

Menu Du Jour

19 Jan 2004

Tossed Green Salad
with Balsamic Vinaigrette
New Orleans Salisbury Steak
with Onion Gravy
Garlic Mashed Potatoes
Steamed Broccoli
(Recipes serve two)

Tossed Green Salad with Balsamic Vinaigrette

The ingredients for this salad may be modified to your liking and for whatever produce is in season.



1/2 head Romaine lettuce, torn
1 cup mixed field greens
6 baby carrots, chopped
4 (1/4-inch) cucumber slices, roughly chopped
2 slices red onion
2 green onions, chopped
2 plum tomatoes, seeded and chopped
Kosher salt, finely chopped tarragon or mint, and black pepper, to taste

Wash lettuce and greens. Spin dry in a lettuce spinner or blot dry in a clean chef's towel. Partition lettuce mixture equally onto two chilled salad plates. Divide equally the remaining ingredients and place atop greens. Season salad to taste with salt, tarragon or mint, and pepper. Refrigerate, covered, until service.

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Balsamic Vinaigrette

2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 tablespoon Dijon-style mustard
1 teaspoon granulated sugar
1 garlic clove, minced
1 teaspoon minced fresh parsley
1/2 teaspoon kosher salt
1/4 teaspoon cracked black pepper
3/4 cup extra virgin olive oil

In a medium bowl, whisk together all of the ingredients except the oil. Gradually whisk in the oil to form an emulsion and continue whisking until smooth. Allow dressing flavors to marry for one hour before use. Adjust seasonings to taste and serve.

New Orleans Salisbury Steak with Onion Gravy

A diner classic, Salisbury steak is a ground beef patty flavored with minced onion and seasonings before being fried or broiled and served with gravy made from pan drippings. This recipe adds a bit more spice and seasoning to give it a New Orleans flare and the exotic mushrooms add a different flare to the dish.

3 tablespoons dehydrated exotic mushroom
1 pound ground beef
1 teaspoon cracked black pepper
1/2 teaspoon kosher salt
1 teaspoon granulated garlic
1 tablespoon Cajun spice (recipe below)
1 egg
1 medium yellow onion, finely diced, divided
3 tablespoons oil, divided
1/2 cup diced bell pepper
2 tablespoons all-purpose flour
1 cup chicken stock
1 tablespoon chopped fresh parsley for garnish

In a small mixing bowl, combine mushrooms and one cup of boiling water. Set aside and allow mushrooms to reconstitute at least one hour. Remove from liquid, drain, and chop.

In a medium mixing bowl, combine ground beef, black pepper, salt, garlic, Cajun spice, egg, and 1/2 cup of the diced onion. Mix thoroughly. Divide the mixture into four patties, about 1/2-inch thick.

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Heat one tablespoon of oil in a medium skillet over medium heat. Cook the hamburger patties about four to five minutes per side. Remove from skillet, drain on paper towels, and keep warm in a low oven. Add remaining two tablespoons of oil to the skillet and, when oil is hot, the flour. Cook, stirring constantly, until a dark roux develops. Add the remaining chopped onion and cook for two to three minutes. Add the bell pepper and cook another two to three minutes. Add the stock and bring to a low simmer. Add the chopped mushrooms and cook until the sauce thickens slightly. Purée sauce in a blender, if desired.

Roasted Garlic Mashed Potatoes

The garlic may be roasted at the same time the potatoes are baking by cutting the top one-third off a head of garlic, drizzling it with olive oil and seasoning with kosher salt and cracked black pepper. Placing the garlic in a foil pouch and roast, sealed, for about 50 minutes or until tender. The potatoes should be baked, not boiled, to develop their full flavor.



3/4 pound Red Bliss potatoes
4 to 5 large cloves roasted garlic (about 1 tablespoon purée)
1/4 cup sour cream
2 tablespoons unsalted butter, softened
1/2 cup heavy cream, scalded
Kosher salt and white pepper, to taste

Preheat oven to 350° F. and roast garlic 25 minutes as directed above. Use a vegetable brush to scrub potatoes. Puncture skin in several areas with a knife. Add potatoes to oven and continue baking another 35 minutes or until the potatoes are fork tender. Remove garlic from oven and reserve. When cool enough to handle, press garlic cloves out of skins and into a small bowl being sure to remove any sprouts from the garlic. Mash well. Remove potatoes from oven, remove skins if desired, and quarter.

Place potatoes in a medium saucepan over medium-low heat, add the roasted garlic, and mash. Stir in the sour cream and butter. Continue mashing, gradually adding heavy cream, until the potatoes are the desired consistency. Reheat potatoes, if necessary, over medium-low heat, stirring often. Season to taste with salt and pepper.

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Steamed Broccoli

Be careful not to overcook the broccoli or it will become mushy. Steam until just crisp-tender, uncover, and remove from heat. Fresh lemon juice gives this vegetable a nice highlight.

1 medium bunch broccoli, trimmed
Crushed red pepper flakes, kosher salt, and black pepper, to taste
Lemon quarters for garnish

Wash and cut the broccoli stems from the florets. Peel stems and slice into 1/4-inch rounds. Add an inch of water to a medium saucepan and place steamer basket into saucepan. Bring water to boil. Add broccoli stems and cook, covered, for two to three minutes. Add the florets, cover, and continue steaming for another three to four minutes or until the broccoli is crisp-tender. Season to taste with crushed red pepper flakes, salt, and black pepper. Serve with a lemon wedge.

Cajun Spice

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

5 tablespoons sweet paprika
¼ cup coarse kosher salt
¼ cup granulated garlic
2 tablespoons dried oregano
2 tablespoons dried thyme
2 tablespoons onion powder
2 tablespoons cracked black peppercorns
2 tablespoons ground cayenne pepper
2 tablespoons dried parsley

Combine ingredients in a medium mixing bowl.

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Plate Presentation



Drizzle onion sauce around service plate and dust plate with Cajun spice. Put one tablespoon of sauce onto the plate and rest Salisbury steak atop sauce. Nappe hamburger with onion sauce. Using a slotted spoon, allow broccoli to drain well and position on plate. Spoon heaping portion of garlic mashed potatoes onto plate. Form a well in the center of the potatoes and dot with unsalted butter; sprinkle with sweet paprika. Drizzle onion sauce atop potatoes, if desired. Arrange lemon wedge on plate and serve.
