

ASSIGNMENT 2

Recipe Page Layout

BOOTLEGGER'S BEEF Serves 4

Use a blended Canadian whisky (purchased legally, of course). It is slightly sweet and will balance the peppery sauce that tops the roasted beef tenderloin. Team the beef with some roasted potatoes, sauteed spinach and a favorite bottle of Pinot Noir.

1 2-pound butt-end beef tenderloin
roast, well trimmed

2 tablespoons vegetable oil

1 cup chopped onions

1 cup chopped carrots

1/4 teaspoon dried thyme

1 cup canned beef broth

1/3 cup whisky

1 tablespoon all purpose flour

1 tablespoon butter, room temperature

1/3 cup whipping cream

2 teaspoons coarsely crushed black peppercorns

Preheat oven to 400°F. Pat beef tenderloin dry with paper towels. Sprinkle with salt and pepper. Heat vegetable oil in heavy large ovenproof skillet and cook until brown on all sides, about 8 minutes. Add chopped onions, carrots and thyme to skillet. Transfer skillet to oven on roast beef until meat thermometer inserted into thickest part registers 120°F for rare, stirring vegetables occasionally about 30 minutes. Transfer beef to platter. Tent with foil to keep warm.

Place skillet with vegetable over medium-high. Add canned beef broth and whisky and bring to boil, scraping up any browned bits. Boil until liquid is reduced to 2/3 cup, stirring occasionally, about 7 minutes. Strain sauce and return to same skillet. Mix flour and butter in small bowl until smooth paste forms. Add to sauce in skillet and whisk until well blended. Add whipping cream, crushed black peppercorns and any accumulated juices from beef. Simmer over medium heat until sauce thickens, whisking constantly, about 3 minutes. Season sauce to taste with salt.

Cut beef into thick slices and arrange on platter. Spoon sauce over.

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Appetizer

On a hot summer day, a great way to cool off is with ceviche. Ceviche is typically made with red snapper that is cooked by the acidity of lime and lemon juice. This version is prepared with shrimp, which is first lightly cooked, and then marinated in the citrus juice.

Shrimp Ceviche

Ingredients

- 1 pound medium-small shrimp, peeled and deveined
- 2 Tbsp salt
- 3/4 cup lime juice (juice from 4-6 limes)
- 3/4 cup lemon juice (juice from 2-3 lemons)
- 1 cup finely chopped red onion
- 1 serrano chile, ribs and seeds removed, minced
- 1 cup chopped cilantro
- 1 cucumber, peeled diced into 1/2-inch pieces
- 1 avocado, peeled, seed removed, cut into 1/2-inch chunks

Serves 4-6

Directions

1. In a large pot, bring to a boil 4 quarts of water, salted with 2 Tbsp salt. Add the shrimp and cook for 1 minute to 2 minutes max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.) Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking.
2. Drain the shrimp. Cut each piece of shrimp in half, or into inch-long pieces. Place shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice. Cover and refrigerate for a half hour.
3. Mix the chopped red onion and serrano chile. Refrigerate an additional half hour.
4. Right before serving, add cilantro, cucumber, and avocado.

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Cashew Papaya Pork

Serves 6

- * 1 cup all purpose flour
- * ¾ cup water
- * 2 eggs, beaten
- * 1 teaspoon salt
- * 1 ½ pounds lean boneless pork, well dried and cubed
- * Peanut or safflower oil for frying
- * ½ cup red wine vinegar
- * ¼ cup firmly packed brown sugar
- * ½ cup pineapple juice
- * ¼ cup cornstarch
- * 1 papaya, peeled, seeded and diced
- * ½ cup toasted cashews

Mix flour, ¼ cup water, eggs and salt in a large bowl; batter will be thick. Add pork and toss until well coated. Heat oil in a large skillet over medium-high heat. Add pork in batches and fry until brown and crisp on all sides. Remove pork from skillet using slotted spoon. Drain on paper towels.

Combine remaining ½ cup water with vinegar and brown sugar in medium saucepan and bring to boil over medium-high heat, stirring occasionally.

Meanwhile, blend pineapple juice and cornstarch. Stir into vinegar mixture and continue cooking until thickened. Gently stir in pork, papaya and cashews, being careful not to mash the papaya. Serve immediately.



Serve with fried rice, steamed broccoli and a crisp, dry Sauvignon Blanc, Fume Blanc or a fruity Zinfandel.

HABANERO HELLFIRE CHILI

Prepare Time: 30 Minutes • Cook Time: 1 Hour 30 Minutes • Ready to Serve in: 2 Hours • Serves: 8

Jam-packed with fire in the form of jalapenos, habaneras, and other hot delights. Ground beef and pork with tomatoes and other chili favorites. Tasty chili whose name says it all! It'll scorch your mouth as well as wake up your senses. Great for the big games, goes amazing with tortilla chips. Spread on top of hot dogs or burgers to give your taste buds a kick!

Note: Whole Anaheim peppers are not widely available; This ingredient is optional, or you can use hot pepper sauce instead.



INGREDIENTS

- 1/2 pound bacon
- 1 pound ground round
- 1 pound ground pork
- 1 green bell pepper, diced
- 1 yellow onion, diced
- 6 jalapeno peppers, seeded and chopped
- 6 habanero peppers, seeded and chopped
- 8 Anaheim peppers, seeded and diced
- 2 cloves garlic, minced
- 1 1/2 tablespoons ground cumin
- 1 tablespoon crushed red pepper flakes
- 3 tablespoons chili powder
- 2 tablespoons beef bouillon granules
- 1 (28 ounce) can crushed tomatoes
- 2 (16 ounce) cans whole peeled tomatoes, drained
- 2 (16 ounce) cans chili beans, drained
- 1 (12 fluid ounce) can beer
- 3 ounces tomato paste
- 1 ounce chile paste
- 2 cups water

DIRECTIONS

Place bacon in a large soup pot. Cook over medium high heat until evenly brown. Drain excess grease, leaving enough to coat bottom of pot Remove bacon, drain on paper towels and chop

Brown beef and pork in pot over medium high heat. When meat is browned, stir in the bell pepper, onion, jalapeno peppers, habanero peppers, Anaheim peppers, garlic, cumin, red pepper flakes, chili powder, bouillon, crushed tomatoes, whole tomatoes, beer, tomato paste, chile paste and water.

Reduce heat to low and simmer for 45 to 60 minutes, stirring occasionally. Add beans and bacon and continue simmering for another 30 minutes.