



Coq Au Vin

(Two servings)

Preparation:

Ingredients:

1 Whole Pan-roasted
Chicken
2 medium carrots
1 onion
1 Bay leaf
2 whole cloves
Salt
Pepper
2 quarts Burgundy wine
Butter
2oz (one shot glass)
Cognac
Up to 1C beefstock
(optional, only if your
sauce does not thicken
enough)
1 Heaping Tablespoon
Veal Demiglace
Sprigs of thyme

- 1) Remove chicken's legs and place in large tupperware bowl. Slice the breast down the middle and then cut the flesh off along the bone. Place each side of breast into container, as whole as possible.
- 2) Chop 2 carrots and 1 onion, then add to bowl.
- 3) Cover chicken and mirepoix with red Burgundy wine. It's most important that the chicken be covered, the vegetables don't matter as much.
- 4) Season with bay leaf, cloves, salt and pepper.
- 5) Let marinate in refrigerator for 6 hours.
- 6) Remove chicken from marinade and place in separate bowl. Over medium heat, brown the chicken in 2T butter.
- 7) If you're adventurous enough, add cognac to pan and allow it to flame. If you're uncomfortable doing this step, it can be omitted.
- 8) Remove browned chicken from heat and place in a medium casserole pan.
- 7) Add more butter to sauce pan and then strain out the soaked carrots and onions; reserve the wine!
- 8) Add the vegetables to the buttery pan. Sautee and brown, then deglaze with some reserved wine little by little until there is none left.
- 9) By now you should have about 1.5 inches of sauce. If not, add some beef stock.
- 10) Add veal demiglace and mix well.
- 11) Pour everything over the chicken in the casserole dish. Add a few sprigs of thyme on top.
- 12) Place covered in oven at 375 degrees for one hour. should have about inch and half of sauce, if not add beef stock. then add heaping T of veal demiglace then pour everything over chicken, add sprig of thyme on top, 375 degrees one hour covered



Crème Brûlée

(Five servings)

Ingredients:

1C whole milk
1C heavy whipping cream
1 vanilla bean
5 egg yolks
60-75g of sugar (according to your sweetness preference)
1C brown sugar (may need more or less) for caramelization

Preparation:

- 1) Preheat oven to 200 degrees F.
- 2) Pour the milk, cream, and pulp of vanilla bean into a saucepan. Bring to a boil, then cut the flame and let sit for 10 minutes so the vanilla can better diffuse into the cream.
- 3) Whisk the egg yolks into the white sugar (Always pour the sugar onto the eggs - not the other way around - and start whisking immediately to avoid the sugar "cooking" the eggs by absorbing the water in the yolk and drying out the mixture)
- 4) Pour the milk/cream mixture onto the egg/sugar mixture. Beat lightly, but not too much. You must avoid turning the mixture into a mousse.
- 5) Pour even into shallow crème brûlée ramekins.
- 6) Place ramekins in a cookie sheet pan, and add enough water to pan to cover bottom 1.5" of ramekins. This is important to avoid coddling the eggs in the custard. Gently cook in oven for 45 minutes at 215 degrees F.
- 7) Watch to make sure the cream does not start to boil. Careful : the time depends on the weight of the eggs, the temperature of the oven, and the thickness of the cream in the ramekins.
- 8) Remove from oven. Sprinkle tops with brown sugar until evenly covered, then flame with crème brûlée gun, or put in broiler until sugar has caramelized.
- 9) Chill for several hours and serve.



Salade au bleu et noix

(Four servings)

Ingredients:

- Four handful of fresh frisée, arugula, mixed greens, and lettuce, cut into bite sized pieces
- 6 oz of blue cheese
- 4 oz of chopped walnut
- 4 teaspoon chopped shallots
- 1 to 2 teaspoons vinegar
- 4 Tbsp olive oil
- 4 Tbsp wine vinegar
- 2 teaspoon Dijon mustard
- Salt and pepper to taste
- Poppy seed and chives for decoration

Preparation:

1. Toss the salad in a large serving bowl,
2. Cut the blue cheese into small cubes,
3. Chop the walnut roughly,
4. In a small bowl, mix the olive oil, vinegar, shallots, mustard, salt and pepper.
5. Add the cheese the walnut and the vinaigrette into the salad. Mix the salad altogether. Decorate with poppy seed, nut and chives