



**The Institute**  
of Culinary Education

# **COOKING BOOK CLUB**

**ANIMAL, VEGETABLE, MIRACLE**

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## GOAT CHEESE AND ASPARAGUS TART

Yield: 6 Servings

2 sheets frozen puff pastry  
¾ cup fresh goat cheese, softened  
1 tablespoon thyme or chopped chives  
24 stalks asparagus, trimmed  
Olive oil

Preheat oven to 425° F

1. Roll out puff pastry into ¼-inch thick. Cut the dough into rectangles, about the same length as the asparagus spears, and approximately 3 inches wide. You will need 6 of these.
2. Spread approximately 2 tablespoons of the goat cheese on each rectangle. Sprinkle with herbs, top with asparagus and drizzle with olive oil.
3. Place in oven and bake 20 to 22 minutes, or until puff pastry is cooked through. Remove from oven and serve while warm.

## HERB FLAN

Yield: 8 Servings

2 tablespoons butter  
2 tablespoons olive oil  
1 leek, cleaned, trimmed and finely chopped  
2 tablespoons chopped walnuts  
2½ cups mixed greens/herbs (sorrel, arugula, parsley, chervil, chives, tarragon, basil), cleaned  
1½ cups spinach, cleaned  
4 large eggs  
¼ cup milk  
⅛ cup heavy cream  
¼ cup grated Parmesan  
¾ teaspoon salt  
¼ teaspoon pepper

Preheat oven to 350° F

1. Melt the butter and olive oil in a large ovenproof sauté pan. Add the leek and cook over medium heat until soft. Add nuts and cook until lightly golden, about 5 minutes. Add in herbs and spinach and cook just until wilted, 3 to 4 minutes.
2. In a separate bowl, whisk eggs, milk, cream, Parmesan, salt and pepper. Add herb/spinach mixture to eggs and stir until mixed well.
3. Pour mixture into 8 (8 ounce) ramekins and bake in a water bath until set, about 30 minutes. Remove from oven and allow to cool 5 minutes before serving.

## **SPINACH DIP**

Yield: Serves 6 to 8

3 cups (6 ounces) baby spinach, chopped  
6 tablespoons (3 ounces) cream cheese  
3 ounces white cheddar, grated  
3 ounces Parmesan, grated  
½ cup mayonnaise  
½ cup sour cream  
2 cloves garlic, minced  
3 scallions, finely chopped  
Juice of 1 lemon

Preheat oven to 350°F.

Combine all ingredients by hand or in a food processor. Place in a baking dish and bake 15 to 20 minutes or until hot and bubbly. Serve immediately.

## POTATO AND CARAMELIZED ONION GRATIN WITH GRUYÈRE

Yield: Serves 6

3 tablespoons unsalted butter, plus more for the dish  
1 tablespoon extra-virgin olive oil  
2 large onions, thinly sliced  
Coarse salt and freshly ground black pepper  
4 large russet baking potatoes (about 1½ pounds), peeled, sliced ¼-inch thick  
½ cup chicken stock  
1 tablespoon fresh thyme leaves  
6 ounces grated Gruyère cheese

Preheat the oven to 375° F

1. In a large skillet over medium heat, melt 1 tablespoon of the butter and oil. Add the onions and a sprinkling of salt, and cook, covered, for 5 minutes to help release the onion's juices. Uncover, and continue cooking until the onions are lightly golden and tender, about 20 minutes. Set the onions aside.
2. In a large bowl, combine the sliced potatoes, chicken stock, and thyme leaves in a bowl, and toss gently. Set aside.
3. Butter an ovenproof 9-inch baking dish and arrange half of the potatoes evenly along the bottom of the dish, sprinkling every other layer with salt and pepper. Dot with 1 tablespoon of butter and then cover with the onions. Top with the remaining potato slices, and season again with salt and pepper. Dot with the remaining tablespoon of butter. Pour the remaining stock from the bowl over the gratin, including the milky white potato starch that will have settled at the bottom. Cover the dish with aluminum foil, and bake for 45 minutes until the potatoes are soft when pierced with a knife.
4. Uncover the gratin, and sprinkle with the cheese. Continue to bake, uncovered, until the cheese is melted and golden, about 15 minutes more (run it under the broiler for a minute if you can't get the crisp cheese you are looking for). Let stand for 15 minutes before serving.

## WHOLE ROASTED CHICKEN WITH GARLIC AND THYME

Yield: Serves 4

½ cup (1 stick) butter, room temperature and cut up into 1-inch pieces  
1 tablespoon crumbled fresh thyme  
3 large garlic cloves, minced  
1 teaspoon grated lemon zest  
1(4 pound) roasting chicken  
¼ cup dry white wine  
1 cup chicken stock  
2 tablespoons all purpose flour

Preheat oven to 450° F

1. Combine butter, thyme, garlic and lemon zest in small bowl and stir to blend. Season to taste with salt and pepper.
2. Slide hand under skin of chicken breast to loosen skin from meat. Reserve 2 tablespoons herb butter for gravy. Rub half of remaining herb butter over chicken breast under skin. Spread remaining herb butter over outside of the chicken. Season chicken with salt and pepper.
3. Place chicken in large roasting pan, breast side down. Roast 20 minutes. Reduce oven temperature to 375° F. Turn chicken over so breast side is up. Roast chicken until meat thermometer inserted into thickest part of inner thigh registers 175° F and juices from thigh run clear when chicken thigh is pierced with skewer, 45 minutes to 1 hour more. Lift chicken and tilt slightly, emptying any juices from cavity into roasting pan. Transfer chicken to platter. Loosely cover with aluminum foil to keep warm.
4. Pour any pan juices into large glass measuring cup. Spoon fat off top.
5. Place roasting pan over high heat; add wine and bring to a boil, scraping up any browned bits. Pour wine mixture into cup with pan juices. Add stock to same cup.
6. Melt reserved 2 tablespoons herb butter in heavy medium saucepan over medium-high heat. Add flour; whisk until smooth and beginning to color, about 3 minutes. Gradually whisk in pan juices. Boil until thickened to sauce consistency, whisking occasionally, about 5 minutes. Season gravy with salt and pepper. Serve.

## CRISP DUCK BREASTS WITH RED WINE SAUCE

Yield: Serves 4

- 2 Magret duck breast halves, about 1 pound each
- 2 shallots, finely minced
- 1 cup red wine
- 2 thyme sprigs
- ½ cup veal stock
- ½ cup frozen cherries, thawed, roughly chopped

Preheat the oven to 400° F

1. Score the skin of the duck breasts in a criss-cross pattern without cutting through to the meat. Season the duck breasts with salt and pepper.
2. Place the duck breasts, skin side down in a large sauté pan. Cook until the skin is golden brown and crisp, occasionally draining the rendered fat with a bulb baster or metal spoon and discarding it into a glass or metal container. Turn the duck breasts over and cook for 4 minutes on the other side.
3. Transfer the skillet, with the skin side up, to the oven, and roast for 6 to 8 minutes, until the internal temperature is 140° F. Transfer the duck breasts to a plate to rest for 5 minutes before slicing.
4. Discard all but 2 tablespoons of duck fat from the skillet and set over medium heat. Add the shallots and cook until softened, about 5 minutes. Add the red wine and thyme; deglaze the pan, reducing the wine by half. Add in the veal stock and cherries and continue cooking until sauce is slightly thickened, about 10 minutes.
5. To serve, slice the duck breast on the bias into thin slices. Drizzle the slices with the sauce and serve.

## **WILTED BEET GREENS WITH PANCETTA AND PARMESAN**

Yield: Serves 6

½ cup cubed pancetta  
½ cup finely diced yellow onion  
4 cloves minced garlic  
1½ pounds beet greens, chopped  
2 tablespoons cider vinegar  
¼ cup grated Parmesan

In a large sauté pan, add pancetta and cook over medium heat until crispy. Remove pancetta from pan and set aside. Reserve bacon fat in the pan. Add in yellow onion to sauté pan and continue cooking until soft and lightly golden, 5 to 7 minutes. Add in garlic and cook another minute. Add in greens, and cook, tossing occasionally, until wilted, about 5 minutes. Add in cider vinegar. Remove from heat and add Parmesan. Serve immediately.

## STRAWBERRY RHUBARB UPSIDE DOWN CAKE

Yield: Serves 6

### For the rhubarb/strawberry mixture:

½ cup water

½ cup granulated sugar

½ vanilla bean, split and scraped

2 to 3 stalks rhubarb, (about 1 cup) peeled and cut into 1-inch cubes or 1 cup IQF rhubarb

1 cup strawberries, hulled and sliced

1. Combine the water, sugar, vanilla bean and rhubarb in a medium saucepan, bring to a boil, lower heat to medium and cook until the rhubarb is slightly softened, 8 to 10 minutes. Remove from heat and allow to cool.
2. Strain the liquid from the rhubarb, reserving rhubarb for cake. Combine the rhubarb and strawberries. Set aside.

### For the cake:

1½ sticks (6 ounces) unsalted butter

¾ cup granulated sugar

3 large eggs

2 teaspoons vanilla extract

2 teaspoons lemon zest

1¼ cups all-purpose flour

¼ cup cornmeal

1½ teaspoon baking powder

Pinch salt

1 cup light brown sugar

1. Combine the butter and granulated sugar in the bowl of a mixer and beat until light and fluffy, 5 to 10 minutes.
2. Add the eggs, one at a time, scraping down after each addition. Add the vanilla extract and lemon zest.
3. Stir in the flour, cornmeal, baking powder and salt.
4. Press brown sugar into an 8-inch cake pan lined with parchment paper. Lay the strawberries and rhubarb on top of brown sugar. Top with batter and bake about 45 minutes until cake springs back when touched. Remove from oven. Cool 5 minutes.
5. Invert cake from pan, slice into wedges and serve with ice cream.

## LEMON THYME ICE CREAM

Yield: Makes about 1 quart

1½ cups heavy cream  
1 cup milk  
¾ cup sugar  
4 sprigs lemon thyme or lemon verbena  
2 tablespoons finely grated fresh lemon zest  
2 egg yolks  
4 large eggs  
⅔ cup fresh lemon juice

1. Bring the cream, milk, sugar, thyme and zest to a boil in a 2-quart saucepan, stirring occasionally.
2. Beat the yolks and whole eggs in a large bowl, and then add the hot cream mixture in a slow stream. Pour the custard into a saucepan and cook over moderately low heat, stirring constantly with a wooden spoon until the custard coats the back of a spoon, about 10 minutes.
3. Pour through a sieve into a clean bowl, and then stir in the lemon juice. Cool the custard, stirring occasionally, and then chill until cold. Freeze the custard in an ice-cream maker

## **ROASTED APPLES**

Yield: Serves 6

6 apples such as Winesap, Rome or McIntosh, cut in half and cored  
2 tablespoons melted butter  
1 to 2 tablespoons balsamic vinegar

Preheat the oven to 400° F

1. Toss the apples and the butter together and place on a baking sheet.
2. Place in oven and bake until tender when pierced by a knife, about 30 minutes.
3. Remove from oven and drizzle with balsamic vinegar.