

# COOKING AT REN

January 29, 2012

## Mango Pomegranate Guacamole

4 ripe avocados (2 pounds total)  
1 cup finely chopped white onion  
2 fresh serrano chiles, finely chopped (2 tablespoons), including seeds  
1/4 cup fresh lime juice, or to taste  
3/4 cup pomegranate seeds (from 1 pomegranate)  
3/4 cup diced peeled mango  
1/2 cup chopped cilantro

Halve, pit, and peel avocados. Coarsely mash in a bowl. Stir in onion, chiles, 1/4 cup lime juice, and 1 1/4 teaspoons salt.

Fold in pomegranate seeds, mango, and cilantro. Season with salt and additional lime juice.

Serving: 8

## **Black Bean Soup With Chipotle and Cumin Crema**

2 Tbl olive oil  
 1/2 red onion, finely chopped  
 1/2 red bell pepper chopped  
 1/2 green bell pepper chopped  
 3 cloves garlic, finely chopped  
 2 tea cumin  
 1/2 jalapeno, seeded and diced  
 3 (15-ounce) cans black beans,  
 drained and rinsed  
 1/2 Tbl chopped chipotle chiles  
 (use less if you dont like spicy)  
 3 - 4 cups Vegetable broth  
 Chives, for serving

Heat the olive oil in a Dutch oven over medium-high heat. Add the onions, garlic, red bell pepper, green bell pepper and jalapeno and saute until tender, about 4 minutes. Add the black beans, chipotle pepper, adobo sauce and broth and simmer for 25 minutes so all the flavors can marry together.

Blend half of the soup, using either a blender or an immersion blender, leaving some whole beans for texture.

## **Toasted Cumin Seed Crème Fraîche**

1/2 tablespoon whole cumin seeds  
 1/2 cup crema or crème fraîche  
 Salt and freshly ground pepper

Place the cumin in a small sauté pan over medium heat. Toast until lightly golden brown. Place in spice grinder or mortar and pestle and grind until coarse.

Stir it into the creme and season with salt and pepper, to taste.

Serves 6

## Peruvian Style Roasted Chicken With Sweet Onions

1 1/2 teaspoons Olive oil, plus more for oiling the pan  
 4 1/2 Tbl sweet paprika  
 3 Tbl ground cumin  
 4 1/2 tea fine sea salt  
 4 1/2 tea ground black pepper  
 15 cloves garlic, minced  
 7 1/2 Tbl white wine vinegar  
 2 large sweet onions, peeled and thickly sliced  
 1 chicken, cut into 10 serving pieces  
 2 red or yellow bell peppers, cored, seeded and cut into chunks  
 1 lemon, sliced

Preheat oven to 425°F. Oil a large roasting pan and set aside.

In a small bowl, combine paprika, cumin, salt, pepper, garlic, vinegar and oil to make a paste. Place onions in a large bowl and toss with 2 Tbl of the paste.

Rub chicken pieces with remaining paste and place in prepared pan, then cover with onions, peppers and lemon.

Roast, basting occasionally with pan juices, until chicken is cooked through and vegetables are very tender, about 45 minutes. Remove from oven and let rest 5 minutes before serving.

## Aji Verde Sauce Recipe

3/4 cup fresh cilantro  
 1/3 cup Cotija Cheese  
 1/3 cup extra-virgin olive oil  
 2/3 cup water  
 2 to 3 jalapenos, stemmed, seeded, and diced (keep the seeds if heat is desired)  
 1 clove garlic  
 1/2 teaspoon red wine vinegar  
 1/2 teaspoon kosher salt

Puree the cilantro, cheese, olive oil, water, jalapenos, garlic, vinegar, and salt in a blender until smooth.

Serves 6

## Latin Roasted Potatoes

1 (2 lb) Fingerling Potatoes,  
washed and cut lengthwise  
1 Tbl olive oil  
1 Tbl chile powder  
2 tea garlic minced  
3/4 tea salt  
1/2 tea pepper  
1 medium onion, cut into 1.2  
thick wedges  
1 1/2 cups cherry tomatoes  
halved  
1/3 cup cilantro  
1 Tbl lime juice

Preheat oven to 425°F.

In a mixing bowl, combine olive oil, chili powder, garlic, salt, and pepper. Add fingerlings and onion; toss to coat evenly.

Transfer mixture to a foil lined baking sheet and bake 20-25 minutes. Add tomatoes and bake an additional 5-10 minutes or until fingerlings are tender.

Transfer mixture to a large bowl and add cilantro and lime juice; toss lightly.

Serves 4-6

## Roasted Corn With Manchego & Lime

6 ears of sweet yellow corn,  
unhusked (2 10 oz bags frozen)  
2 tablespoons extra-virgin olive  
oil  
2 tablespoons (1/2 stick)  
unsalted butter  
Kosher salt  
freshly ground black pepper  
1 jalapeño, seeded, finely diced  
1/2 teaspoon crushed red  
pepper flakes  
1 lime, cut into wedges  
1 cup finely grated Manchego  
cheese  
1/2 cup thinly sliced chives  
2 teaspoons finely grated lime  
zest

Preheat oven to 450°. Roast unhusked corn on a baking sheet, turning occasionally, until heated through and crisp-tender, about 15 minutes.

Let cool. Shuck corn and cut kernels from cobs. Discard cobs. Heat oil in a large skillet over high heat. Add corn kernels and sauté until heated through and light-golden in spots, 3–5 minutes. Add butter; stir until melted.

Season to taste with salt and pepper. Transfer corn to a large bowl or platter; sprinkle jalapeño and crushed red pepper flakes over. Squeeze lime wedges over; sprinkle with cheese, chives, and lime zest.

Serves 6

## Chocolate Spiced Cake With Rum Ginger Ice Cream

14 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped  
 1 1/4 cups (2 1/2 sticks) unsalted butter  
 2 teaspoons ground coriander  
 2 teaspoons ground cardamom  
 1 teaspoon ground cinnamon  
 1/2 teaspoon ground cloves  
 1/2 teaspoon ground white pepper  
 6 large eggs  
 6 large egg yolks  
 2 teaspoons vanilla extract  
 3 cups powdered sugar  
 1 cup all purpose flour

Generously butter sixteen 3/4 cup soufflé dishes. Stir chocolate, butter, coriander, cardamom, cinnamon, cloves, and white pepper in heavy medium saucepan over low heat until melted and smooth. Cool slightly. Whisk eggs, egg yolks, and vanilla in large bowl to blend. Whisk in 6 cups powdered sugar, then chocolate mixture, then flour. Transfer batter to prepared dishes, filling to top and dividing equally.

Preheat oven to 425°F. Bake cakes until batter has risen above dish, top edges are dark brown, and centers are still soft and runny, about 15 minutes.

Run small knife around cakes to loosen. Allow cakes to rest in dishes 5 minutes. Using hot pad and holding dish very firmly, place plate gently atop 1 cake and invert onto plate. Repeat with remaining cakes. Dust with powdered sugar. Serve cakes with rum-ginger ice cream.

## Rum Ginger Ice Cream

1 pint vanilla ice cream, softened  
 2 tablespoons chopped crystallized ginger  
 1 tablespoon dark rum

Place softened ice cream in medium bowl. Using plastic spatula, fold ginger and rum into ice cream. Transfer to airtight container. Freeze ice cream mixture until firm, about 4 hours. (Can be made 1 day ahead. Keep frozen.)

Serves 8

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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