



Entertainers Menu

- Menu -

Chicken Wellington with Mustard Sauce - Citrus Glazed Vegetables -
Chocolate Fondue with Berries

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Shopping List

Dairy/Freezer

- 1 box Pepperidge Farm Puff Pastry Sheets
- 4 TB unsalted butter
- 1, 8-ounce package cream cheese
- 1 large egg
- 6 TB whipping cream

Pantry

- Salt and pepper
- 4 TB olive oil
- 3 TB plus 2 TSP Dijon mustard
- All-purpose flour for dusting the countertop
- 2 large carrots
- 2 medium zucchinis
- 1 ¼ cups semi-sweet chocolate chips, I usually use Ghirardelli brand
- 2 TB light corn syrup

Protein

- 8 small boneless, skinless chicken breasts or 4 large breasts cut in ½
(Recipe makes 8 portions – easily halved if desired)

Produce

- 1 large yellow onion
- 1 head fresh garlic
- 1 lb. cremini mushrooms
- 1 bunch flat leaf parsley
- 3 TB fresh thyme
- 3 TB fresh basil
- 1 lemon
- 1 orange

Spices

- ¼ TSP cinnamon

Specialty

- 3 TB amaretto, grand Marnier or Kahlua
- ½ TSP instant espresso (optional – I think it adds lots of flavor)

Equipment

Baking

- Rimmed baking sheet
- Rolling pin

Specialty

- Chocolate fondue pot

Pots and Pans

- Large skillet
- Large pot
- Small skillet

Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Glass mixing bowl
- Mixing bowls, various
- Pastry brush
- Spatula
- 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.

- **One hour prior to class bring out your cream cheese to soften.**
- **Thaw your puff pastry sheets, but keep them chilled in the refrigerator. You can thaw them in the refrigerator overnight.**
- **Bring out your chicken (about 15 minutes before we start) so it is at room temperature.**
- **Organize your ingredients by recipe.**
- **I find it is helpful to remove the leaves from thyme stems. This will take several minutes to accomplish.**
- **To clean your mushrooms, do not rinse them. Remove any surface dirt with a clean paper towel.**

Chicken Wellington

Makes 8 wellingtons – you can easily half this recipe to serve 4

2 sheets puff pastry (thawed for about 30 - 40 minutes)
8 small boneless skinless chicken breasts (if your chicken is larger, you may want to cut 4 in ½)
4 TB unsalted butter, divided
4 TB olive oil, divided
Salt and pepper to taste
1 large yellow onion, finely chopped (about 2 cups)
1 TB freshly minced garlic
1 lb cremini mushrooms, cleaned, stems removed and discarded, then chopped fine
2 TB finely chopped fresh flat leaf parsley
2 TB fresh thyme, chopped
1 (8 ounce) package cream cheese, softened
3 TB Dijon mustard
1 large egg
1 TSP water
All-purpose flour for dusting

Preheat the oven to 375 ° F.

Season the chicken breasts with salt and pepper on all sides.

Heat 2 TB butter and 2 TB oil in a large skillet over medium heat. In the skillet, brown 4 of the chicken breasts on all sides until almost completely cooked through; transfer to a platter. Add the additional 2 TB butter and 2 TB oil to the pan if necessary and brown the remaining 4 chicken breasts. Transfer to the platter.

To the same skillet, add in the finely chopped onions, garlic and chopped mushrooms. Sauté the mixture until the mushrooms are mostly dry and the onions are translucent. Then stir in herbs. Remove from heat. Season generously with salt and pepper. Taste to ensure that it is seasoned properly.

On a floured surface, roll out each puff pastry sheet to a 14-inch square.
Cut into four, 7” squares (you should have 8 squares total).

In a small bowl combine the softened cream cheese with mustard, then spread a generous amount over each chicken breast.

Top each pastry square with about 2-3 tablespoons mushroom/onion mixture.
Place a chicken breast on each pastry square with the cream cheese mixture side down.
In a small bowl whisk together 1 egg and 1 TSP water.

Brush the edges of each pastry square with egg wash.

Wrap the pastry around the chicken breast and filling, pressing edges to seal tightly.
Place seam-side down on greased baking sheets or line with parchment paper.

Brush the tops with beaten egg.

Bake for about 25 minutes, or until puffed and golden brown.

Serve with mustard sauce if desired.

Dijon Mustard Sauce

½ cup white wine
½ cup chicken broth
¼ cup heavy cream
2 TB Dijon Mustard
Salt and pepper to taste

In a small skillet, add ½ cup white wine, ½ cup chicken broth, bring it up to a boil and reduce the liquid by half. Stir in the heavy cream and heat through. Remove from heat and whisk in the mustard. Season with salt and pepper to taste.

Carrots and Zucchini Medley with Citrus Dressing

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 carrots and salt, cook about 4 minutes. Add the zucchini and 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
Juice from ½ lemon
Juice from 1/2 orange
2 TSP Dijon mustard
Salt and pepper to taste

In a small bowl whisk all the dressing ingredients together. Toss with warm vegetables.

Chocolate Fondue

1 ¼ cups semi-sweet chocolate chips, I usually use Ghirardelli brand
6 TB whipping cream
3 TB amaretto, grand Marnier or Kahlua
2 TB light corn syrup
¼ TSP cinnamon
½ TSP instant espresso (optional – I think it adds lots of flavor)

Suggestions for dippers: apples, pineapple chunks, sliced pears, pound cake, fresh berries (strawberries or raspberries), pretzels, marshmallows, graham crackers, Oreos, shortbread cookies

Set a glass bowl over a pot of simmering water. Make sure the water does not touch the bottom of the bowl. Add the whipping cream and heat it slightly. Pour in the chocolate chips and stir until they are completely melted. You may need to turn down the heat if the water is boiling too rapidly. Add the liqueur of your choice and light corn syrup and stir gently until combined. Add the cinnamon and instant espresso stir. Serve in a fondue pot with dippers of your choice.