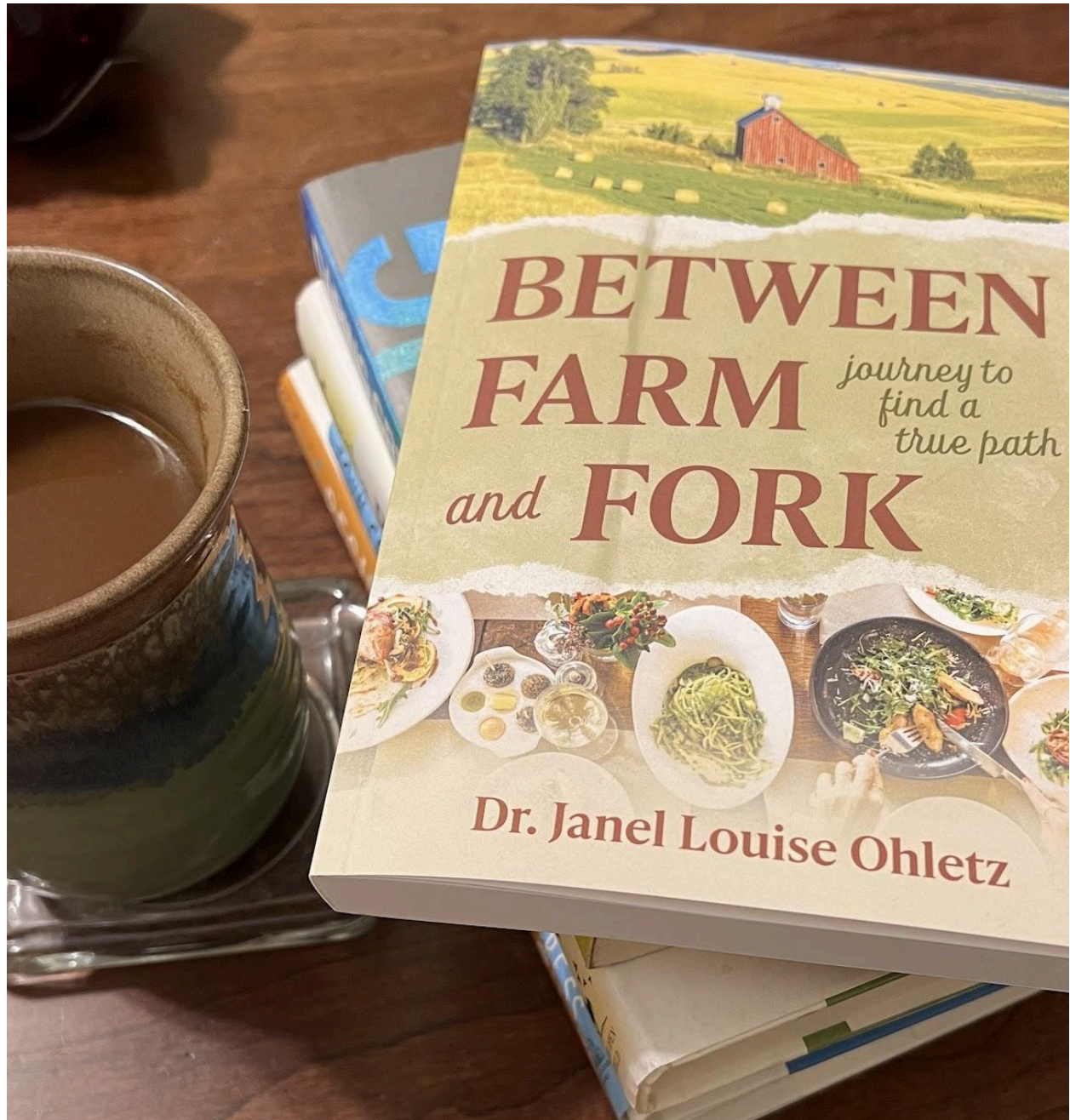


# Recipes from Between Farm and Fork



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# Table of Contents

|            |   |           |
|------------|---|-----------|
| Chapter 1  | <b>Pear-Cardamom Cream Scones</b>                                     | <b>3</b>  |
| Chapter 2  | <b>Never Fail Zucchini Frittata</b>                                   | <b>4</b>  |
| Chapter 3  | <b>Banana Yeast Bread</b>   | <b>5</b>  |
| Chapter 4  | <b>Puff Pancakes with Berry Sauce</b>                                 | <b>6</b>  |
| Chapter 5  | <b>Quinoa Veggie Chopped Salad</b>                                    | <b>7</b>  |
| Chapter 6  | <b>Roast Beet and Fennel Salad</b>                                    | <b>8</b>  |
| Chapter 7  | <b>Creamy Smoked Salmon Spirals</b>                                   | <b>9</b>  |
| Chapter 8  | <b>Sweet potato and Vegetable Chili</b>                               | <b>10</b> |
| Chapter 9  | <b>Easy Energy Bars</b>   | <b>11</b> |
| Chapter 10 | <b>Spinach-Cherry Smoothie Pep-up</b>                                 | <b>12</b> |
| Chapter 11 | <b>No Stress Mayonnaise</b>   | <b>13</b> |
| Chapter 12 | <b>Galettes with Sauteed Apples and Caramelized Onions</b>            | <b>14</b> |
| Chapter 13 | <b>Goat Cheese and Leek Tart</b>                                      | <b>15</b> |
| Chapter 14 | <b>Pumpkin Gnocchi with Walnut Cream Sauce</b>                        | <b>16</b> |
| Chapter 15 | <b>Cran-Pistachio Oatmeal Cookies</b>                                 | <b>17</b> |
| Chapter 16 | <b>Rutabaga Gratin</b>  | <b>18</b> |
| Chapter 17 | <b>Brie and Apple Stuffed Chicken Breast with Bourbon Cider Glaze</b> | <b>19</b> |
| Chapter 18 | <b>Earl Grey Crème Brûlée</b>   | <b>20</b> |
| Chapter 19 | <b>Chocolate Mousse Dacquoise Cake with Raspberry Coulis</b>          | <b>21</b> |

## Pear-Cardamom Cream Scones

We can start our day off in many ways. My normal go-to is homemade yogurt, some fresh fruit with a small bit of crunchy granola. But on the weekends I like to bake up a batch of scones. Pear-Cardamom Cream Scones are simple and utterly delicious. I hope you enjoy these as much as I do.

### Ingredients

- 2 ½ cups **all-purpose flour**
- ⅓ cup **granulated sugar**
- 1 teaspoons **baking powder**
- ½ teaspoon **baking soda**
- ½ teaspoon **salt**
- ¼ teaspoon **cardamom**, ground
- 1 firm **pear**, cored and diced
- 1 large **egg**
- ¾ cup **heavy cream**
- ½ cup **yogurt**
- 1 teaspoon **vanilla extract**

Preheat the oven to 425°F. Mix all dry ingredients together with whisk. Toss in the pear and stir to coat. Whisk the egg and remaining ingredients together. Fold the dry and wet ingredients together with **15 or less strokes**. Don't overmix.

Scrape dough onto a floured surface and pat into two round shapes about 1.5 inches thick. Cut each into wedges. For bigger scones cut into fourths, for smaller cut into sixths. Place each piece onto a parchment lined sheet pan.

Place in a preheated oven and bake for 12-15 minutes, or until golden brown on the top and cooked through.

These are best eaten warm out of the oven. To keep, freeze and then pull out the night before, and warm in a toaster oven.

## Never Fail Zucchini Frittata

On our farm we had chickens, lots and lots of chickens. I often got tasked with collecting the eggs. Dozens a day. As kids, we ate eggs for breakfast, sometimes even lunch and dinner in some form or another. I was not fond of eggs as a child, but I love them now – they are so versatile, nutritious, and high in protein.

Here is one of the easiest and most delicious ways to prepare eggs along with using up zucchini if your garden is bursting at the seams with them. This dish is great hot or cold, and not just for breakfast!

### Ingredients

- 1 medium **onion**, sliced thinly
- 2 medium **zucchini**, sliced thinly
- 2 tablespoons **olive oil**
- 6 large **eggs**, beaten
- **Salt and pepper**, to taste
- ½ cup **Parmesan cheese**, grated

Preheat the oven broiler. Heat 12" saute pan over med-high heat. Once the pan is hot, add oil and onions. Cook onions until golden brown. Add in zucchini, stir occasionally, cooking until softened, about 4-6 minutes.

Pour egg over vegetable mix and stir until egg begins to cook, season with salt and pepper. Turn heat off and spread cheese over top. Place the pan under the broiler to melt the cheese and give a golden brown crust. Cut into 6 wedges and serve.

## Banana Yeast Bread

Banana bread is the go-to recipe for using those bananas that ripen far too fast when buying a bunch. You might not be able to control how fast they ripen, but you can make something from them.

These days with people trying to reduce unnecessary fats and sugars in their diets, banana bread is not really on the menu. If that's you, give this, not too sweet, Banana Yeast Bread a try. It is great for breakfast, and makes the best PB&J if that's your jam.

### Ingredients

- ½ cup **milk**
- 4 tablespoons **unsalted butter**
- ½ cup **applesauce**
- ¼ cup **cane sugar**
- 4-5 cups **flour**
- 1 cup **whole wheat flour**
- 2 packets **active dry yeast**
- 1 teaspoon **salt**
- 3 large **eggs**, beaten with 1 tablespoon reserved
- 3 overripe **bananas**, mashed

Heat milk, butter, and sweetener in a medium saucepan until butter melts. Turn off heat and mix in the applesauce. When the mixture has cooled to below 120°F pour mixture into a mixing bowl and add in 2 cups flour, eggs (all but 1 tablespoon), yeast, salt, and bananas.

Beat on medium for 3-4 minutes, then stir in enough flour to make a smooth dough that is no longer sticky, but not stiff. Knead for 4-6 minutes.

Place in an oiled bowl and cover. Let rise until doubled (about 1 hour).

Divide dough in half and shape into two round loaves or place in loaf pans, then cover and let rise for another 45 minutes. Preheat oven to 350°F. Mix the remaining egg with 1 teaspoon of water and brush over the top of the loaf.

Bake for 35-40 minutes, or until golden brown and internal temp of 190°F. Let cool on a wire rack for 20 minutes before slicing. Enjoy!

## Puff Pancakes with Berry Sauce

As a kid I loved these puffed pancakes, which my mom referred to as German Pancakes. Every once in a while she would make them. It was such a special treat. I loved pouring the maple syrup on the peak and watching it ooze down into a puddle. In my opinion, they are way better than pancakes or waffles for breakfast, and so versatile.

You can top them with whatever you want. You can also make one large one or individual ones if you have smaller dishes to cook them in.

### Ingredients

#### Pancakes

- 3 large **eggs**
- ½ cup **flour**
- ½ cup **milk**
- 2 tablespoons **unsalted butter**

#### Sauce

- 1 cup **mixed fresh or frozen berries**
- 1 tablespoon **lemon juice**
- 1 tablespoon **cane sugar**

For pancakes: Put butter into a cake pan and place on the middle rack and preheat oven to 425°F. Put eggs, flour, and milk into a blender and blend until smooth.

Once butter is melted in the pan, pour batter into the hot pan and bake for 20-25 minutes.

While you wait, make the sauce. Place the berries, lemon juice and sugar in a saucepan over medium heat and cook until the sugar is dissolved and the berries begin to soften.

The pancake is done when it is puffed up from the pan and has turned golden brown. Remove from the oven and serve immediately.

Top with the berry sauce or your favorite pancake topping.

As a bonus the berry sauce served with plain yogurt makes a great morning pick-me-up, and is way better than any store bought fruit on the bottom style yogurt.

## Quinoa Veggie Chopped Salad

Salads come in all sorts, but in general they are a vegetable-packed dish often equated with a healthier choice than, say, a burger. This salad delivers flavor and is hearty enough to make it a full meal. You won't need to compromise your high-protein, low-fat meal goals with this dish.

### Ingredients

- 2 cups **quinoa**, rinsed
- 1 quart **vegetable stock** (or water)
- 1 can **cannellini beans**, drained and rinsed
- 1 **english cucumber**, diced
- 1 **red pepper**, seeded and diced
- 1 **carrot**, shredded
- 1 pint **cherry tomatoes**, halved
- 8 oz. **feta cheeses**, cubed
- ½ **red onion**, minced
- ½ cup **fresh basil**, chopped
- ½ cup **flat leaf parsley**, chopped
- ⅓ cup **EV olive oil**
- ⅓ cup **balsamic vinegar**
- 1 teaspoon **garlic salt**
- 1 tablespoon **dijon mustard**
- **salt and pepper** to taste

To cook the quinoa, place it and the chicken stock in a large pot, bring to a boil, then cook, covered, for 15 minutes. Turn off heat, let rest for another 10 minutes. Pour into a large mixing bowl. Allow to cool for 10 minutes.

In a small bowl whisk together oil, vinegar, and remaining ingredients.

Add all the vegetables, cheese, and beans to the bowl with the quinoa, pour the oil mix over the top. Add in the basil and parsley, toss together.

Season with salt and pepper to taste.

## Roast Beet and Fennel Salad

A beet and fennel salad may be foreign to many pallets, but once you take your first bite, you will want to make a return trip. The taste is both earthy and bright, each bite sparkles on the tongue. Pluck up some courage and try this salad with your next lunch.

### Ingredients

- 3 medium **beets**, red or golden, washed
- 2 bulbs **fennel**
- 3 tablespoon **olive oil**
- 5 oz. **goat cheese**, crumbled
- ¼ cup **pecans**, toasted and chopped
- ¼ cup **orange juice**
- 1 tablespoon **rice wine vinegar**
- 1 tablespoon **honey**
- 1 ½ teaspoon **Herbes de Provence**
- 1 tablespoon **fresh parsley**, chopped
- **salt and pepper** to taste

Preheat oven to 350°F. Roast beets by placing on a large piece of aluminum foil and drizzle with 1 tablespoon of olive oil and season with salt and pepper. Enclose beets in foil and place on a sheet pan. Bake until soft throughout, about 45-60 minutes. Cool then slip skin off. Cut each in half, then slice thinly.

Slice fennel bulb in half and then slice each half very thinly crosswise.

In a large serving bowl, whisk together 2 tablespoons olive oil, OJ, vinegar, honey, and herbs. Add in beets and fennel and toss together.

Sprinkle it with goat cheese. Season with salt and pepper.

Add some extra protein with the salmon spirals on page 9.



## Creamy Smoked Salmon Spirals

Once in a while, you just need a snack to tide you over until lunch, or after an adventure. These salmon spirals are sure to please, and won't have you turning in circles.

### Ingredients

- 2 large **tortillas** (whole wheat or spinach)
- 2 oz. **cream cheese**
- 2 oz. **cottage cheese**
- 1 teaspoon **tomato paste**
- 1 teaspoon **chives**, chopped
- 1 tablespoon **lemon juice**
- 6 oz. **smoked salmon**
- ¼ cup parsley, chopped

In a food processor or blender mix cottage cheese, lemon juice, and tomato paste. In a bowl mix together cream cheese and chives. Lay out tortillas and spread the cream cheese over half of each tortilla, and then spread the cottage cheese mixture over the other half.

Lay the smoked salmon on top of both tortillas. Sprinkle each with parsley. Roll each up starting at the half with the cottage cheese. Secure with a toothpick.

Place in an airtight container and refrigerate for at least two hours or overnight.

To serve, cut crosswise and arrange on a platter. Garnish as desired.

## Sweet potato and Vegetable Chili

Whether you are out riding the range, or coming in from a day tending the garden, you will be hungry and ready to strap on the feedbag. This chili is savory with a touch of sweetness and sure to keep you powered up.

You can bump the protein up by adding some sautéed meat, or go full-on vegetarian. Rustle this grub up in the morning by tossing it in a slow cooker and it will be ready by lunchtime.

### Ingredients

- 1 large **onion**, diced
- 3 clove **garlic**, minced
- 2 tablespoons **olive oil**
- 1 large **sweet potato**, diced
- 1 **bell pepper**, diced
- 1 **Ancho pepper**, diced
- 1 medium **zucchini**, diced
- 2 medium **carrots**, diced
- 1 can **black beans**, drained
- 1 can **kidney beans**, drained
- 28 oz. can **diced tomatoes**
- 16 oz. can **tomato sauce**
- 2 tablespoons **tomato paste**
- 2 tablespoons **chili powder**
- 1 tablespoon **cocoa powder**
- 1 tablespoon **fresh oregano**, chopped
- 1 tablespoon **fresh parsley**, chopped
- **salt and pepper** to taste

Sauté onion in a large pot over medium-high heat until beginning to brown, add in garlic and cook for 2 more minutes, stirring constantly.

Add in remaining vegetables and Chili Powder, cook for 5 minutes.

Add in remaining ingredients and stir to combine and cook over low heat for 1-2 hours, stirring occasionally.

Taste and season with salt and pepper as desired.

## Easy Energy Bars

Life can be tough, and have you running for a sweet snack to comfort you. It is in these times when our resolve to eat healthy is at its lowest point. Having a batch of these easy to make energy bars is just the fix you need.

They freeze well, so make a double batch for when life gets you down.

### Ingredients

- 1 ½ cup **dates**, pitted
- ¼ cup **honey or maple syrup**
- ⅓ cup **chunky peanut butter**, natural kind
- 1 cup **unsalted nuts of choice**, chopped
- 2 cups **old-fashioned oats**
- 1 teaspoon **vanilla extract**
- 1 teaspoon **cinnamon**
- add-in options: **chocolate chips, dried fruit, more nuts**

Toast oats and nuts in a 350°F oven for 15 minutes or until golden brown.

Chop dates in a food processor or blender until it begins to form a dough-like texture.

In a medium saucepan, heat peanut butter and honey.

In a large mixing bowl stir together dates, nuts, oats, spices, and vanilla. Add-in can also go in now.

Mix all together until consistently mixed. This could be done in a standing mixer as well.

Press mixture into a parchment lined 9x13 baking sheet, press firmly. Cover and place in the fridge to firm up.

Cut into 12 bars. Store in an airtight container.

## Spinach-Cherry Smoothie Pep-up

Stress is not good for us. It leads to all sorts of health problems. One in particular is inflammation. To combat this, in addition to taking time for yourself and setting good boundaries, is to incorporate foods that help to counteract the inflammation.

This smoothie is an easy way to fight the effects of stress and pick yourself up when you fall.

### Ingredients

- 1 cup **greek yogurt**, plain
- 1 cup **frozen cherries**
- 1 cup **baby spinach or kale**
- ½ **avocado**
- 1 tablespoon **nut butter or choice**
- ¾ inch piece **fresh ginger**
- 1 teaspoon **chia seeds**
- 1 teaspoon **flaxseed meal**

Place all ingredients in a blender and puree until smooth. Pour into a glass and enjoy in a quiet place to savor the flavor and time to yourself.

## No Stress Mayonnaise

One of the first tests in culinary school is to make mayonnaise by hand and from memory. But you are in luck because this recipe is easy to do, and is done in a blender or with an immersion blender.

No memorization required.

### Ingredients

1 large **egg**

1 tablespoon **dijon mustard**

1 tablespoon **lemon juice**

1 teaspoon **red wine vinegar**

½ teaspoon **garlic salt**

1 cup **vegetable oil** (or very light flavored olive oil)

Add egg to blender or cup for immersion blender and pulse for 20 seconds. Add in all but the oil. Pulse for another 20 seconds. Scrape down the sides and begin to add oil in small drops while blending on low.

Once the mixture starts to thicken you can add oil a little faster. Scrape down the side after all the oil is added and mix for a few seconds more, taste and season with additional salt if necessary.

Store in the refrigerator for up to a week.

## Galettes with Sauteed Apples and Caramelized Onions

France gets as many cloudy and rainy days as London. It can be quite a downer. On days like that, having a nice easy meal that warms you up is just the ticket. These buckwheat pancakes are served in many small restaurants in the Normandy region of France. They are known as galettes. Versatile and great for breakfast, lunch, or dinner. Here is a light dinner version with apples and caramelized onions.

### Ingredients

2 cup **buckwheat flour**

½ teaspoon **baking soda**

1 teaspoon **salt**

½ cup **milk**

2 cups **water**

2 tablespoon **unsalted butter**

2 large **apples** (fuji or honeycrisp work well), peeled, cored and cut into thick slices

1 large **onion**, sliced

½ cup **gruyere cheese**, shredded

Place flour, baking soda, and salt into a large mixing bowl. Whisk in milk and water until smooth. Set aside.

Heat 1 tablespoon butter in a large saute pan and add onions. Cook until they begin to caramelize. Add apples and cook until just softened.

Heat a griddle or saute pan to cook pancakes. Add 1 tablespoon butter and pour batter by ⅓ cup then spread out with a spoon or tip pan. Flip once tiny holes appear on the surface. Cook for another minute and then place onto a serving plate.

Top with apple-onion mixture. Top with a handful of cheese. Serve hot.

## Goat Cheese and Leek Tart

The French often eat the largest meal at midday. They also love egg dishes, and quiche is popular along with a side salad served either hot or cold. Here I take the traditional quiche and elevate it to something a bit more elegant and luxurious. Your tastebuds will transport you back to the cafés along the Seine, as you savour this protein packed dish.

### Ingredients

- 1 **pie crust or tart dough** for single crust
- 2 **leeks**, quartered, sliced thinly, and washed
- 2 tablespoons **shallots**, minced
- 2 tablespoons **olive oil**
- ½ teaspoon **dried marjoram**
- 1 tablespoon **fresh parsley**, chopped
- **salt and pepper**, to taste
- 2 large **eggs**
- 2 **egg yolks** (or one additional egg)
- 5 oz. **goat cheese**
- 1 cup **heavy cream**
- 1 cup **milk**
- pinch of **nutmeg**

Preheat oven to 375°F. Prepare pie dough, roll out and place in a tart pan, then blind bake for 10 minutes.

Heat sauté pan, cook leeks and shallots in olive oil until translucent. Add herbs, salt and pepper. Beat eggs and half the goat cheese until smooth. Wish in milk, cream, and nutmeg. Add salt (about ½ teaspoon) and pepper to taste.

Spread the leek mixture over the crust evenly. Pour egg mixture over top. Crumble the remaining goat cheese evenly over top. Bake for 35-45 minutes, until the center is set, and the top begins to turn golden brown.

Serve with a side salad of mixed greens and a light balsamic dressing.

## Chapter 14

In keeping the inn afloat during the off-season, I taught cooking classes. I liked to teach how to make dishes with many components so participants could learn skills that were more universal. Here we learn how to mix gently, make a roux, and how to adapt a universal cream sauce.

### Pumpkin Gnocchi with Walnut Cream Sauce

- 1 ½ cups **pumpkin**, pureed
- 2 medium **potatoes**, baked
- 2 large **eggs**
- 2 cups **all-purpose flour**
- ½ cup shredded **Parmesan cheese**
- 1 teaspoon **salt**
- ¼ teaspoon **black pepper**
- 1/4 of **nutmeg**
- 10 fresh **sage leaves**, chiffonade
- 2 tablespoons **olive oil**
- 1/2 cup **walnuts**, chopped and toasted
- 3 cups **milk**
- 2 cloves **garlic**, peeled and crushed
- 2 small **bay leaves**
- 1 1/2 tablespoons **all-purpose flour**
- 1 1/2 tablespoons **unsalted butter**
- **Salt and pepper**, to taste
- **Nutmeg** to taste

Pass potatoes through a potato ricer. Combine potatoes with the pumpkin puree, eggs, salt, pepper, and nutmeg in a large bowl. Mix until combined.

Gradually add flour, stirring until a soft dough forms. Add more flour to get the right consistency, pliable but not sticky. Be careful, too much mixing will make the dough tough. On a well-floured surface, divide the dough into manageable sections.

Roll each section into long logs, approximately ¾ inch thick. Cut the logs into 1-inch pieces, then roll each piece off the back of a fork to create ridges.

Heat oil in a sauté pan and fry the sage leaves until crisp. Remove and drain on a paper towel, save for a garnish.

To make the sauce heat milk, garlic, and bay leaves to scald, set aside for at least 15 minutes. Make a light roux with the flour and butter. Remove the garlic and bay leaves and whisk in the milk into the roux. Cook until it begins to thicken and then stir in toasted walnuts. Season.

Bring a large pot of water to a simmer. Drop gnocchi into water in small batches. They are done when they float. Remove with a slotted spoon and place in a bowl. Toss with the cream sauce and serve garnished with the sage leaves.



## Chapter 15

Kids naturally love to help in the kitchen, and for that matter, help doing cleaning chores around the house. They mimic us in trying to learn how to behave in the world, it's how they learn. One great way to get kids interested in helping out in the kitchen is to make a batch of cookies. They are simple, flexible, and have loads of points where kids can get their hands 'dirty'. It will encourage their active participation in the family chores, and develop their mental muscles as well.

### Cran-Pistachio Oatmeal Cookies

- 2 1/2 cups **all-purpose flour**
- 2 cups **old fashioned rolled oats**
- 1 teaspoon **salt**
- 1 teaspoon **cinnamon**
- 1 teaspoon **ginger**
- 2 teaspoons **baking soda**
- 1 cup **dried cranberries**
- 1 cup **pistachios** - shelled
- 1 cup **unsalted butter**
- 1 1/2 cups **brown sugar**
- 1/2 cup **granulated sugar**
- 3 large **eggs**
- 1 teaspoon **vanilla extract**

Preheat the oven to 350°F.

Process 1 cup of oats for 30 seconds in a blender. Combine flour, oats, spices, baking soda, and salt in a medium bowl with a whisk.

Cream butter and sugar the mixture resembles a kind of thick whipped cream.

Mix in eggs one at a time. Stir in the flour mixture, cranberries and pistachios. Continue mixing until all ingredients are incorporated and the flour is mixed in.

Drop by teaspoon onto a parchment lined cookie sheet.

Bake for 10-12 minutes, or until golden brown. If you like a chewy cookie take out a bit earlier, if a crispy cookie is desired, keep them in a bit longer. Test baking a cookie to start can help you determine the ideal timing for your desired texture. Cool on racks and enjoy.

## Chapter 16

Rutabagas, a large turnip, get a bad wrap. People know them as bitter, and they can be, if just boiled and mashed. But even bitter things can be made sweeter with a little care. This rutabaga gratin does just that. Once you taste this you will know that bitterness is a thing of the past.

### Rutabaga Gratin

- 4 medium sized **rutabagas**, peeled and slice very thin
- 1 cup **whole milk**
- 1 cup **heavy cream**
- 2 cloves **garlic**, crushed
- 1 **bay leaf**
- Pinch **nutmeg** (fresh ground is best)
- 1 teaspoon **kosher salt**
- ½ teaspoon **pepper**, freshly ground
- 1 teaspoon **fresh thyme**, minced
- ½ cup **Parmesan cheese**

Heat milk, cream, garlic, nutmeg, and bay leaf over medium heat just to simmer. Turn off heat and steep for 30 minutes.

Heat a large pot of salted water to a boil. Blanch rutabaga slices for 3-4 minutes, in small batches, and remove to an ice bath to cool. Drain and set aside.

Mix salt, pepper, and thyme together in a small bowl.

Preheat oven to 350°F. Butter a large shallow baking dish. Arrange slices in a layer on bottom of dish, sprinkle with salt mixture, add another layer and continue layering salt mixture and rutabaga pieces until all slices are layered into the dish. Remove garlic and bay leaf from the milk mixture, and pour the mixture over top of the rutabagas.

Top with cheese. Bake for 45-50 minutes, or until cream can be seen bubbling in the center. Remove and let rest for 10 minutes. Slice, serve, and enjoy.

## Chapter 17

During times of turmoil in our lives, we can be chicken to make a change. Change is hard. But what is not hard is making this Brie and apple stuffed chicken breast for a tasty meal. The bourbon cider glaze adds a special sweet touch.

### **Brie and Apple Stuffed Chicken Breast with Bourbon Cider Glaze**

- 4 boneless, **skinless chicken breasts**
- 4 oz **Brie cheese**, sliced
- 1 medium **apple**
- ¼ teaspoon **thyme**
- **Salt and pepper** to taste
- 1 tablespoon **olive oil**
- 1 tablespoon **butter**
- 2 cups **apple cider**
- 1/4 cup **bourbon**
- 1 tablespoon **Dijon mustard**
- 2 tablespoons **cold butter**

In a medium saucepan heat apple cider to boil, reduce to ½ cup.

Create a pocket on the side of each chicken breast. Season both sides of the chicken with salt, pepper, and thyme.

Cut 1/4 inch thin slices lengthwise across the Brie, you need 8 slices.

Cut the apple into quarters, cut out the core, slice each quarter lengthwise making thin slices.

Preheat your oven to 350°F.

Heat a large **oven-safe** skillet over medium-high heat. Do not use any pan with a plastic handle or anything with a non-stick coating.

Add olive oil and butter, once it's hot, place each stuffed chicken breast, topside (presentation side) down in the skillet. After a golden crust develops on the bottom, flip chicken and then place the pan into the oven until the breasts are cooked through.

Remove when they reach an internal temperature of 160°F. Rest for 10 minutes.

While the chicken rests, finish the glaze. Add bourbon, dijon, and butter to the reduced cider.

Whisk until the butter melts and the mixture is thickened.

To serve, slice a chicken breast in half and top with glaze. Enjoy.

## Chapter 18

Comfort food means different things to different people. For some it is a bowl of soup or mac and cheese. We turn to this type of meal to soothe more than our hunger, it soothes something deep inside us, embracing us in a warm hug with every bite. My ultimate comfort food is this crème brûlée. Silky smooth and the perfect balance of sweet and subtle flavor that dances on my tongue. Yes, this is a rich dish, but this desert should be savoured occasionally, like all great indulgences.

### Earl Grey Crème Brûlée

- 2 cups **heavy cream**
- 1 teaspoon **Earl Gray tea** (looseleaf kind)
- $\frac{1}{3}$  cup **sugar**, plus additional for topping
- 6 **egg yolks**
- 1 teaspoon **vanilla extract**

Preheat oven to 300°F. Heat cream, sugar, and tea in a saucepan over medium heat until sugar is dissolved. Set aside for at least 15 minutes to steep, infusing the cream with tea flavor. Strain mixture.

Whisk a small amount of cream into eggs to temper the yolks. Add egg mix to the cream and whisk until smooth. Strain the whole mixture.

Place ramekins (I like the wide shallow kind) into a deep roasting pan and pour cream mixture into ramekins. Carefully place the pan into the oven. Add hot water to the pan taking care not to get any water into the ramekins.

Bake for 40-45 minutes, or until the center has just a slight wiggle when ramekin is shaken. Cool for at least 8 hours.

To serve, top each ramekin with sugar, evenly sprinkled across the top, and burn the sugar with a blowtorch to melt the sugar. A broiler is a poor second choice if you don't have a torch, but it heats the custard up too much, and ruins the wonderful experience of this dessert. Buy a cheap blue bottle torch at your local hardware store, the kind used for plumbing.

Top each with fresh berries and enjoy.

## Chapter 19

All great meals should have a dessert, like all great stories have an end. Though not all endings are sweet, I guarantee this dessert has just the right amount of sweetness, richness, and depth of flavor to top off any meal in style. Here is wishing that your story is as sweet as this chocolate mousse cake.

### Chocolate Mousse Dacquoise Cake with Raspberry Coulis

- 7 oz. **semisweet chocolate**, chopped (get the good stuff for this)
- 3 tablespoons **unsalted butter**
- 5 tablespoons **coffee**
- 3 large **eggs**, separated
- 6 large **egg whites**
- 1 1/2 cup **sugar**
- 1/2 teaspoon **cream of tartar**
- 1 cup **heavy cream**, chilled
- 1/2 cup **almond flour**
- 1/2 cup **confectioners sugar**
- 1 cup **almond**, toasted
- 1 pint **fresh raspberries**

Heat a small amount of water in a saucepan to create a water bath. In a metal bowl that fits on the water bath, add the chocolate, 2 TBSP of coffee, and butter. Stir until chocolate is melted. Set aside. Whisk 3 egg yolks, remaining coffee, and 3 TBSP sugar in large bowl over the water bath, whisking until the mixture is thick, fluffy and temp reaches 160°F. Fold in the chocolate mixture. Set aside.

In a large mixing bowl, beat 3 egg whites and 1/4 tsp cream of tartar until bubbles begin to form. Gradually add the 1/4 cup sugar, scrape sides as needed, whisking until stiff, shiny peaks.

Fold 1/4 of the egg whites into the chocolate mix, then fold remaining egg whites in until mostly incorporated. Do not overmix.

In a large bowl whip 1/2 cup heavy cream until soft peaks form. Fold the whipped cream into the chocolate mixture, gently. Cover and refrigerate mixture.

Preheat oven to 225°F. Trace four 8" circles on parchment paper as a template for the cake.

Place onto sheet pans.

Sift together almond flour and confectioner's sugar. Set aside.

Crush almond, or pulse in food processor until texture of cornmeal.

In a stand mixer, whisk 6 egg whites and 1/4 tsp cream of tartar until bubbles form, then add the sugar gradually on low speed. Continue on high until stiff, shiny peaks form. Fold in the almond flour and the crushed almonds. Place mixture into a large piping bag and pipe mix evenly onto parchment paper within the circles. Bake until dry, about 1 1/2 hours. Cool for two hours.

To assemble the cake, place one dacquoise on a cake plate, spread with chocolate mousse, add a layer of raspberries, and continue layering, ending with a dacquoise piece. Whip  $\frac{1}{2}$  cup cream with 2 TBSP sugar to slightly stiff peaks, and use to decorate the cake. Chill until serving.