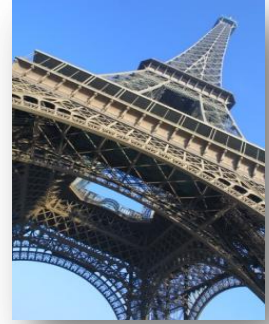


French Cuisine – October 13, 2008

Chef Terry Mullin, MS, MBA, EdD-ABD



Shrimp De Jonghe

Ingredients:

- 1 lb. shrimp, cooked
- 1 c. bread crumbs
- 1 tsp. salt
- 2 cloves garlic
- 1 c. butter
- 1/8 tsp. red pepper
- 1/8 tsp. paprika
- 1/4 c. parsley, chopped
- 2/3 c. white wine

Method:

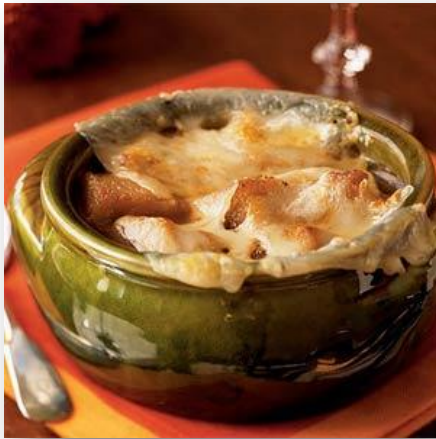
1. Cream together garlic, salt and butter.
2. Add bread crumbs, seasonings, parsley and wine. Mix well.
3. Butter a flat baking dish. Place a layer of shrimp on the bottom, then spread a layer of de Jonghe mix on top.
4. Bake in 375 degree oven for 15 to 20 minutes.



Onion Soup Gratinée

Ingredients:

- 1/4 cup butter
- 3 onions, thinly sliced
- 1 teaspoon white sugar
- 1 tablespoon flour
- 1/4 cup sherry
- 3 cups beef broth
- 3 cups chicken broth
- 1 French baguette
- 8 ounces sliced Swiss cheese



Method:

1. Melt butter or margarine in a 4 quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown.
2. Stir in flour until well blended with the onions and pan juices. Add wine to deglaze then add beef broth; heat to boiling. Reduce heat to low. Cover soup, and simmer for 10 minutes.
3. Cut four 1 inch thick slices of bread from the loaf. Toast the bread slices just until browned, about 10 minutes. Reserve the remaining bread to serve with the soup.
4. Ladle soup into four 12 ounce, oven-safe bowls. Place 1 slice toasted bread on top of the soup in each bowl. Top with Swiss cheese slices on the toasted bread slices. Place soup bowls on a cookie sheet for easier handling.
5. Bake at 425 degrees F for 10 minutes, or just until cheese is melted

Butter Croissants w/ Fresh Apricot Jam

Ingredients:

- 2 pkgs. active dry yeast
- 1/2 c. warm water, 105-115 degrees
- 2/3 c. lukewarm milk (scalded, then cooled)
- 1/4 c. salad oil
- 3 tbsp. sugar
- 2 tsp. salt
- 2 eggs
- 3 1/2 - 4 c. flour
- 1 c. butter, softened
- 1 egg white
- 1 tbsp. water



Apricot Pineapple Jam

- 1 lb. dried apricots
 - 1 can crushed pineapple
 - Sugar, Equal Amounts of fruit
1. Soak the apricots in water to cover overnight. Place them to cook in the same water. Cook until tender. Add pineapple. Mash them or chop in blender.
 2. Measure the fruits and juices. Place equal amounts of sugar with the measured fruits into a heavy kettle and cook slowly until thick and clear.

Method:

1. Dissolve yeast in warm water in large mixing bowl. Stir in milk, oil, sugar, salt, eggs and 2 cups of the flour. Beat until smooth. Stir in enough remaining flour to make dough easy to handle.
2. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double. (Dough is ready if an indentation remains when touched.)
3. Punch down dough. Cover; refrigerate 1 hour.
4. Punch down dough. Roll into rectangle, 25"x10". Spread with 1/3 cup of the butter. Fold rectangle crosswise into thirds, overlapping the 2 sides to make 3 layers; roll out. Repeat 2 times, spreading rectangle with 1/3 cup butter each time. Divide dough in half; refrigerate 1 hour.
5. Shape half of the dough at a time (keep other half refrigerated). Roll into rectangle, 12"x8". Cut lengthwise in half; then cut crosswise into 3 squares. Cut each square diagonally into 2 triangles.
6. Roll up each triangle, beginning at long side. Place rolls with points underneath on ungreased baking sheet; curve to form crescents. Refrigerate 30 minutes. Heat oven to 425 degrees. Beat egg white and 1 tablespoon water slight; y brush over croissants. Bake until croissants are brown and crisp, 14 to 16 minutes. Yield: 2 dozen croissants. Note: Do not use self-rising flour in this recipe.



Stuffed Mushroom Caps

Ingredients:

- Button Mushrooms, washed and stemmed
- Cooked Italian Sausage or Crab meat or Cooked diced Shrimp
- Seasoned Croutons
- Melted butter

Low melt Cheese such as Velveeta or Cheese Wiz



Method:

1. In baking dish, add melted butter to cover the bottom.
2. Assemble washed mushroom caps with stems removed in bottom of the baking dish.
3. Top each cap with cooked Italian Sausage, Cooked shrimp, crab, or lobster meat.
4. Fill in gaps with seasoned croutons. Top with a melt-able cheese such as cheese wiz or Velveeta.
5. Bake in hot (400-450 degree) oven until bubbly and golden brown.

Wilted Spinach Salad with Hot Bacon Dressing

Ingredients:

- Bacon, cut into small strips
- Yellow or White Onion, cut small dice
- Sugar
- Water
- Vinegar
- Fresh Baby Spinach
- Red Onion
- Egg, Hard Boiled
- Bacon Bits (cooked)



Method:

1. Prepare a dressing of equal parts of Vinegar, Sugar, and Water.
2. Add sautéed onions and bacon bits, including the bacon fat, to the dressing mixture. Allow dressing to simmer to blend the flavors and reduce the mixture to thin syrup.
3. Prepare a fresh crisp salad of spinach, cooked bacon bits, sliced red onions, chopped hard boiled eggs. Place in refrigerator until needed
4. Ladle hot dressing over plated spinach salad and serve immediately.

Steak Au Poivre

Ingredients:

- 1/2 c. sliced mushrooms, fresh
- 2 tbsp. minced onion
- 1 clove garlic, crushed
- 1/8 tsp. salt
- 1 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- 1/4 c. butter
- 2 tbsp. snipped parsley
- 1 lb. beef tenderloin, sliced thin
- Fresh Cracked Peppercorns



Method:

1. Cook and stir mushrooms, onion and seasonings in 1/4 cup butter until mushrooms are tender. Stir in parsley; keep sauce warm.
2. Melt 2 tablespoons butter in skillet. Roll the meat in the cracked peppercorns. Cook the meat in butter over medium high heat to medium doneness, 3-4 minutes on each side turning once.
3. Add Mushroom Sauce to meat and bring to a high heat. Flame with Brandy.
4. Serve beef tenderloin with mushroom sauce spooned over the top. 4 servings.

For a classical approach, add 1/4 cup demi-glace in the third step.

Chicken Cordon Bleu

Ingredients:

- Boneless Chicken Breasts
- Ham, sliced thin
- Swiss Cheese cut into ½ inch logs
- Seasoned Flour
- Egg Wash
- Bread Crumbs
- Clarified Butter to Sauté



Method:

1. Lightly pound a boneless, skinless chicken breast then season with salt and pepper. Top the breast with a thin slice of ham. Cut a chunk of Swiss cheese batonnette style and place in the center of the chicken breast on top of the ham. Carefully fold the chicken into a log by first pulling in the sides then rolling like a jelly roll.
2. Use a standard breading procedure (SBP) to seal the breast. A SBP is to dust the product in seasoned flour, dip in a beaten egg and milk mixture, then roll in bread crumbs.
3. Sauté the Cordon Bleu on all sides then place in a hot oven to finish cooking. Remove from the oven and serve with a ribbon on sauce. Typically, the sauce is a supreme sauce which is a mixture of a chicken velouté (chicken gravy) and heavy cream.
4. To make Chicken Kiev, replace the ham and Swiss cheese with freshly made garlic butter (minced fresh garlic, sweet butter and chopped fresh parsley).

Chicken Oscar

Ingredients:

- Boneless Chicken Breast
- Cooked Asparagus Spears
- Crab Meat or Cooked Shrimp
- Béarnaise Sauce (Knorr Swiss)
- Flour for dusting
- Salt and Pepper
- Rice Pilaf or Wild Rice

Hollandaise:

- 3 tbsp. lemon juice
- 3 tbsp. water
- 3 egg yolks
- 3/4 stick butter

Hollandaise directions:

1. Mix together over low heat the first 3 ingredients, stirring constantly over medium heat.
2. Add 3/4 stick butter cut into little pieces.
3. Keep stirring over low heat until butter has melted and the mixture has thickened.
4. **Variation: for Maltese Sauce:** add 1 tsp. orange juice concentrate to the mixture.

Method:

1. Prepare boiled rice pilaf or wild rice and set aside for later use.
2. Lightly pound a boneless, skinless chicken breast then dredge in seasoned flour.
3. Sauté in clarified butter until almost done. Just before chicken has fully cooked, add 2 blanched asparagus spears per breast and crab meat to the pan to heat.
4. Remove the cooked breast to a platter containing a serving of hot rice. Top with asparagus in a criss-cross pattern and then add the crab meat.
5. **Béarnaise Sauce-** we will use Knorr-Swiss Béarnaise Sauce mix and prepare it as the package directs.



Duchesse Potatoes

Ingredients:

- Potatoes
- Salt
- Light Cream
- Egg Yolks
- Parmesan Cheese



Method:

1. Peel and dice potatoes then boil in salted water until tender. Potatoes are done when a knife inserted into a potato slips off the knife easily.
2. Drain the water and return to the heat to remove excess moisture.
3. Place potatoes into a mixer and mash. Add light cream (or half milk/half heavy cream) and salt to taste.
4. Add fresh egg yolks and Parmesan cheese.
5. Pipe potatoes from a star-tipped pastry bag onto an individual serving dish. Brush lightly with butter and sprinkle with seasoned salt. Bake in a hot oven until golden brown. Serve hot.



Chocolate Amaretto Mousse

Ingredients:

- Eggs
- Sugar
- Heavy Cream
- Semi-Sweet Chocolate
- Amaretto Liqueur

Note: This recipe is "old world" and should be prepared by someone who is comfortable cooking with abstract recipes.



Method:

1. Have chocolate melted between 96 and 100 degrees Fahrenheit. If you touch the chocolate to your lower lip and it doesn't feel hot or cold, it is 98.6 or your body temperature.
2. Whip fresh heavy cream until stiff/firm (leaves it tracks) being careful not to over whip and create butter. Hold in refrigerator until needed.
3. For every egg (slightly beaten), add 1 oz. of sugar into a sauce pan. We'll use 4 eggs and 4 ounces of sugar. Add a high quality Amaretto liqueur (approximately 2 Tablespoon to the mixture and drink the rest over the rocks to stay calm while cooking). Stir over medium heat until the mixture is hot but not coagulated ($<180^{\circ}$) to the touch. Pour into a mixing bowl and beat to create a classical sponge. The mixture will increase in volume 4-6 times and be a light lemony color. Dip your finger into the mixture and when the mixture suspends without breaking, it is ready for the next step.
4. Fold in part of the whipped cream then gently fold in melted chocolate so as not to lose volume. Repeat until the desired amount of both have been added. Spoon into stemmed glassware and garnish with a rosette of whipped cream piped from a star-tipped pastry bag. Garnish with drizzled melted dark chocolate or chocolate shavings or curls.

Bananas Foster

Ingredients:

- Bananas
- Butter
- Brown Sugar
- Fresh Orange
- Grand Marnier



Method:

1. Melt 1 stick of butter, and then add enough brown sugar to make it consistency of wet sand.
2. Squeeze in 1/2 orange then cook until bubbly.
3. Add bananas without the peel (you can add the banana with the peel and then remove it to give a longer "show" once you get comfortable making this dish) turning once.
4. Remove bananas to a flat serving dish containing 2 scoops of ice cream.
5. Bring caramel to full boil and flame with Grand Marnier and spoon over the bananas. Serve immediately.