both sides of the steaks generously with salt and pepper. Heat the olive oil in large skillet over high heat until the pan is very hot and the oil is smoking. Using tongs, carefully lower the steaks into the pan. Cook until the underside is deep brown, 3-5 minutes, then turn and continue to cook until the steaks are done to your liking. Transfer the steaks to a warmed plate, cover with a tent of aluminum foil, and let them rest for 5 minutes.
3. Serving. If the onion relish has cooled, warm it in the pan over medium-low heat. Put the steaks on warmed serving plates and drape the relish over the top.

Chocolate Shortcake Surprise with Fresh Raspberries

This dessert is destined to become a new favorite for summer entertaining!

2 cups all-purpose flour
 2/3 Cups plus 2 T. granulated sugar
 2/3 cup unsweetened cocoa
 2 t. baking powder
 ½ t baking soda
 ½ t. salt
 ½ up (1/4#) cold butter
 2 large egg yolks
 ¼ cup buttermilk
 4 cups fresh raspberries

Cool Whip & powdered sugar ... optional!

1. In a bowl, combine the flour, 2/3 cups sugar, cocoa, baking powder, baking soda, and salt; whirl or mix until blended.
2. Cut butter into ½-inch chunks and add to flour mixture. Rub in with your fingers until mixture forms fine crumbs.
3. In a small bowl, whisk egg yolks with buttermilk to blend; add to flour mixture and stir just until evenly moistened.
4. turn dough out onto a floured board and, with lightly floured hands, knead just until it comes together. Pat out to about 1 ¼ inches thick. With a 3-inch round cutter, cut out shortcakes; gather dough scraps and pat out again as necessary to make all six shortcakes. Set 2 inches apart on the baking sheet.
5. Bake on the middle rack at 375 regular or 350 convection oven until tops look dry and feel firm when pressed, about 25 minutes. Transfer shortcakes to a rack and let cool completely.

6. Meanwhile, rinse raspberries. In a blender or food processor, whirl half the berries with the remaining 2 T. granulated sugar until smooth. Press through a fine strainer into a bowl; discard residue.
7. To assemble shortcakes: slice each in half horizontally; set bottoms on plates. Spoon Cool Whip over bottoms, top with remaining berries, and drizzle with raspberry sauce. Place shortcake tops over berries and sprinkle with powdered sugar.
8. Makes 6 servings...Enjoy!