

Meatless French

May 2011

Menu:

Wild Mushroom Bourguignon Flatbread

Baby Potato, Fennel & White Bean
Bouillabaisse with Garlic Aioli

Artichoke & Zucchini Gratin with
Gruyere Béchamel

Muscat Soaked Strawberries and
Crunchy Meringue Parfaits



Wild Mushroom Bourguignon Flatbread

makes 1 flatbread

- 1 piece frozen puff pastry, (9x13 rectangle)
- 1 cup dried wild mushrooms
- 1 tbl butter
- 2 large portabello mushrooms, stem and gills removed
- 1/4 cup minced shallots
- 1 tbl minced garlic
- 2 tbl chopped fresh thyme
- 1 tbl tomato paste
- 1/2 cup full-bodied red wine
- salt and pepper
- 1/4 cup chopped parsley

***** Preparation ******

Preheat oven to 375 degrees.

Once the pastry is soft and pliable, roll out on a piece of parchment so it's a little thinner. Poke all over with a fork, leaving a 1/2-inch border all around the edge. Put back in the fridge until ready to put into the oven.

Place the dried mushrooms in a bowl and cover with boiling water. Let sit for 10 minutes.

Meanwhile, add the butter to a large skillet. Cut the portabellos into 1/4-inch thin slices and add to the pan. Cook until soft and remove from pan. Add a little more butter to the pan, along with the shallots, garlic and thyme. Cook over medium heat until soft. Add the tomato paste and cook for a minute. Drain the dried mushrooms and roughly chop and add to the pan. Add the wine and bring to a boil. Let bubble for 5 minutes until wine has reduced and is nearly gone from the pan. Add the portabellos back to the pan, remove from heat and season with salt and pepper.

Top the cold pastry with the mushrooms and place directly into the oven. Let cook for 15-20 minutes until very golden. Remove from oven and let cool slightly. Cut into large squares or strips to serve. Garnish with parsley.



Baby Potato, Fennel & White Bean Bouillabaisse with Garlic Aioli

serves 4-6

1 tbl butter
2 cups diced fennel
2 tbl chopped garlic
1/4 tsp saffron
1 cup white wine
2 lbs fingerling potatoes, cut into thick slices (or other baby potatoes)
1 15-oz can canned white beans, rinsed very well and drained
1 15-oz can roasted canned diced tomatoes
3 cups water or mild vegetable stock, plus more as needed
salt and pepper
1/4 cup chopped parsley
1/2 cup mayonaisse
1 tsp lemon zest
1 clove garlic, grated
6 large slices baguette

***** Preparation ******

Preheat oven to 375 degrees.

Add the butter to a Dutch Oven over medium heat. Add the fennel and cook for 5 minutes until soft. Add the garlic and saffron and cook until fragrant. Add the wine and bubble for 5 minutes. Add the potatoes, white beans and tomatoes. Add the stock as needed to cover everything by about 1-inch of liquid. Bring to a boil, reduce heat and simmer for 10 minutes or until potatoes are tender. Remove from heat and season with salt and pepper. Stir in parsley.

Meanwhile, stir together the mayo, lemon zest and garlic. Season with salt and pepper.

Brush the baguette with olive oil or butter and toast in the oven until golden.

Serve the stew in a shallow bowl with a dollop of the aioli on top and a toast on the side for dipping.



Artichoke & Zucchini Gratin with Gruyere Bechamel

serves 6

for the bechamel:

2 tbl butter

2 tbl flour

2 cups whole milk

pinch grated nutmeg

2/3 cup grated gruyere cheese

salt and pepper

for the veggies:

olive oil, drizzle

1/4 cup minced shallots

4 cups sliced zucchini, (cut into 1/4-inch thick coins or half-moons)

1 12-oz bag frozen artichoke hearts, defrosted and patted dry

***** Preparation ******

For the bechamel:

Preheat oven to 450 degrees.

In a small pot, melt the butter over medium heat. Add the flour and whisk. Cook for about 30 seconds. Whisk in the milk and cook over medium-high heat, whisking often, until mixture comes to a bubble and begins to thicken. Remove from heat and stir in the nutmeg and cheese and season with salt and pepper. Set aside.

For the veggies:

Heat a very large skillet over high heat. Add a drizzle of olive oil. Add the shallots and zucchini and cook, stirring often, over high heat for about 5 minutes or until some of the veggies start to brown. Add the artichoke hearts and cook a couple more minutes. Remove from heat and season with salt and pepper.

Place the veggies in a casserole dish and top with the bechamel sauce.

Bake for 10-15 minutes or until golden and bubbly.

Serve hot!



Muscat Soaked Strawberries and Cruchy Meringue Parfaits

serves 6

6 cups chopped strawberries

1 tsp orange zest

2 cups muscat wine

1/4 cup honey, plus more as needed

2 cups greek yogurt

1 tsp vanilla bean paste

12 crisp vanilla meringue cookies

***** Preparation ******

Toss the strawberries with orange zest, muscat and honey to taste (add anywhere from 1 tbl to 1/4 cup based on how sweet the berries are). Let sit at room temperature for 10 minutes.

Whip together the yogurt and 1/4 cup honey and vanilla paste. Crush the cookie into big chunks.

Use small 10-oz glasses or something similar to layer strawberries, yogurt and crumbles -- repeat so you have two layers of each item, finishing with the meringue crumbles.