



Dinner Delights

Menu

Farro and Red Pepper Salad - Swordfish Steak with Winter Salsa-
Chardonnay Poached Pears with Whipped Mascarpone Cream

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Shopping List

Dairy/Freezer

- 1 ½ cups feta cheese

Pantry

- Salt and pepper
- ½ cup Kalamata olives, halved
- 8 TB olive oil
- 4 TB honey
- 1, 15-ounce can diced tomatoes
- ½ cup granulated sugar
- 2 TB powdered sugar

Protein

- 4 swordfish steaks, thawed

Produce

- 2 red peppers (or 1, 12-ounce jar)
- 1 TB fresh thyme plus 4 extra sprigs
- 1 bunch green onions
- 3 lemons
- 4 garlic cloves
- ½ yellow onion
- 1 yellow bell pepper, diced
- 1 bunch fresh cilantro
- 2 limes
- 4 Bosc pears

Specialty

- 2 cups farro (I usually purchase the 10 minute version from Trader Joe's)
- 3 cups plus 2 TB white wine
- 1 cup mascarpone cheese (I buy this at Trader Joe's for the best price)

Spices

- 1 TSP ground allspice
- 1 TSP smoked paprika
- ¼ TSP ground cinnamon
- 2 sticks of cinnamon

Equipment

Baking

- Large Sheet Pan

Electric

- Hand mixer

Pots and Pans

- Large Dutch oven
- Large pot
- Large skillet with lid

Utensils

- Can opener
- Cutting board
- Chef's Knife
- Measuring cups and spoons
- Mixing bowls, various
- Spatula
- Strainer
- 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 if frozen
- Chop the onions and bell peppers for winter salsa
- Set out mascarpone cheese to bring it to room temperature

Farro and Roasted Red Pepper Salad

For the Salad

2 cups farro (I usually purchase the 10-minute farro from Trader Joe's)
2 red peppers (or 1, 12-ounce jar)
1 TB fresh thyme, chopped
½ cup Kalamata olives, halved
1 bunch green onions, sliced thin
1 ½ cups feta cheese, crumbled or in larger pieces (use the block feta, the crumbles can be rubbery)

Dressing

2 lemons, juiced
6 TB olive oil
2 TB honey
1 TSP ground allspice
1 TSP smoked paprika, plus extra for garnish
2 garlic cloves, minced fine
1 TSP Kosher salt

To make dressing, whisk together all the ingredients and set aside.

Bring a large pot of water to boiling and add the farro. You will refer to the package directions for the cooking length, usually 15 – 30 minutes. (Farro is sold in many forms from whole to semi-pearled. This will determine the length of cooking.) Once the farro is tender remove the pan from the stove and drain. Set aside.

To make the roasted peppers:
Preheat the oven to 450°.

Cut around the tops of each pepper and remove the center and seeds, cut in half. Place the peppers on a baking sheet, cut side down. Place the baking sheet at the top of oven, rotating occasionally until the outside of the peppers are charred and black. This will take between 20 – 30 minutes.

Next remove the baking pan and place the peppers in a glass bowl. Cover with plastic wrap. Once cooled, remove the outer skin from the peppers and slice into thin strips and set aside.

In a large bowl, mix together the farro, thyme, green onions, olives, red peppers and ¾ of the feta. Stir gently then add the dressing. Taste and add salt if needed.

To garnish sprinkle additional smoked paprika over the top and the rest of the feta cheese.

Swordfish with Winter Salsa

Serves 4

4 swordfish steaks
Salt and pepper
2 TB olive oil

Salsa

½ yellow onion, diced
1 yellow bell pepper, diced
2 cloves of fresh garlic, minced
1 15-ounce can diced tomatoes, drained
¼ cup fresh cilantro, chopped plus extra for garnish
2 TB white wine
Juice and zest from 1 lime
Lime wedges for garnish

Thaw the swordfish if frozen.

Blot with paper towels to dry off any accumulated moisture. Season both sides with salt and pepper.

In a large skillet, add 2 TB of olive oil. Heat to medium-low. Add the fish to the skillet and cook 3 minutes on the first side. Flip over and cook 2 more minutes. Remove swordfish from heat to a platter. It will not be cooked all the way through yet.

Add the yellow onion and bell pepper to the pan and cook about 5 minutes, until softened. Season with ¼ TSP salt and 1/8 TSP pepper. Add the fresh garlic and cook 30 seconds, until fragrant. Add the drained tomatoes and cilantro continue to cook another 5 minutes. Taste and adjust the seasoning. (This needs to be to your taste. Each can of tomatoes will differ!) Salt will enhance the flavor of the tomatoes, so make sure you are salting it enough.

Lower the heat to simmer. Pour in the wine and lime juice and zest. Stir to combine. Nestle the swordfish steaks in the salsa. Cover the skillet and cook until the fish is 145° F.

Garnish with additional cilantro and lime wedges.

Chardonnay Poached Pears with Mascarpone Cream

Serves 4

4 Bosc pears, peeled, ¼" of the bottoms removed
3 cups Chardonnay wine
½ cup granulated sugar
2 TB honey
Peel from ½ lemon
Juice from ½ lemon
3 – 4 sprigs of fresh thyme
2 sticks of cinnamon

Place all the ingredients, except the pears, in a large Dutch oven and heat over medium heat. Stir until all the sugar is dissolved. Place peeled pears on their side in the liquid, cover the Dutch oven and reduce heat to low. Simmer for 30 minutes or until the pears can be easily pierced with a fork.

Remove the pears from poaching liquid and set aside. Bring the liquid up to boiling and cook until reduced by half.

Let the poaching liquid cool!!

Place one pear on a plate and pour liquid over the fruit. (Reserve 2 TB or poaching liquid for the cream.)

Serve with whipped mascarpone or vanilla ice cream.

Whipped Mascarpone

1 cup mascarpone cheese, softened
¼ TSP ground cinnamon
2 TB poaching liquid, cooled
2 TB powdered sugar

Combine all the ingredients in a medium size bowl and beat with a hand mixture until light and fluffy. Serve with pears.