



COOKING CLASSES



welcomes you to

Date Night: Paris Bistro

WITH

CHEF SANA REHMAN

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Pear and Hazelnut Salad with Champagne Vinaigrette

Yield: 4 servings

In this recipe the Champagne vinegar lends a delicate flavor to this salad dressing but white wine vinegar is a fine substitute.

2 tablespoons Champagne vinegar
1 shallot, minced
1 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil
Sea salt and freshly ground black pepper
1 tablespoon minced fresh flat-leaf parsley
3 cups (2 small heads) frisee, root trimmed and leaves pulled apart
3 cups (3 ounces) baby arugula
2 ripe pears, such as Bartlett, peeled, cored, and cut into 1/8-inch thick slices
1/2 cup toasted roughly chopped hazelnuts

To make the vinaigrette: To a medium bowl, add vinegar, shallot, and mustard; whisk to combine. While whisking vigorously, slowly drizzle the olive oil into the vinegar mixture. Taste and adjust seasoning with salt and pepper and stir in chopped parsley. Set aside.

To assemble salad: Place the frisee, arugula, and pears in a large bowl and toss. Drizzle with enough vinaigrette to coat the greens and pear slices, saving any remaining dressing for another use.

To serve: Divide the dressed salad between 4 chilled serving plates, sprinkle with hazelnuts, and serve immediately.

Beef Medallions with Red Wine Pan Sauce

Yield: 4 servings

The goal of a pan sauce is to capture the savory cooked-on juices left in the pan, which you do by deglazing, or dissolving with a liquid. Once you have mastered this technique, you will have fun improvising with various ingredients and flavorings.

4 (5 to 6 ounce) beef tenderloin medallions, about 1 1/2 inch thick
2 tablespoons vegetable oil
Sea salt and freshly ground black pepper
1 tablespoon minced fresh thyme, plus 3 sprigs
3 tablespoons unsalted butter, divided
2 large shallots, minced
1 cup dry red wine
1/2 cup low-sodium beef broth

Preheat oven to 400°F.

Allow medallions to sit at room temperature for 30 minutes before cooking.

To prepare beef: To a large ovenproof skillet set over medium-high heat add oil. While skillet is heating, season the medallions generously with salt, pepper, and minced thyme. When oil is shimmering and just begins to smoke, carefully place the fillets into the skillet and sear on all sides until browned, turning with tongs about 3 minutes. Transfer skillet to the oven and roast until an instant-read thermometer registers 125° to 130° for medium-rare, 6 to 8 minutes.

Remove skillet from oven and transfer medallions to a rack set over a rimmed baking sheet, reserving the skillet with pan juices. Loosely tent the medallions with foil to keep warm.

To prepare sauce: Return skillet to stove set over medium heat, add 2 tablespoons butter. When butter is melted and foam subsides, add shallots and cook, stirring occasionally, until browned, about 3 minutes. If shallots become dry during cooking, add water as needed, 1 tablespoon at a time. Using a wooden spoon, stir in the wine and broth, using the spoon to loosen any browned bits on the bottom of the pan. Add the thyme sprigs and increase heat to medium-high, bring to a boil. Once boiling, reduce the heat to medium and continue to simmer until the sauce is reduced to about 1/2 cup, about 8 minutes. Remove the skillet from the heat and remove the thyme sprigs, whisk in the remaining 1 tablespoon butter, taste and adjust seasoning with salt and pepper.

To serve: Place the beef medallions onto warmed dinner plates, place a spoonful of red wine sauce atop of the steak, and serve immediately.

Frites with Truffle Mayonnaise

Yield: 4 to 6 servings

The consistency of homemade mayonnaise will be different from that of store bought. When you make it with a whisk, it will be loose and almost pourable. If you use a blender or food processor, it will be firmer because generally more air is whipped into it

4 large (about 2 pounds) russet potatoes, peeled and cut into 1/4x 1/4x 3-inch matchsticks
2 quarts vegetable, or peanut oil, for frying
Sea salt
1 large egg yolk
1 large garlic clove, minced
1 teaspoon water
1/4 cup olive oil
1/4 cup vegetable oil
1 tablespoon fresh lemon juice, plus more as needed
Black truffle salt and freshly ground black pepper

Preheat oven to 200 degrees and place a rack in the center. Set a wire rack on top of a rimmed baking sheet and place next to the stovetop.

To prepare potatoes: Soak cut potatoes in cold water for 30 minutes. To an electric deep fryer or large Dutch oven set over medium heat, add oil. Heat oil to 330°F.

To prepare mayonnaise: To a medium mixing bowl add egg yolk, garlic, and water; whisk together. To a small liquid measuring cup add olive oil and vegetable oil, stir to combine. While whisking the egg mixture vigorously, add oil in drops to form an emulsion. Continue whisking and slowly drizzling in the oil to form a thick sauce. Taste and adjust seasoning with lemon juice, black truffle salt and pepper. Cover and keep refrigerated until ready to use.

To cook potatoes: Drain potatoes and dry very thoroughly with paper towels. Working in batches, blanch potatoes in hot oil until nearly cooked through but not browned, 5 to 6 minutes, adjusting the heat of the stove to maintain oil temperature close to 330°F. Remove blanched potatoes from oil with a slotted spoon or spider and place on the cooling rack. Repeat process with remaining potatoes.

Increase heat so oil temperature registers 375°F. Working in batches, fry blanched potatoes until crispy and golden brown, 3 to 5 minutes. Remove fried potatoes from oil with a slotted spoon or spider, draining excess oil. Place back on the wire rack next to stovetop and salt immediately. Place rack and baking sheet in preheated oven to keep fries warm. Repeat with remaining fries and serve with truffle mayonnaise.

Mousse au Chocolat

Yield: 6 servings

Mousse is an elegant dessert with intense chocolate flavor and silky texture. To achieve the best results, use a good quality chocolate with 66% or 70% cocoa solids.

4 large eggs
6 ounces bittersweet chocolate, chopped
6 ounces unsalted butter, cubed
1/4 cup strongly brewed coffee
1/2 cup plus 1 tablespoon granulated sugar, divided
1 teaspoon vanilla bean paste
1/8 teaspoon sea salt
Whipped cream and chocolate curls, for garnish

Prepare an ice bath in a large bowl and set aside.

Separate the eggs, placing the whites in the bowl of a stand mixer and the yolks in a medium heatproof mixing bowl. Take care when separating the eggs as even a small amount of yolk in the whites will prevent them from whipping properly.

To a medium saucepan set over medium heat, add 2 inches of water and bring to a simmer. To a medium heatproof bowl, add the chocolate, butter, and coffee and set the bowl over the simmering water; stir until the chocolate is melted and the mixture is smooth. Remove bowl from heat and set aside.

To the mixing bowl with the egg yolks, add the 1/2 cup sugar, and vanilla; whisk to combine. Set the bowl over the simmering water and whisk constantly until the mixture is thickened and warm. Continue to cook mixture until it thickly coats the back of a spoon, about 4 minutes.

Remove the bowl from the simmering water and place the bowl into the prepared ice bath, stirring until the mixture is cool and thick. Remove from the ice bath and add the chocolate mixture into the egg yolk mixture, stirring with a silicone spatula until thoroughly combined. Refrigerate until ready to use.

To the bowl of a stand mixer fitted with a whip attachment, add egg whites with salt and whip until foamy. Gradually add the 1 tablespoon of sugar and continue beating until medium peaks form. Fold one-third of the whites into the chocolate mixture until almost completely combined, and then fold in the remaining whites in 2 more stages. Stop folding when all of the whites are thoroughly incorporated, the mousse is smooth and the color is even.

To serve: Spoon the mousse into individual 6-ounce serving dishes. Mousse can be served immediately or chilled up to 24 hours before serving. Top with whipped cream and chocolate curls.

Sur la Table

THE ART & SOUL OF COOKING

Equipment List: Below is a list of tools you'll need to make the recipes in this packet. Please ask your Chef Instructor or a Sales Associate for assistance with these items:

Gadgets/Hand tools

Chef's knife
Bench scraper
Paring knife
Tongs
Cutting board
Whisk
Wooden spoon
Silicone spatula
Digital thermometer
Mandoline
Spider
Slotted spoon

Cookware

Skillet
Cast iron skillet
Dutch oven

Bakeware

Rimmed baking sheet
Wire rack
Dry and liquid measuring cups
Measuring spoons
Mixing bowls

Food

Truffle salt
Sea salt
Black peppercorns
Vanilla bean paste
Coffee

Electronics

Stand mixer