



- Healthy and Lite Dinner –

Menu - Cannellini Bean Crostini - Soup au Pistou (French Vegetable Soup with Homemade Pesto) - Fish en Papilote (Fish and vegetables baked in parchment paper)

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THE CLASS VIDEO

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Shopping List

Dairy/Freezer

- 2 TB grated Parmesan cheese
- 2 TB unsalted butter, cubed

Pantry

- 2, 15-ounce can cannellini beans, drained and rinsed
- 2 TB olive oil
- 5 cups chicken stock (I use Better then Bouillon)
- 1, 15-ounce can diced tomatoes, undrained
- 1 bay leaf



- 1 TB Chinese five spice
- 1 TSP fennel seeds
- Salt and pepper

Produce

- 4 garlic cloves
- 1 large yellow onion
- 2 TB minced onion
- 2 large lemons
- Fresh sage leaves (one packet)
- 3 plum (Roma) tomatoes
- 2 stalks celery
- 3 carrots
- 2 large zucchinis
- 1 yellow squash
- 1 small russet potato
- 2 sprigs fresh thyme
- ¾ ounce fresh basil (one package)
- 1 small leek
- ½ cup cherry tomatoes, halved

Protein

- 4 skinless salmon fillets

(I usually buy a side of salmon from Wegman's or Costco. Each store sells it for \$8.99 per pound, then I cut it into pieces, called pavé. Saves \$1 per pound if the butcher is not cutting it into pieces for you. A side of salmon will be between \$30 - \$35 and serves 8. You can freeze the extra for up to 3 months.)

Specialty

- 1 baguette, sliced in rounds
- Parchment paper
- 2 TB white wine (or substitute with broth: chicken or vegetable)

Equipment List

Baking

- 2 Large baking sheets

Electric

- Food processor

Pots and Pans

- Large Dutch oven
- Small non-stick skillet
- Medium non-stick skillet

Utensils

- Can opener
- Cutting board
- Fine mesh sieve
- Knives – chef's, bread
- Measuring cups and spoons
- Mixing bowls, variety
- Pastry brush
- Scissors
- Vegetable peeler

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Cut 4, 24” pieces of parchment paper
- For the soup, it will help if you prep the veggies in advance of our time together.
 - 1 large onion, chopped
 - 2 stalks celery, chopped
 - 2 carrots, peeled and chopped
 - 1 large zucchini, chopped
 - 1 yellow squash, chopped
 - 1 small russet potato, peeled and chopped
- If you buy frozen fish, make sure you thaw before we begin.
**See the note under shopping list for purchasing fresh fish.

Cannellini Bean and Sage Crostini

Makes 16 appetizers

1, 15-ounce can cannellini beans
2 garlic cloves
2 TB minced onion
1 TB olive oil
1 TB lemon juice
Salt and pepper to taste
Fresh sage leaves, chopped
2 plum tomatoes, deseeded and chopped fine
1 baguette, sliced in rounds
Optional – 2 slices prosciutto

Heat oven to 350°F.

Using a fine mesh sieve, rinse and drain the beans. Reserve 1/3 cup of beans. Set aside.

In a small non-stick skillet, heat ½ TB olive oil over medium-low heat. Add the garlic and onions, cook 4 minutes until softened. Remove the garlic and onion to a plate and let cool slightly.

In the bowl of a food processor, combine the cannellini beans, 2 TB olive oil and 1 TB lemon juice. Process until smooth. Add the chopped onions and garlic, process until well combined. Lastly, drop in the whole beans and pulse 3 times, just so they are broken up.

Place the baguette rounds on a parchment lined baking sheet. Brush each piece with olive oil. Bake in the oven 8 minutes or until slightly browned. Remove from oven and immediately rub with a cut piece of garlic.

Top each bread round with the bean mixture and garnish with chopped sage and tomatoes.

** You can also add 2 pieces of chopped prosciutto to the bean mixture.

Recipe by CTWS

Soup au Pistou

For the Soup:

1 large onion, chopped
2 stalks celery, chopped
2 carrots, peeled and chopped
1 large zucchini, chopped
1 yellow squash, chopped
1, 15 ounce can cannellini beans, drained and rinsed
1 small russet potato, peeled and chopped
5 cups chicken stock
1, 15-ounce can diced tomatoes, undrained
2 sprigs fresh thyme
1 bay leaf
½ TSP salt
¼ TSP black pepper

For the Pistou:

¾ ounce fresh basil (one package)
1 – 2 cloves of garlic, chopped
¼ TSP kosher salt
2 TB grated Parmesan cheese
1 TB olive oil
1 TB water
1 Roma tomato chopped

To make the pistou, combine the basil, garlic, salt and Parmesan cheese in a food processor. While the motor is running, drizzle in the olive oil until combined. Then add the water and tomato, pulse until combined.

For the soup:

In a large Dutch oven, heat 1 TB olive oil over medium heat. Add the onions, celery and carrots to the pot and cook until tender, 8 – 10 minutes. Add the remainder of the ingredients and bring to a boil. Reduce the heat and simmer an additional 15 minutes until all the vegetables are softened.

Remove from heat and serve with a heaping teaspoon of pistou.

Fish en Papillote

Serves 4

4 skinless salmon fillets**
1 carrot, julienne
1 zucchini, julienne
1 small leek, tops cut off and the bottom rinsed and julienne
½ cup cherry tomatoes, halved
1 TB Chinese five spice
1 TSP fennel seeds
2 TB white wine (or substitute with broth: chicken or vegetable)
Olive oil
Salt and pepper
2 lemons
2 TB unsalted butter, cubed
Parchment Paper

Preheat the oven to 400°F.

Slice one lemon into 8 thin slices.

First, cut four sheets of parchment (each about 24”) fold in half. Cut into half heart shapes. Thoroughly salt and pepper both sides of the fish. Next rub ¼ TB of Chinese five spice on top of each fish fillet. Set aside.

Pour 1 TB olive oil into a large skillet. Add the carrots and cook approximately 4 minutes then add the zucchini and leeks, cook an additional 3 minutes until they are “al dente”. Remove from heat and salt and pepper to taste and squeeze the juice from ½ of a lemon and toss.

To make each packet:

Mound ¼ of the vegetable medley on ½ of the parchment paper, add the tomatoes. Top the veggies with a fish fillet, toss on a few fennel seeds. Top with one slice of lemon. Drizzle some olive oil over the fish and pour ½ TB white wine to finish. Place ½ TB cubed butter on the fish.

Close the heart packet by folding the edges over every 2”, starting at the top. When you reach the point of the heart twist tightly to close and seal.

Place two packets side-by-side on a rimmed baking sheet. Place both baking sheets in the oven and cook 13 minutes, rotating the baking sheets halfway through cooking.

The packets should be puffed and slightly brown. Remove and let sit 2 minutes. Cut into the packets and serve. You may garnish with an additional lemon slice.

**Be sure your salmon is at room temperature before assembling your packets.