

103 West

Description: Continental cuisine with French influence.

Location: 103 West Paces Ferry Road

Atlanta, GA 30305

Phone: 404-233-5993

www.buckheadrestaurants.com

Executive Chef: Hilary White

Chef Hilary Prepared:

- ✓ Seared Tuna Nicoise with Tarragon Vinaigrette
- ✓ Sauteed Ashley Farm Chicken Breast with Wild Mushroom Sauce
- ✓ Grand Marnier Soufflé

Seared Tuna Nicoise with Tarragon Vinaigrette

(Makes 4 Appetizer Servings)

Tuna

1 lb. Sushi Grade Tuna

Kosher Salt and Cracked Black Pepper

2 Tsp. Chopped Thyme

Olive Oil

Method:

Season tuna with salt, pepper, and thyme

Heat sauté pan 'til very hot; place oil in pan

Add tuna and sear on all sides

Remove tuna from pan and allow it to rest.

Nicoise Vegetables

¼ lb. Haricot Verts or Green Beans

1 Cup Cherry Tomatoes, cut in half

16 Nicoise Olives

Method:

Place the haricot verts in a pot of salted boiling water and cook until tender

Remove them from the boiling water and place them in ice water

Remove them from the ice water and cut them into one inch pieces.

Toss the haricot verts with the cherry tomatoes and the olives.

Tarragon Vinaigrette

2 Shallots, Minced
3 Tbs. Sherry Vinegar
1 Tbs. Dijon Mustard
Salt and Pepper
1 Cup Olive Oil

Method:

Mix shallots, sherry and Dijon mustard
Season with salt and pepper
Whisk in olive oil

Assembly

Slice tuna into four portions and place on plates.
Toss vegetables with vinaigrette
Place vegetable around tuna
Drizzle with remaining vinaigrette

Sauteed Ashley Farm Chicken Breast with Wild Mushroom Sauce

2 Ea. Chicken Breast
Salt and Pepper
Olive Oil
2 Ea. Shallots, Minced
2 Cups Mushrooms, Cleaned and Trimmed
1 Cup White Wine
1 Qt. Chicken Stock
½ Cup Heavy Cream (Optional)
2 Tbs. Sweet Butter (Optional)

Method:

Heat olive oil in sauté pan
Season chicken with salt and pepper
Place chicken skin or smooth side down in pan
Cook on medium high heat 'til golden brown on both sides
Remove pan from the heat
Remove chicken from the pan and place in oven to finish cooking
Place pan back on medium heat
Add shallots and cook briefly
Add mushrooms and cook 'til just tender
Season with salt and pepper
Add white wine and reduce 'til pan is almost dry
Add chicken stock and reduce to one half cup
If desired, finish with cream and stir in butter

Assembly

Cover bottom of platter with sauteed spinach

Place chicken on the spinach
Spoon sauce over the chicken

Grand Marnier Souffle'

Souffle' Base

- 1 whole egg
- 2 yolks
- $\frac{3}{4}$ cup sugar
- $1\frac{1}{4}$ cup cake flour
- 2 cups milk
- 4 tablespoons butter

Method

Place first four ingredients in mixing bowl and combine until smooth. Boil milk and add the egg, sugar, flour mixture. Cook over medium heat until mixture becomes firm. Place in mixer fitted with a paddle. Add the butter and remaining yolks. Mix well and set aside to cool.

Grand Marnier Souffle

- 2 cups souffle base
- 5 tablespoons Grand Marnier
- 1 orange zest
- 1 cup egg white
- 2 tablespoons cornstarch plus 2 teaspoons cornstarch
- 2 tablespoons powdered sugar plus 1 teaspoon powdered sugar

Method

Preheat oven to 350 degrees

Place soufflé base in bowl. Fold in orange liqueur and zest. Whip egg whites, cornstarch and powdered sugar to soft peaks. Gently fold egg whites into the base. Place into four soufflé cups that have been buttered and sugared. Bake at 350 degrees until golden brown. Quickly remove them from the oven and dust with powdered sugar. Serve with vanilla sauce.

Vanilla Sauce

- 4 whole eggs
- $\frac{2}{3}$ cup granulated sugar
- 2 cups milk
- 1 teaspoon vanilla extract

Method

Combine eggs sugar and vanilla extract. Boil milk. Temper milk into egg mixture. Cook over medium heat until mixture coats the back of a spoon. Strain through a mesh strainer into a stainless bowl and cool over an ice bath.