

# *Un Déjeuner Provençal*

*12 Novembre 2014*

*Kir Royale Champagne Cocktail*

*Avocat et Crabe Bruschetta*

*Lavande Vichyssoise Teinté*  
*Biscuits Salés au Cheddar*

*Bœuf Bourguignon*

*Tarte Citron*



## *Kir Royale Champagne Cocktail*

1 to 2 Tablespoons crème de cassis  
4 to 6 ounces champagne

## *Avocat et Crabe Bruschetta*

### *Avocado & Crab Bruschetta*

*Chef Floyd Cardoz, culinary consultant for the film, The Hundred-Foot Journey, shares his twist on the classic appetizer*

¼ cup mayonnaise  
2 Tbsp. grainy mustard  
3 Tbsp. freshly squeezed lemon juice, divided  
1 Tbsp. horseradish  
2 tsp. grated lemon peel  
3 cups lump crabmeat, flaked (about 1 lb.)  
2 ripe avocados, peeled and diced  
Kosher salt (approx. ½ tsp.)  
Freshly ground pepper (approx.. ½ tsp.)  
12 slices (or more) sourdough bread, toasted and cut in 1/2

For dressing, combine the mayo, mustard, 1 Tbsp. lemon juice, horseradish, and lemon peel in a medium bowl; stir to mix well.

Combine the dressing with the crabmeat, avocado and remaining lemon juice. Add salt and pepper to taste. Spread the crab-avocado mix on toasted bread slices.

*Lavande Vichyssoise Teinté*  
*Lavender Tinted Vichyssoise*

serves 4

2 Tablespoons butter  
3 cups leeks, whites only, diced  
3 cups deep purple potatoes, peeled & cubed (3-4 large)  
3 cups chicken broth (more broth to taste)  
1 Tablespoon fresh lemon juice (I used 3 Tbsp)  
1 cup half/half  
salt/pepper  
dash of nutmeg

In large saucepan, melt butter.

Sauté leeks over medium low heat until softened, not browned (about 7 minutes)

Add potatoes & 3 cups chicken broth

Cover and simmer until tender (about 15-20 minutes)

Add lemon juice, half & half, seasonings

Puree soup - use Vitamix or immersion blender

Add additional chicken broth to thin, to taste

Place in glass container and cover. Chill.

May serve cold or warm. Be careful when warming before serving - watch to ensure cream doesn't separate.

Garnish with chives & chive flowers separated into florets

## *Biscuits Salés au Cheddar*

### *Savory Cheddar Biscuits*

*Recipe from Gale Tan*

#### Ingredients:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1 tbsp granulated sugar
- 1 tbsp garlic powder
- 1 tsp salt
- 1 1/2 sticks unsalted butter
- 1 cup whole milk
- 1 (8oz) package shredded mild cheddar cheese
- 2 tbsp parsley, roughly chopped
- 1 tbsp scallion/green onion, roughly chopped

Preheat oven to 450°F.

Line a baking sheet with parchment paper. Add 1 stick (1/2 cup) of butter to a small microwave safe bowl. Microwave for 30 seconds or until butter is melted. Set aside.

In a large mixing bowl combine flour, baking powder, sugar, garlic and salt. Mix until well combined. Add melted butter and milk and combine just until flour is all wet; do not over mix.

Drop heaping spoonfuls onto baking sheet. Bake for 11-14 minutes, until biscuits are golden brown.

Meanwhile melt remaining 1/2 stick (1/4 cup) of butter in small mixing bowl. Microwave for 30 seconds or until butter is melted. Add remaining parsley and scallions. Stir with pastry brush.

Remove biscuits from oven, brush with melted butter and herbs. Serve and enjoy!

## ***Boeuf Bourguignon***

### ***Beef Burgundy***

*Recipe courtesy of Ina Garten*

Total Time:

1 hr 45 min

Prep:

30 min

Cook:

1 hr 15 min

Yield:

6 servings

Level:

Intermediate



### Ingredients

1 tablespoon good olive oil

8 ounces dry cured center cut applewood smoked bacon, diced

2 1/2 pounds chuck beef cut into 1-inch cubes

Kosher salt

Freshly ground black pepper

1 pound carrots, sliced diagonally into 1-inch chunks

2 yellow onions, sliced

2 teaspoons chopped garlic (2 cloves)

1/2 cup Cognac

1 (750 ml.) bottle good dry red wine such as Cote du Rhone or Pinot Noir

1 can (2 cups) beef broth

1 tablespoon tomato paste

1 teaspoon fresh thyme leaves (1/2 teaspoon dried)

4 tablespoons unsalted butter at room temperature, divided

3 tablespoons all-purpose flour

1 pound frozen whole onions

1 pound fresh mushrooms stems discarded, caps thickly sliced

For serving:

Country bread or Sour Dough, toasted or grilled and rubbed with garlic clove

1/2 cup chopped fresh parsley, optional

Directions:

Preheat the oven to 250 degrees F.

Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is lightly browned. Remove the bacon with a slotted spoon to a large plate.

Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot oil for 3 to 5 minutes, turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.

Toss the carrots, and onions, 1 tablespoon of salt and 2 teaspoons of pepper in the fat in the pan and cook for 10 to 15 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the Cognac, stand back, and ignite with a match to burn off the alcohol. Put the meat and bacon back into the pot with the juices. Add the bottle of wine plus enough beef broth to almost cover the meat. Add the tomato paste and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork.

Combine 2 tablespoons of butter and the flour with a fork and stir into the stew. Add the frozen onions. Sauté the mushrooms in 2 tablespoons of butter for 10 minutes until lightly browned and then add to the stew. Bring the stew to a boil on top of the stove, then lower the heat and simmer for 15 minutes. Season to taste.

To serve, toast the bread in the toaster or oven. Rub each slice on 1 side with a cut clove of garlic. For each serving, spoon the stew over a slice of bread and sprinkle with parsley.

## *Tarte Citron*

### *Lemon Tart*

*"Rich lemon filling makes up the center of a decadent tart with a golden-brown shortbread crust." - allrecipes.com*



Serves:8

Prep Time: 15 Minutes

Cook Time: 35 Minutes

Ready In: 1 Hour 20 Minutes

#### Ingredients:

##### Crust:

3/4 cup butter, at room temperature  
1/2 cup white sugar  
1/2 teaspoon vanilla extract  
1 pinch salt  
1 3/4 cups all-purpose flour

##### Filling:

1 1/2 cups white sugar  
3 large eggs  
1 tablespoon lemon zest  
1/2 cup freshly squeezed lemon juice  
1/2 cup all-purpose flour  
1 teaspoon confectioners' sugar, or to taste

Combine butter, 1/2 cup sugar, vanilla extract, and salt in the mixing bowl of a stand mixer; mix ingredients thoroughly with a paddle attachment. Mix flour into butter mixture to make a smooth dough. (Mine never became smooth. It was grainy.) Press dough into a 9-inch tart pan; refrigerate crust for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Bake crust until light golden brown, 15 to 20 minutes.

Whisk sugar, eggs, lemon zest, lemon juice, and 1/2 cup flour in a bowl until smooth. Pour lemon filling into crust. Cover edges of crust with strips of aluminum foil to prevent burning.

Bake tart until filling is set, about 20-30 minutes. Cool completely and dust with confectioners' sugar.



*Kir Royale Champagne Cocktail*



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*Lavande Vichyssoise Teinté avec Biscuits Salés au Cheddar  
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