

RECIPES FOR PLATING AND GARNISHING PRESENTATION

CHILLED CUCUMBER SOUP with RADISH CONFETTI

2 lbs. cucumbers, peeled, halved, and seeded
½ cup chopped yellow onion
1 cup low-fat buttermilk
½ cup fat-free plain yogurt
Salt and ground pepper to taste
¼ cup finely chopped green (spring) onions
½ cup diced radish

Finely dice enough cucumber to measure 1/3 cup; set aside. Chop the remaining cucumber and place in the blender or food processor with the onion, buttermilk, and yogurt. Process the soup until smooth then season with salt and pepper. Cover and refrigerate until cold, about 30 minutes.

To serve, divide the soup among chilled bowls and garnish with the reserved cucumber, the radish, and the green onion. Serve at once.

CHICKEN PAUPIETTES with LEMON-TARRAGON SAUCE

12 large spinach leaves
1 carrot, peeled and julienned
4 skinless, boneless chicken breast halves
Salt and ground pepper, to taste
2 oz. – 4-5 slices thinly sliced Prosciutto
1 cup chicken broth
1 large shallot, chopped
2 teaspoons arrowroot
2 tablespoons lemon juice
2 tablespoons Fromage Blanc
2 teaspoons chopped fresh tarragon, plus leaves for garnish

In a large saucepan three-fourths full of very hot tap water, add the spinach leaves and blanch for 5 seconds. Using a slotted spoon, transfer them to a plate; arranging them so that they may be easily separated; set aside. Now, in the same pan, on medium heat, add the julienne carrots and blanch for 2 minutes. Drain and set aside.

Place each chicken breast between two sheets of plastic wrap or parchment paper and using a meat pounder, pound each to a uniform thickness of about $\frac{1}{4}$ inch. Season the breasts with salt and pepper. Place the chicken breasts on a work surface. Arrange 3 large spinach leaves atop each breast, covering the meat completely. Top the spinach with the Prosciutto; then the carrot, again dividing evenly and leaving a $\frac{1}{2}$ inch border on each of the 2 short ends of the chicken. Fold the short sides in over the filling and, beginning from the long side, roll up tightly. Tie each roll at 2-inch intervals with kitchen string or secure with toothpicks. Remember to remove picks prior to serving.

Heat a nonstick frying pan over medium-high heat. Coat the pan with nonstick cooking spray and a pat of butter or just a little olive oil. Add the rolls, seam sides down, and cook until browned, about 4 minutes. Turn and continue to cook until the chicken is opaque throughout, about 4 minutes longer. Transfer the rolls to a preheated 350-degree oven for 12 to 15 minutes. Remove to a cutting board, cover with foil and let rest for 8-10 minutes.

Meanwhile, in a small saucepan, combine the broth and shallot and bring to a boil over high heat. Boil for about 5 minutes. In a small bowl, stir together the arrowroot and lemon juice until the arrowroot is dissolved, then whisk the mixture into the sauce. Boil until reduced to $\frac{2}{3}$ cup, about 7 minutes. Remove from heat and whisk in the Fromage Blanc and the chopped tarragon. Ladle the sauce onto warmed individual plates. Slice the rolls on the bias and fan over the sauce. Garnish with tarragon leaves and serve hot. Serves 4

BAKED RADICCHIO WITH PROSCIUTTO

2 small heads radicchio, about ½ pound each
2 tablespoons good olive oil
8 slices, thin, Prosciutto
Lemon wedges
Good olives to garnish

Preheat an oven to 400-degrees

Cut each radicchio head into four wedges through the stem end. Brush each wedge lightly with the olive oil. Wrap each wedge with a slice of Prosciutto, then arrange on the prepared baking sheet and turn to coat the Prosciutto with the oil

Bake until the radicchio is tender and the Prosciutto begins to crisp, 12 – 14 minutes. Transfer to a plate and serve with the lemon wedges and garnish with some good quality olives.

Seared Scallops on a Bed of Fresh English Pea and Mint Puree

2 cups fresh or frozen English Peas (also known as Early Peas or Baby Peas)
2 Tablespoons coarsely chopped fresh mint
1 clove garlic, coarsely chopped
¼ Teaspoon salt
Freshly ground black pepper
3 Tablespoons butter
1 Teaspoon fresh lemon juice
Large pinch of paprika
12 large sea scallops (about 12 ounces) patted dry, abductor muscle removed
Baby Pea Shoots – found at Wegmans

Fill a small saucepan with a couple of inches of water. Bring to a boil, add the peas, and cook until tender, about 3 to 5 minutes for fresh peas, about 1 minute for frozen peas. Strain the peas reserving the liquid. Place the peas in a blender

and add the mint, garlic, salt, and pepper to taste. Add just enough liquid to blend until smooth. Place the pea puree in a saucepan to keep warm.

In a medium-heavy sauté pan (preferably cast iron) heat the butter over medium-high heat. Add the lemon juice and paprika. When the butter begins to foam, add the scallops. Cook for 2 minutes per side or until just cooked through and each side is golden to amber brown on top.

Spoon the pea puree onto your plate creating a bed for the scallops to sit on. Place three scallops per plate on top, garnish with Baby Pea Shoots, if you have them, and serve. Serves four

COCONUT-CURRY CHICKEN IN A BREAD BOWL

¾ cup reduced-sodium chicken broth, divided
1 stalk fresh lemon grass or 2 teaspoons dried lemon grass*
1 pound skinless, boneless chicken breasts cut into 2-inch cubes
2 teaspoons curry powder
1/3 cup light, unsweetened coconut milk
1 cup packed sugar snap peas, ends trimmed
Salt and ground black pepper
4 four-inch round whole-grain rolls, topped sliced off and centers hollowed out

Set wok over medium-high heat. Once hot, add 1 tablespoon of the chicken broth and swirl to coat pan. Add lemon grass and stir-fry 2 minutes. Add chicken and stir-fry 3 minutes, until golden brown on all sides. Add curry powder and toss to coat. Add remaining chicken broth, coconut milk and snap peas and simmer 3 minutes, until chicken is cooked through and liquid reduces slightly. Once this mixture is reduced, season to taste with salt and pepper then spoon mixture into center of rolls and serve.

*If using dried lemon grass, add to stir-fry when you add the curry powder.

Serves 4

SALMON with ROASTED CHERRY TOMATOES

2 cups cherry tomatoes
1½ teaspoons chopped fresh thyme
1 teaspoon olive oil
¼ teaspoon salt
¼ teaspoon black pepper
2 garlic cloves, minced
2 (6 ounce) salmon fillets, (about 1 inch thick each)
2 tablespoons fresh lemon juice

Preheat oven to 400 –degrees. Combine first 6 ingredients in a jelly roll pan coated with cooking spray, toss to coat tomatoes. Bake for 15 minutes.

Add fish fillets to pan, bake an additional 10 minutes or until fish flakes easily when tested with a fork. Serve the tomato mixture over the fish. Drizzle with lemon juice. Serves 2

Note: It isn't necessary to season the salmon itself, as the tomatoes, thyme and garlic create such a flavorful sauce. Serve the fish over rice or couscous.

POTATOES PARISIENNE

2 russet (baking) potatoes
3 Tablespoons clarified butter

Scoop out balls from the potatoes with a small melon-ball cutter and dry them well. In a heavy skillet heat the butter over moderately high heat until it is hot but not smoking and in it sauté the potatoes, shaking the skillet, until they are golden brown. Sprinkle the potatoes with salt and pepper to taste, reduce the heat to moderately low, and cook the potatoes, cover, shaking the skillet occasionally, for 12 to 15 minutes, or until they are tender. Serves 2

Note: Most stores sell Clarified Butter (Ghee) in the international section, usually associated with Greek items. Almost any Middle Eastern Market will sell Ghee.

Tomatoes Stuffed with Mixed Greens

1 Bag of Mixed Greens – commonly called Spring Mix
4 Medium round tomatoes, about the size of an orange
1 red and 1 yellow bell pepper
¼ cup pine nuts
1 English cucumber
Olive oil
Balsamic Vinegar
Pinch of dried thyme and a pinch of dried Basil
Salt and Pepper, to taste

Standing the tomatoes on their bottoms – the side from which the tomato is attached to the stem, slice off the top of the tomato about ¼ inch from the top. Gently scoop out the inside of the tomato. Season the inside with a little salt and pepper and place the tomato, cut side down, on paper towels to drain.

Meanwhile, slice each pepper into julienne strips, then into a fine dice. Slice the cucumbers into very thin slices, on the bias, and set aside.

In a dry fry pan, roast the pine nuts just until they begin to give off their aroma, then remove from the heat and remove from the hot pan and set aside.

Wash the greens and dry with either paper towels or a salad spinner.

Place four to six slices of cucumber in a flower pattern on the plate, leaving space in the center for the tomato to sit. Now gently gather up some of the mixed salad greens, forming a bundle as you go and being sure to get a little bit of each of the varied salad greens. Now stuff this bundle into the tomato with about 2/3's of the bundle being exposed. Place the tomato on the plate in the center of the sliced cucumber and sprinkle the toasted pine nuts and the finely diced red and yellow pepper around on top of the sliced cucumber slices. Drizzle a little dressing over the salad greens and around the plate; sprinkle a little salt and pepper over the salad and serve...

You can also garnish with a few chives sticking out of the tomato or with a few very thin bread sticks sticking out of the tomato.