



TOULOUSE-LAUTREC MAURICE JOYANT
THE ART OF CUISINE

Fall 2015 Gourmet Dinner

Impressionist Painters: Palette to Palate

Planners

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APPETIZER HOUSEChampagne & Wine provided by Planners

RAINEY (host 36)French Lemonade and Water

DINNER HOUSESWine provided by Planners

HALL (host 10).....Small amount of Good Quality Vanilla Bean Ice Cream/Coffee and Tea

RAINEY.....Hosting the Appetizers

JOHSStuffed Mushrooms – 3 recipes

REDABAUGH.....Buttered Radish Tartines – 2 recipes

CERIANILa Cassoulet for 10 people

BLACKPoached Pears with Chocolate Sauce – for 10 people

HUGHES (host 8)Small amount of Good Quality Vanilla Bean Ice Cream/Coffee and Tea

BLUEMixed French Olives – 2 pints

BRUINGTON/LAURIDSENBlack Onion Jam Tartlettes – 5 Boxes of Tartlettes from King Soopers

HOLTAssorted French Cheese Platter for 4 houses

BIANCONIPoached Pears / Chocolate Sauce – 1 recipe & Wafers for 36 people

SCHNABEL (host 8).....Small amount of good quality Vanilla Bean Ice Cream/Coffee and Tea

MORANLa Cassoulet for 18 – 2 recipes (give one recipe to the Hughes House)

WATSON.....Buttered Radish Tartines – 2 recipes

PILLERPoached Pears with Chocolate Sauce – for 10 people

TYSON/SEJUD (host 8).....Small amount of good quality Vanilla Bean Ice Cream/Coffee and Tea

JACQUES.....Stuffed Mushrooms – 3 recipes & Country Bread for 4 houses

LUBBERSPoached Pears with Chocolate Sauce – 1 recipe

ANDERSSONLa Cassoulet for 8 people – 1 recipe

SAMSONWatercress/Arugula/Lettuces & Champagne Dressing for 4 houses of 10, 10, 8 and 8.

APPETIZERS

Confit D'Oignon (Black Onion Jam)

- 3 cups onions: hand chopped and chunky
- 1 tablespoon butter
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup balsamic vinegar
- ½ cup brown sugar

In a large skillet over medium heat, caramelize the onions in the butter until tender and golden brown. Add salt and pepper. Add the balsamic vinegar, lower the heat and cook until the vinegar thickens, about an hour. Add the brown sugar and cook until the mixture thickens again, about another hour. Place in a jelly jar with sealing lid upside down. Once open, refrigerate. Serve on baguettes topped with goat cheese. May serve with sharp cheddar cheese and pear slices.

Tartine Radis-Beurre (Buttered Radish Tartines)

Hands-on: 18 min.

Total: 18 min.

These open-faced sandwiches, or tartines, are a great way to serve the quintessential Gallic flavor combo of butter and radishes. You can use firm, fresh radishes of any variety, such as round red radishes or Easter Egg radishes. Use a good rustic loaf or a freshly baked baguette. Let guests bake their own, offering sweet butter or the following savory olive butter.

- 2-4 tablespoons unsalted butter, at room temperature, preferably a good French butter
- 1 tablespoon chopped black olives (such as nicoise)
- 2 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon chopped fresh thyme
- Dash of crushed red pepper
- 16 (1/4 ounce slices) whole-grain French bread baguette
- 8 to 10 radishes very thinly sliced
- 1/8 teaspoon fleur de sel or other coarse sea salt

Place butter, olives, parsley, thyme, and red pepper in a small bowl; mash with a spoon to combine. Spread butter mixture evenly over bread slices, top with radish slices. Sprinkle with sea salt. Serve immediately.

Serves 8

Champignons Farcis (Stuffed Mushrooms)

Preheat oven to 375 degrees.

Ingredients:

12 fresh mushroom caps 2 inches in diameter, stems removed

2-3 Tb melted butter

A shallow, lightly buttered roasting pan

Salt and Pepper

Brush the mushroom caps with melted butter. Place them, hollow side up, in the roasting pan.

Sprinkle lightly with salt and pepper.

Stuffing Ingredients:

3 Tb finely minced onions

2 Tb butter

1 Tb oil

3 Tb minced shallots or green onions

Stems from the mushroom caps - finely minced and squeezed in a towel to extract their juice.

Saute the onions in butter and oil for 3 to 4 minutes without browning. Then add the shallots or green onions and mushroom stems. Saute.

¼ cup Madeira (optional)

Add the optional Madeira and boil it down rapidly until it has almost entirely evaporated.

Topping Ingredients:

3 Tb fine, white, dry bread crumbs

¼ cup grated Swiss cheese

¼ cup grated Parmesan cheese

4 Tb minced Parsley

½ Tsp tarragon

Salt and pepper

2-3 Tb whipping cream

3 Tb grated Swiss cheese

2 Tb melted butter

Off heat, mix in the bread crumbs, cheeses, parsley, tarragon, and seasonings. A spoonful at a time, blend in just enough cream to moisten the mixture but keep it sufficiently stiff to hold its shape in a spoon. Correct seasoning.

Fill the mushroom caps with the stuffing. Top each with a pinch of cheese and drops of melted butter.

(*) May be done ahead to this point.

Bake in upper third of a preheated, 375-degree oven for 15 to 20 minutes, or until caps are tender and stuffing has browned lightly on top.

DINNER

Cresson/Bebe/Salade Verte avec Champagne Vinaigrette

(Watercress/Arugula/Baby Lettuces with Champagne Vinaigrette)

Champagne Vinaigrette (8 Servings)

¼ cup minced shallots

3 Tb Champagne Vinegar

½ Tsp Dijon mustard

½ cup extra virgin oil (high quality)

Le Cassoulet

SLOW-COOKER BEANS, DUCK, PORK, CHICKEN, AND SAUSAGE STEW

Le Cassoulet SERVES 4-6

Of all of the recipes in French cuisine, cassoulet—a sumptuous casserole of beans, various meats, and sausages—is tailor-made for a slow cooker because of its lengthy cooking time.

This specialty from Gascony and the Languedoc region in the south of France is a peasant dish that each town has their own way of making. Some use duck confit, some have a breadcrumb topping, some do not. If I can find or make duck confit, I add it, because it enhances the flavor of the stew. If not, I do what most people do in France, which is to use whatever flavorful meats are at hand. Feel free to mix it up, using a variety of sausages, perhaps a smoked ham hock, lamb, or pork ribs.

Cassoulet is one of those dependable dishes that can be made ahead and reheated. It can feed a lot of people, and is excellent as a leftover.

SPECIAL EQUIPMENT LARGE SKILLET; 6½-QUART (6-L) SLOW COOKER

3 duck breasts	4 boneless chicken thighs, skin on	3 medium carrots, peeled and cut into 1-inch (2.5-cm) pieces
8 sausages, garlic or kielbasa, smoked, sweet Italian, or fennel	1 pound (450 g) boneless pork shoulder, sliced into 1-inch (2.5 cm) pieces	1 (6-ounce / 170-g) can tomato paste
½ pound (225 g) thick-cut bacon, sliced into ½-inch (1.5 cm) pieces	6 cloves garlic, peeled and sliced	3 cups (720 ml) dry white wine or chicken stock
salt and coarsely ground black pepper, to taste	1½ tablespoons herbes de Provence	4 (15-ounce / 420-g) cans cannellini beans
olive oil to brown meats	1 large onion, peeled and sliced	

PREP

Slice slits in the fat layer of the duck breasts then slice each breast into ½-inch (1.5-cm) pieces. Slice each sausage into 3 pieces.

COOK

Cook the bacon in the skillet until crisp and toss into the slow cooker, adding a tablespoon of bacon fat as well. Wipe out the skillet with a paper towel.

Liberally salt and pepper the duck. Add a tablespoon of olive oil to the skillet and brown the duck.

Toss into the slow cooker including any duck fat and bits from the bottom of the skillet.

Liberally salt and pepper the chicken, add a little oil, brown in the skillet, and toss in the slow cooker, including any bits or juices from the bottom of the skillet.

Liberally salt and pepper the pork, add a little oil, brown, and toss in the slow cooker with any juices from the bottom of the skillet. Brown the sausages and toss into the slow cooker.

To the slow cooker, add the garlic, herbes de Provence, onion, carrots, tomato paste, wine, and cannellini beans and stir to mix. Give a final sprinkle of salt and a liberal grinding of black pepper.

Cover and cook on high for 4 hours. Take the cover off the slow cooker and place it at an angle over the top to allow evaporation, and cook another 30 minutes. Allow the cassoulet to rest for 20 minutes before serving.

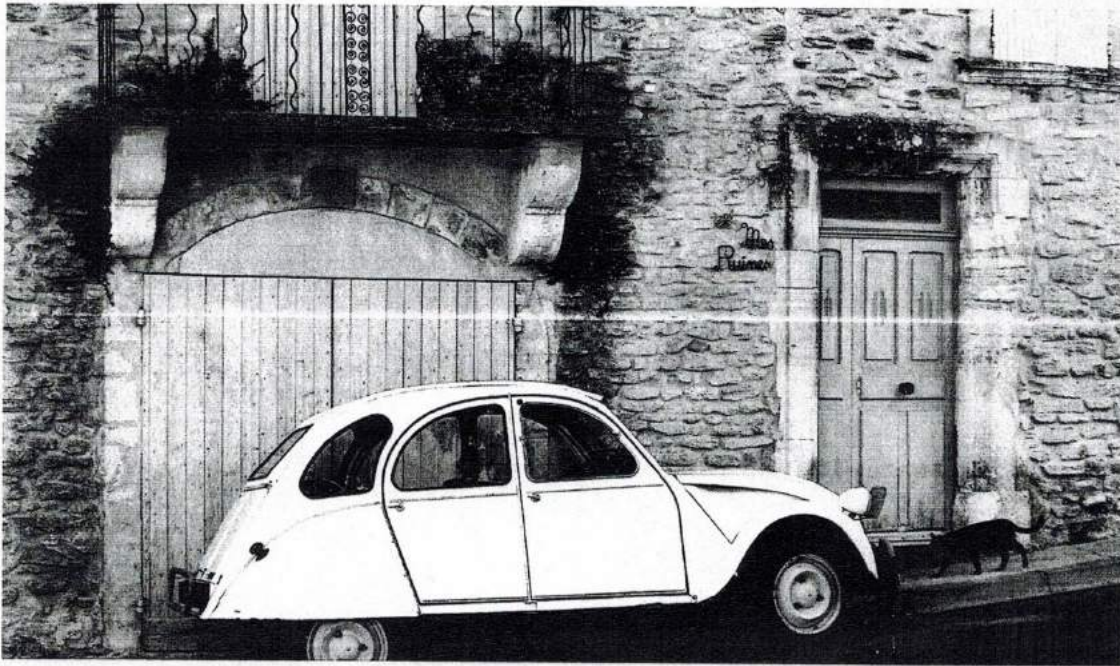
IDEAS AND SUBSTITUTIONS

Dartagnan.com is my source for duck and armagnac sausages, dried French Coco Tarbais beans from southwest France, duck confit legs to add more flavor to the cassoulet, duck fat, and garlic sausage. With these superior ingredients, you can achieve a cassoulet

that has full-bodied flavor and texture comparable to one you would be served in southwest France.

Keep the cassoulet in the refrigerator for a day or two before serving if you want to make it ahead because it tastes better the longer it sits. Serve with a red wine, a light green salad, and slices of thick country bread which I like to baste with olive oil and garlic and warm in the oven before placing on the table.

For a crispy topping, transfer the cassoulet to an oven-proof casserole and finish off by showering with Panko breadcrumbs you have whizzed in a food processor to break down, bits of butter, and baking at 400° F (200 ° C) until golden brown and crisp on top. If you like, serve it with grated cheese, as they do in the city of Toulouse.



DESSERT

Poached Anjou Pears

White wine offers crisp, light flavor, but red wine also works with either of the following recipes.

Makes 4 poached pears (8 servings)
Total time: about 3 hours

SIMMER:

- 6½ cups Sauvignon Blanc (1.5 L)
- 2 cups water
- 1 cup honey
- ¼ cup sliced fresh ginger
- 3 star anise pods
- 1 cinnamon stick (3-inch)
- 1 vanilla bean, split and seeds scraped
- 1 tsp. black peppercorns

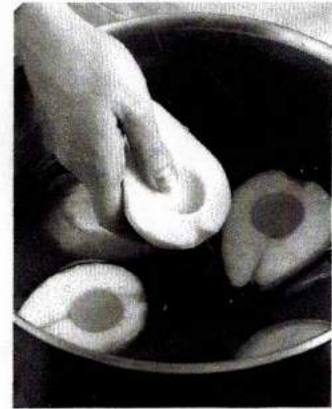
ADD:

- 4 firm Anjou pears, peeled, halved, and cored

Simmer wine, water, honey, ginger, anise, cinnamon stick, vanilla bean and seeds, and peppercorns in a large pot over medium-low heat for 1 hour to reduce liquid to 4½ cups.

Add pears and simmer until fork-tender, 45 minutes to 1 hour, turning occasionally. Remove from heat and rest pears in liquid until cool. Transfer pears to an airtight container; chill until ready to use. Reserve poaching liquid.

Per serving: 155 cal; 0g total fat (0g sat); 0mg chol; 2mg sodium; 29g carb; 3g fiber; 1g protein



For the most flavor in the pears, add them to the poaching liquid after it has reduced for about an hour.

Chocolate Sauce

- 6 oz bittersweet chocolate (61% cacao)
- Poaching liquid
- Vanilla ice cream
- Toasted Almonds

Chop chocolate. Put in heat proof bowl. Return poaching liquid to a boil until reduced to thin syrup (about 10 minutes). Pour 1 cup syrup over chocolate and stir to melt. Reheat gently to drizzle over pear half. Serve with small scoop of vanilla ice cream and toasted sliced almonds.