

Spring Salad with Orange Vinaigrette



SERVES 4-6

INGREDIENTS

MESCLUN MIX/SPINACH - 4 CUPS
FRESH PEAS - 1/2 CUP SHELLED
AVOCADO - 2 EACH
STRAWBERRIES DICED - 1 CUP
GOAT CHEESE - 1/2 CUP
BREAKFAST RADISH SLICED- 1/2 CUP
WALNUT HALVES- 1/4 CUP
FRESH ORANGE JUICE - 1 CUP
DIJON MUSTARD - 1 TEASPOON
BLEND OIL - 2 CUPS
SALT TO TASTE
PEPPER TO TASTE

PREPARE THE VINAIGRETTE

1. SQUEEZE 4-5 ORANGES TO GET A CUP OF JUICE, STRAIN.
2. IN A BOWL, TAKE DIJON MUSTARD, SALT AND PEPPER, ADD THE ORANGE JUICE.
3. GRADUALLY ADD OLIVE OIL TO THE MIX AND WHISK UNTIL IT FORMS AN EMULSION.

PREPARE THE SALAD

1. ON A PLATTER ARRANGE ALL THE INGREDIENTS, TOP IT UP WITH GOAT CHEESE CRUMBLES AND WALNUT.
2. DRIZZLE THE ORANGE VINAIGRETTE.

Garlic Butter



SERVES 4

INGREDIENTS

GARLIC PEELED - FROM 3 BULBS
BUTTER SALTED- 1 LB
SEA SALT TO TASTE
BLACK PEPPER GROUND- TO TASTE
OLIVE OIL - 2 TABLESPOONS
ROSEMARY - FEW SPRIGS

METHOD

1. BRING THE SALTED BUTTER TO ROOM TEMPERATURE.
2. ADD PEELED GARLIC, OLIVE OIL AND ROSEMARY TO A SAUCEPAN. BRING TO A BOIL AND REDUCE THE FLAME TO SIMMER, FOR ABOUT 30-40 MINUTES. ALWAYS MAKING SURE IT IS ON SIMMER. YOU COULD ALSO COVER THE PAN WITH A PARCHMENT PAPER.
3. ONCE GOLDEN BROWN, STRAIN THE GARLIC AND COOL IT DOWN. RESERVE THE ROSEMARY AND GARLIC SCENTED OIL.
4. ONCE THE GARLIC IS COOL ENOUGH, SQUEEZE IT WITH HANDS INTO A BOWL. ADD THE SOFT BUTTER, MIX WELL.
5. USING A PLASTIC WRAP, FORM A BARREL OF GARLIC BUTTER. TIE BOTH ENDS AND PUT IT IN A FRIDGE FOR COOLING.

Grilled Steak and Asparagus

INGREDIENTS

SERVES 4

RIBEYE OR NEW YORK(12 -16 OZ CUT)- 4 PIECES
ASPARAGUS- 1 BUNCH
SEA SALT TO TASTE
BLACK PEPPER GROUND- TO TASTE
OLIVE OIL - 2 TABLESPOONS
GARLIC-ROSEMARY OIL RESERVED FROM GARLIC BUTTER RECIPE

METHOD FOR STEAK

1. PREHEAT ONE SIDE OF THE GRILL TO ABOUT 700° F. COOKING ON A HOT GRILL KEEPS JUICES INSIDE THE STEAK BY SEALING THE SURFACE.
2. REST THE STEAK AT ROOM TEMPERATURE FOR 30 MINUTES. MARINADE THE STEAK WITH SALT, PEPPER AND OLIVE OIL.
3. ON THE HOT SIDE OF THE GRILL, PLACE THE STEAK FOR A MINUTE, THEN MOVE THE STEAK BY A 45° ANGLE AND GRILL FOR ANOTHER MINUTE. THIS WILL FORM A DIAMOND GRILL MARK ON THE STEAKS.
4. TURN THE STEAK OVER AND REPEAT THE PROCESS.
5. MOVE THE STEAKS TO THE MEDIUM-HOT SIDE OF THE GRILL, COVER AND CONTINUE COOKING.
6. TO COOK THE STEAKS OF AN INCH IN THICKNESS TO A MEDIUM DONENESS, COOK THE STEAK FOR 8-10 MINUTES.
7. ONCE THE STEAK IS READY, REMOVE FROM THE GRILL AND REST FOR 5-8 MINUTES. BRUSH WITH GARLIC AND ROSEMARY OIL THAT IS LEFT FROM THE PROCESS OF COOKING GARLIC.

(RESTING IS VERY IMPORTANT AS THIS STEP WILL HELP THE HOT JUICE INSIDE THE STEAKS MOVE AROUND AND STABILIZE. IF YOU CUT THE STEAKS WITHOUT RESTING ALL THE NATURAL AND TASTY JUICES WILL BE LOST.)

METHOD FOR ASPARGUS

1. WHILE THE STEAKS ARE RESTING, WE WILL PREPARE THE ASPARGUS.
2. WASH THE ASPARGUS AND CUT THE BOTTOM INCH AND A HALF OF THE HARD STALK.
3. SEASON WITH SALT, PEPPER AND OLIVE OIL.
4. GRILL ON THE HOTTEST PART OF THE GRILL. REMOVE AND REST.

FINISHING TOUCHES

1. DRESS THE STEAK WITH SEA SALT AND SLICE INTO QUARTER INCH LENGTHS.
2. SLICE THE GARLIC BUTTER AND TOP IT ON THE STEAK.
3. SERVE WITH GRILLED ASPARGUS.

Decadent Chocolate Mousse



SERVES 4

INGREDIENTS

6 OZ DARK CHOCOLATE (BETWEEN 55% - 70%)
1/4 TEASPOON OF VANILLA ESSENCE
1/4 CUP OF SUGAR
4 EGGS WHOLE
2 OZ DARK CHOCOLATE FOR GARNISH

METHOD

1. SEPARATE THE EGG YOLKS FROM THE WHITE AND PUT IT IN BOWLS.
2. MELT 6OZ OF CHOCOLATE ON A HOT WATER BATH.
3. TAKE IT OFF THE HEAT AND ADD EGG YOLKS, VANILLA AND SUGAR, MIX IT WITH A SPATULA.
4. IN A STANDING KITCHEN-AID MIXER, WHIP EGG WHITES TO A STIFF PEAK.
5. BLEND THE EGG WHITES TO THE CHOCOLATE MIXTURE.
6. ADD IT TO A PIPING BAG AND PIPE IT IN A CONTAINER OF YOUR CHOICE.
7. GARNISH WITH CHOCOLATE SHAVINGS.
8. REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.