

Cooking Thyme with Stacie

SHARING THE JOY OF  COOKING & HOSPITALITY

Bistro Dinner
Wednesday, February 16, 2022
At 5pm EST

- Menu -

Salmon Niçoise Salad with Roasted Potatoes and Green Beans
Individual Lemon Cooler Parfaits

To access the class video please copy and paste the link into your browser:
www.cookingthymewithstacie.com/video-class-purchase/bisdinnic22

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Shopping List

Serves 6

Dairy

- 6 eggs
- 1 package (8 ounces) cream cheese
- $\frac{3}{4}$ cup heavy whipping cream

Pantry

- $\frac{1}{2}$ cup balsamic vinegar
- 2 TB Dijon mustard
- 2 TB dark brown sugar
- 1 $\frac{1}{2}$ cups olive oil
- 6 TSP Dijon mustard
- $\frac{1}{4}$ cup confectioner's sugar
- 1 $\frac{1}{2}$ cups graham cracker crumbs

Produce

- 2 TB minced red onion
- 1 package fresh basil
- 12 – 14 small Yukon gold potatoes
- 6 cloves of garlic
- 1 package fresh rosemary
- 1 bunch Italian parsley
- 1 package fresh thyme
- 1 package fresh oregano
- 6 ounces fresh green beans
- 3 green onions, chopped fine
- 16 ounces Baby salad greens
- 12 ounces grape tomatoes
- 1 lemon

Protein

- 6, four-ounce salmon fillets

Spices

- Kosher salt and black pepper

Specialty

- $\frac{1}{2}$ cup sliced Kalamata olives
- 3 TB capers
- $\frac{1}{2}$ cup plus 3 tablespoons jarred lemon curd

Equipment

Baking

- 2 Large rimmed baking sheets
- 6 ramekins or 12 dessert shot glasses

Electric

- Food processor
- Hand mixer

Pots

- 2 Medium saucepans

Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Metal spatula
- Mixing bowls, various

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?”

- Clean and scrub the potatoes
- Remove the pin bones and skin from salmon (thaw if frozen)
- It will be best if you prepare the fresh herbs in advance

Niçoise Salmon Salad with Roasted Potatoes and Green Beans

Serves 6

Balsamic Vinaigrette

½ cup balsamic vinegar
2 TB minced red onion
2 TB Dijon mustard
2 TB dark brown sugar
½ TSP kosher salt
¼ TSP black pepper
1 cup olive oil
1 TB fresh basil, chopped

In a food processor, combine the first 6 ingredients and pulse until well combined. With the motor running, gradually pour in the olive oil. Last, add the fresh basil and pulse 2 – 3 times until mixed.

This recipe will be more than you need. You can refrigerate the extra dressing for 3 days, just shake well before using.

Mini Roasted Gold Potatoes

12 – 14 small Yukon gold potatoes, halved or quartered depending on their size
4 cloves of garlic, chopped
¼ TSP kosher salt
4 TB olive oil
1 TB fresh rosemary, chopped fine
1 TB Italian parsley, chopped fine
1 TB fresh thyme, chopped fine
¼ TSP black pepper

Preheat the oven to 400°.

Place one rack in the top third of the oven. In a food processor, combine the garlic cloves and the salt. Pulse until it becomes a paste. Add the rest of the ingredients, pulse until well mixed.

Place all the ingredients in a large bowl and toss the potatoes until they are well coated. Place the potatoes on a rimmed baking sheet in a single layer. Roast about 10 minutes then using a metal spatula, turn them over. Continue roasting an additional 10 – 15 minutes until they are quite browned and crispy. Remove from oven and set aside.

Green Beans

6 ounces fresh green beans, trimmed

Bring a medium size pot of salted water to a boil. Add the green beans and cook until crisp tender, about 3 minutes. Plunge them into an ice bath to stop the cooking. Drain and dry them with a paper towel. Set aside.

Eggs

6 eggs

Place the eggs in a medium saucepan covering the eggs with cold water. Place on the stove and bring the water to a boil over high heat. Once the water boils, turn off the heat and cover the pan with a tight-fitting lid. Let rest 12 minutes. Drain the hot water and replace with cool water. Peel the eggs and cut into quarters.

Herbed Salmon

6, four-ounce salmon fillets, pin bones and skin removed

3 green onions, chopped fine

3 TB Italian parsley, chopped fine

3 TB fresh basil, chopped fine

2 TSP fresh thyme, chopped

2 TSP fresh oregano, chopped

¼ cup olive oil

2 garlic cloves, minced

1 TSP kosher salt

½ TSP black pepper

6 TSP Dijon mustard

Preheat the oven to 450°.

Line a rimmed baking sheet with parchment paper. Season the salmon with salt and pepper. Place the fillets on the baking sheet. Smear 1 TSP of mustard on top of each fillet.

In a small bowl, combine the green onions, parsley, basil, thyme, oregano, and garlic. Pour in the olive oil and stir to combine. Spread equal amounts of the herb mixture on top of the mustard coated salmon.

Bake about 7 - 10 minutes or until a thermometer reads 145°F.

Salad Assembly

16 ounces Baby salad greens
12 ounces grape tomatoes, halved
½ cup sliced Kalamata olives
3 TB capers, rinsed and drained
Quartered hard boiled eggs
Roasted salmon fillets
Roasted Potatoes
Green Beans

Place the salad greens, tomatoes, olives, green beans and capers in a large bowl. Toss with some of the vinaigrette. Place salad greens equally on 6 plates. Top with warm salmon and egg quarters.

Individual Lemon Cooler Parfaits

Serves 12 in a small shot glass or 6 in a small ramekin

1 package (8 ounces) cream cheese
¼ cup confectioner's sugar
2 teaspoon lemon zest, plus thin strips for garnish
½ cup plus 3 tablespoons lemon curd, separated
¾ cup heavy whipping cream
1 ½ cups graham cracker crumbs

Soften cream cheese in the microwave, about 30 seconds.

In a medium bowl, combine cream cheese, confectioner's sugar, and lemon zest.

In a separate bowl whip cream and 3 tablespoons lemon curd to soft peaks.

Layer the following in each shot glass: (Double these amounts of using a larger ramekin)

1 TB graham cracker crumbs
1 TB cream cheese mixture
2 tsp lemon curd
1 TB graham cracker crumbs

Finish with a dollop of the whipped cream, and a thin strip of lemon zest.

Refrigerate until ready to serve.