



12.18.2020
4 – 5:30 PM EST
- Farm to Your Table –

Menu – Vichyssoise – Chicken Paillard – Winter Ratatouille with Warm Buerre
Blanc Sauce – Easy French Apple Tarts

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Shopping List

What you will receive in your Farmsy Box on Friday Morning 12/18

- 5 leeks
- 3 yellow onions
- 4 Russet potatoes
- 3 shallots
- 2 chicken breasts (frozen – see note below)
- Head of garlic
- 1 cup of butter
- 1 zucchini
- 1 butternut squash
- 2 Granny Smith apples

What you still need to have/purchase for our class together:

Dairy/Freezer

- 2 cups heavy cream
- 1 Pillsbury Pie crust (*or make your own – recipe below, but I have not included the ingredients in this shopping list*)

Pantry

- Salt and pepper
- 2 TB vegetable oil
- 3 TB olive oil
- 1 dry bay leaf
- 4 whole cloves
- 6 black peppercorns
- 3 ½ cups chicken broth (I use Better than Bouillon)
- ¼ cup champagne vinegar or white wine vinegar
- 1 15-ounce can whole tomatoes
- 1 ½ TSP herbes de Provence (substitute - Italian seasoning, but it won't have the lavender)
- 2 TB granulated sugar
- ½ TSP cinnamon
- ¼ TSP vanilla extract
- 7 TSP apricot jelly (or apple jelly)
- All-purpose flour for dusting
- Cooking spray

Produce

- 4 Italian parsley stems
- ¼ cup chopped chives
- 1 lemon

Specialty

- About 1 cup white wine (I use Black Box wine)

Equipment

Electric

- Immersion blender, blender or food processor (see soup recipe)

Pots and Pans

- Large Dutch oven
- Grill pan or cast-iron skillet
- Saucepan

Baking

- Large baking sheet
- Silpat mat or parchment paper

Utensils

- Vegetable peeler
- Measuring cups and spoons
- Various mixing bowls
- Chef's knife
- Cutting board
- Whisk
- Small fine mesh sieve
- Rolling pin
- 4 ½" cookie/biscuit cutter (or use a bowl and a knife to cut the rounds)

Specialty

- Cheesecloth (you will need this to infuse the soup) alternative - tea strainer
- Kitchen twine
- Ziploc bag

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- **Thaw chicken – your organic chicken breasts from Farmsy will come frozen I suggest you place the vacuum pack in a bowl of warm water to quicken the thawing process**
- **Cut/cube the zucchini, butternut squash and zucchini**
- **Peel the Russet potatoes and cut them in a small dice, place in a bowl and cover with water so they do not turn brown**

Vichyssoise

Makes 2 quarts

4 whole cloves
4 parsley stems
6 black peppercorns
1 dried bay leaf
2 cups finely chopped leeks, white parts only
½ yellow onion, minced
2 TB oil
1 ¼ lbs Russet potatoes, cut into small dice
3 ½ cups chicken broth (I use Better than Bouillon)
1 ½ cups heavy cream
¼ cup chopped chives

Make an herb pouch by placing cloves, parsley, peppercorns, and bay leaf in cheesecloth and tie with kitchen twine.

Heat the oil in a large Dutch oven over medium heat. Add the leeks and onion to the pot and cook for 5 minutes or until vegetables are tender.

Add the potatoes, broth, and the herb pouch to the soup pot. Bring the mixture to a boil, then lower the heat to low and simmer until the potatoes are cooked through, about 15 minutes.

Remove the soup from the stove and let cool for 5 minutes. Remove the herb pouch. Purée soup with an immersion stick blender, a blender, or food processor until smooth.

At this point you can chill the mixture for up to 2 days.

When ready to serve, add the heavy cream and fold in the chives. Season with salt and pepper.

** Typically served chilled, I prefer to serve it hot in the fall/winter.

Chicken Paillard

Serves 4

2 boneless, skinless chicken breasts
salt and pepper

1/3 cup white wine
1 shallot sliced
1/2 lemon, juiced
2 TB olive oil
1 garlic clove, sliced
Cooking spray

To make the paillard:

1. Place one chicken breast between the sheets of plastic wrap. Pound the breast on the skin side until the chicken is about 1/4" thick. Remove the wrap and generously salt and pepper the chicken on both sides.

Or

2. Place the chicken breast on a cutting board and using a chef's knife cut through the middle of the breast, creating two thin pieces. You may pound it out slightly to get even thickness.

To marinate:

In a Ziploc bag or in a baking dish, combine the wine, shallot, lemon juice, olive oil and garlic. Whisk to combine the marinade. Place the chicken in the marinade 15 – 30 minutes. (the acid from the lemon will start to "cook" the chicken so do not leave it in too long).

Heat a grill pan and spray with non-stick spray. Cook the chicken 3 - 4 minutes per side until cooked through. (alternate – if you do not have a grill pan use a cast iron skillet)

Serve with sauce.

Paillard is a French term and refers to the technique of pounding the chicken into a flat filet or butterflying and then grilling or sautéing it quickly.

Beurre Blanc Sauce

¼ cup white wine
¼ cup champagne vinegar (possible substitute, white-wine vinegar)
2 TB finely chopped shallots
½ cup heavy cream
¼ tsp salt
1/8 tsp pepper
2 sticks of unsalted butter, cut into cubes and chilled in the refrigerator

Heat a heavy saucepan over medium heat. Add the wine, vinegar and shallots and bring to a boil. Cook the mixture 5 minutes until it is reduced to 1 - 2 TB of liquid. (You want it fairly dry without a lot of liquid remaining)

Add the heavy cream, salt and pepper to the mixture and boil 1 minute. Remove from the heat and lower the temperature to low. (at this point you can stop, remove it from the heat and finish the sauce later. If you decide to continue later, make sure you bring the cream mixture back to a boil before adding the butter.)

If you are ready to finish the sauce put the pan back on the low heat and add the butter a few pieces at a time **whisking constantly!**

-Warning...do not step away from it now.

Add a few pieces after all the previous butter has melted. Once all the butter has been added and incorporated, remove from the heat and pour the mixture through a sieve, discard all the shallots.

Serve.

******You may add fresh herbs 1 -2 TB after the sauce is finished such as dill, tarragon or chives.

*******Need to keep it warm while you finish other recipes? Pour the sauce into a Thermos!

Winter Ratatouille

2 yellow onions, halved and thinly sliced
2 fresh garlic cloves, peels removed and thinly sliced
1, 15 ounce can whole tomatoes
1 red pepper, cubed
1 large zucchini, cubed
2 cups butternut squash, cubed
1 ½ TSP herbes de Provence
1 ½ TSP Kosher salt
Few grinds black pepper
3 TB olive oil, divided

Remove the tomatoes from the can and place them in a medium bowl. Gently break up the tomatoes by squeezing them. Set aside.

In a Dutch oven, heat 2 TB olive oil over medium-low heat. Add the onions, herbes de Provence and ½ TSP Kosher salt. Cook about 5 minutes until the onions are softened. Then add the red pepper. Cook an additional 5 – 8 minutes, until the peppers are softened. Next add the garlic and cook about 30 seconds. Remove the vegetables from the pan and place them in a large bowl.

In the same pan, pour 1 TB olive oil and add the butternut squash. Fry about 5 - 6 minutes until lightly browned. Add the zucchini and fry an additional 3 minutes. Pour in the vegetables you had set aside, then add the tomatoes. Add the last 1 TSP Kosher salt and a few grinds of black pepper. Stir to combine. Cover with a lid and simmer on low 30 minutes, stirring occasionally. Taste and check for seasoning.

At this point you may serve it or leave it to cool to room temperature and refrigerate it overnight to let the flavors develop. Rewarm over low heat.

Easy French Apple Tart

Makes 5, 4 ½” tarts

1 Pillsbury refrigerated pie crust
2 Granny Smith apples, peeled, sliced and halved
2 TB granulated sugar
½ TSP ground cinnamon
¼ TSP vanilla extract
Juice from ½ lemon
7 TSP apricot jelly, divided (you can substitute apple jelly or even strawberry)
All-purpose flour for dusting

Preheat the oven to 400°F.

Lightly flour the counter. Unroll the chilled pie dough. Slightly roll it out a bit larger. Cut 5, 4 ½” circles out of the dough. (I use a mini tart pan so that the edges are fluted.) Spread 1 TSP of jelly on each pie round. Transfer the rounds to a parchment lined baking sheet.

In a medium bowl toss together the apple slices, sugar, cinnamon, vanilla and lemon juice.

Fan out the half slices around each pie crust, finishing with a few extra in the middle.

Bake 17 minutes, until lightly browned.

Microwave the last 2 teaspoons of jam in a microwave safe bowl. Using a pastry brush, lightly spread the melted jam over the tops of the warm apple tarts.

If you want to make the crust from scratch:

2 cups all-purpose flour
½ TSP kosher salt
12 TB chilled unsalted butter cut into small cubes
½ cup iced water

To make the crust:

In a food processor, blend the flour and salt. Add the butter cubes and pulse until the mixture resembles coarse crumbs. Add the cold water through the tube as the processor is running and pulse a few more times. Dump the dough onto a floured surface and gather it together into a

ball, knead just a few times. Then flatten the dough into a small disk. Wrap the dough in plastic wrap and chill in the refrigerator 30 minutes to 1 hour. You may make the dough up to 2 days in advance.