

Menu for November 16, 2008 Feasting with the Saints—Celtic

First Course:

Smoked salmon with crème fraîche and dill

Shaved Ham with mustard and cheese

Wensleydale cheese

Oriental Salad

Second Course:

Beef Tenderloin with English Mustard herb crust and pan jus

St. David's braised leeks

St. George's mushrooms

St. Patrick's potatoes

Dessert:

St. Andrew's pear cake with Scottish walnut praline

Drambuie shortcake

Smoked Salmon

Cream and Cucumber Salad

From Rick Moonen
1995

Ingredients

Brine:

- 2 c. water
- juice
of 1 lemon
- 5 cloves garlic, sliced
- 4 cloves shallot, sliced
- 2 tbsps. salt
- 2 tbsps. sugar
- 2 tbsps. chopped dill
- 6 (12 oz.) boneless rainbow trout

Horseradish Cream:

- 1 c. cr`eme fraiche
- 1/2 c. horseradish (drained)
- 1 tsp. Dijon mustard
- 1 tsp. chopped dill
- 1 tsp. lemon juice
- salt, pepper

Cucumber Salad With Dressing:

- 1/2 c. rice wine vinegar
- 1/2 c. lemon-lime juice
- 2/3 c. fish sauce (optional)
- 1/2 c. vegetable oil
- 1 small onion, diced
- 1/2 c. sugar
- 5 cloves garlic, minced
- cucumber, carrot, radicchio, mint (chopped)

Directions

Mix the brine ingredients. Pour over the trout. Marinate in the refrigerator for 4 to 5 hours.
Smoke trout in covered grill for 25 minutes at 250-300 degrees

Grilling instructions:

You must have a grill with a tight-fitting lid to make this technique work. Start by soaking wood chips in water for several hours. Build a charcoal fire in only half of your grill. Place a shallow pan of water in the other half of the grill. When the fire is glowing and ready for cooking, scatter wet wood chips on top of the coals; this should produce lots of smoke. Place the fish on grill directly over the pan of water. Put the lid on grill to trap the smoke inside. Using this cooking method, trout will be finished cooking in about 25 minutes. Mix all ingredients in a bowl. Let set overnight.

To make cr`eme fraiche:

Combine 1 c. whipping cream and 2 tbsps. buttermilk in a glass container. Cover and let stand at room temperature from 8 to 24 hours, or until very thick. Stir well before covering and refrigerate up to 10 days. Note: Cr`eme fraiche directions from The Food Lover's Companion: Barron's Cooking Guide by Sharon Tyler Herbst (Barron's Educational Series Inc., copyright 1990).

Whisk together dressing ingredients. Cut cucumber, carrot, radicchio into thin strips. Toss with dressing. Add chopped mint. Note: If fish sauce is not available in your supermarket, look for it in Asian or specialty stores.

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Beef Tenderloin with English mustard herb crust and pan jus

Each tenderloin should serve approximately 12 people (6 oz. portions)

(quantities are given per tenderloin – adjust quantities by number of tenderloins being prepared)

1 whole beef tenderloin (approximately 6.5 – 7 lbs.)

1 c. Maille (or equivalent) mustard (if you desire a more pronounced mustard flavor, use Zatarain's mustard with whole seeds from New Orleans)

1.5 – 2 T herbs de Provence

Kosher salt and fresh pepper

1 c red wine

2 c beef stock

2 large yellow onions

½ c. butter

1. Preheat oven to 400.
2. CAREFULLY trim roast. Make sure to remove all silverskin. Remove the chain (grind for hamburger).
3. Salt and pepper roast on all sides.
4. Mix herbs de Provence and mustard in small bowl. Rub entire tenderloin with mustard mixture.
5. Thinly slice onions. Make a bed of onions in a roasting pan. Place mustard-crusting tenderloin on bed of onions.
6. Roast tenderloin for about 10-15 minutes. Add red wine and one c broth.
7. When tenderloin reaches internal temp of 135 – 140 (med rare) remove from pan, tent with foil, and allow to rest.
8. Pour onion and wine-broth mixture into pan. Add rest of broth. Cook down to about 1.5 c liquid and take off heat. Swirl in butter, 1 T at a time, until sauce is smooth and satiny. DO NOT BOIL sauce once butter is added – it will separate and taste oily. Slice in 1.25 in slices. Serve over leeks.

St. David's Braised Leeks

Serve 100

100 large leeks

12 c olive oil

½ c fresh thyme leaves

12 c sliced shallots

6 c dry white wine

15-20 c chicken stock

1. Preheat oven to 400 degrees.
2. Peel any bruised outer layers from leeks. Trim roots, leaving root end intact. Trim off tops on diagonal, leaving two inches of green. Cut in half lengthwise. Clean very well in water to remove internal grit. Pat dry with a towel.
3. With cut sides up, season with salt and black pepper.
4. Heat pan over med-hi heat for 2 minutes. Pour in ¼ in oil and wait one minute. Place cut side down in pan without crowding them. Sear 4-5 minutes or until golden brown. Season with salt and pepper and turn over to cook 3-4 more minutes. Transfer them, cut side up, to a large hotel pan. We need two hotel pans (approx 50 leeks each).
5. Pour ¼ in oil into pan and heat over medium heat. Add shallots, thyme, ¼ t salt and a pinch of pepper. Cook about 5 minutes, or until just beginning to color. Add wine and reduce by ½. Add 15 c stock and bring to a boil over high heat.
6. Pour over leeks, without quite covering them.
7. Braise in oven 30 minutes or until tender.

St. Patrick's Twice-Baked Potatoes

(to serve 100)

60 potatoes (50 potatoes for serving + 10 more for additional filling)

3 lb sour cream

1 – 1.5 gal cream

6 lbs. butter

6 lbs. cheddar cheese

3 lbs. bacon

5 bunches chives (for garnish)

Salt and pepper

1. Preheat oven to 375.
2. Prick potatoes with a fork several times. Rub with olive oil.
3. Place in oven directly on racks. Cook until done (approx 45 min to 1 hour)
4. Remove from oven. Cut each potato in half lengthwise. Carefully scoop out filling while still hot, leaving about $\frac{1}{4}$ - $\frac{1}{2}$ in of potato inside each shell.
5. Mix scooped-out potato with butter. Add warm cream to correct consistency. Add cheese and bacon. Add sour cream. Salt and pepper after adding cheese and bacon.
6. Fill piping bag with potato mixture. Pipe into cooled potato shells. Put into hotel pan – 25 – 30 halves per pan. Put pans in cooler.
7. To reheat, preheat oven to 375. Warm potatoes for about $\frac{1}{2}$ hour. Garnish with chives before serving.

St. George's Mushrooms

St. George's mushrooms are a special type of wild mushroom, similar to French cepes or morels, that grow in the forests of the United Kingdom. Their season is generally the spring, although some are found throughout the summer. Sometimes they grow in large "fairy rings," which are so named because the mushrooms grow in a large ring. Legend had it that the rings came about from the fairies dancing in a circle.

Serves 100 as a side dish

20 lbs mushrooms (St. George's preferred, but Parisian can be used. Can also use a mixture of Parisian, cepes, morels, and other wild mushrooms).

1 lb butter

8 – 10 T fresh lemon juice

5 c whipping cream

3.5 T cornstarch

2.5 c dry cider

Salt and pepper

1. Clean mushrooms. Pat dry. Cut in ½ if very large.
2. Melt butter over med heat. When foaming subsides, add mushrooms.
3. Cook mushrooms 5-7 minutes, or until some liquid is cooked off.
4. Add ½ of cream and lemon juice. Cook until cream thickens slightly.
5. Remove mushrooms from pan. Mix cornstarch with remaining cream and cider.
6. Add cream/cider mixture to pan over high heat. Cook until thickened. Season with salt and pepper.
7. Add mushrooms back to pan with cream cider mixture and heat through.

St. Andrew's Pear Cake with Walnut Praline

(per cake, each cake serves about 10)

1 c walnuts
1 c unbleached AP flour
½ t baking soda
½ t cinnamon
¼ t nutmeg
¼ t salt
1 c (7 oz) brown sugar
5 T unsalted butter, melted, plus ¼ c at room temp
2 lg eggs
¼ c canned pear nectar
1 ripe pear, cut into ½" cubes
1 T milk

1. Preheat oven to 350.
2. Butter and flour 9" springform pan with 2" sides. Tap out any excess flour
3. Sift together the flour, baking soda, cinnamon, nutmeg, and salt.
4. In a mixing bowl, beat ¾ c of the brown sugar, the melted butter, the eggs, and pear nectar.
5. Stir in flour mixture until combined. Stir in pear cubes. Transfer batter to prepared pan.
6. Bake about 25 minutes, or until toothpick inserted in center of cake comes out clean. Transfer pan to wire rack to cool.
7. When cake comes out of oven, in heavy saucepan over med high heat, combine brown sugar, butter, and milk. Bring to a boil, add nuts. Stir frequently until the mixture is reduced to a thick sauce consistency (about three minutes). Pour hot mixture over hot cake in pan. Let stand for three minutes.
8. Release pan sides and place cake on plate. Cut into wedges and serve warm.