

# Thursdays in the Kitchen:

## An Elegant New Year's Eve

11.21.13

### Chipotle & Rosemary Roasted Nuts

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*Makes 10 Servings.*

These really delicious nuts are sweet, salt, and spicy – with lots of brown sugar, maple syrup, chipotle powder, and fresh rosemary. Serve them warm if you can!

#### **Ingredients**

Vegetable oil  
3 cups whole roasted unsalted cashews  
2 cups whole walnut halves  
2 cups whole pecan halves  
½ cup whole almonds  
1/3 cup pure maple syrup  
¼ cup light brown sugar, lightly packed  
3 tablespoons fresh squeezed orange juice  
2 teaspoons ground chipotle powder  
4 tablespoons minced fresh rosemary leaves, divided  
Kosher salt

#### **Directions**

Preheat the oven to 350 degrees.

Brush a sheet pan generously with vegetable oil. Combine the cashews, walnuts, pecans, almonds, 2 tablespoons of vegetable oil, the maple syrup, brown sugar, orange juice, and chipotle powder on the sheet pan. Toss to coat the nuts evenly. Add 2 tablespoons of salt and toss again.

Spread the nuts in one layer. Roast the nuts for 25 minutes, stirring twice with a large metal spatula, until the nuts are glazed and golden brown. Remove from the oven and sprinkle with 2 more teaspoons of salt and the remaining 2 tablespoons of rosemary. Toss well and set aside at room temperature, stirring occasionally to prevent sticking as they cool. Taste for seasoning. Serve warm or cool completely and store in an airtight container at room temperature.

# Choux

Makes about 40 small puffs, 15 large puffs or 10 logs.

*Choux* (pronounced "shoo") are puff shells made from a thick batter (*pâte à choux*) of butter, flour, eggs, milk and water. The mixture is cooked on the stovetop, then fashioned into a variety of shapes and sizes and slipped into a hot oven to bake. The moist interior and crisp shells are ideal for savory or sweet fillings.

## Ingredients

1/2 cup milk  
1/2 cup water  
6 Tbs. (3/4 stick) unsalted butter, cut into 1/2-inch pieces  
1/4 tsp. salt  
1 cup unbleached all-purpose flour  
4 eggs

## Directions

In a saucepan over medium-high heat, combine the milk, water, butter and salt and bring to a full boil. When the butter melts, remove the pan from the heat, add the flour all at once and stir vigorously with a wooden spoon until blended. Return the pan to medium heat and continue stirring until the mixture pulls away from the sides of the pan and forms a ball. Remove from the heat and let cool for 3 to 4 minutes, or to 140°F on an instant-read thermometer.

Meanwhile, in a small bowl, whisk 1 of the eggs. When the batter has cooled, add the egg and beat with the spoon until incorporated. Whisk each of the remaining eggs one at a time, then stir into the batter. After each egg is added, the mixture will separate and appear shiny but will return to a smooth paste with vigorous beating. Let the paste cool for about 10 minutes before shaping.

Position 2 racks evenly in the oven and preheat to 425°F. Line 2 half-sheet pans with parchment paper or aluminum foil.

To shape small puffs (ideal for profiteroles), fit a pastry bag with a 3/16-inch plain tip and fill the bag with the paste. For each puff, pipe about 1 tsp. of the paste onto a prepared pan, forming a mound about 1/2 inch in diameter. Space the mounds at least 2 inches apart to allow for expansion.

To shape large puffs (ideal for cream puffs), fit a pastry bag with a 5/8-inch plain tip and fill the bag with the paste. For each puff, pipe about 1 Tbs. of the paste onto a prepared pan, forming a mound about 2 inches in diameter. Space the mounds at least 2 inches apart to allow for expansion.

To shape logs (ideal for éclairs), fit a pastry bag with a 3/4-inch plain tip and fill the bag with the paste. Pipe out logs 4 inches long and 1 inch wide. Space the logs at least 2 inches apart to allow for expansion.

Bake the puffs for 15 minutes, then reduce the heat to 375°F and continue baking until golden brown, 5 to 10 minutes more for the small puffs and 15 to 20 minutes more for the large puffs and logs.

Remove from the oven and immediately prick the side of each puff or log with the tip of a sharp knife. Return to the oven, leave the oven door open and allow the pastries to dry out for 10 to 15 minutes. Transfer the pans to wire racks and let the pastries cool completely on the pans before filling.

### **Optional Fillings:**

The sky is the limit for filling your puffs. To keep things simple, here's what we're using for tonight's class...

Savory Filling: Cream Cheese mixed with fresh herbs and Smoked Paprika

Sweet Filling: Sweetened whipped cream with cinnamon and cardamom

## **Champagne Gelee Cocktails**

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*Makes enough for ten servings*

### **Ingredients**

2 cups white grape juice, divided  
3 packets unflavored gelatin  
2 1/2 cups Champagne (or sparkling wine like Prosecco or Cava), plus more for pouring  
1/2 cup St-Germain liqueur  
Pomegranate seeds

### **Directions**

Bring 1 cup grape juice to a boil. Whisk in gelatin until dissolved. Pour the mixture into a 9-by-13-inch baking dish. Stir in 1 more cup of grape juice, 2 1/2 cups of Champagne or sparkling wine, and St-Germain liqueur. Let chill until the gelatin is set, 2 to 3 hours. Cut the gelatin into cubes and distribute it among glasses, also dropping pomegranate seeds in each. When ready to serve, pour more Champagne over the gelee (serve with small spoons).

## **Buckwheat Blini**

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*Makes 50-60 Blini.*

### **Ingredients**

1/4 cup whole wheat flour  
1/2 cup buckwheat flour  
2 cups sifted all-purpose flour  
1 1/4 tsp. active dry yeast  
1 tsp. sugar  
1 cup warm water  
1 cup milk  
3 eggs, separated  
1/2 tsp. salt

2 Tbs. unsalted butter, melted  
Vegetable oil for frying

### **Directions**

In a small bowl, make a sponge by combining the whole wheat flour, buckwheat flour, 1 cup of the all-purpose flour, the yeast, sugar and warm water; stir until blended. Cover tightly with plastic wrap and let stand in a warm place until doubled in volume, 1 to 1 1/2 hours.

In a small saucepan over medium heat, scald the milk by cooking it to just under a boil. Let cool to room temperature and set aside.

In a large bowl, whisk together the egg yolks and salt until light in texture and color, then gradually whisk in the butter until smooth. Stir in the scalded milk, then stir in the remaining 1 cup all-purpose flour until smooth. Fold in the sponge until the batter is smooth. Cover tightly with plastic wrap and let stand in a warm place to rise, 30 to 40 minutes.

In a large copper or other mixing bowl, using a whisk, beat the egg whites until stiff peaks form. (When the whisk is lifted out of the bowl and inverted, the whites on the end of the whisk should remain upright, with just a slight bend at the tip.) Using a spatula, gently fold the egg whites into the batter and let stand for 10 to 12 minutes.

In a large nonstick fry pan or griddle over medium heat, warm just enough oil to coat the bottom of the pan. Using a tablespoon, drop the batter onto the pan (1 Tbs. batter will make a blini 3 inches in diameter). Cook 3 to 5 blini at a time; do not crowd the pan. Cook until golden, 2 to 3 minutes per side.

## **Gravlax and Mustard Dill Sauce**

*Makes 10 Servings.*

Salmon cured with spices and vodka or aquavit, a Scandinavian caraway-flavored spirit, makes an elegant brunch dish. Serve with thin slices of toasted rye bread or good-quality crackers.

### **Ingredients**

#### **For the gravlax:**

2 same-sized salmon fillets, each 1 1/2 lb., with skin  
6 lemons  
1/2 cup granulated sugar  
1/2 cup coarse salt  
3 Tbs. cracked peppercorns  
3 Tbs. coriander seeds, lightly crushed  
3 Tbs. vodka or aquavit

#### **For the mustard-dill sauce:**

1/3 cup Dijon mustard  
3 Tbs. firmly packed light brown sugar

2 Tbs. cider vinegar  
1/3 cup sunflower oil  
3 Tbs. finely chopped fresh dill

Lemon slices for garnish

### **Directions**

To make the gravlax, trim any fat from the salmon. Run your fingers gently over the fish to check for small bones, and remove any with sturdy tweezers or small needle-nosed pliers. Finely grate the zest from the 6 lemons, then cut the lemons into thin slices and discard any seeds.

In a bowl, stir together the lemon zest, granulated sugar, salt, peppercorns and coriander seeds. Rub the vodka over the flesh side of the salmon fillets. Coat the flesh of the fillets with the peppercorn mixture. Place 1 fillet, flesh side up, in a nonreactive dish just large enough to hold it. Cover the fillet with a layer of lemon slices, then top with the remaining fillet, flesh side down. Cover the dish with plastic wrap and top with a piece of cardboard cut slightly smaller than the dish. Weight the salmon evenly with heavy cans of food. Refrigerate for 48 hours, turning the fillets 4 to 6 times and draining away any accumulated liquid. The heavy weight and the salt will force the liquid out of the fish, leaving it firm and easy to slice. To make the sauce, in a small bowl, whisk together the mustard, brown sugar and vinegar until smooth. Add the sunflower oil in a slow, steady stream, whisking constantly until the sauce is emulsified. Stir in the dill. The sauce can be prepared up to 3 days ahead, covered tightly and stored in the refrigerator. Before serving, whisk the sauce well and transfer to a small serving bowl. Uncover the salmon and scrape off the lemon slices and most of the peppercorn mixture. Using a thin, sharp knife, cut the salmon on the diagonal into very thin slices. Lift the slices from the skin and arrange on a serving platter. The salmon may be sliced up to 6 hours ahead and refrigerated, tightly covered, until serving. Garnish with lemon slices and serve with the sauce.

## **Standing Rib Roast**

Makes 8 servings.

Roast beef is classic British fare. It's the centerpiece of a traditional Sunday dinner, and the hearty main course for a holiday celebration.

### **Ingredients**

1 rib roast (7 to 8 pounds), with 3 to 4 ribs trimmed  
2 teaspoons dry mustard  
2 teaspoons sugar  
2 teaspoons Dijon mustard  
Coarse salt and freshly ground pepper  
2 tablespoons all-purpose flour  
2 cups beef stock

[Horseradish Sauce](#)

## Directions

Remove any excess fat from the roast, leaving a thin layer. In a small bowl, combine dry mustard, sugar, and Dijon mustard. Brush mixture over the fat and cut surfaces of the roast. Refrigerate for at least 2 hours or up to overnight.

Heat oven to 450 degrees. Set the roast, rib-side down, in a heavy, shallow roasting pan. (The ribs act as a natural rack.) Using a paring knife, score the fat. Season with salt and pepper. Roast for 15 minutes. Reduce heat to 350 degrees and continue to roast, basting every 15 minutes, until it reaches a temperature of 125 degrees for medium rare on an instant-read thermometer. Remove roast to a platter. Let rest for 15 minutes before carving.

Pour off all but 2 tablespoons of fat from the roasting pan. Set pan on stove over medium heat. Simmer until juices begin to darken, 1 to 2 minutes. Whisk in flour and cook, scraping up caramelized bits, until flour is deep golden brown, about 3 minutes. Add stock and bring to a boil, stirring until thickened. It should very lightly coat the back of a spoon. Season with salt and pepper. Strain gravy and serve with horseradish sauce.

# Horseradish Sauce

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Makes 8 servings.

## Ingredients

1 Tablespoon (heaping) freshly grated horseradish or 3 tablespoons bottled  
Coarse salt and freshly ground pepper  
Juice of ½ lemon  
1 cup heavy cream, whipped into soft peaks

## Directions

Stir horseradish, salt, pepper, and lemon juice into whipped cream.

# Whole Poached Pears for Flambé

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*Makes enough for six servings*

## Ingredients

3 medium-size crisp, firm pears (such as Bosc) peeled but whole, with the stem left on.  
1 (750-ml) bottle dry white wine  
1 ¼ cups sugar  
4 cloves  
3 star anise  
8 cardamom pods  
2 cinnamon sticks

## Directions

Poach the pears: In a large saucepan, combine the pears, wine, sugar, cloves, star anise, cardamom, and cinnamon and poach for 30 minutes over low heat.

Take the pears out of the liquid and set aside to cool. Add 2 ½ cups water to the poaching liquid and boil to reduce the liquid by half. Let cool.

# Vanilla Ice Cream

*Makes about two quarts.*

## Ingredients

2 cups whole milk  
2 cups heavy cream  
3/4 cups plus 2 TBS granulated sugar  
1 vanilla bean  
10 large egg yolks  
Pinch of kosher salt

## Directions

Pour the milk and cream into a large saucepan, and add 1/2 cup of the sugar. With a paring knife, scrape the seeds from the vanilla bean and add them to the liquid, along with the pod. Bring to a simmer over medium-high heat, stirring to dissolve the sugar; a skin will form on top and the liquid should just begin to bubble. Remove from the heat and let steep, uncovered for 20 minutes.

Remove the vanilla bean from the pan. Return the pan to the heat and heat until the milk is just below a simmer.

Meanwhile, whisk the remaining 6 TBS of sugar and the yolks in a bowl until slightly thickened and the whisk leaves a trail. Slowly, while whisking, add about 1/2 cup of the hot milk mixture to the yolks, then whisk in the remaining milk mixture. Set a fine mesh sieve over a clean saucepan and strain the liquid into the pan.

Prepare an ice bath a large bowl and set a medium bowl in the ice bath - have a strainer ready.

Put the saucepan over medium heat and cook, stirring constantly and scraping the bottom and sides often with a wooden spoon, until steam begins to rise from the surface and the custard thickens enough coat the spoon. Strain into the bowl, add the salt, and let cool, stirring from time to time.

Refrigerate until cold.

Pour the custard into an ice cream maker and freeze according to the manufacturer's instructions. When the texture is soft serve, transfer to a storage container and freeze to harden.

## Resources

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### **OurLocaltopia**

Keep up with The Jonathans via OurLocaltopia, our blog that explores local food resources, gourmet cooking and more! Check it out for frequent recipe posts, as well as recaps from all 2013 Thursdays in the Kitchen classes. [www.ourlocaltopia.com](http://www.ourlocaltopia.com)

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### **Edible Sunlight**

Jonathan Duffy Davis's farm and food blog. [www.ediblesunlight.com](http://www.ediblesunlight.com)

### **The Fullerton Arboretum**

Check out The Fullerton Arboretum's upcoming programs and classes! Visit the Fullerton Arboretum Facebook page for updates and pictures. You can also find us on Pinterest and Instagram @FullArboretum. [www.fullertonarboretum.org](http://www.fullertonarboretum.org) & [www.facebook.com/TheFullertonArboretum](http://www.facebook.com/TheFullertonArboretum)

