

Menu Du Jour

Jan. 2, 2004

Mixed field greens, tomatoes, carrots, and onions
with balsamic vinaigrette

Steak Diane

Twice-Baked Potatoes

Tarragon Glazed Carrots



Field greens with tomato, carrots, and sliced onion

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Steak Diane

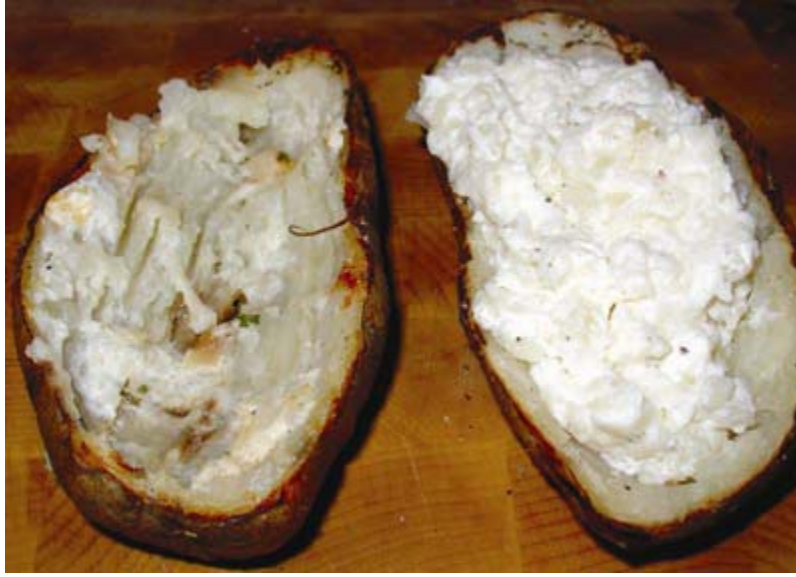
Steak Diane is a classic continental dish from the late 1970s. Classically prepared tableside, it was a flambéed bit of showmanship. Steak Diane is supposedly named after the Roman Goddess of the Hunt and Goddess of the Moon, Diana or Diane. It was originally a way of serving venison.

2 (6-ounce) Filet Mignon steaks
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
3 tablespoons unsalted butter, divided
1 teaspoon Dijon-style mustard
2 tablespoons minced shallots
1 tablespoon lemon juice
1 1/2 teaspoons Worcestershire sauce
1 tablespoon chopped chives
1 teaspoon brandy
1 tablespoon minced parsley

Bring steaks to room temperature. Season both sides of steak with salt and pepper. In a cast iron skillet over medium heat, melt two tablespoons of butter, add mustard and shallots; sauté about one minute. Add steaks and cook about three minutes on each side for medium-rare. Remove steaks to a platter and keep warm. (Alternately, the steaks could be cooked in a contact grill for about five minutes or grilled in a medium-hot grill for three to four minutes per side.)

Add into the pan, one tablespoon of butter, lemon juice, Worcestershire sauce, and chives. Cook for two to three minutes. Add brandy and flambé. Keep sauce warm over low heat until service.

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Twice-Baked Potatoes

The potato is baked in a 425° F. oven for one hour, then removed to cool. Almost every cook or chef has an opinion about the best temperature for baking potatoes. At 425° F. the potato come out light and fluffy with a slightly crisp skin.

- 1 large Russet potato
- 1 teaspoon olive oil
- 3 (1/4-inch) slices Andouille sausage, finely chopped
- 1/4 cup sour cream
- 1/4 cup milk, scalded
- 2 tablespoons unsalted butter
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 1 teaspoon Cajun spice
- 1/2 teaspoon granulated garlic
- 1/2 cup shredded Cheddar cheese, divided

Preheat oven to 425° F.

Scrub potato, dry and rub with olive oil. Season potato skins with 1/2 teaspoon salt, 1/2 teaspoon Cajun spice, and 1/2 teaspoon pepper. Bake potato for one hour or until tender.

In a medium skillet over medium high heat, cook Andouille until evenly browned. Drain and reserve.

When potato is done allow it to cool for 10 minutes. Slice potato in half lengthwise and scoop the flesh into a large bowl; reserving skins. Add Andouille, sour cream, milk, butter, salt, pepper, granulated garlic, Cajun spice, and 1/4 cup of grated cheese to the potato flesh. Mash until mixture is well blended and creamy, adding more milk if necessary. Spoon the mixture into the potato skins. Top each stuffed potato with the remaining cheese. (This may be done one day ahead. Wrap stuffed potatoes with food film and refrigerate. Allow to come to room temperature before continuing.)

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Bake at 425° F. for another 15 minutes or until thoroughly warmed.



Tarragon Glazed Carrots

French tarragon (which is also called German tarragon) is sweet and aromatic, with a flavor of fennel, anise, and licorice. The herb should be used fresh because dried tarragon is usually very weak.

10 whole baby carrots, with tops
or 4 small carrots, bias-sliced 1/4-inch thick
2 tablespoons unsalted butter
1 tablespoon chopped fresh tarragon
1/2 teaspoon balsamic vinegar
1/2 teaspoon clover honey
1/4 teaspoon grated fresh ginger
Kosher salt and cracked black pepper, to taste

In a medium saucepan over medium heat, boil the carrots in salted water until soft, about eight minutes. Drain the carrots. Add remaining ingredients and stir until butter is melted and carrots are nicely glazed. Season carrots with salt and pepper.

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Plate presentation:

Place twice-baked potato on service plate. Dot with butter and sprinkle with sweet paprika. Spoon carrots onto plate and drizzle with tarragon-butter sauce. Place filet on plate, pour sauce over steak, and garnish plate with fresh parsley.