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team building with unc kenan-flagler globe students

Bon chance on your GLOBE-trotting adventures!

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minestrone with mushrooms and chicken sausage
house-made fettucine alfredo
sourdough focaccia with greens, garlic, and mozzarella
fennel, carrot, cauliflower and roasted red pepper salad with basil vinaigrette
apple tart with almonds

minestrone with mushrooms and chicken sausage

serves 6-8

olive oil

1# chicken sausage, chopped

1 cup green beans, cut in 1" pieces

1 cup mushrooms, thin sliced, 1 "

2 carrots, cut paysanne style, 1 "

1 onion, medium dice

½ teaspoon each dried basil, oregano, thyme, and rosemary

1 cup red wine

1 1/2 cups garbanzo beans, canned

6 cups chicken stock

3/4 cup crushed canned tomatoes

1 cup dried pasta

salt & pepper

heat a large heavy bottomed soup pot over medium high heat. add ½ cup olive oil. saute the sausage meat with the onions, mushrooms, carrots, and green beans. add the dried herbs. stir well and often. allow the sausages to brown and the vegetables to caramelize slightly. deglaze with 1 cup of red wine. add the 6 cups of chicken stock, the beans and the tomatoes, season with salt and pepper. and bring to a boil. reduce to simmer, cover, and cook for around one hour.

bring a separate pot of water to a boil, add salt and pasta, cook for about 10 minutes. taste soup for seasoning. to serve, place a small amount of pasta in the bowls and ladle the soup over.

enjoy!

housemade fettucine alfredo

the pasta:

3 cups unbleached all purpose flour
4 eggs
pinch salt
2 tablespoons olive oil

the alfredo:

8 tablespoons unsalted butter, softened
1 cup heavy cream
1 cup freshly grated pecorino or parmesan

making and rolling the pasta:

mound the flour on a smooth work surface or in a wide shallow bowl. make a well in the center of the flour and break the eggs into it. remove the shells, please! add a generous pinch of the salt and the olive oil. with a fork, break the yolks and stirring the eggs vigorously will gradually incorporate the flour from around the edge of the well into the eggs, stirring to form a doughy batter. once the dough can stand on its own, lay down the fork and knead. the dough should feel fairly stiff but still pliable.

place a large pot of salted water on to boil.

to roll the pasta with the machine, first divide the dough into fist-size portions. flatten each portion slightly, and fully open the rollers. flour the flattened dough and pass it between the rollers. fold the rolled sheet into thirds and turn it 90 degrees before passing it through again. repeat the folding, flouring, and rolling process, taking the machine down a notch until the pasta sheet is thin enough to see your hand through when held up to the light. now you're ready to pass the job off to someone else, who's job it is to cut the fettucine.

cook the pasta

to the al dente stage(firm to the tooth) for about three or four minutes. remove from the water by draining in a colander.

make the alfredo sauce

combine the butter, heavy cream, and parmesan cheese in the hot drained pot where you just cooked the pasta over medium heat. add the just cooked pasta and toss gently using tongs, being careful not to break up the pasta. serve warm! with extra parmesan if desired!

sourdough focaccia with greens, garlic and mozzarella

dough:

4 cups bread flour + additional flour as needed
2 tsp. salt
1 tablespoon yeast
1 ½ to 2 cups warm water
2 tbs. olive oil

topping:

1 large bunch swiss chard, shredded
3 cloves garlic, smashed and salted
handful of olives, smashed, pitted and chopped coarsely
handful of golden raisins
crushed red pepper
salt and pepper

2 cups shredded mozzarella

make the dough:

mix dry ingredients in a bowl. drizzle the water and olive oil over the top. using a wooden spoon, stir till dough is smooth. Using the rounded dough scraper turn out on the table and knead, adding flour till dough is just smooth and not sticky. form the dough into a ball and cover with a towel and let rise at room temp for an hour.

make the filling:

shred the greens if necessary, prep the garlic, and the olives as well. heat a large enough sauté pan over medium heat and add olive oil. add and sauté the greens until just wilted. remove from pan into a medium bowl. mix in garlic, raisins and olives and crushed red pepper to taste. set aside. have cheese ready, but keep separate while the filling is warm.

heat the oven to 450 degrees and prepare the pans:

line two half-sheet pans with parchment paper.
pour a generous amount of olive oil on and using a paper towel or your clean hands spread the oil around so the paper is adequately covered.

divide the dough in two and punch down. transfer each half to the parchment lined pan. spread the dough, using your hands, pressing it out into the rectangle of the baking sheet. let rise another 10 minutes if possible. top with the greens mixture and mozzarella. bake until firm and a rich caramel color. 20-25 minutes. cool about ten minutes before cutting into squares. serve right from the pan.

fennel, carrot, cauliflower and roasted red pepper salad with basil vinaigrette

for the salad:

4 small or 2 large bulbs fennel, sliced thin
2 carrots, sliced paysanne style
1 head cauliflower, chopped
1 large roasted pepper (jarred is fine), chopped

for the dressing:

½ c olive oil
4 tablespoons red wine vinegar
2 garlic cloves, smashed, salted and minced
1 tbsp dijon mustard
1 tbsp honey
½ teaspoon dried basil
½ teaspoon sea salt and freshly cracked black pepper

to make dressing:

in a medium sized bowl, place the olive oil and whisk in the red wine vinegar. add the garlic, Dijon, honey, basil, salt and pepper. taste and adjust if necessary.

to assemble salad:

thinly slice fennel, paysanne the carrots, chop the cauliflower and the roasted red peppers. add them directly to the dressing. season to taste with salt and pepper. toss well and serve.

apple tart with almonds

makes 8 servings

if needed to double this can also be made in a half sheet pan, lined with parchment paper.

apples and crust:

1 sheet puff pastry

3 apples, tart preferred, cored and thinly sliced

filling:

2 eggs

2 tablespoons jam or marmalade

1 tablespoons sugar

1 tablespoons almonds, ground in mortar and pestle

heat the oven to 400 degrees.

core and slice the apples, no need to peel. squeeze an orange or lemon over them to keep from browning while you attend to the pastry.

line the bottom of the tart pan with parchment paper. cut the puff pastry to fit and lay in the bottom of the pan. prick the base several times with a fork. spread over the jam and layer on the apple slices.

bake at 400 for 15 minutes.

meanwhile, beat the eggs lightly and stir in the sugar and almonds. remove the tart from the oven, cover with the egg mixture and return to the oven to bake for a further 15 minutes. allow to cool before slicing into wedges.