

Easy and Elegant Dinner in 1 Hour

- Menu -

Blackberry and Burrata Crostini

White Wine Poached Salmon Filets with

Butter and Lemon Caper Sauce

Quick Orzo Risotto

Espresso and Vanilla Ice Cream Affogato

To access the class video, copy and paste the following link into your browser:

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Shopping List

Dairy/Freezer

* 1 large ball burrata cheese
* 3/4 cup unsalted butter, 11/2 sticks
* ½ cup Parmesan cheese plus extra for garnish
* 1 pint vanilla gelato

Pantry

* 4 ciabatta rolls or 1 small loaf
* ¼ cup blackberry preserves
* ½ cup chicken broth
* 3 TB capers
* 2 cups orzo
* 6 cups chicken broth

Produce

* 1-pint blackberries
* Greens such as arugula, basil or watercress (garnish for appetizer)
* 5 sprigs fresh thyme
* 2 lemons
* 2 shallots
* 6 cloves of garlic minced
* 1 TB Italian parsley, chopped

Protein

* 4, 6-ounce salmon filets

Spices

* Salt and pepper
* 1 TSP whole black peppercorns
* 2 Bay leaves
* 1 star anise
* 1 TSP whole black peppercorns

Specialty

* 2 cups white wine
* Brewed espresso
* Chocolate shavings if desired for garnish
* Chopped nuts, if desired for garnish

Equipment List

Baking

* Baking sheet

Pots and Pans

* Dutch oven
* Large skillet

Utensils

* Cutting board
* Chef’s knife
* Measuring cups and spoons
* Whisk

# 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.

* If you purchased frozen fish, please defrost before we start class

Blackberry and Burrata Crostini

4 ciabatta rolls or 1 small loaf

1-pint blackberries

1 large ball burrata cheese

¼ cup blackberry preserves

Greens such as arugula, basil or watercress

Cut the ciabatta rolls in half. Toast them lightly in a toaster oven. Remove and cut each half into four small pieces. Smear blackberry preserves on each piece. Top with a tablespoon of the burrata cheese. Garnish with a blackberry and greens

Wine Poached Salmon

Poaching Liquid

1 ½ cups white wine

½ cup chicken broth

1 TSP whole black peppercorns

2 Bay leaves

¼ of a fresh lemon

2 sprigs fresh thyme

1 star anise

4, 6-ounce salmon filets

Remove the fish skin. Generously salt and pepper the fish on both sides.

In a large skillet bring all the ingredients of the poaching liquid to a boil. Reduce heat and simmer 3 minutes. Add the salmon fillets and cover with a tight-fitting lid. Cook about 4 minutes then flip the fish over. Cook an additional 4 minutes, or until a thermometer reads 145˚.

Remove the fish from the poaching liquid to a plate and season with salt and pepper. Cover with a tent of aluminum foil and let rest.

Butter and Lemon Caper Sauce

1 TB olive oil

1 shallot minced

4 cloves of garlic minced

¼ cup white wine

3 TB lemon juice

Zest of one lemon

3 TB capers

2 TB fresh parsley, chopped

½ cup unsalted butter, 1 stick, cubed

Heat the 1 TB olive oil in a large skillet over medium heat and then add the shallot. Cook for 3 - 4 minutes until the shallot is softened. Add the garlic and cook one minute. Pour in the wine and deglaze the pan. Allow the wine to reduce slightly, then add the lemon juice, zest, and capers, stirring to combine. Remove from the heat and add the parsley. Whisk in the cubes of butter.

Serve with chicken, fish or pasta.

Orzo Risotto

4 TB unsalted butter

1 shallot, minced

2 garlic cloves, minced

¼ cup white wine

2 cups orzo

6 cups chicken broth

2 sprigs of fresh thyme

½ cup Parmesan cheese plus extra for garnish

1 TB Italian parsley, chopped

In a large Dutch oven melt the butter over medium heat. Add the shallot and cook until softened, about 3 – 4 minutes. Next add the garlic and cook 30 seconds, or until fragrant. Deglaze the pan with the wine. Allow it to bubble up about 1 -2 minutes. Pour in the orzo and stir until all the liquid is absorbed and the orzo is coated. Add the broth, bring to a boil. Reduce heat until the liquid is just simmering. Add the fresh thyme. Cook for 12 minutes or until the orzo is tender. Remove from the heat. The liquid should have been mostly absorbed, otherwise continue to cook for a few more minutes. As it sits it will continue to absorb liquid. (I prefer it a little on the runny side.) When ready, remove the orzo from the stove and add the cheese, stir until incorporated. Garnish with parsley.

Affogato

Vanilla gelato

Brewed espresso

Chopped nuts

Chocolate shavings

Place 2 scoops of gelato in a dessert dish. Pour 1 – 2 shots of freshly brewed espresso over the gelato and garnish with nuts and chocolate shavings if desired.