

# Menu Du Jour

12 Jan 2004

Field Greens with Honey Mustard Sauce

Bourbon Street Sirloin

New Orleans Rice Pilaf

Grilled Asparagus with Creole Aioli

(Recipes serve two)

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## Field Greens with Honey Mustard Sauce



## Honey Mustard Sauce

1/4 cup Dijon-style mustard  
2 teaspoons dried tarragon  
1/3 cup clover honey  
2 tablespoons white wine vinegar  
2 teaspoons canola oil  
Kosher salt and black pepper, to taste

In a small mixing bowl, combine mustard and tarragon; mix well. Gradually blend in honey. Add vinegar and oil; whisk together well. Season with salt and pepper to taste.

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## Bourbon Street Sirloin

The fennel seed adds an interesting hint of licorice to the beef while the spices add some highlights and flavorful bites to the sirloin.



2 (5-ounce) top sirloin beef steaks, trimmed

Marinade and sauce:

1/2 cup reduced sodium tamari soy sauce

1/2 cup beef stock

1/4 cup brown sugar

1 tablespoon grated fresh ginger

1 tablespoon balsamic vinegar

2 cloves garlic, minced

1/2 teaspoon kosher salt

1/2 teaspoon whole fennel seeds

1/2 teaspoon black pepper

1/2 teaspoon dry mustard

1/2 teaspoon ground cayenne pepper

In a small bowl, combine all the sauce ingredients to make marinade. Place steak and the marinade in a resealable food-grade plastic bag. Close bag securely, turn to coat steaks and marinate in refrigerator at least four hours.

Remove the steak from the marinade, reserving marinade. Preheat grill for medium-high direct cooking and grill steak, uncovered, for eight to 10 minutes for medium rare, turning occasionally. Place reserved marinade in a small saucepan over medium heat. Bring to a low boil and cook five minutes.

Let steaks rest for five minutes before carving crosswise into slices.

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## Grilled Asparagus with Creole Aioli

Grilling asparagus, instead of steaming, allows the sugars to caramelize giving the vegetable a rich, deep flavor. When grilling asparagus, use the thicker stalks rather than the thin ones.



1/2 pound fresh asparagus (12 spears)  
3 tablespoons lemon juice  
1/4 cup olive oil  
2 cloves garlic, minced  
1 1/2 teaspoons dill weed  
Kosher salt and black pepper, to taste

Trim off the tough bottom of the spear by bending it gently until it snaps at its natural point of tenderness (about two-thirds of the way down the spear). Place trimmed asparagus in casserole dish.

In a mixing bowl, combine the lemon juice, olive oil, garlic, and dill weed. Pour over the asparagus and marinate at least one hour, turning often.

Grill over hot coals, turning often, until crisp-tender, about five to seven minutes. Season to taste with salt and pepper.

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## Creole Aioli

While this aioli could be prepared in the classic method with egg yolks using mayonnaise allows the aioli to be refrigerated for up to a week and reduces any risk from raw eggs.

1/4 cup good-quality mayonnaise  
1 1/2 tablespoons Creole mustard  
2 cloves garlic, minced  
2 teaspoons Louisiana-style hot sauce  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon Cajun spice  
1/4 teaspoon kosher salt

Combine all ingredients in a small mixing bowl; blend well. Refrigerate at least two hours before use.

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## Cajun Spice

This seasoning blend will keep stored in an airtight container about one month. It may also be used to season baked potatoes, vegetables, and a variety of meats.

5 tablespoons sweet paprika  
1/4 cup coarse kosher salt  
1/4 cup granulated garlic  
2 tablespoons dried oregano  
2 tablespoons dried thyme  
2 tablespoons onion powder  
2 tablespoons cracked black pepper  
2 tablespoons ground cayenne pepper  
2 tablespoons dried parsley

Combine ingredients in a medium mixing bowl.

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## Plate Presentation



Drizzle reheated marinade around plate. Place scoop of rice onto plate and fan sliced steak on top of rice. Plate grilled asparagus and dot with wasabi aioli. Garnish plate with grilled onions, grilled green onions, chopped fresh parsley, and Cajun spice.

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Grilled Green and Yellow Onions