

Text copyright © 2009 by William E. Schwab.

All rights reserved. No part of this book may be reproduced or transmitted in any or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published by Erock! Books LLC 1601 South Shepherd Drive, Suite 255, Houston, Texas 77019



### Made in the USA



First Edition

# **Table of Contents**

### Salads

Strawberry Watercress	3
Ambrosia	5

### Entrées

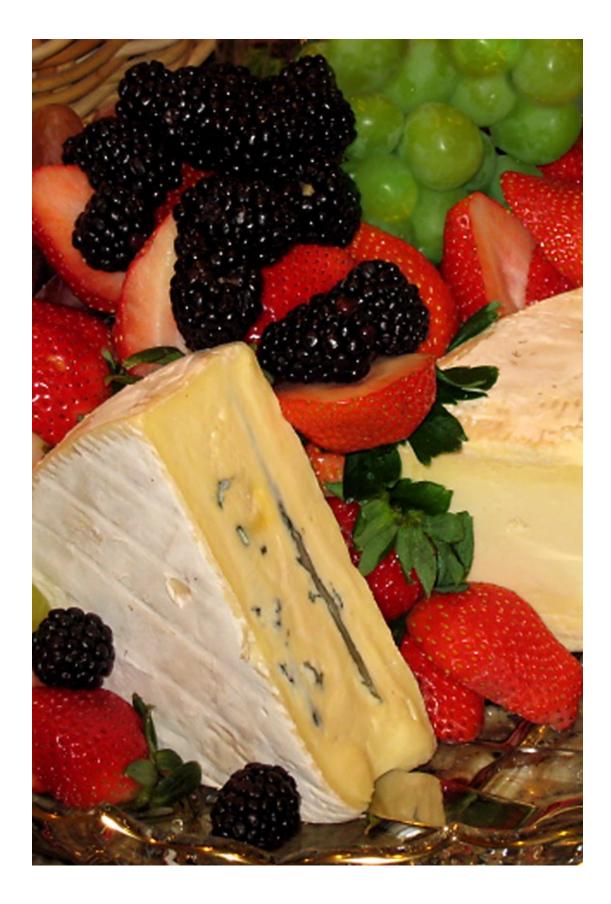
Whole Roast Pepper Encrusted Beef Tenderloin
with Port Sauce7
Miso - Marinated Sea Bass with Beurre Blanc

### **Side Dishes**

Scalloped Potatoes with Goat Cheese	
and Herbes de Provence	
Garlic Mashed Potato Gratineé	
Sesame Asparagus with Sauteed Yellow	
and Red Teardrop Tomatoes	
Beer Battered Asparagus	16
Mixed Baby Vegetable Sauté	
Wild Mushrooms, Haricot Vert	
and Shallot Sauté	

### Desserts

Pecan Chocolate Tart	20
Raspberry Cream Tart	22



### **INTRODUCTION**

**E** ntertaining family and friends is always fun. Whether it is a Pasta dish and a salad or a five course meal fit for a king, the experience of bringing people together is always fun and rewarding. The gift of sharing ourselves and our talents remains one of the true joys in this life. This collection offers ideas and techniques to make that gathering extra special.

The rest of this page is dummy text. At some point in time, I will fill this space with something meaningful.

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

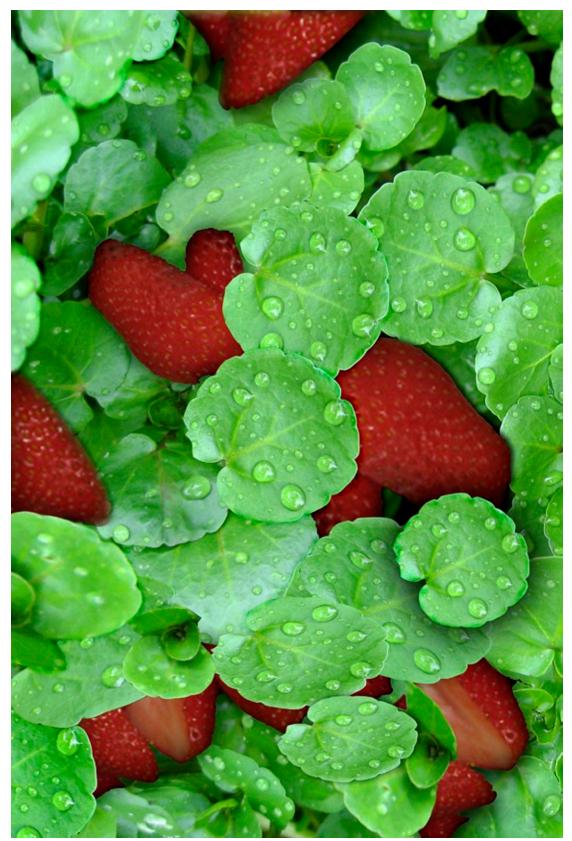
Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit augue duis dolore te feugait nulla facilisi.

Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper sus-

cipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum.

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit augue duis dolore te feugait nulla facilisi.

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero.



alad today is a versatile dish that can include a wide variety of leafy greens, vegetables, pastas, legumes, or grains. There are many types of mixed salads that incorporate meats, poultry, and seafood . Salads can also include a mixture of cold or hot foods, often incorporating vegetables and or fruits into their design and flavor profile.

In today's world, green salads include can include a wide variety of lettuces, greens, endives and herbs, some exotic. While many salads are designed and prepared using vegetable garnishes and a dressing, many other types of salads are based on pasta, legumes, fruit, jello, or even cool whip.

Most salads are traditionally served cold, although some, such as German potato salad, are served hot.

The word "salad" comes from the French salade of the same meaning, which in turn is from the Latin salata, "salty", from sal, "salt". Vegetables seasoned with brine was a popular Roman dish.

One of my ideas for a fun, special dinner begins with a salad of spinach, baby greens, and fresh organic watercress, tossed with beautiful, quartered fresh strawberries. Its fresh, colorful palette, make a great starter for a lively spring gathering or a table offering on a Holiday Buffet table.

# Strawberry Watercress Salad with Raspberry Blush Vinaigrette

Serves 6

#### **Ingredients**

- 1/2 cup fresh raspberries
- $\frac{1}{2}$  cup olive oil
- 3 tablespoons raspberry vinegar or white wine vinegar
- 1 shallot, chopped
- 1 teaspoon honey
- 1 5-ounce log of soft fresh goat cheese, preferably Chevre cut into 1/4 inch thick round slices

- 1 large egg
- 1 tablespoon water
- 1/2 cup all purpose flour
- 1/2 cup sliced almonds
- 2 teaspoons butter, melted
- 1 5-ounce bag mixed baby greens with arugula
- 2 cups small watercress sprigs
- 2 cups fresh sweet, strawberries, rinsed, patted dry and quartered

### Preparation

Puree  $\frac{1}{2}$  cup raspberries, oil, vinegar, shallot, and honey in blender. Season dressing to taste with salt and pepper.

\* If you are running short on time, Blush Vinaigrettes are available at your local supermarket.

### Prepare the Goat Cheese Medallions

Preheat oven to 350° F. Pat each goat cheese slice to ¼-inch thickness. Whisk egg and 1 tablespoon water in small bowl to blend. Place the flour in another small bowl. Place almonds in shallow dish. Roll goat cheese slices in flour. Next,



dip them into the egg mixture, Then roll in the almonds to coat, pressing gently to adhere. Place cheese medallions in a glass baking dish; drizzling lightly with butter. Sprinkle with salt and pepper. Bake until almonds are lightly browned, about 10 minutes.

Combine strawberries, greens, and watercress in a large bowl. Toss with enough dressing to coat. Divide salad among plates. Garnish with Goat Cheese encrust-ed Medallion. Serve, passing remaining dressing separately.

**Ambrosia** 

### Serves 8

Ambrosia is a fruit dessert that can also be served as a salad.

### **Ingredients**

- 6 navel oranges
- 1 ripe, sweet pineapple, peeled, cored, and cut into <sup>3</sup>⁄<sub>4</sub> Inch cubes
- 1 cup coconut, shredded fresh frozen, or packaged sweetened, according to taste or tradition
- 1 large banana
- 1 small (4 <sup>1</sup>/<sub>2</sub>-ounce) bottle maraschino cherries, drained well (optional)
- 1 half pint of heavy whipping cream
- \* Reserve a few orange sections and cherry slices to decorate the top.

### Preparation

Take ¼ Cup of the coconut and toast in a 325° F. oven for 8 to 10 minutes or until golden brown. Peel the oranges, taking care to remove all the white pith. With a sharp, small paring knife, cut the sections out between the pith over a bowl or storage container so that you catch any juice, and add the sections to the bowl.

Add the pineapple and coconut to the orange slices and gently toss. The ambrosia can be refrigerated up to two days, covered.

When ready to serve, whip the cream stiff, drain off excess juice, slice the banana and toss it with other fruits. Fold in the whipped cream. Slice the cherries into halves and gently toss into the salad right before serving.

Serve the ambrosia in your prettiest glass bowl and garnish with the toasted coconut.

eef tenderloin, or eye fillet, as it is known in New Zealand and Australia, is cut from the loin of a steer or heifer. This muscle tissue does very little work, so it is the most tender part of the cow. The tenderloin can either be cut for roasts or for steaks.

When left whole, the tenderloin is known as a fillet or a "Chateaubriand". When sliced, it forms various steaks. Those toward the loin end of the piece, when cut into slices one to two inches thick, are known as filets. Sometimes, the cuts are called filet mignon, while at other times filet mignon refers to a dish made with a beef tenderloin filet, not the cut itself. Other portions of the tenderloin, when cut into steaks, are typically called tenderloin steaks, not filets.

Whole tenderloins are often sold as PSMOs (pismos), which is short for peeled, silver skin, and side muscle left on. The PSMO is vacuum sealed in plastic, and can be safely refrigerated longer than many other cuts of meat. PSMOs also offer considerable savings over smaller cuts as they require little handling by the butcher, but obviously require more preparation on the part of the chef. I you purchase a pismo, you will need to trim off the excess fat and remove the fibrous silver skin as well as the side muscle. A very sharp boning knife will accomplish this task.



Since it is the least stringy part of the animal, most beef dishes requiring high quality meat, such as steak tartare, are ideally made from the tenderloin part.

# Whole Roast Pepper Encrusted Beef Tenderloin with Port Sauce

#### Serves 12

Salting the beef 24 to 36 hours in advance enhances flavor and texture. This technique, also called dry brining, is often done to improve the texture of sinewy cuts of meat. But it also works magic on tender cuts, amping up flavor and juiciness. It sounds counter intuitive; for years the accepted wisdom was that pre-salting dries out meat. But the moderate salting you'll be doing here does the opposite. Water is first drawn out of the meat and then gets reabsorbed; this saltier, more flavorful moisture helps intensify taste. What's more, the exterior of the tenderloin dries out slightly, making it quicker to brown in the oven.

### **Ingredients**

- 1 4 to 5-pound trimmed whole beef tenderloin, tail end tucked under, tied every 3 inches
- 4 tablespoons coarse kosher salt2 tablespoons extra-virgin olive oil
- 2 tablespoons black peppercorns, coarsely cracked in mortar with pestle or in a re-sealable plastic bag with mallet

### *For the Sauce:*

- 4 tablespoons (½ stick) chilled unsalted butter, divided
- 1/4 cup finely chopped shallots
- 3 tablespoons Cognac or brandy
- 1 fresh rosemary sprig
- 1 teaspoon coarsely cracked black pepper
- 1 cup ruby or tawny Port
- 3 cups prepared Beef Stock, broth or consommé, unsalted

### Preparation

### Prepare the meat for roasting:

Sprinkle the entire surface of the beef tenderloin with coarse kosher salt. Place

the meat on a rack set over a large rimmed baking sheet pan. Refrigerate uncovered for at least 24 hours and up to 36 hours.

### Fashioning the Sauce:

Melt 2 tablespoons butter in large saucepan over medium-low heat. Add shallots; sauté until soft, 3 minutes. Add Cognac, rosemary, and 1 teaspoon cracked pepper and cook until liquid evaporates, 1 minute. Add Port; bring to simmer. Add all of beef stock. Boil until reduced to 1 ½ cups, about 20 minutes. Strain into a medium saucepan, pressing on solids to extract as much liquid as possible. Discard the solids left in the strainer. DO AHEAD: Can be made 24 to 36 hours ahead. Cool slightly, then cover and chill.

### For roasting:

Let beef stand at room temperature 1 hour before roasting. Position rack in center of oven and preheat to 425° F.. Rub beef all over with oil; sprinkle with 2 tablespoons cracked peppercorns, pressing to adhere. Return beef to rack on baking sheet and roast until instant-read thermometer inserted into thickest part of meat registers 125°F for medium-rare (135° F. to 140° F. in thinnest part), about 30 minutes. Remove the roast from the oven and let it rest 15 minutes.

### Finishing the Sauce

Bring sauce to boil; whisk in remaining 2 tablespoons butter. Season sauce to taste with salt and pepper. Sauce should have a thin consistency.

Remove the string from the meat. Cut roast crosswise into ¼-inch-thick slices; arrange on platter. Serve with sauce.

# Miso - Marinated Sea Bass with Beurre Blanc

Serves 12

### **Ingredients**

- 2 cup mirin (sweet Japanese rice wine)\*
- 1<sup>1</sup>/<sub>2</sub> cup white miso (fermented soybean paste)\*
- 1 cup sake

- 1⁄2 cup sugar
- **12** 5- to 6-ounce sea bass fillets (each about 1 inch thick)

### *For the accompanying sauce:*

- 2 cup dry white wine
- $\frac{1}{2}$  cup chopped shallots
- 12 garlic cloves, chopped
- 1 bay leaf
- 1 teaspoon whole black peppercorns
- 2 cup whipping cream
- 10 tablespoons Unsalted butter, room temperature
- 3 tablespoons fresh lemon juice
- 2 Grapefruit, peeled and sectioned
- 2 bunches of Fresh Leeks
- 3 Tablespoons of Unsalted butter



#### Preparation

Whisk mirin, white miso, sake, and sugar in bowl, combining well. Place sea bass in (2) 13 x 9 x 2 inch glass baking dishes. Divide and pour marinade evenly over the fish. Turn the fish to coat it. Cover fish and refrigerate 2 hours.

Boil white wine, chopped shallots, chopped garlic, bay leaf, and black peppercorns in heavy large saucepan until reduced to 3/4 cup, about 7 minutes. Add whipping cream and boil until reduced to 1 cup, about 6 minutes. Strain into medium saucepan, pressing on solids. Place over low heat. Add unsalted butter 1 tablespoon at a time, whisking until melted before adding more. Remove from heat. Whisk in fresh lemon juice. Season sauce to taste with salt and pepper. Cover to keep warm.

Cut the leeks julienne style, using only the white parts. Melt the 3 tablespoons of butter. Saute the leeks over a medium heat until crisp tender. Set aside.

Preheat oven to 450° F. Oil rimmed baking sheet. Remove fish from marinade; transfer to prepared sheet. Bake until almost opaque in center, about 10 minutes. Preheat broiler. Broil fish until well-browned on top and opaque in center, watching closely to avoid burning, about 3 minutes. Serve fish on top of a bed of chiffonade of leeks. Spoon sauce around and serve. Garnish with thinly sliced green onions and grapefruit segments as desired.

\*Mirin and miso are available at Japanese markets and in the Asian foods section of some supermarkets.

# Scalloped Potatoes with Goat Cheese and Herbes de Provence

Serves 12

#### **Ingredients**

2¼ cups whipping cream
1¼ cups canned chicken broth
1½ cup dry white wine
¾ cup minced shallots
1½ tablespoon minced garlic
2½ Tablespoons herbes de Provence\*
1¼ teaspoon salt
15 Ounce log soft goat cheese, crumbled
6 Pounds russet potatoes, peeled

\* Herbes de Provence consists of equal parts of finely chopped fresh thyme, rosemary, basil and oregano.



#### Preparation

Preheat oven to 400° F.. Butter a large scalloped oval gratin or a 13 x 9 x 2-inch glass baking dish.

Mix first 7 ingredients in large pot. Bring to simmer for 15 minutes to reduce. Add half of cheese; whisk until smooth. Set aside.

Add peeled potatoes to a large pot of salted water. Bring up to a boil, simmer 15 minutes. The potatoes should be crisp tender. Remove the potatoes from the pot until cool enough to slice.

Slice the potatoes in half, lengthwise. Then cut 1/8 inch slices, leaving each half intact. Place each half in the gratin, starting from the outside edge of the dish and working towards the middle. Gently press the potatoes to get an angled row effect.. If you are using a rectangular baking dish, lay them out in rows.

Pour sauce over the potatoes and let stand for 10 minutes, allowing the potatoes to absorb some of the sauce. Cover with foil and bake 20 minutes.

Reduce the oven temperature to 350°. Remove the foil and bake until potatoes are very tender and liquid bubbles thickly, about 45 to 50 minutes.

Dot potatoes with the remaining cheese. Bake until the cheese melts and is lightly browned, about 5 to 10 minutes. Allow the gratin to cool 15 minutes before serving. Finish the dish with a sprinkle of fresh chopped herbs.



# Garlic Mashed Potato Gratineé

#### Serves 12

This classic French potato mixture is here transformed into a rich casserole that can be prepared in advance and is still the perfect match for any type of Roasted meat or poultry.

#### Ingredients

- 4<sup>1</sup>/<sub>2</sub> lb. russet (baking) potatoes
- **12** garlic clove, minced
- 1<sup>1</sup>/<sub>2</sub> cup heavy cream
- 8 tablespoons unsalted butter

- 5 large eggs
- 2 teaspoons salt
- $\frac{1}{2}$  teaspoon white pepper
- \*3/4 teaspoon freshly grated nutmeg (Optional)
- 1 bunch of Fresh Chives
- \* **Special equipment**: a potato ricer or a food mill fitted with medium disk

#### Preparation

Put oven rack in middle position and preheat oven to 400° F.

Prick each potato a few times, then bake in a shallow baking pan until tender, about 1 hour.

When potatoes are just cool enough to handle, halve and scoop out flesh. Force flesh through ricer or food mill into a bowl.

In a 3-quart heavy saucepan, melt butter and gently sauté, over a low to medium heat, the finely chopped garlic to release its flavor. Be careful not to brown it. Add the cream until hot, then stir into potatoes. Beat in eggs, 1 at a time with a fork until blended, then stir in salt, white pepper, and nutmeg (as desired). Spoon mixture into a buttered 2-quart (10-inch) round or oval shallow gratin or casserole dish. Bake until top is puffed and golden, 30 to 40 minutes. Finely slice the chives and garnish the Gratin right before serving.

Cooks' notes: •Gratin can be prepared (but not baked) 1 day ahead and cooled completely, uncovered, then chilled, its surface covered with buttered wax paper and dish wrapped in plastic wrap. Bring to room temperature, about 1 hour, before baking.

\* Freshly sauteed bacon chips make a very nice topping for this dish at service time.



# Sesame Asparagus with Sauteed Yellow and Red Teardrop Tomatoes

#### Serves 12

#### **Ingredients**

- **3** pounds of fresh asparagus, ends trimmed, each stalk cut diagonally into thirds.( Medium to thick asparagus should be peeled)
- 1<sup>1</sup>/<sub>2</sub> teaspoon vegetable oil
- 1<sup>1</sup>/<sub>2</sub> cup finely diced red bell pepper
- 3 cloves of finely chopped garlic
- 3 Dozen Assorted Yellow and Red Teardrop Tomatoes
- 3 tablespoon low-sodium soy sauce
- 1<sup>1</sup>/<sub>2</sub> teaspoon oriental sesame oil
- 3 tablespoons sesame seeds, toasted

### Preparation

Blanch the asparagus in a large pot of boiling salted water until crisp-tender, about 2 to 3 minutes. Remove and chill quickly in an ice water bath. Drain well. (Can be made 1 day ahead. Wrap in paper towels and chill.)

Heat vegetable oil in a large nonstick skillet over medium-high heat.

Add bell pepper and stir 1 minute. Add garlic, stir 1 minute more. Remove from the pan and set aside.

Add asparagus and sauté until heated through, about 2 minutes.

In a separate hot pan, quickly toss the tomatoes to heat through. (You can also grill them.)

Add soy sauce and sesame oil to garlic and bell pepper.

Briefly heat through for about 1 minute. Transfer asparagus to a warm platter. Season with the Bell pepper mixture. Spoon the tomatoes over the top and sprinkle with sesame seeds.

# **Beer Battered Asparagus**

#### Serves 12

#### **Ingredients**

- 3 cups all-purpose flour
- 1 tablespoon salt
- 3 tablespoon finely grated fresh lemon zest
- <sup>3</sup>⁄<sub>4</sub> teaspoon black pepper
- 3 cups lager such as Harp (pour beer slowly into measuring cup; do not measure the foam)
- 1 Quart vegetable oil
- 3 lbs. medium asparagus, trimmed

### Preparation

### Make the batter and fry the asparagus:

Put oven rack in the middle position and preheat the oven to 200° F.

Whisk together flour, salt, zest, and pepper in a bowl until combined, then add beer, whisking until smooth.

Heat 3 inches of oil in a 3- to 4-quart heavy saucepan over moderately high heat until it registers 375° F on thermometer.

Submerge asparagus spears in batter to coat. Working in batches of 10, drag 1 at a time gently against rim to remove excess batter, then transfer to oil and fry, stirring gently to keep asparagus from sticking together, until golden, 2 to 3 minutes.

Transfer the asparagus to a paper-towel-lined baking sheet and keep warm in the oven. Return the oil to 375° F between batches.

Serve lightly salted or with your favorite dipping sauce.

Cooks' note: Asparagus can be kept warm in oven up to 30 minutes.

# Mixed Baby Vegetable Sauté

### Serves 12

### **Ingredients**

- 6 garlic cloves, minced
- <sup>1</sup>/<sub>4</sub> cup olive oil
- 12 White and pale green parts only, cut crosswise into 1 <sup>1</sup>/<sub>2</sub>-inch-long pieces
- 1 pound baby zucchini (about 22), halved lengthwise
- 1 pound baby yellow patty pan squash (about 22), halved lengthwise
- $1\frac{1}{2}$  cups fresh corn (cut from about 3 ears)
- 1 pound Baby carrots, peeled and cut in half lengthwise
- 3 cups vine-ripened small cherry tomatoes, halved
- 2 teaspoons chopped fresh thyme leaves

### Preparation

Blanch carrots in lightly salted boiling water for about 2 minutes. (You can also microwave them in a covered dish for minutes.)

In a 12-inch heavy skillet sauté garlic in oil over moderately high heat, stirring just until fragrant. Add scallions, zucchini, patty pan squash, corn, carrots and salt and pepper to taste and sauté, stirring occasionally, until zucchini and squash are golden in spots, about 4 to 6 minutes.

Add the tomatoes and thyme. Cover and simmer for 1 minute, or until tomatoes are softened and heated through. Serve on a warmed platter or in a bowl.

# Wild Mushrooms, Haricot Vert, and Shallot Sauté

### Serves 12

### **Ingredients**

8 tablespoons butter, divided

- 6 large shallots, halved, thinly sliced
- $1\frac{1}{2}$  teaspoon chopped fresh thyme

- 2 pounds fresh wild mushrooms (such as chanterelle, stemmed shiitake, and oyster), trimmed, thickly sliced
- <sup>3</sup>⁄<sub>4</sub> pound button mushrooms, thickly sliced
- 1/2 cup Madeira or White wine
- 11/4 pounds haricots verts or small slender green beans, trimmed
- 1/4 cup (about) low-salt chicken broth (optional)

### Preparation

Melt ¼ cup butter in large pot over high heat. Add shallots and thyme; sauté until shallots begin to brown, about 4 minutes. Add all mushrooms; sprinkle with salt and pepper. Sauté until juices evaporate, about 10 minutes. Add wine; toss until evaporated, about 1 minute. Set aside.

Cook haricots verts in medium pot of boiling salted water until crisp-tender, about 4 minutes. Drain. Let stand until ready to use, up to 2 hours.

Add remaining 1 tablespoon butter to mushrooms in pot. Add haricots verts. Toss over medium-high heat until butter melts and vegetables are heated through, adding broth by tablespoonfuls if mixture is dry, about 3 minutes. Season to taste with salt and freshly cracked pepper. Transfer the beans to a bowl or a tray. Spoon the mushrooms over them and serve.







# Pecan Chocolate Tart

Yield: 1 10 inch tart

**Ingredients** 

## For the Pâté Brisée:

- 1/4 cups all-purpose flour
- 3/4 stick (6 tablespoons) cold unsalted butter, cut into bits
- 2 tablespoons cold vegetable shortening
- 1⁄4 teaspoon salt

# Shell Lining:

3<sup>1</sup>/<sub>2</sub> oz. Bittersweet chocolate

# Filling:

- <sup>3</sup>⁄<sub>4</sub> cup firmly packed brown sugar
- 3/4 cup light corn syrup
- 2 tablespoons unsalted butter, cut into bits
- 4 large eggs 1teaspoon vanilla
- 2 teaspoons of Bourbon
- 1<sup>2</sup>/<sub>3</sub> cups pecan halves

### 20

### Preparation

### For the dough:

In a large bowl blend the flour, the butter, the vegetable shortening, and the salt until the mixture resembles meal. Add 2 tablespoons ice water, toss the mixture until the water is incorporated, adding more ice water if necessary to form the dough into a ball. Dust the dough with flour and chill it, wrapped in plastic wrap, for 1 hour.

Roll out the dough 1/8 inch thick on a lightly floured surface, fit into a 10-inch tart pan with a removable fluted rim, and trim the edge, leaving a 1/2-inch overhang.

Fold the overhang inward onto the side of the shell, pressing it firmly, and chill the shell for 30 minutes.

In a double boiler, melt the chocolate. Spread the melted chocolate on the bottom of the shell and chill the shell for 15 minutes.

In a heavy saucepan combine the brown sugar and the syrup, bring the mixture to a boil, stirring, and simmer it for 5 minutes.

Continue stirring, allowing the mixture to cool until it is no longer bubbling.

Stir in the butter chunks, one at a time until the butter has been incorporated.

In a bowl whisk together the eggs, the vanilla, and a pinch of salt until well blended. Then slowly add the syrup mixture in a slow stream, constantly whisking. Make sure the syrup has cooled sufficiently before adding it to the eggs.

Add the pecans to the shell, pour in the egg mixture, and if necessary tap down the pecans to coat them with the egg mixture.

Bake the tart in the middle of a preheated 350° F. oven for 40 to 45 minutes, or until the crust is pale golden, let it cool, and serve it warm with Vanilla or Banana Rum ice cream.



# **Raspberry Cream Tart**

### Yield: Approximately 3 - 4 10 Inch Tarts

The production and assembly of this dessert is a four step process. It is time consuming but most will agree the finished result makes it all worth it. For this dessert you will need 10 inch tarts pans with removable bottoms.

### Step 1

## **Pastry Cream Filling**

Yield: Approximately - 1 Quart

### **Ingredients**

- 9 Egg Yolks lightly beaten
- 2<sup>1</sup>/<sub>2</sub> cups Heavy Cream
- 2 teaspoon salt
- 1<sup>1</sup>/<sub>2</sub> cups brown sugar (Packed)
- 9 Tablespoons Unsalted butter
- 1<sup>1</sup>/<sub>2</sub> Teaspoons Fresh Lemon juice
- 1 Whole Vanilla bean
- <sup>1</sup>/<sub>2</sub> cup corn starch

This cream will form the basis of the tart shell.

Dissolve corn starch in water to dissolve.

Heat the cream, sugar, salt, and the vanilla bean to a simmer.

Temper egg yolks with hot cream for form a liaison.

Add starch, to the hot cream stirring constantly, simmer for a few minutes until starch cooks out.

Slowly add tempered egg yolks to thicken further.

When thick, remove from heat. CAUTION! DO NOT BOIL or the cream will break.

Stir in the lemon juice.

Stir in fresh butter chunks.

The cream will be very thick. Chill over an ice bath, stirring frequently. Cream will continue to thicken as it chills. Cover tightly and refrigerate until thoroughly chilled. The cream filling can be made in advance.

### Step 2

## Vanilla Cream Sauce

Yield: approximately - 1 <sup>1</sup>/<sub>2</sub> Quarts

### **Ingredients**

\*This sauce will be used in the final assembly and plated display of each serving.

- 1 Quart Heavy Cream
- 1 Vanilla Bean
- 8 ounces of sugar
- 24 egg yolks
- 10 Tablespoons Unsalted Butter
- 1 teaspoon salt

Heat cream, sugar, salt, vanilla bean to a simmer.

Temper egg yolks with hot cream for form a liaison.

Slowly add tempered egg yolks to thicken further.

When thick, remove from heat.

Stir in fresh butter chunks until incorporated and sauce is smooth.

Chill over an ice bath, stirring frequently. Cream will continue to thicken as it

chills. Cover tightly and refrigerate until thoroughly chilled. The cream filling can be made in advance.

Step 3

# Pate Foncer (Dough)

Yield: Approximately 3 - 4 10inch shells

- 1 lb. 7 oz. flour
- 1 lb. Butter slightly softened
- 1 tablespoon salt
- 4 teaspoons of sugar
- 7 tablespoons Cold water
- 1 Large egg, beaten

### Preparation

In a large bowl blend the flour, the butter, the sugar, and the salt until the mixture resembles meal. Add ice water, and egg. Toss the mixture until the water is incorporated, adding more ice water if necessary to form the dough into a ball. Dust the dough with flour and chill it, wrapped in wax paper, for 1 hour.

Quarter the dough and roll out each section evenly to a ¼ inch thickness. Line each tart pan, gently pressing dough in to the sides, Prick the bottoms of each shell with fork .Line the bottom of each shell with aluminum foil and cover with dried beans or rice to prevent the dough from blistering in the oven.

Preheat the oven to 450° F. Place the shells. Turn down the oven to 425° F Bake 15 to 20 minutes, or until the rims are lightly browned. Remove from the oven and let cool to room temperature.

## Step 4

# Prepare the glaze

1 16 oz. jar of Currant Jelly or seedless Raspberry Jam.

Run it through a sieve as necessary and thin slightly.

Place in a saucepan and warm.

Step 5

# The Assembly

Spread a layer of the pastry filling in the tart shell, about ¼ to ¾" thick. From the outer rim moving to the center, place concentric rings of fresh raspberries.

With a pastry brush, glaze the top with the jelly

Slice tarts and serve with Vanilla Cream Sauce on the side.

Garnish with Fresh Mint leaves.

