

COOKING AT REN

December 31, 2011

Corn Vichyssoise

6 cups water
6 cups chicken stock
10 ears of corn (kernels cut off the cobs and broken in half)
1 1/2 medium onions
6 garlic cloves thinly sliced
3 celery ribs, thinly sliced
1/2 cup vermouth
Salt and Pepper
5 Tbl heavy cream
4 white mushrooms
3 Tbl chopped chives
Olive Oil for drizzling

In a saucepan, bring the water and broth to a boil with the corn kernels, cobs, onion, garlic, celery and vermouth. Simmer for 20 minutes. Discard the cobs. Puree the soup in a blender. Strain into a large, clean saucepan, season with salt and pepper and whisk in the cream. Serve the soup hot or chilled; garnish with the mushrooms, cilantro and olive oil.

Serves 10

Gruyere Souffles

6 tablespoons unsalted butter, plus softened butter for brushing
3 oz freshly grated Parmigiano-Reggiano cheese
3 oz plus 3 tablespoons all-purpose flour
2 1/4 cups milk
3/4 teaspoon salt
1/4 teaspoon cayenne
6 large eggs, separated
12 ounces coarsely shredded Gruyère cheese
3/4 teaspoon cream of tartar

Preheat the oven to 400° and brush ten 1-cup ramekins with butter. Lightly coat the ramekins with 3 tablespoons of the Parmigiano-Reggiano and set them on a baking sheet.

In a medium saucepan, melt the 6 tablespoons of butter. Whisk in the flour and cook over moderate heat for 1 minute. Whisk in the milk and cook over moderately low heat until smooth and very thick, about 2 minutes. Stir in the salt and cayenne. Off the heat, whisk in the egg yolks. Let cool slightly. Transfer to a large bowl and stir in the Gruyère.

In a large bowl, using an electric mixer, beat the egg whites with the cream of tartar at medium-high speed until frothy. Increase the speed to high and beat until firm peaks form. With a rubber spatula, fold the egg whites into the soufflé base until no streaks of white remain.

Spoon the soufflé mixture into the ramekins, filling them to 1/2 inch below the rim. Run your thumb inside the rim of each ramekin to help the soufflés rise evenly. Sprinkle the remaining Parmigiano-Reggiano on top and bake in the bottom third of the oven until the soufflés are puffed and golden brown, about 20 minutes. Serve immediately.

Serves 10

Roasted Salmon With Vegetables en Papillote

3 medium carrots, cut into
straws
1 pound thin asparagus, cut
into 3-inch lengths
3/4 pound sugar snap peas
3 tablespoons extra-virgin olive
oil, plus more for brushing
1 1/2 medium onion, thinly
sliced
3/4 pound white mushrooms,
sliced
Salt and freshly ground pepper
2 1/2 pounds skinless salmon
fillet, cut into 8 pieces
3/4 cup chicken stock or low-
sodium broth
3 oz dry sherry

Preheat the oven to 375°. In a
saucepan of boiling water, cook
the carrots for 1 minute. Add
the asparagus and sugar snaps
and cook until crisp-tender, 2
minutes. Drain and spread on a
plate to cool.

In a nonstick skillet, heat the 2
tablespoons of oil until
shimmering. Add the onion and
mushrooms, season with salt
and pepper, and cook over
moderately high heat, stirring
until softened, 7 minutes.
Transfer to the plate; let cool
slightly.

Heat 2 large, sturdy baking
sheets in the oven. Lay out
eight 14-inch-long sheets of
parchment paper and brush
with olive oil. Mound some of
the vegetables on half of each
sheet. Set the fillets on the
vegetables and season with salt
and pepper. Fold each packet in
half, then fold up 2 sides to seal,
leaving 1 side open. In a small
bowl, combine the stock and
sherry; spoon 1 1/2 tablespoons
into each packet. Fold up the
last side, sealing tightly.

Transfer the packets to the
preheated baking sheets. Bake
for 9 minutes, until the fish is
cooked through. Open the
packets and transfer the fish,
vegetables and broth to plates.
Serve at once.

Serves 10

Vichy Carrot Puree

2 lbs carrots, coarsely chopped
3 cups sparkling water
4 Tbl Butter
Salt & Pepper
1 Tbl chopped parsley

In a large saucepan, cover the carrots with the sparkling water and bring to a boil over moderately high heat. Stir in 3 tablespoons of the butter and 2 teaspoons of salt. Reduce the heat to moderate and simmer until the carrots are tender when pierced with a knife and the cooking liquid is reduced to 1/4 cup, about 25 minutes.

Transfer the carrots and their cooking liquid to a food processor and let cool for 10 minutes. Add the remaining 1 tablespoon of butter and process until smooth. Add the chopped parsley and pulse until just incorporated. Season the carrot puree with salt and pepper, transfer to a bowl and serve.

Serves 8

Warm Potatoes With Bacon and Cheese

4 lbs Yukon Gold Potatoes,
peeled and cut into 1 inch dice
Salt & Pepper
1/4 lb thick cut bacon cut
crosswise into strips
2 large onions
1/2 cup dry white wine
One chilled 5 oz whole
Reblochon cheese rind removed
and halved horizontally.

Preheat the oven to 425°. In a large saucepan, cover the potatoes with water and bring to a boil. Salt the water and cook the potatoes until tender, about 12 minutes; drain well.

In a large skillet, cook the bacon over low heat, stirring, until crisp, about 7 minutes. Add the onions and cook, stirring occasionally, until softened, about 12 minutes. Add the potatoes, season with salt and pepper and toss to coat.

Place the 2 cheese halves on the bottom of a roasting pan and spoon the potatoes and onions on top. Pour the wine into the pan and bake for 12 minutes, or until the cheese has melted. Using 2 metal spatulas, gently stir the potatoes to coat with melted cheese, sprinkle with pepper and serve at once.

Serves 8

Cherries Jubilee **With Vanilla Ice Cream**

1/2 cup honey, lavender or
wildflower
24 oz fresh cherries, pitted
(about 4 cups)
4 Tbl kirsch (clear cherry
brandy)
8 tea grated orange peel
4 tea grated lemon peel
4 Tbl thinly sliced fresh mint

Vanilla Ice Cream

2 cups whole milk
2/3 cup sugar
1/2 cup heavy whipping cream
1 vanilla bean split lengthwise
8 large egg yolks

Cherries Jubilee

Bring the honey to a boil in a heavy large saute pan over medium-high heat. Add the cherries. Reduce the heat to medium and cook until the juices form and boil, about 5 mins. Add the kirsch. Carefully ignite the kirsch with a long match. Simmer until the flames subside, about 2 mins.

Continue cooking until the liquid thickens slightly, stirring occasionally, about 1 min. Add the orange peel and lemon peel. Spoon the cherries and sauce into 8 wide soup plates. Sprinkle with mint and a spoon of ice cream.

Serves 8

Vanilla Ice Cream

Combine the milk, sugar, and cream in heavy sauce pan. Scrape in the seeds from the vanilla bean and add the bean. Bring to a simmer over medium heat. Remove from heat and take out the vanilla bean. Meanwhile whisk yolks in a bowl and gradually whisk in the hot milk mixture. Return the mixture to the saucepan. Using a rubber spatula, stir over low heat just until the custard thickens and leaves a path on the back of the spatula when finger is drawn across, about 8 mins do not allow the custard to boil. Strain the custard through a fine mesh strainer and into a bowl. Place that bowl over another bowl with ice water and stir the custard until cold. Cover and place in the fridge for at least 2 hours to overnight.

Transfer the custard to an ice cream maker process the ice cream. Once done place ice cream in a container cover and freeze until the ice cream is semi-firm about 4 hours

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Cooking At Ren **Meet The Chef**

Chef Mark Wright dining restaurants cooking is an
has been cooking in the Chicago experience that
since his area. He combines anyone can enjoy
childhood. He his passion for given the right
received his formal food with his inspiration.
training from two desire to educate
renowned culinary and delight with
programs and has every meal he
worked at several prepares. His
restaurants fine philosophy is that