



## Starlight Dinner

- Menu -

Goat Cheese and Tomato Napoleons  
Oven Baked Honey and Thyme Salmon  
Vegetable Medley  
Chocolate Covered Strawberries

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## Shopping List

### Dairy/Freezer

- ½ package Pepperidge Farm puff pastry
- 8 ounces goat cheese
- 1 cup heavy whipping cream
- 1 egg
- 1 TB butter

### Pantry

- Kosher salt and pepper
- 4 ½ TB olive oil
- ¼ cup honey
- 1 TB white wine vinegar
- 1 TSP Dijon mustard
- 12 ounces semi-sweet chocolate chips or white chocolate chips
- 1 TB shortening
- All-purpose flour for dusting

### Produce

- 9 TB fresh basil
- 3 lemons
- 12 ounces cherry tomatoes
- Head of garlic
- 2 TB chopped fresh thyme
- 2 carrots
- 2 zucchinis
- 2 quarts of fresh strawberries
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### Protein

- 2 pounds salmon (serves 4)

## Equipment

### Baking

- 2 Rimmed baking sheets

### Electric

- Hand-held mixer

### Pots and Pans

- Medium size skillet

### Tools/Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls
- Microplane/citrus zester
- Pastry brush
- Rolling pin
- Spatula
- Whisk

# Mise 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.

- I recommend you read through all the recipes.
- Collect all the ingredients and organize them by recipe.
- Since this is a weeknight meal I do not expect you to have everything chopped in advance, we will be doing it together. However, if you feel you need more time, you may want to prep some of the veggies before we begin the class.
- I recommend you prepare the **Thyme** in advance for the recipes. This job is a bit tedious!

## Tomato, Goat Cheese Napoleons

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Serves 8 as an appetizer

½ package Pepperidge Farm Puff Pastry  
8 ounces goat cheese, softened and at room temperature  
1 cup heavy whipping cream  
6 TB fresh basil, chopped and divided  
A pinch of salt  
½ lemon, zest  
12 ounces cherry tomatoes, halved  
2 TB olive oil  
1 garlic clove, minced  
Salt and pepper to taste  
1 TB lemon juice  
1 egg, beaten  
All-purpose flour for dusting

Pastry:

Preheat oven to 400°.

Roll out one sheet puff pastry dough sheet on a lightly floured surface. Cut 8 rectangles, 5" x by 2 ½". Place the pastry squares on a parchment lined baking sheet. Brush pastries with beaten egg. Bake 12-14 minutes.

Remove from oven and let cool. Once cool, slice in half with a sharp knife.

Tomatoes:

Combine tomatoes, olive oil, garlic, 2 TB fresh basil, 1 TB lemon juice and salt and pepper to taste. Set aside.

Filling:

Beat 1 cup of heavy whipping cream until soft peaks form. Add the goat cheese and beat until mixed well and fluffy. Stir in zest from ½ lemon, 4 TB fresh chopped basil, and a pinch of salt.

Assemble right before serving:

Taking the one of the cut pastries, spread 1 TB of goat cheese on the cut side of the bottom piece. Top with a few tomatoes. Cover with the pastry lid and cover it with 1 – 2 TB more goat cheese mixture. Top with additional tomato mixture, allowing it to fall over the sides.

## Oven Baked Honey and Thyme Salmon

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Serves 4 (You can easily double this recipe to serve 8)

2 pounds salmon  
¼ cup honey  
5 garlic cloves, minced  
1 ½ TB olive oil  
1 TB white wine vinegar  
1 TB chopped fresh thyme  
Salt and pepper  
1 lemon, sliced

Preheat the oven to 375° F.

Lay a large piece of foil on a rimmed baking sheet. In the center of the foil place the sliced lemons. Place the salmon, skin side down on a large baking sheet. Generously salt and pepper the fish.

In a small bowl, combine the honey, garlic, oil, vinegar and thyme.

Pour the mixture over the salmon. Close the foil around the fish, leaving a little space so that the air can circulate. Place the baking sheet in the oven. Bake 20 minutes, or until the fish flakes easily with a fork. (When checked with a meat thermometer, should be 145° F internal temperature.) Remove from the foil and serve immediately with some sauce.

## Carrots and Zucchini Medley with Citrus Dressing

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2 carrots  
2 zucchinis  
½ TSP kosher salt  
1 clove garlic, minced  
1 TB butter  
1 TB olive oil  
Citrus dressing

Peel and then cut the carrots into 4" batons. Cut the zucchini into 4" batons removing the seeds. Add the butter and oil to a medium size skillet, heat over medium-low. Add the vegetables and salt, cook about 4 minutes. Add the minced garlic and cook an additional 3-4 minutes until the vegetables are crisp tender. Toss with the citrus dressing and serve immediately.

### Citrus Dressing

3 TB chopped fresh basil  
1 TB chopped fresh thyme  
3 TB fresh orange juice  
1 TB fresh lemon juice  
1 TSP Dijon mustard  
¼ TSP kosher salt  
¼ TSP fresh ground pepper

Whisk all the ingredients together in a small bowl.

## Chocolate Dipped Strawberries

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2 quarts of fresh strawberries  
12 ounces semi-sweet chocolate chips  
1 TB shortening

Place the chocolate and shortening in a glass bowl. Microwave for 30 seconds at 50% power. Remove bowl and stir with a rubber spatula. Continue to microwave at 30 second intervals until the chocolate is completely melted.

Make sure the strawberries are very dry. Holding on to the stem and leaves dip the strawberry in the chocolate until well covered. Remove and let the extra drip off. Place the chocolate strawberry on a parchment paper covered cookie sheet. (At this point you may sprinkle with nuts and/or coconut.)

Chill in the refrigerator at least 30 minutes to harden.  
You may wish to decorate with additional chocolate after it has hardened.

Eat within 24 hours