

# *Cooking Thyme with Stacie*

SHARING THE JOY OF  COOKING & HOSPITALITY

Flavorful Summer  
Wednesday, June 8, 2022  
5 – 6:30 PM EST

## Menu

Puff Pastry Tomato Tart  
Roasted Chicken Breast with Balsamic Bell Pepper Mix  
Tabbouleh Salad on Romaine Spears  
Cranberry Mojitos

To access the class video please copy and paste the following link into your browser  
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## Shopping List

### Dairy/Frozen

- 1 piece Pepperidge Farms puff pastry
- 1 egg
- 4 ounces goat cheese
- 2 ounces cream cheese

### Pantry

- Olive oil
- Cooking spray
- 1 cup chicken broth
- 1 TB balsamic vinegar
- ½ cup dried bulgur

### Produce

- 3 large heirloom tomatoes
- 4 sprigs thyme
- 2 shallots
- Basil leaves for garnish
- 1 yellow pepper thinly sliced
- 1 red pepper thinly sliced
- 1 ½ tsp chopped fresh rosemary
- 3 medium plum tomatoes, seeded and diced
- 4 green onions, chopped fine
- 1 ½ cups curly leaf parsley, chopped fine
- ½ cup fresh cilantro, chopped fine
- 3 TB chopped mint leaves
- 1 lemon
- Head of Romaine lettuce
- Lime

### Protein

- 4 (6 ounce) breasts of chicken, skinless, boneless

### Spices

- Everything But the Bagel seasoning
- Kosher salt
- Black pepper
- ¾ tsp fennel seeds, crushed
- ¼ tsp garlic powder
- ¼ tsp dried oregano
- 1 TSP ground cinnamon
- 1 TSP ground allspice

### Specialty – to make 1 cocktail

- 1 TB simple syrup
- 1 ½ ounces light rum
- 3 ounces cranberry juice
- 8 mint leaves
- 2 ounces chilled tonic water
- Squeeze of fresh lime

## Equipment

### Baking

- Large rimmed baking sheet
- Silpat mat or parchment paper
- 11" x 7" baking dish (or 13" x 9")

### Pots and pans

- Large skillet

### Utensils

- Chef's knife
- Cutting board
- Fine mesh sieve
- Measuring cups and spoons
- Mixing bowls
- Pastry brush
- Rolling pin
- 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?”

- Bring cream cheese to room temperature
- Bring goat cheese to room temperature
- Thaw puff pastry sheet

## Tomato Tart

1 piece Pepperidge Farm puff pastry  
3 large heirloom tomatoes  
4 ounces goat cheese divided, softened  
2 ounces cream cheese  
4 sprigs thyme  
½ shallot, sliced  
1 egg  
Everything But the Bagel seasoning  
Basil leaves for garnish

Preheat the oven to 400°.

Cut the tomatoes in ¼” slices. Place them on paper towels and sprinkle with Kosher salt. Let stand 15 minutes. With additional paper towels, blot the slices dry.

Soften the goat cheese and cream cheese to room temperature.

In a medium bowl combine 3 ounces of goat cheese and the 2 ounces of cream cheese with a hand-held mixer.

Roll the pastry to 10” x 13”. Place on parchment paper or silpat. Score the edges, using a small paring knife, making a border ¾” from the edge of the pastry without cutting all the way through.

Spread the cheese mixture up to the scored lines. Place the tomatoes slices over the cheese mixture, overlapping as necessary. Sprinkle with everything but the bagel seasoning, an additional 1 ounce of goat cheese crumbled, 1 TSP fresh thyme and shallots.

Brush the edges with egg wash (1 egg and 1 tsp water)

Bake 20 – 25 minutes until light golden brown. Cool slightly and garnish with fresh basil sprigs.

## Roast Chicken with Balsamic Bell Peppers

Makes 4 generous servings

Ingredients for chicken:

1/2 tsp salt  
3/4 tsp fennel seeds, crushed  
1/4 tsp black pepper  
1/4 tsp garlic powder  
1/4 tsp dried oregano  
4 (6 ounce) breasts of chicken, skinless, boneless  
1 1/2 tsp olive oil for brushing on chicken  
2 TB olive oil for cooking  
Cooking Spray

Preheat the oven to 450 ° F.

Lightly grease 11" x 7" baking dish with cooking spray. Place each chicken breast between two sheets of plastic wrap and slightly pound then until they are an even thickness.

Combine salt and the next four ingredients in a small bowl. Brush each chicken breast with 1 1/2 tsp olive oil and sprinkle spice rub all over chicken.

Add 2 TB olive oil to a large skillet. Heat the skillet over medium-high heat. Add chicken, cook 3 minutes or until browned, then turn chicken over and cook 1 additional minute. (Note: chicken will not be cooked through!)

Arrange chicken in a lightly greased dish and bake for 10 minutes (slightly longer if using thick pieces of chicken.)

Ingredients for Bell Pepper Topping:

1 yellow pepper thinly sliced  
1 red pepper thinly sliced  
1/2 cup thinly sliced shallots (about 1 large)  
1 1/2 tsp chopped fresh rosemary  
1 cup chicken broth  
1/4 tsp salt  
1/4 tsp pepper  
1 TB balsamic vinegar

In the same pan you browned the chicken, add 1 TB olive oil and turn to medium-high heat. Add the peppers, shallots, and rosemary; sauté 3 minutes.

Stir in broth, using a wooden spoon, scrape up the brown bits from the bottom of the pan.

Reduce the heat and simmer 5 minutes. Then increase heat to medium-high. Stir in vinegar, salt, pepper, cook 3 minutes stirring frequently.

Serve mixture over chicken.

## Tabbouleh Salad

Tabbouleh, which comes from the Arabic word *tabil* (“to spice”), is not actually an Israeli or Jewish dish. It originated in the Levant, the historic Middle Eastern region that encapsulated a large swath of land east of the Mediterranean Sea, including modern-day Israel along with Syria, Lebanon, the Palestinian territories, Jordan, and southern Turkey, among other countries. Like hummus and falafel, tabbouleh is tied to the broader region as opposed to one particular nationality or culture. Still, it has become an integral part of modern Israeli cuisine, most often served for summer lunches or as part of a salad course.

While bulgur is not traditionally tabbouleh’s star ingredient, it is, perhaps, the dish’s most defining component. An immediate relative of cracked wheat, bulgur is made from wheat berries that have been ground, partially cooked, and dried, making it a quick-cooking and relatively inexpensive base or addition to countless recipes.\*\*

(\*\*excerpt from myjewishlearning.com)

½ cup dried bulgur  
3 medium plum tomatoes, seeded and diced  
4 green onions, chopped fine  
1 ½ cups curly leaf parsley, chopped fine  
½ cup fresh cilantro, chopped fine  
3 TB chopped mint leaves  
1 TSP ground cinnamon  
1 TSP ground allspice  
¼ TSP ground pepper  
Zest of 1 lemon  
Juice of 1 lemon  
About 1 TSP kosher salt, season to your taste  
¼ cup olive oil  
Head of Romaine lettuce

Place the bulgur in a medium size bowl. Cover with 2 ½ cups of water and let stand at least 30 minutes. Drain in a fine mesh sieve and gently fluff with a fork.

Place the herbs, green onions, and tomatoes in a medium bowl. Toss gently. Next sprinkle the cinnamon, allspice, salt, and pepper over the salad. Toss again to mix. Juice one lemon over the salad and lastly add the olive oil. Toss everything together and taste for seasoning. Serve on Romaine lettuce leaves.

## Cranberry Mojito

Makes 1 Serving

1 TB simple syrup  
1 ½ ounces light rum  
3 ounces cranberry juice  
8 mint leaves  
2 ounces chilled tonic water  
Squeeze of fresh lime

In a tall glass, muddle the mint leaves and simple syrup. Add the rum and cranberry juice. Stir. Then add some ice and top with the tonic water and a squeeze of lime.

To make the simple syrup, add ½ cup sugar and ½ water to small saucepan. Cook over medium heat, stirring occasionally until the sugar is dissolved. Remove from heat and cool. Place in airtight container and store in the refrigerator.