

WORLD'S MOST BEAUTIFUL RECIPES



Featuring Beautiful Recipes by: Condra Easley, Gary Roth, Josh Silvers,
Laurent Tourondel

Special Edition II

chef: Gary Roth

Cumin Crusted Lamb Loin with Coriander Basmati Rice

By Chef Gary Roth, Los Altos, CA

Serves: 6

Beurre Blanc Sauce Ingredients:

2 Large Colorado Lamb Loins (trimmed of most fat and tied)
1 tbs. Cumin (toasted)
1 tbs. Coriander (toasted)
TT Salt & Pepper
1 tbs. Clarified Butter
1 tbs. Truffle Oil
1 cup Fava Beans (blanched and peeled out of shell)
3 large Artichoke Hearts (cut in 8 wedges)
1 cup Cilantro Leaves and Flowers for garnish
2 cups Rice
1/2 cup Butter
1 Bay Leaf
3 ea. Garlic Cloves
2 Sticks Cinnamon
1/8 tspn. Cardamom Seeds
1 Yellow Onion (finely diced)
1 Lemon Grass Stalk (crushed slightly but left whole)
or 2 Kaffir Lime Leaves
3 cups Chicken Stock or Water
TT Salt & Pepper
1 1/2 cup Veal Stock
1 Leek (chopped and washed)
1 Carrot (roughly chopped)



Procedures for Lamb:

Trim lamb loins. Roast bones and lean trimmings. Toast cumin and coriander. Grind in spice mill. Reserve half a teaspoon for basmati rice mix. Tie loins and roll in spices. Season, brown in clarified butter and roast in oven till medium rare. Roast for 10-15 minutes.

Procedures for Sauce:

Sauté leeks and carrots until browned. Add bones and trimmings. Add veal stock. Simmer 20 minutes. Skim, strain and season. Thicken if necessary.

Procedures for Basmati Rice :

In a 1 1/2 quart pot, melt butter and simmer with whole spices & lemon grass for 3 minutes and add onions. Include the half teaspoon of coriander and cumin that you have set aside. Cook until translucent. Add rice and cook 3 minutes. Add 2 cups chicken stock, salt, pepper and simmer with cover for 15 minutes. Puree 3/4 cup of cilantro leaves with 1 cup chicken stock in blender until finely chopped. Add to rice and continue cooking 5 minutes until liquid is absorbed. Take off heat and rest for 10 minutes. Fluff with fork .

Garnish:

Trim artichokes down to hearts. Cook until tender in salted lemon water. Cool slightly, cut in half and clean out choke with a spoon. Cut in wedges and toss in truffle oil with fava beans.

To Plate:

Pack rice in pyramid mold and unmold on center of plate. Slice 4 pieces of loin and lay up against sides of pyramid. Spoon sauce around plate. Spoon artichokes and fava beans over sauce. Garnish with cilantro leaves and flowers. Top with beurre blanc sauce and shrimp.

chef: Josh Silvers



Poulet Coq Au Vin

By Chef Josh Silvers, Santa Rosa, CA

Serves: 3 -4

Ingredients:

1 Whole Fresh Organic Chicken (quartered)

Sauce Ingredients:

2 slices Applewood Smoked Bacon (cut into little strips - lardons)

1 cup Carrots (diced)

1 Yellow Onion (sliced)

2 Shallots (minced)

1 1/2 cups Red Wine

1/2 cup Port

1 tspn. Tomato Paste

1 cup Demi Glace or 2 cups Veal Stock reduced by half(veal glace)

Rice Ingredients:

4 clusters Cinnamon Cap Mushrooms

2 tspn. Butter

1 cup Jasmine Rice

TT Salt and Pepper

2 sprigs of Fresh Thyme

Cooking Method:

1. Lightly salt, pepper and flour the fresh chicken, then sauté in butter and peanut oil. (The peanut oil helps to stabilize the butter.) Let the chicken brown, flip it over, and put in the sliced bacon to cook.

2. Then add the carrots, onion, shallots, continue to sauté, and then add liquids of wine, port, tomato paste, and one cup of veal glace. Add fresh thyme. Cover, bake at 450° degrees, for 20 minutes or so.

3. Remove chicken, reduce sauce, add 2 tspn. butter (adds richness to sauce, thickens it, adds sheen, and fullness to the mouth.) Use salt and pepper to taste, serve with rice.

chef: Laurent Tourondel



“Surf & Turf” Roasted Turbot and Braised Pancetta, Spring Onion Coulis, Braised Morels

By Chef Laurent Tourondel, New York

Serves: 6

Ingredients:

2 lbs. Turbot (divide into 6 portions)

Spring Onion Coulis Ingredients:

Shallots (chopped, fried)

2 cups Spring Onion (chopped)

1 slice White Bread (small dice & toasted)

3 oz. White Wine

3 tbs. Butter

1/2 cup Fava Beans

3 Garlic Cloves (sliced)

1/2 cup Haricots Verts

4 oz. Heavy Cream

Zest of 1 Orange

Salt and Pepper

Braised Pancetta, Braised Morels:

10 oz. pancetta (1/2" strips)

1/2 lb. Fresh Morels

1 cup + 4 oz. Chicken Stock

1 cup Veal Stock

1 tbs. Shallots (chopped)

2 Beefsteak Tomatoes (diced)

1 tbs. Garlic (chopped)

1 small Onion (diced)

2 oz. White Wine

1 small Carrot (diced)

1 Thyme Sprigs

1 Celery Stalk (diced)

2 Garlic Cloves (crushed)

10 Black Peppercorns

1 Thyme Sprigs

1 Bay Leaf

To Braise the Pancetta:

In a hot roasting pan, sear the pancetta on both sides to a dark brown, remove; Roast the tomatoes, onion, celery, garlic, carrot and add the white wine, reduce to almost dry. Return the pancetta to the pan, add the chicken stock, veal stock, pepper corn, thyme and bay leaf. Cover and bake in oven until tender. Remove the pancetta, strain the liquid and reduce by half.

To Braise the morels and Vegetables:

1. Trim the stems of the morels and wash thoroughly to remove all dirt and sand. Sweat shallots and garlic in butter. Sear morels, deglaze with white wine and cover with chicken stock and thyme. Cook for five minutes, until tender. Remove from stock and cool. Reduce the cooking liquid to a glaze and reserve.

2. Trim the haricots verts and peel the fava beans. Blanch separately in salted boiling water until tender. Shock in icewater. Peel the fava beans out of the shell. Reheat the mushrooms and green vegetables together with the mushroom glaze.

To Prepare the Onion Coulis:

Melt the butter in a medium saucepan and add the onion and garlic. Sweat until almost dry, add the white wine, reduce by half, add the cream and simmer for five minutes. Remove from the heat, strain and puree through a blender adding some cream until smooth. Season with salt and pepper.

To Prepare the Fish:

Season the fish on both sides, sear in brown butter until golden brown. Remove from the pan, lightly coat with orange zest, bread cubes and fried shallots.

To Assemble the Plate.

Spoon a small amount of onion coulis in the center of the plate, arrange the vegetables on the inside of the coulis, add a slice of braised pancetta, place the fish on top and the sauce on the outside of the coulis. Serve.

chef: Condra Easley

Oven Roasted Banana Baked Alaska

By Chef Condra Easley, Santa Rosa, CA

You will need a propane torch to put the finishing touches on this. If you like to make desserts, this is fun to master. You can buy this piece of equipment at Sur La Table, or other stores that specialize in tools for cooks.

Made with: 1 Slice of already prepared plain vanilla ice cream cake

Serves: 1

Ingredients:

- 1 slice frozen Vanilla ice cream cake, plain
- 3 Bananas (ripe)
- 2 tbs. Butter (melted and unsalted)
- 1/4 - 1/3 cup Vanilla Sugar or Regular Sugar

Procedures For Bananas:

1. Preheat oven to 350 degrees.
2. Slice bananas in half, and place cut side up on a non stick baking surface or silicone baking mat.
3. Brush each banana with melted butter and sprinkle generously with vanilla sugar.
4. Roast in the oven until caramelized approximately 15 - 20 minutes. Bananas should maintain their shape but be cooked. Allow to cool.

Italian Meringue

Ingredients:

- 12 oz. Sugar
- 3 1/2 oz. Water
- 7 oz. (7 large) Egg Whites
- 2 oz. Sugar

Procedures to Make Meringue:

1. Combine sugar and water in a saucepan and carefully mix together. Cover with a tight fitting lid and bring to a boil. By covering the sugar mixture, the condensation created will wash down any sugar crystals on the side of the pan, eliminating the need of washing down the sides with a brush dipped in cold water.
2. At 235 degrees, start your egg whites on high in the mixing bowl with a whisk attachment. With a digital or sugar thermometer, bring the syrup up to 240 degrees.
3. Add 2 oz. super fine sugar to the whipped whites. Turn the mixer down and slowly pour the hot sugar syrup down the side of the bowl, avoiding the whisk. Whip until cool. Use immediately.

Assembly:

1. Cover the top of the ice cream cake wedge with the cooled oven-roasted bananas.
2. Pipe on the Italian meringue with a decorative tip. (I used a leaf tip, slit facing up.) Make sure that the entire surface is covered.
3. Brown the Italian meringue with a propane torch, moving the torch around so as not to burn the meringue. Brown evenly. Using an offset spatula, place the finished dessert on a parchment lined sheet and return to the freezer until ready to serve.

