

COOKING AT REN

April 4, 2012

Spring Pea Veloute

1 medium shallots, thinly sliced
4 3/4 cups chicken stock
vegetable stock or water
1 1/2 tablespoons extra-virgin
olive oil, plus more for drizzling
3 cups frozen or fresh peas (1 lbs)
1/4 cup heavy cream
2 springs of mint plus small
leaves for garnish

In a large saucepan, heat the olive oil. Add sliced shallots and cook over moderate heat until they are softened, about 3 minutes. Add the chicken stock, peas and mint sprigs and bring to a boil over high heat. Simmer over moderate heat until the peas are just tender, about 4 minutes.

Discard the mint. Working in batches, puree the pea soup in a blender until completely smooth. Blend in the cream and taste for salt and pepper.

Reheat to serve warm, or chill to serve cold garnish with mint leaves and leftover peas

Serves 4-6

Endive Salad

5 Belgian Endives, separated into
spears
3/4 cup shucked fava beans
1/4 cup thinly sliced shallots
1/3 cup oil cured black olives
thinly sliced
2 Tbl parsley
1 Tbl chives
Salt and Pepper

Place the endive spears in a bowl and pour the Meyer lemon cream over them. Add the fava beans, and sliced shallots. Season with salt and pepper and toss to coat. Arrange on plate and scatter olives and herbs over salad

Meyer Lemon Cream

2 Tbl finely diced shallots
1/4 cup Meyer lemon juice
1/2 cup plus 1 Tbl olive oil
1/4 cup plus 1/2 Tbl heavy
cream
Salt and Pepper

Place the shallot, lemon juice, and 1/4 tea salt in a bowl and let sit for 5 mins. Whisk in olive oil. Gently stir in the cream, and ground black pepper.

Steak Au Poivre

4 hanger steaks
2 Tbl whole mixed peppercorns
1 Tbl unsalted butter
1 tea olive oil
1/3 cup cognac plus 1 teaspoon
1 cups heavy cream

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Season all sides with salt.

Coarsely crush the peppercorns with a mortar and pestle, or a pan on a cookie sheet. Spread the peppercorns evenly onto a pan. Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

In a skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden, place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks from the pan and let rest, Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add the 1/3 cup of cognac to the pan and carefully ignite the alcohol with a long match. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon,

about 5 to 6 minutes. Add the tablespoon of cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.

Creamed Bacon Pommies Puree

1 1/2 lbs yukon gold potatoes
6 oz sliced applewood smoked
bacon
3/4 cup heavy cream warmed
4 Tbl unsalted butter cut into
cubes
salt and pepper

Peel and cut potatoes into cubes
and cook in large pot of boiling
salted water until tender. Run
potatoes through food mill or
ricer while still hot

Meanwhile cook the bacon until
browned and crispy. Drain on
paper towels and blot the slices
to remove all excess fat and let
cool.

Break the bacon into pieces,
place in a food processor and
blend to a fine powder. Add the
cream and then blend for a
minute.

Set over a fine strainer over a
bowl and pour the bacon-cream
mixture in. Press on the bacon
pieces to extract all the cream
discard the bacon and keep
cream warm.

Return potatoes to pot over a
low heat, and stir in bacon
cream. Add the butter and stir
until incorporated and potatoes
are hot.

Season with taste with salt and
pepper

Serves 4-6

Roasted Asparagus with Mushroom Fricassee

2 lb asparagus, tough ends
trimmed
2 tea olive oil
3 Tbl butter
1 shallots
24 oz mushrooms sliced
1 cup white wine
1 1/2 Tbl parsley
1 1/2 tea minced tarragon

Preheat oven to 475°F. Arrange
asparagus on baking sheet.

Drizzle with oil to coat. Sprinkle
generously with salt and pepper.
Roast until just tender, about 10
minutes.

Meanwhile, melt butter in large
skillet over medium-high heat.
Add shallot; sauté 1 minute.
Add mushrooms; sauté until
beginning to brown, about 5
minutes. Cover; cook until
mushrooms are tender, about 3
minutes.

Add wine; cook uncovered until
wine is absorbed, about 2
minutes. Stir in parsley and
tarragon. Season with salt and
pepper.

Place on serving dish and top
asparagus with mushrooms

Serves 4-6

Berry Gratin with Lemon Sabayon

Lemon Sabayon

1/4 cup water
 1/2 teaspoon lemon zest grated
 3 tablespoons juice from 1 large lemon
 pinch salt
 3 large egg yolks
 1/3 cup sugar

Berries

1 cup fresh raspberries
 1 cup fresh blackberries
 1 cup fresh blueberries
 3 tablespoons sugar for caramelized crust

Sabayon:

Adjust an oven rack to the upper-middle position and heat the oven to 400 degrees.

Combine the water, lemon zest, lemon juice, and salt in a small bowl and set aside.

Whisk the egg yolks and sugar in a medium bowl until frothy, about 1 minute. Set the bowl over a pan of simmering water. Continue whisking until the mixture begins to thicken, about 1 minute.

Gradually whisk in the lemon mixture and continue cooking, whisking constantly, until the mixture is thick, light yellow, and tripled in volume, 5 to 7 minutes. Remove the bowl from the saucepan, whisk constantly for about 30 seconds to cool, then set aside while preparing the berries, occasionally whisking the mixture.

Serves 4-6

Berries:

Combine the berries in a wide, shallow 2-quart broiler-safe gratin dish or divide among 6 ramekins or individual gratin dishes set on a rimmed baking sheet.

Bake the berries until the fruit is warm and just beginning to release its juices, about 8 minutes. Remove the berries from the oven. Spoon the lemon sabayon over the berries and sprinkle with the sugar. Ignite a kitchen torch and caramelize the sugar. Serve immediately