

the



Board of Trustees
Culinary Retreat

cook
book

Welcome to NECC's

Board of Trustees Culinary Retreat

This cookbook is your guide for tonight's culinary retreat.

NECC Culinary Arts Chefs and Students will be assisting you with your retreat tonight. Please feel free to ask for assistance at any point throughout the evening.

A Charcuterie board has been prepared by our students for your enjoyment throughout the retreat. Beverages are also available. Please help yourselves!

You will be divided into Teams and each team will prepare a portion of the menu being served tonight at your dinner.

Each group's recipe and preparation instructions are provided in this cookbook and are color coded for each group.

Before beginning please read the following instructions:

- Read each recipe thoroughly before beginning
- Inventory the ingredients provided, If you are missing ingredients, please notify the Culinary Staff
- Prepare the ingredients as directed in the instructions **before** beginning to assemble
- Follow the detailed instructions to complete your recipe and prepare for service.

MENU

Reception:

Student Made Charcuterie board

Salad

Grilled Caesar Salad

Entrée

Seared Scallops, Beurre Blanc Sauce

and

Grilled Filet Mignon, Bearnaise Sauce

with

Roasted Vegetables

Tomato Saffron Risotto

Dessert

Cherry Clafoutis, Crème Chantilly

Grilled Ceasar Salad

Yield: 4 servings

Dressing:

- ◇ 4 each Anchovy Filets
- ◇ 2 ea. Garlic Cloves
- ◇ 2 ea. Large Egg yolks
- ◇ 1 tsp. Dijon Mustard
- ◇ 2 Tbls. Lemon Juice
- ◇ 3/4 cup Extra Virgin Olive oil or blend
- ◇ 1/4 cup Freshly grated Parmesan cheese
- ◇ Salt and Pepper to taste

Salad:

- ◇ 2 ea. Romain Hearts, cut in half lengthwise
- ◇ 1/4 cup Shaved parmesan cheese
- ◇ 8 slices Baguette, cut diagonally 3/4 inch thick
- ◇ As needed Extra Virgin Olive oil

Instructions

Clafoutis

1. Preheat oven to 350° and grease a 6 oz. baking dishes with butter. Spread out 10 cherries in an even layer in bottom of pan.
2. In a blender, add eggs and sugar and blend until frothy. Add milk, amaretto, flour and salt and blend until combined. Pour batter over cherries.
3. Bake until golden and a toothpick inserted in middle comes out clean, about 35 minutes.
4. Serve warm or at room temperature dusted with powdered sugar.
5. Top with Crème Chantilly

Crème Chantilly

1. Pour heavy cream into chilled bowl. Add sugar and vanilla extract. Whip with an electric mixer until soft peaks form, 3 to 5 minutes. Cover with plastic wrap and chill until serving.

Fresh Cherry Clafoutis

Yield: 8 servings

1 1/2 c. s	Cherries, sweet, pits removed
4 large	Eggs
1/2 cup	Granulated sugar
1 cup	Milk
1 tsp.	Almond extract
3/4 cup	Flour, all purpose
1/2 tsp.	Salt
Powdered sugar, for serving	

Creme Chantilly

2 cups	Cream, heavy
1/4 cup	Sugar, Granulated
1 tsp	Vanilla extract

Instructions

1. Preheat grill to medium high heat
2. Chop together 4 anchovy filets and 2 garlic cloves with a pinch of Kosher salt. Use the side of the knife blade to mash into a paste, then scrape into a medium bowl.
3. Whisk in egg yolks, lemon juice and Dijon mustard. Slowly drip in olive oil and whisk until dressing is thick and glossy. Whisk in Parmesan cheese. Season with salt and pepper and more lemon juice, if needed.
4. Drizzle olive oil on the cut-side of the romaine hearts and season with salt and pepper. Place the romaine cut-side down on the grill and cook until well charred with grill marks, 2-3 minutes. Brush the bread slices with olive oil and place on the grill. Cook until grill marks appear on both sides and the bread is crispy, about 5 minutes. Rub a clove of garlic on one side of each slice.
5. Place the romaine hearts and grilled bread on the plate and drizzle a generous amount of dressing on top and sprinkle with freshly grated Parmesan cheese.
6. Serve and enjoy!

Seared Scallops, Beurre Blanc

Yield: 4 servings

Seared Scallops

- ◇ 1 lb. large scallops
- ◇ Kosher salt
- ◇ Freshly ground black pepper
- ◇ 1 tbsp. extra-virgin olive oil
- ◇ 2 tbsp. butter, cut into pieces

Sauce: Beurre Blanc Sauce

- ◇ 1/4 cup dry white wine
- ◇ 1/4 cup white-wine vinegar
- ◇ 2 tablespoons finely chopped shallot
- ◇ 1/3 cup heavy cream
- ◇ 1/4 teaspoon salt
- ◇ 1/8 teaspoon white pepper, or to taste
- ◇ 2 sticks (1 cup) unsalted butter, cut into tablespoon-size pieces and chilled

Instructions

Risotto

1. **BLISTER TOMATOES** In a large skillet, heat olive oil over medium-high heat. Add tomatoes (whole) and sear, stirring occasionally, until they burst and soften, about 7 minutes. Turn heat off. Chop if extra-large.
2. **MAKE RISOTTO:** At the same time, in a large heavy-bottomed pot heat the olive oil over medium heat and add the onions. Saute until golden about 10-12 minutes. Add garlic and thyme, saute 2 more minutes until fragrant.
3. Add the rice, saute 1 minute, stirring. Add 2 cups Saffron flavored warm stock (enough to cover the rice), stir and bring to a simmer. Simmer until most of the liquid is absorbed. Add 1 cup broth and the tomatoes and all their juices. Stir until all the liquid is absorbed. Continue adding broth 1 cup at a time, letting the rice absorb it slowly, stirring often over med-low heat, until the rice is plumped, slightly al dente, yet creamy, about 20-25 minutes. You may not need all 8 cups. (I used 6 3/4).
4. Stir in the butter and parmesan. Season with salt and pepper

Tomato Saffron Risotto

Yield: 6 servings

Risotto

- ◇ 1 lb Tomatoes, cherry or grape
- ◇ 1 Tbls Olive Oil

- ◇ 1/2 cup Onion, small dice
- ◇ 2 Tbls Olive Oil
- ◇ 4 cloves Garlic, minced
- ◇ 1 Tbls Thyme, fresh, chopped fine
- ◇ 1 1/2 cups Arborio rice
- ◇ 1/2 tsp Saffron
- ◇ 1/2 tsp Salt
- ◇ 1/2 tsp Pepper
- ◇ 6–8 cups Veggie Stock, heated, steep saffron
- ◇ 1 Tbls Butter
- ◇ 1/4 cup Grated parmesan cheese

Instructions

Searing Scallops

1. In large skillet over medium-high heat, melt butter with oil. Blot scallops dry with paper towels, then season generously with salt and pepper.
2. When foaming of mixture has subdued, and the pan is just starting to smoke, add scallops.
3. Cook, undisturbed, until bottom has developed a golden crust, 2 to 3 minutes. Flip and cook until golden on other side, 2 to 3 minutes more. Keep warm for service.

Beurre Blanc Sauce

1. Boil wine, vinegar, and shallot in a 2- to 3-quart heavy saucepan over moderate heat until liquid is syrupy and reduced to 2 to 3 tablespoons, about 5 minutes.
2. Add cream, salt, and white pepper and boil 1 minute. Reduce heat to moderately low and add a few tablespoons butter, whisking constantly. Add remaining butter a few pieces at a time, whisking constantly and adding new pieces before previous ones have completely liquefied, lifting pan from heat occasionally to cool mixture.
3. Remove from heat, then season with salt and pepper & pour sauce through a medium-mesh sieve into a thermos, pressing on and then discarding shallot. Hold for service.

Grilled Filet Mignon, Bearnaise Sauce

Yield: 4 servings

Filet Mignon

- ◇ 4—6oz Tenderloin Steaks
- ◇ 1 tsp Olive Oil
- ◇ Salt & Pepper to taste

Sauce: Bearnaise

- ◇ 1/4 cup Chopped fresh tarragon leaves
- ◇ 2 Tbls. Shallots, minced
- ◇ 1/4 cup White wine vinegar
- ◇ 1/4 cup Dry white wine
- ◇ 3 each Egg yolks
- ◇ 1/2 cup Butter, melted
- ◇ Salt and pepper

Instructions

Roasting Vegetables

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place broccoli florets, mushrooms, butternut squash, zucchini, squash, bell pepper and onion in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 12-15 minutes, or until tender.*

Roasted Vegetable Medley

Yield: 6 servings

Roasted Vegetables

- ◇ 2 cup Broccoli florets
- ◇ 2 cups Cremini mushrooms, cut in half
- ◇ 2 cups c Carrots, sliced on bias, 1/2 in. thick
- ◇ 1 each Zucchini, sliced on bias, 1/2 in. thick
- ◇ 1 each Yellow squash, sliced on bias, 1/2 in. thick
- ◇ 1 each Red bell pepper, cut into 1/2 in. strips
- ◇ 1 each Onion, sliced into 1/2 in. strips
- ◇ 2 Tbls Olive oil
- ◇ 2 Tbls Balsamic vinegar, or more, to taste
- ◇ 4 cloves Garlic, minced
- ◇ 1 1/2 tsp Thyme, fresh, chopped fine
- ◇ Kosher salt and freshly ground black pepper, to taste

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Instructions

Grilled Filet Mignon

1. Season both sides of the filet generously with salt and pepper. Rub with a little olive oil and let rest until room temperature.
2. Preheat grill to high heat and let the internal temp get up to around 500° F.
3. Place the filets face down and sear undisturbed for 5 minutes. Flip the filets and sear for an additional 5 minutes. This is ideal for medium-rare.
4. Remove filets from the grill and set on a tray. Let sit for 5 minutes or hold warm for service
5. Serve with Bearnaise Sauce.

Bearnaise Sauce

1. Make the bearnaise reduction first. In a small saucepan, combine the tarragon, shallots, vinegar and wine over medium-high heat. Bring to a simmer and cook until reduced until 3/4. Remove from heat and set aside to cool.
2. Blend yolks and bearnaise reduction together. With the blender running, add 1/3 of the butter in a slow steady stream. Once it emulsifies, turn the blender speed up to high and add the remaining butter. Season with salt and pepper and put into a thermos to hold for service.