



Tuscan Fish Dinner
Wednesday, April 6, 2022
5 – 6:30 pm

- Menu -

Fancy Caesar Salad with Parmesan Crisp
Tuscan Halibut with Sun-Dried Tomato Cream Sauce
Lemon Ricotta Cake with Strawberries and Vanilla Whipped Cream

To watch the class video please copy and paste the following link into your browser:

www.cookingthymewithstacie.com/video-class-purchase/tusd4622

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Shopping List

Dairy

- 1 ¼ cups Parmesan cheese grated
- 2 TB unsalted butter
- 1 stick (8 TB) unsalted butter, softened (Plus extra to butter your pan)
- 3 large eggs
- 15-ounce container ricotta cheese
- 1 cup heavy whipping cream

Pantry

- 1 TSP anchovy paste (Optional, but I like it)
- 2 TSP Dijon mustard
- 1 TB Worcestershire sauce
- 1 cup mayonnaise
- ¼ loaf French Bread, cubed
- ¼ cup olive oil plus 1 TB
- 1, 15 ounce can coconut milk
- 1/3 cup sliced sun dried tomatoes packed in oil
- 1 1/3 cups all-purpose flour
- 2 TSP baking powder
- 1 cup plus 1 ½ TB granulated sugar
- 2 TSP vanilla extract
- 1 TB powdered sugar

Produce

- Head of Romaine lettuce
- One container cherry tomatoes, halved
- 2 TB freshly squeezed lemon juice
- 3 smashed cloves of garlic
- 6 ounces fresh spinach (1 bag)
- 1 lemon
- 1, 1lb container, fresh strawberries, hulled and sliced

Protein

- 4, 6-ounce halibut fillets

Spices

- Kosher salt
- Black pepper
- ¼ TSP garlic powder

Equipment Needed

Baking

- Baking sheet
- Silicon baking mat (or parchment)
- 9” springform pan

Electric

- Hand-held mixer

Pots and Pans

- Large skillet, 12” with lid
- Non-stick skillet

Utensils

- Chef’s knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls, various
- 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.

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?”

- **Thaw fish**
- **Butter the 9” springform pan and cut out 9” parchment round**
- **Preheat oven to 350° F**

Fancy Caesar Salad with Parmesan Crisp

Serves 4

Head of Romaine lettuce
One container cherry tomatoes, halved
1 TSP anchovy paste (Optional, but I like it)
2 TB freshly squeezed lemon juice
2 TSP Dijon mustard
1 TB Worcestershire sauce
1 cup mayonnaise
½ cup Parmesan cheese grated
Salt and pepper to taste

To make the dressing: Whisk together the anchovy paste, lemon juice, mustard, and Worcestershire. Then fold in mayonnaise and ½ cup Parmesan cheese. Salt and pepper to taste.

Slice the Romaine lettuce into 1” sections.

Place a few tablespoons of dressing on a salad plate, top with the sliced Romaine lettuce. Surround with sliced cherry tomatoes. Top with Parmesan crisp and croutons.

Croutons

¼ loaf French Bread, cubed
¼ cup olive oil
3 smashed cloves of garlic

Heat the olive oil over low heat, add the smashed garlic and sauté for a few minutes until fragrant. Place the bread cubes on a baking sheet. Toss the bread cubes with the garlic olive oil. Place the bread back into the same pan and cook over low-medium heat and cook until crisped.

Parmesan Cheese Crisps

Shredded Parmesan cheese about $\frac{3}{4}$ cup
Silicon baking mat
Baking Sheet

Preheat the oven to 400°.

Place 1 TB of shredded Parmesan cheese, mounded on a silicon baking mat that has been placed on a baking sheet. Place the mounds approximately 2" – 3" to allow for the crisps to spread while baking. Bake for 5 – 6 minutes.

Tuscan Halibut with Sun-Dried Tomato Cream Sauce

Serves 4

2 TB unsalted butter
1 TB olive oil
4, 6-ounce halibut fillets
1, 15 ounce can coconut milk
¼ TSP garlic powder
6 ounces fresh spinach (1 bag)
1/3 cup sliced sun dried tomatoes packed in oil
Kosher salt
Black pepper

Thaw fish if frozen. Blot the fish with paper towel so that it is very dry. Season with salt and pepper on both sides of the fish.

In a large 12” skillet, heat the butter and olive oil over medium low heat. Place the fish flesh side down and sear 2 minutes on the first side. Flip and cook an additional 2 – 3 minutes. Remove to a platter.

In the same skillet add the fresh spinach and cover with a lid for 1 minute until it starts to wilt. Pour in the coconut milk, garlic powder and the sun-dried tomatoes. Stir until combined. Cook 2-3 minutes until it is simmering. Replace the fish back into the sauce and cook until the fish is cooked through and easily flakes. Season the sauce with salt and pepper. (About ¾ TSP salt and 1/8 TSP pepper)

Internal temperature for the fish should be between 130 – 135°F.

Lemon Ricotta Cake with Strawberries

1 1/3 cups all-purpose flour
2 TSP baking powder
¼ TSP salt
1 lemon, zested
1 cup granulated sugar
1 stick (8 TB) unsalted butter, softened (Plus extra to butter your pan)
3 large eggs
1 TSP vanilla extract
15-ounce container ricotta cheese

Preheat the oven to 350° F.

Butter the bottom and sides of a 9” springform pan. Cut out a 9” round piece of parchment paper. Place the sheet of parchment in the pan and butter the parchment round. Set aside.

In a mixing bowl whisk together the flour, baking powder and salt.

In another bowl, using a hand-held mixer, beat the sugar, lemon zest and 1 stick softened butter until fluffy. Add the eggs one at a time, continuing to beat. Next add the 1 TSP of vanilla. Add the ricotta cheese and blend just until combined. Do not overbeat.

Fold in the dry ingredients into the butter/sugar/ricotta mixture. Continue to fold the batter until just combined.

Spread the batter into the springform pan and bake for 45 minutes.

Remove from the oven and let rest 10 minutes, then remove the sides. Slice and serve with strawberries and whipped cream.

Strawberry Topping

1, 1lb container, fresh strawberries, hulled and sliced
1 ½ TB granulated sugar

Place the cut strawberries and sugar in a bowl. Toss to coat and set aside.

Whipped Cream

1 cup heavy whipping cream
1 TB powdered sugar
1 TSP vanilla extract

Beat the cream until soft peaks form, add the sugar and vanilla. Beat until stiff peaks form. Cover and place in the refrigerator until ready to serve.