

Live Stream Cooking Class

Lunch Bunch

3.26.21

10 – 11:30 am EST

- Menu –

French Onion Soup

Pork Medallions with Pears and Port Mustard Sauce

Chocolate Soufflé

Shopping List

Dairy/Freezer

* 5 TB plus 2 TSP unsalted butter
* ¾ cup Jarlsberg or Gruyere cheese, grated
* 4 large egg whites
* 1 cup heavy whipping cream (this is for optional dessert garnish)

Pantry

* Kosher salt and black pepper
* 1/3 cup plus 2 TB all-purpose flour
* 3 TSP vegetable bouillon (I use Better than Bouillon)
* ¾ cup chicken broth
* 3 TSP whole grain mustard
* 3 TSP Dijon mustard
* 2 TB granulated sugar
* 4 ounces semi-sweet chocolate baking bar
* 1/3 cup seedless strawberry jam
* 1 ½ TSP vanilla extract (plus ½ TSP extra if making dessert garnish)
* 2 TB powdered sugar (optional for dessert garnish)

Produce

* 4 medium yellow onions
* Bouquet garni: 3 parsley sprigs, 4 thyme sprigs, 2 bay leaves
* 4 firm Bartlett pears

Protein

* 1 pork tenderloin

Other

* Loaf of French bread
* ¾ cup white wine
* 2/3 cup port wine

Equipment

Baking

* Rimmed baking sheet
* 4 oven-proof soup bowls
* 4 oven-proof, 6-ounce ramekins

Electric

* Hand held mixer

Pots and Pans

* Dutch oven
* Large heavy bottom skillet

Utensils/Tools

* Box grater
* Cutting board
* Chef’s knife
* Ladle
* Measuring cups and spoons
* Mixing bowls – various
* Slotted spoon
* Twine to make bouquet garni

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.

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?”

I will give you time during the class to chop and measure as we prepare each recipe, but I recommend the more you prep in advance the more time you have to listen to the instruction!

I suggest before we begin:

* Cutting up the onions for the soup
* Shred the cheese for soup
* Removing the silver skin from the pork tenderloin
* Soften the butter for dessert cups

French Onion Soup

Serves 4 (recipe can easily be doubled)

4 medium yellow onions (about 4 cups)

2 TB butter

2 TB all-purpose flour

3 cups water

3 TSP vegetable bouillon

1 bouquet garni: 3 parsley sprigs, 4 thyme sprigs, 2 bay leaves (tied with kitchen twine)

½ tsp salt

¼ TSP ground pepper

¾ cup white wine

4 slices of French bread, cut in pieces

¾ cup grated Jarlsberg or Gruyere cheese

Boil the water and add the vegetable bouillon, set aside.

Peel, then cut onions in half. Slice onions in ¼” slices. In a Dutch oven, sauté onions in butter over low heat until soft and lightly brown. Should take about 20 – 25 minutes. Sprinkle with all-purpose flour. Add vegetable bouillon.

Add bouquet garni, salt and pepper and bring to a boil. Reduce the heat to a low simmer. Cover and cook for about 20 minutes. Remove from heat and add white wine to soup. Taste and adjust seasoning if necessary. (You do not want it bland – make sure you have added enough salt.)

Preheat the oven to 450˚ F.

Transfer soup to individual ovenproof bowls. I cut each slice of French bread into 3 - 4 pieces. Place 1 slice of the bread, in pieces, on top the soup and sprinkle with the cheese.

Place the bowls on a rimmed baking pan and bake in the oven for 10 minutes until the cheese melts and turns golden brown. You can broil for the last minute for an extra crunchy top.

Pork with Pears in a Mustard Port Sauce

Makes 4 servings

3 TB unsalted butter

4 firm Bartlett pears cored, peeled and quartered

1 pork tenderloin, silver skin removed, sliced into 12, ½” thick slices

1/3 cup flour

¾ cup chicken broth

2/3 cup port wine

3 TSP whole grain Dijon mustard

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Sprinkle pork medallions with salt and pepper. Place flour on a plate and season with a dash of salt and pepper. Dredge each medallion in flour, shake off the excess and place them on a platter. Set aside.

Melt butter in heavy large skillet over medium high heat. Add pears and sauté until lightly browned, about 4 minutes, turning occasionally. Using a slotted spoon, transfer pears to a platter.

Add the pork to the same skillet you cooked the pears in. Cook over medium high heat until lightly browned, about 2 minutes per side. Using slotted spoon, transfer the medallions to the plate with pears.

Add broth, port, and mustards to same skillet. Boil until reduced by 1/3, about 4 minutes. Reduce heat to medium-low.

Return pork and pears and any juices collected on the platter to the skillet and simmer until pork is cooked through and the sauce is reduced to glaze, stirring occasionally, about 4 minutes. Season with salt and pepper to taste and serve.

\*\*To make a more generous portion you can double this recipe and prepare two pork tenderloins.

Chocolate Soufflé

Makes 4 Servings

2 TSP unsalted butter, softened

2 TB granulated sugar

1 (4-oz.) semisweet chocolate baking bar

1/3 cup seedless strawberry jam

1 1/2 TSP vanilla extract

4 large egg whites

* Spread the softened butter on the bottom and sides of 4 (6-oz.) ramekins. Evenly spread the 2 TB of granulated sugar among the 4 ramekins. While rotating the ramekins, spread the sugar on the inside, coating well. Turn the ramekin over removing an excess sugar remaining. Set aside.
* Next, using a large chef’s knife, chop the chocolate bar into ½” pieces. Place the chocolate pieces and strawberry jam in a microwave-safe bowl. Cook the mixture on a medium (50% power) 1 1/2 minutes, stopping to stir at 30-second intervals until melted. Stir in vanilla.

\*\*Caution – once you beat the egg whites you must continue with the recipe – you cannot hold it after this point.

* Using an electric hand-held mixer, beat egg whites at high speed until soft peaks form. Combine 1/4 of the egg whites into chocolate mixture. You do not have to be careful at this point. You are softening the chocolate in order to fold in the rest of the egg whites. Pour the chocolate mixture into the remaining egg whites. Fold gently until there are no streaks of egg white remaining. Scoop the mixture evenly into the ramekins. Make sure the top edges of the ramekins are clean, otherwise they won’t rise properly.

Bake immediately at 350° in the middle of the oven for 18 minutes or until soufflés have risen and are lightly browned. Serve immediately.

Serve with whipped cream if desired.

Whipped Cream

1 cup heavy whipping cream

2 TB powdered sugar

½ TSP vanilla extract

Using a hand-held mixer, beat the whipping cream until foamy, then add the sugar and vanilla. Continue to beat until soft peaks form.