

This is Atlanta Cooking presented by PBA 30

Murphy's

Roasted chicken tomato soup

Yield: 1G (6 large servings and some leftover for the next day)

Ingredients:

1/2 medium onion, diced fine
_ pound butter
6 oz all-purpose flour
2 _ quarts chicken stock
1 15-ounce can crushed plum tomatoes
_ roasted chicken (purchased from a supermarket)
_ cup cream
2 branches each basil and tarragon leaves, picked and roughly chopped
salt, pepper
1 roasted chicken
1 branch basil for garnish

Method:

Heat a large, heavy-bottomed pot over medium high heat
Melt the butter
Add the flour and stir until emulsified
Slowly add the cold chicken stock
Make sure the mixture is smooth
Cook for 20 minutes at a slow simmer
Meanwhile, remove the meat from the cooked chicken
Discard the skin and the bones
Add the pulled chicken meat and cream to the soup
Bring back to a boil
Add the can of tomato
Stir in the herbs
Season with salt and pepper
Cut basil into chiffonade and garnish soup

Goat Cheese and Beet Salad with Citrus Vinaigrette

Yield: 6 portions

Ingredients:

Citrus vinaigrette for 6 (recipe is included above)

_ pound goat cheese, crumbled

1 granny smith apple, thinly sliced

2 medium sized beets

2 oranges, segmented

3 tablespoons pine nuts

mesclun for 6 (6 small handfuls)

salt, pepper

Method:

Wash the beets well. Rub them with oil and wrap in foil. Bake at 325°F on a sheet tray, cooking for 45 minutes or until tender when pierced with a knife. While they are still warm, rub with a towel to remove the skin. Allow to cool. Slice the beets.

Meanwhile, toast the pine nuts on a sheet tray until lightly brown and allow to cool.

Toss all the ingredients together with the vinaigrette, season with salt and pepper.

Sauteed Rainbow Trout with Jicama, Pepper and Cucumber Slaw

Yield: 6 portions

Ingredients:

6 8-ounce portions of trout, skin-on

oil to grill the trout

Slaw: 1 cucumber, washed

1 small jicama, peeled of skin

1 small red pepper, top and bottom and seeds removed

1 small green pepper, top and bottom and seeds removed

1 small yellow pepper, top and bottom and seeds removed

1 small red onion

1 bunch cilantro, washed

Citrus vinaigrette (recipe follows)

Red bliss potatoes, steamed or boiled

salt, pepper

Method:

Julienne the cucumber, jicama, peppers, and onion on a French mandolin

Chiffonade the cilantro

Mix vegetables with the citrus vinaigrette

Season with salt and pepper

Meanwhile, rub the trout with oil

Season with salt and pepper

Sauté 3-4 minutes on each side

Serve the trout with boiled potatoes and slaw.

Citrus Vinaigrette

Ingredients:

1 orange

2 lemons

1 lime

1 cup extra virgin olive oil

splash red wine vinegar

salt, pepper

1/4 cup sugar

Method:

zest the citrus

squeeze the juice

mix all together with remaining ingredients.

Grilled Salmon with Beets, Lentils and Horseradish Cream Served with Gaufrettes Potatoes

Yield: 6 portions

Ingredients:

3 medium beets and oil to rub them with

_ cup cream

1 _ cups beluga or French lentils, examined for pebbles and washed

_ small onion, diced small

_ carrot, diced small

1 stalk celery diced small

_ cup chicken stock

2 leeks, cut into dice and washed very well
1 tablespoons butter
2 tablespoons white wine
1 cup whipping cream
1 tablespoon prepared horseradish
salt, pepper
6 ea 8 oz portions of salmon, skin-on

Method:

Rub the beets with oil and wrap in tinfoil and bake in a 350°F oven on a sheet tray. Cook for 45 minutes or until tender when peeled with a knife. While still warm, rub with a towel to remove skin. Cut into thick slices, put in a saucepan with cream and keep warm.

For the lentils, put them in a pot with the chicken stock and vegetables. Add enough water to cover them and simmer for 15-20 minutes or until tender.

For the leeks, heat a large sauté pan, add the butter and the leeks and cook until tender, adding drops of water to inhibit coloring. Add the white wine and reduce until dry. Put aside and keep warm

Brush salmon with oil and grill until lightly pink in center. Place on plate beets, lentils, and leeks

Gaufrettes Potatoes

Yield: 6 portions

Ingredients:

2 large Idaho potatoes

Method:

Cut gaufrettes on French mandolin
Soak overnight in ice water
Cook in 280° F oil until crisp
Make sure to stir the potatoes while they cook in the oil
Drain well on paper towels

Scallops with Carrot-Ginger Puree

Yield: 6 portions

Ingredients:

Carrot-ginger puree for 6 (recipe follows)
2 _ pounds triple-washed fresh spinach
2 _ pounds sea scallops
oil to sauté the scallops and the spinach
salt, pepper
Compound garlic butter for 6 (recipe follows)
Gaufrettes potatoes for 6 (recipe follows)

Method:

Gently warm the carrot-ginger puree over low heat in a heavy bottomed pot
Heat a large sauté pan for the spinach with a drop of oil
Sauté the spinach until it wilts and keep warm
Heat another large sauté pan over medium high heat
Add enough oil to coat the bottom of the pan
Lightly season the scallops with salt and pepper
Sautee the scallops 3 minutes on each side or until lightly colored
Toss with scallops with the compound butter in a small bowl
Serve the scallops on the spinach and the carrot-ginger puree
Top with the gaufrettes potatoes.

Carrot-Ginger Puree

Yield: 6 portions

Ingredients:

2 _ pounds carrots
1 small knob ginger, peeled and smashed
4 cloves garlic, peeled & smashed
pinch cayenne
Oil, enough to blend garlic and ginger smooth
3 oz unsalted butter, cubed
cream to puree
1/3 cups brown sugar

Method:

Peel carrots and cut into 1" pieces
boil carrots in water until very tender
meanwhile puree ginger, garlic and oil in blender
cook the mixture with a pinch of cayenne for 3-4 minutes
puree the carrots, sugar, butter and the cooked ginger/garlic mixture
add just enough cream to make the puree smooth
season with salt and pepper
the mixture should not taste sweet, just seasoned
the mixture should be slightly spicy

Compound Garlic Butter

Yield: 6 portions

Ingredients:

_ pound unsalted butter
1 teaspoon minced garlic
1 tablespoon finely diced red onion
1 tablespoon chopped chives
1 teaspoon white wine
1 teaspoon lemon juice
pinch crushed red pepper
salt to taste

Soften butter, stir in ingredients, refrigerate and use as needed.

Saffron Poached Pears

For 4 pears:

White wine	3 cups
Water	1 cup
Sugar	13oz
Vanilla bean	1
Star anise	2
Saffron	1 tsp
Lemon juice	— of a lemon
Cinnamon sticks	2
Bay leaves	2

Put all ingredients in a pan. Heat over medium heat. Peel and core the pears. Put them in the liquid. Cover so that the pears are all in liquid. Slowly poach until soft. Time depends on the ripeness.

Make one day ahead. Fill next day with pears with ganache. Serve with some almonds, or even an almond cookie.

Ganache

Heavy cream	— cup
Whole milk	— cup
Water	1 Tbs

Bring to a boil

Semi sweet chocolate 10 oz.

Place small pieces in a bowl; pour the hot liquid over the chocolate; slowly blend until an emulsion. Cool until set; fill pears with a spoon or a pastry bag.

Tollhouse Pie

Oreo Crust:

Oreo crumbs	7 oz
Walnuts	2 oz
Butter	2 oz

Melt the butter and with the crumbs and nuts. Press into a 10 “ pie tin. Cool until hard.

Filling:

Light brown sugar	8 oz	
Granulated sugar	3 oz	blend together with the paddle
Bread flour	6 oz	

Eggs	4	add, and mix
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Butter	5 oz	melt, cool until room temperature
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Chocolate chips	5 oz	
White chips	5 oz	add, blend until combined
Walnut pieces	5 oz	

Pour into the prepared crust; bake at 250 degrees for 90 – 110 minutes.