



Escoffier Eats

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STARTERS



Tropical Fruit Soup



- 1** Peel and pit three mangoes and roughly chop. Place in a blender along with the pineapple chunks and coconut.
- 2** Add coconut milk, yogurt, honey and pineapple juice. Puree until you get a very smooth soup. Add half the lime zest.
- 3** Strain the soup mixture into a bowl and discard the stringy parts. Chill for a couple hours before serving.
- 4** Cut the last mango and dragon fruit into small cubes and serve on the side to garnish the soup.
- 5** When ready to serve, pour into cold serving bowls and garnish with mango, dragon fruit segments and lime zest. You can also use shredded coconut, edible flowers and other tropical fruit.

4 ripe mangoes	2 tbsp honey
1 ½ cups coconut milk	1 dragon fruit
Flesh from 1 young coconut	1 cup pineapple juice
1 cup plain yogurt	3 cups chopped pineapple
Zest of 1 lime	Mint leaves for garnish



Goat Cheese Stuffed Shrimp



- | | |
|--|-----------------------------------|
| 12 large shrimp, peeled, tail on and butterflied | 1/2 cup finely chopped red pepper |
| 1/2 cup goat cheese | 1 egg |
| 2 tbsp minced garlic | 3 tbsp bread crumbs |
| 1 tbsp diced green onions | 4 oz chopped prosciutto |
| 1 tbsp chopped parsley | 1 tbsp olive oil |
| 1 tbsp chopped fresh tarragon | Salt and pepper to taste |

- 1** In a sauté pan, add 1 tablespoon of olive oil and sauté the red peppers and garlic over medium low heat for 2 minutes. Set aside to cool.
- 2** Once cooled, combine the rest of the ingredients in a mixing bowl and season with salt and pepper.
- 3** Place one tablespoon of filling into each shrimp. Place the shrimp into an oiled baking dish. Broil the shrimp for about 5 minutes.
- 4** Serve plated with some fresh tarragon and a lemon butter sauce.

Notes: If you prefer, you can substitute bacon for prosciutto. For the first step, chop the bacon and saute for a minute or two before adding in the red pepper and garlic.

Chicken & Lime Soup



- 1 Place the cut up chicken pieces, quartered onion and garlic cloves in a pot, cover with cold water and add a pinch of salt. Bring to a boil, reduce the flame and simmer until the chicken is completely done. Shred and put aside. Reserve stock.
- 2 In a saute pan over medium heat, add the oil, diced onion and minced garlic; cook until translucent. Add the green and red peppers and continue cooking until they are soft. Add the chopped tomatoes at the end.
- 3 Strain the chicken stock and add back to pot. Add the sautéed vegetables and fresh herbs. Lower the flame and add the lime juice and chicken. Check for seasoning and cook for a few minutes. Remove the fresh herbs before serving.
- 4 Garnish with avocado, radishes, tortilla strips and/or sliced lime.

- | | |
|----------------------------|---------------------------|
| ½ chicken, cut into pieces | 1 green pepper, chopped |
| 10 cups of water | 1 sprig of fresh oregano |
| 2 whole garlic cloves | 1 sprig of fresh mint |
| ½ onion, quartered | 1 sprig of fresh thyme |
| 2 tbsp avocado oil | 8 limes, roasted & juiced |
| 1 onion, diced | 1 avocado, peeled & diced |
| 2 garlic cloves (minced) | Radishes, chopped |
| 1 red pepper, chopped | Fried tortilla strips |
| 1 large tomato, diced | Chopped cilantro |
| 2 sprigs of cilantro | Salt and pepper |



Oysters Rockefeller



- | | |
|------------------------------|--------------------------|
| 4 oz unsalted butter | 2 tbsp olive oil |
| 2 garlic cloves, minced | ¼ cup grated Parmesan |
| 1 oz Panko bread crumbs | 1 tbsp chopped parsley |
| 2 shallots, finely chopped | 18 oysters on half shell |
| 1 fl oz Pernod | Salt and pepper |
| 2 cups chopped fresh spinach | Rock salt |

- 1 Melt butter in skillet. Sauté the garlic for 1 minute. Add shallots and spinach and cook for 2 minutes until the spinach wilts. Deglaze the pan with Pernod. Season with salt and pepper. Allow the mixture to cool down.
- 2 Place bread crumbs in a mixing bowl and add remaining garlic butter. Finish by adding the olive oil, Parmesan cheese and parsley and then season with salt and pepper. Spoon spinach mixture on each oyster followed with the bread crumb mixture.
- 3 Sprinkle a baking pan with rock salt; arrange the oysters in the salt to steady them. Bake in a preheated oven at 450F for 10 minutes or until golden brown. Serve oysters with lemon wedges.

Notes: If you can't find rock salt, you can substitute it with dried beans or lentils.

Shrimp Bisque



- 1 In a large sauce pan over medium heat, combine 8 oz of butter and 8 oz of flour. Cook, stirring until the flour taste disappears, about 6 minutes.
- 2 In another large sauce pan over medium heat, cook mirepoix and shrimp shells in clarified butter. Add the garlic and tomato paste, add the brandy and flambé. Add the sherry and reduce by half.
- 3 Add the shrimp stock and simmer for about 25 minutes. Add the heavy cream and thicken with roux. Add cayenne and season with salt and pepper to taste. Strain through a fine chinois.
- 4 In a sauté pan, cook the shrimp and season with Old Bay seasoning. Serve bisque and garnish with cooked shrimp.

3 fl oz clarified butter

1 lb mirepoix

1 lb shrimp shells

2 cloves garlic

1 lb raw shrimp, peeled
and cut into pieces

2 oz tomato paste

1 tbsp Old Bay seasoning

3 fl oz dry or cream sherry

3 qts shrimp stock

8 oz butter

8 oz flour

1 qt heavy cream, heated

Cayenne pepper to taste

Salt and pepper to taste



MAINS



Stuffed Pork Tenderloin



2 quarter lb pork tenderloins

1 cup dried apricots, diced

2 cups leeks, braised

2 tbsp chipotle peppers

½ tsp fresh thyme

½ shallots, finely chopped

3 tbsp whole butter

¼ cup Grand Marnier

1 cup orange juice

1 orange, segmented

2 tbsp corn starch

3 tbsp water

2 tbsp olive oil

Salt & pepper to taste

1

Preheat oven to 450°F. In a large sauté pan, add 2 tbsp of butter, leeks and sauté until tender, about 3 minutes. Add the apricots; deglaze the pan with the apricot brandy, chipotle peppers and thyme. Transfer to a small bowl and allow to cool.

2

Butterfly the pork tenderloins and pound the pork to an even 1/4" thickness. Divide the filling between the tenderloins, roll, and tie butcher twine firmly around. Repeat for remaining tenderloins.

3

Heat the olive oil in a skillet over medium heat. Brown the tenderloins on all sides, about 5 minutes. Transfer to a baking sheet, place in oven and roast until the internal temperature reaches 145°F, about 15 minutes. Allow the meat to rest before cutting.

4

To make the sauce, add 1 tbsp of butter, add shallots and sweat them. Deglaze the pan with the grand Marnier, add orange juice and simmer for about 3 minutes. Make slurry with the corn starch and water and thicken the sauce by adding slowly while whisking constantly. Add the orange segments at the end.

Notes: The great thing about this recipe is you can stuff it with whatever you'd like. Try a Mediterranean version with sun dried tomatoes, feta and spinach or an Italian-style tenderloin with Parmesan, mushrooms and a Marsala wine reduction. We love them all!

Stuffed Mini Pumpkins



- 1 Preheat oven to 400°F. Slice the tops off the mini pumpkins and remove seeds. Rub pumpkins and tops with olive oil and sprinkle with salt and pepper. Place pumpkins with their tops on a baking sheet. Roast for 20 minutes or until tender.
- 2 In a large skillet, heat butter and sweat the onions until they get translucent. Deglaze the pan with apple cider. Add turkey and cook until it's done, about 5 minutes. Add the rest of the ingredients and cook for 4 minutes.
- 3 Combine the turkey with the wild rice in a large bowl and toss until thoroughly combined. Stuff the mini pumpkins with the mixture.
- 4 Place tops on pumpkins and serve immediately.

- | | |
|---------------------------|---------------------|
| 6-8 mini pumpkins | 2 tbsp whole butter |
| 1 ½ cups cooked wild rice | ½ cup apple cider |
| 1 lb ground turkey | 2 tbsp olive oil |
| ½ cup sweet onion, diced | 1 tbsp orange zest |
| 1 cup dried cranberries | 1 tbsp fresh thyme |
| 1/3 cup scallions, diced | 1 tsp nutmeg |



Fried Soft-Shell Crab



Crab Ingredients

- 4 soft shell crabs (cleaned)
- ¼ cup all-purpose flour
- 1 tsp Old Bay seasoning
- ¼ cup vegetable oil

Mango Salsa Ingredients

- 1 mango, peeled, cored & diced
- ¼ cup red onion, diced
- ¼ cup red pepper, diced
- 2 sprigs of cilantro
- 1 fresh jalapeño, diced
- 1 tbsp lime juice

- 1 In a bowl, combine chopped mango, onion, red pepper, cilantro, jalapeño, and lime juice. Let sit for 30 minutes before serving.
- 2 Combine flour with Old Bay seasoning. Season crab with salt and pepper, then dredge in flour-shaking excess flour off. In a large skillet over medium heat, add oil and sauté the crabs until soft, about 2 minutes on each side.
- 3 Serve crab with mango salsa and jalapeño aioli.

Notes: We also like to serve this dish with a jalapeno lime aioli. To prepare, combine ¾ cup heavy mayonnaise, 2 cloves of garlic, 1 roughly chopped jalapeno, the juice of ½ lime and ¼ cup fresh cilantro in a blender or food processor and mix for about 5-10 seconds. Chill for at least 1 hour before serving.

Fancy Grilled Cheese



- 1 Heat up a griddle or nonstick pan, butter one side of the bread.
- 2 Place bread with buttered side down on your griddle or pan; add cheese and rest of your ingredients. For best results, warm the ingredients before adding them to your sandwich.
- 3 Toast your sandwich to a golden brown. If you have a broiler, place the grilled cheese open faced in a metal tray, to warm the center and to completely melt the cheese.
- 4 Cut and serve while hot.

Chorizo & Chihuahua

2 tbsp cooked chorizo
 2 oz chihuahua cheese
 2 tomato slices
 ¼ avocado, sliced
 2 slices of white bread
 2 oz butter

Prosciutto & Pear

½ sliced & seared pear
 2 slices of prosciutto
 4 slices of brie
 2 slices sourdough
 1 oz balsamic glaze
 2 oz butter



Beef Roulade

Mains

1 1/2 to 2 lbs flank steak

4 oz sautéed onions

8 oz prosciutto

2 oz Parmesan cheese

10 oz roasted red peppers

¼ cup olive oil

3 oz sundried tomato pesto

Salt & Pepper to taste

1

Place a piece of heavy duty plastic wrap on a large work surface. Place flank steak on wrap, cover with another piece of plastic wrap and pound the flank steak until is 1/4 inch thick using a meat mallet.

2

For assembly, spread the pesto sauce; then add the rest of the ingredients, leaving about ½ inch free on all sides of the meat. Carefully roll the roulade tightly with the grain of the meat, then tie it with butcher's twine.

3

In a heavy skillet, add the oil and sear the roulade on all sides. Place the roulade in a baking tray with the seam side down. Roast until the internal temperature reaches 130F (the temperature will rise with the carry over heat).

4

Allow the roulade to rest for a few minutes before slicing and serving.

Notes: Keep in mind that you will be rolling the meat with the grain of the meat. This is done because when you slice it later, the beef will be more tender when you cut across the grain.

Wild Mushroom Risotto



2 cups Arborio rice	10 cups chicken stock
6 tbsp unsalted butter	1 shallot, finely chopped
1 lb fresh wild mushrooms	¼ cup freshly grated
2 tbsp olive oil	Parmesan
½ cup dry white wine	Salt and pepper to taste

- 1** Melt 3 tbsp of butter in a large sauté pan over medium high heat. Add 1/2 of mushrooms and sprinkle with salt. Sauté the mushrooms until tender, about 3 to 4 minutes. Set the mushrooms aside in a dish. Repeat until all are done.
- 2** Bring the chicken stock to a simmer and keep warm. Melt 1 ½ tbsp of butter and olive oil in a heavy sauce pan over medium low heat. Add the shallots and sweat for about 1 minute. Add the rice and coat the grains thoroughly, then increase the heat to medium. Stir until the grains begin to look translucent, about 3 minutes. Add the white wine and stir constantly until the liquid is absorbed. Add 1 cup of chicken stock; stir until almost all the stock is absorbed, about 1 minute.
- 3** Continue adding stock 1 cup at a time, stirring the rice constantly until all the stock is absorbed before adding more. When rice is about ¾ of the way cooked, about 10 minutes, add the mushrooms, then continue to add stock until the rice is tender but still firm to the tooth and the risotto is creamy.
- 4** Stir in the Parmesan cheese and 1 tbsp of butter at room temperature. Transfer risotto into a serving bowl. Garnish with additional mushrooms and fresh chives.

Ratatouille



1 yellow onion
5 cloves garlic, chopped
4 oz olive oil
2 medium zucchini, diced
1 medium eggplant, diced
1 red bell pepper, diced
1 yellow bell pepper, diced

1 green bell pepper, diced
5 tomatoes, diced
1 tbsp fresh basil, chopped
1 tbsp fresh parsley, chopped
1 bay leaf
1 tbsp herbs de Provence
Salt & pepper to taste

- 1** Heat a large sauté pan over medium heat. Add olive oil and sauté the onions, garlic, herbs de Provence and bay leaf for two minutes or until translucent.
- 2** Add the peppers, eggplant and zucchini and sauté until tender, approximately 10 minutes.
- 3** Add the tomatoes, fresh basil, parsley and seasonings and sauté for 5 more minutes. Season to taste before serving.



Seared Scallops & Avocado Vinaigrette



- 1** Combine avocado, cilantro, lime juice, vinegar and seasonings in a food processor. Turn on and slowly begin to add oil to form an emulsion. Continue to add oil until done. If it gets too thick, add some water and continue to mix. Set aside.
- 2** Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry. Add the butter and oil to a sauté pan on high heat. Season the scallops with salt and pepper.
- 3** Once the oil begins to smoke, gently add the scallops making sure they don't touch. Sear the scallops for 1 ½ minutes on each side. The scallops should have a golden crust on each side and a translucent center. Serve immediately.

Seared Scallops

1 to 1 ¼ lb sea scallops
 2 tsp clarified butter
 2 tsp avocado oil
 Salt & pepper to taste

Avocado Vinaigrette

1 large ripe avocado
 ¾ cup avocado oil
 ½ cup white vinegar
 3 tbsp lime juice
 3 sprigs of cilantro
 ½ cup water
 Salt & pepper to taste



New-England Crab Cakes



½ red pepper, finely diced

¼ cup mayonnaise

3 scallions, thinly sliced

1 large egg, beaten

1 tbsp Dijon mustard

2 tsp lemon juice

3 tbsp vegetable oil

1 ½ tsp Old Bay seasoning

1 pound lump crab meat,
cartilage & shells removed

1 ¼ cup panko breadcrumbs

¼ tsp kosher salt

1/8 tsp ground black pepper

Fresh dill for garnish

1

Combine mayo, red pepper, scallion, egg, mustard, lemon juice and Old Bay seasoning in a bowl and whisk together. Add the crab meat, breadcrumbs, salt and pepper and fold in, being careful not to overmix. Chill for at least one hour.

2

After one hour, remove crab mixture from refrigerator and form patties as big or small as you wish, making sure to keep them about 1 inch thick.

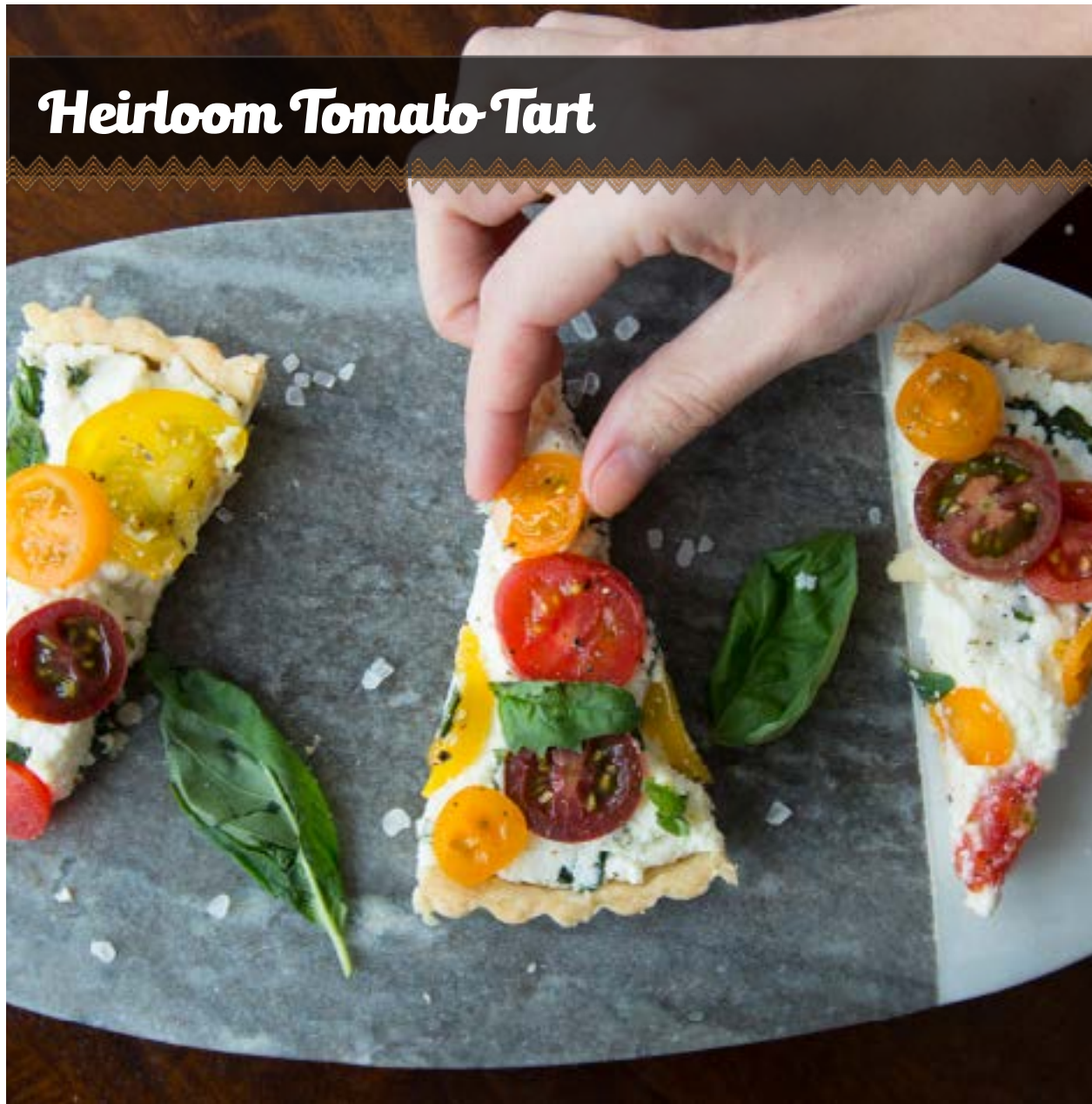
3

Heat skillet and add oil. When pan begins smoking, add in crab cakes, being careful not to overcrowd. Fry them for about 4-5 minutes per side or until golden brown and crispy. Remove and set aside on a paper towel until ready to serve.

4

Plate with your favorite dipping sauce and enjoy.

Heirloom Tomato Tart



2 cups ricotta

2 cups Parmesan, grated

½ cup Asiago, grated

½ cup basil, chiffonade

1 pre-made pie crust

1 lb heirloom tomatoes,
thinly sliced

Basil leaves for garnish

Salt & pepper to taste

- 1 Roll out dough about 10-11 inches in diameter. Lightly but thoroughly oil the tart pan with oil. Place dough over tart pan. Trim off excess and lightly press dough into sides and bottom using your fingers. Chill for about 10 minutes.
- 2 Preheat oven to 400F. In a large bowl, combine the ricotta, Parmesan, Asiago, basil, salt and pepper and stir. Season to taste with more salt and pepper. Cover in plastic wrap and let chill.
- 3 Remove tart pan and line with tinfoil. Pour in pie weights or dried beans, place on cookie sheet and bake for about 10 minutes. Remove the tinfoil and pie weights and bake for another 10 minutes or until golden brown. Remove and let cool.
- 4 Once pie crust is cooled, add the filling and place tomatoes on top. Garnish with basil and serve.



DESSERT



Pumpkin Gingersnap Cheesecake



24 oz cream cheese

1 1/3 cup sugar

3 tbsp corn starch

5 eggs

1 cup half & half

1 cup heavy cream

1 1/4 cup pumpkin puree

3 tsp cinnamon

4 cups crushed gingersnaps

2 oz melted butter

1 tsp cinnamon

1

To begin, cream the cream cheese. Add the sugar, cinnamon and corn starch. Add the eggs and then the cream. Be sure to scrape down the bowl between additions.

2

For the crust, add all ingredients to a bowl and mix until everything is well combined.

3

Spray a 9" cake pan and line the bottom with parchment paper. Press about 1 1/2 cups of crust mixture into the pan. Pour the cheesecake mixture over the crust.

4

Bake in a water bath at 350F for about 1 hour and 15 minutes until set and firm to the touch. Chill over night or at least 4 hours and unmold.

5

Press some of the crust mixture around the sides and decorate as desired.



Candied Orange Peels



4 oranges

3 cups sugar

$\frac{3}{4}$ cup water

Melted dark chocolate

Chopped almonds

- 1** Peel the oranges and cut the peels in $\frac{1}{4}$ inch strips, being sure to get as little pith as possible.
- 2** Blanch orange peels. Beginning with cool water, add the orange peels in the pot and then bring them to a boil. Once at a boil, remove and cool in an ice bath, repeat 2 more times.
- 3** Bring the water and sugar to a simmer for 7-8 minutes and add the peels. Simmer on low for about 40-50 minutes or until they change color and become translucent. Strain and dredge the peels in granulated sugar and place on a rack to dry overnight.
- 4** Place some more of the peels on a rack to let dry overnight and dip in dark chocolate. Save the syrup for use in cakes, sauces and drinks.

Frozen Berry Chantilly Cake



1/3 cup sugar

3/4 cup raspberries

3/4 cup blackberries

3/4 cup strawberries

2 tbsp lime juice

4 oz butter

1/3 cup dark brown sugar

1 cup all-purpose flour

1/2 cup almond flour

3 egg whites

2/3 cup sugar

1 1/4 cup whipping cream

1

Slice the strawberries and combine the fruit and sugar in a medium sauce pan. Bring to a simmer until the fruit is soft. Remove from heat and cool.

2

Mix the dry ingredients and then cut in the butter until crumbly. Press gently into a paper lined cake pan. Bake at 350F for 10-12 minutes. Let cool completely before assembling cake.

3

Whip the whipping cream to a soft peak and set aside. Whip the egg whites with half the sugar to a medium soft peak and add remaining sugar.

4

Mix the lime juice into the compote. Fold in the egg whites and then the whipped cream. Pour into the pan with the baked crust and freeze for at least 5 hours or until set.

5

Unmold and serve frozen decorated with fruit and more whipped cream.



Blueberry Pomegranate Sorbet

2 cups blueberries

$\frac{3}{4}$ cup pomegranate juice

$\frac{3}{4}$ cup sugar

1 cup water

3 cups chocolate cookies

4 or 5 dried figs

1

Blend blueberries, pomegranate juice and sugar. Add the water and blend well. Strain if desired and chill. Churn in an ice cream machine.

2

To make without ice cream machine, remove sorbet when $\frac{3}{4}$ of the way frozen, blend the frozen sorbet in a food processor or blender and freeze again.

3

For the base, blend the chocolate cookies with the dried figs until a crumbly texture. Pat the crumbs into the bottom of a mold or pan to make the crust and add the sorbet mixture.

4

Freeze for 4 hours, unmold and serve garnished with fresh fruit and edible flowers.



Pineapple Upside-Down Cake



1

Melt the butter, place in the bottom of the cake pan and sprinkle with brown sugar. Lay the pineapple rings on top of the mixture with a cherry inside each one and in between.

2

Sift the flour, baking powder and salt. Cream together the butter and sugar.

3

Add the eggs one at a time until incorporated. Then alternate adding the flour, milk and vanilla.

4

Pour in the prepared pan with the pineapple. Bake at 350 degrees for about 35 minutes. While the cake is still warm, invert on a cake pan, plate or serving platter.

1 ¼ cup brown sugar

5 oz butter

1 ¾ cups white sugar

6 oz butter

20 oz can pineapple rings

2 eggs

1 ¼ cup milk

2 tsp baking powder

¼ tsp salt

¾ tsp vanilla extract

1 ¾ cups AP flour

Maraschino cherries



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