

## **SMALL PLATES – APPETIZERS AS MEALS**

### **RECIPES**

#### **CHEESE and HERB BATONS**

- 1 package frozen puff pastry sheets, thawed
- 2 tablespoons melted butter
- 1 cup crumbled blue cheese or Gorgonzola cheese
- 1 cup shredded Parmesan or Romano cheese
- 2 tablespoons dried Italian seasoning

Place the two thawed pastry sheets on a lightly floured work surface. Brush both with melted butter

In a bowl, combine the shredded Parmesan or Romano cheese and crumbled blue cheese. Stir in the dried Italian seasoning. Spread the cheese mixture evenly over bottom half of each pastry sheet, then fold the top half of pastry over the filling to form an “envelope,” press the pastry down slightly to flatten and seal the edges to secure filling. Cut each envelope into ½ inch wide strips and twist each strip three or four times and place each twist on a parchment paper or Silpat lined baking sheet.

Bake in preheated oven at 425-degrees for 12 to 15 minutes or until golden brown. Serve with salads, with soup, as an appetizer with cocktails, or as an afternoon snack. This recipe makes approximately 15 servings, 2 each per serving.

#### **MOZZARELLA, TOMATO, and PROSCIUTTO BRUSCHETTA**

Bruschetta:

- 1 loaf Italian bread
- Olive oil

Topping:

- 1 container (16 oz.) bocconcini (bite-size mozzarella balls, drained)

1 pound grape tomatoes or pear-shaped baby tomatoes, cut in half lengthwise  
1 clove garlic, minced  
¼ cup extra virgin olive oil  
1 pinch red pepper flakes  
4 paper-thin slices prosciutto, cut into ¼ inch wide strips  
¼ cup chopped sun-dried tomatoes in olive oil  
½ cup chopped roasted red peppers  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh basil  
½ teaspoon kosher salt

To make bruschetta, cut the bread into 1-inch thick slices on the diagonal to make about 12 slices. Brush with olive oil and then toast in the oven in a single layer for 10 minutes at 375-degrees.

In a medium bowl, combine the remaining ingredients and toss gently to combine. The recipe can be made several hours ahead, up until this point.

To assemble, place the toasted slices of bread on a serving platter. Top each slice with some of the mozzarella mixture. Drizzle lightly with more of the olive oil, if desired. This recipe makes 6 servings, 2 each per serving.

## **SMOKED SALMON and ASPARAGUS BUNDLES**

3 cups water  
1 teaspoon kosher salt  
1 teaspoon oil  
24 spears asparagus trimmed to 3-inch length with tips intact  
12 sheets phyllo dough  
½ cup butter, melted  
6 ounces herbed cheese such as Boursin or Alouette  
½ pound thinly slice smoked salmon  
1 egg, beaten  
1 tablespoon cream  
2 tablespoons black and white sesame seed combo or 2 tablespoons toasted sesame seeds.

Bring water to a boil in a medium-sized saucepan. Add salt and oil. Immerse trimmed asparagus spears in water, reduce heat to a simmer, and blanch the asparagus for 2 minutes until bright green. Drain. Cool to room temperature.

Place the 12 sheets of phyllo dough on the kitchen counter and cover with a damp dish towel. Place one sheet on a work surface, brush entirely with melted butter, top with a second sheet of phyllo, and brush with more butter. Cut the sheets lengthwise into 4 strips. Place a dollop of cheese about 2 inches up from the bottom of each strip, and top each dollop with a small piece of smoked salmon and an asparagus spear, allowing 1 inch of the spear (the pointed end) to extend past the strip of dough. Roll up each strip of phyllo from the bottom to the top, to form a cylinder. Place seam side down on a baking sheet lined with parchment paper or Silpat.

Repeat this process 6 times, using the remaining sheets of phyllo. You will have 24 bundles when you are finished. Be sure to keep the sheets covered with damp dish towel while working. Make an egg wash by beating together the egg and cream. Brush each bundle with egg wash, sprinkle with sesame seeds, and bake at 375 degrees for 12 to 15 minutes or until golden brown. Serve warm. This recipe makes 12 servings, 2 per serving.

## **PEAR and GORGONZOLA CROSTATA**

1 package ready-made 12 inch pie crust, at room temperature  
2 red onions, thinly sliced  
2 tablespoons butter or olive oil  
1 teaspoon kosher salt  
3 D'Anjou or Comice pears  
1 ½ to 2 cups crumbled Gorgonzola cheese  
½ cup sliced almond, chopped walnuts, or pine nuts  
2 tablespoons butter, cut into small pieces

Unfold pastry crust on floured surface and roll out slightly. Place on a parchment lined baking sheet.

Sauté the onions in butter or oil with salt for 8 to 10 minutes on low heat until soft and caramelized. Cool to room temperature. Cut the pears vertically into 1/8 inch thick slices, removing any seeds. Spread the onions on the pastry evenly, leaving a 1-inch border all around the pastry. Top each pastry with the thinly sliced pears, cut side up, in a single layer. Sprinkle on cheese and nuts and dot with bits of butter.

Fold up the one-inch border over the filling so there is a band of crust around the outer edge. Bake in a preheated oven at 425 degrees on the middle shelf for 20 to 25 minutes until golden brown and the cheese is bubbly. Remove from oven and cool slightly before cutting into pieces.

This recipe makes for 4 to 6 servings.

## **TOMATO and OLIVE TART**

1 package premade 12-inch pie crust, room temperature

1 medium onion, thinly sliced

1 tablespoon extra-virgin olive oil

4 large Roma tomatoes

¼ cup pitted Kalamata olives

4 large eggs

1 cup half and half

4 ounces goat cheese, cut into small pieces

1 teaspoon dried herbs de Provence

1 teaspoon kosher salt

¼ teaspoon ground black pepper

½ cup grated Romano, Parmesan, or Asiago cheese

¼ cup chopped fresh Italian parsley

Place pastry in a 10-inch removable-bottom tart pan. Make sure the sides are not hanging over, but turned inside to form an edge.

Sauté the onion in olive oil for 3 to 4 minutes until soft, meanwhile slice the tomatoes ¼ inch-thick. Place on paper towels to extract any excess liquid, then line bottom of tart pan with tomatoes. Top with sautéed onion and the olive.

In a medium bowl, beat the eggs, half and half, goat cheese, herbs de Provence, salt, and pepper. Pour into tart pan, top with grated cheese. Put the tart pan on a baking sheet to prevent spills in the oven and make it easier to remove pan from oven. Bake in preheated oven at 400 degrees for 25 to 30 minutes until crust is golden and custard is set. Remove the tart from the outer ring of tart pan and cool slightly. Top with chopped parsley and cut into 6 wedges.

## **BEEF TENDERLOIN KEBOBS with ROQUEFORT-ROSEMARY SAUCE**

### **BEEF:**

- 1 – 2 pounds beef tenderloin, cut into 1-inch thick slices
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon prepared horseradish
- 1 teaspoon Dijon mustard
- 1 cup full-bodied red wine
- 2 tablespoons finely chopped fresh rosemary
- 1 teaspoon coarse ground black pepper
- 12 (8-inch) wooden or metal skewers

### **ROQUEFORT-ROSEMARY SAUCE:**

- 1 cup crumbled Roquefort, blue, or Gorgonzola cheese
- 1 cup sour cream
- ½ cup heavy cream
- 4 sprigs or ¼ cup rosemary leaves
- 1 tablespoon prepared horseradish

Place the beef tenderloin pieces in a bowl with oil, garlic, 1 teaspoon horseradish, mustard, red wine, rosemary, and pepper. Cover and marinate in refrigerator for 1 hour. Remove from refrigerator and thread 3 to 4 pieces of beef on each skewer. NOTE: If using wooden skewers, soak them in water for 30 minutes prior to cooking beef, especially if cooking on an outdoor grill.) Grill beef skewers over medium heat on an outdoor grill for 8 to 10 minutes, turning once, or in a hot grill pan over medium-high heat for 8 to 10 minutes, turning once. Remove from heat and serve with Roquefort-Rosemary sauce, either spooned over beef skewer or on the side for dipping.

To make the Roquefort-Rosemary Sauce, in a food processor or blender, combine cheese, sour cream, heavy cream, rosemary, and horseradish. Pulse on and off until smooth, about 30 seconds. This can be made a day in advance and kept in the refrigerator prior to use. This recipe makes 12 kebobs, 2 per serving.

## **LAMB RIBLETS with MINTY RED WINE SAUCE**

For the Lamb:

2 racks of lamb cut into individual chops to make about 16 chops

¼ cup balsamic vinegar

2 tablespoons extra virgin olive oil

2 cloves garlic, minced

1 tablespoon fennel seeds

1 teaspoon kosher salt

1 teaspoon grated cinnamon

1 teaspoon dried oregano

1 teaspoon coarse ground black pepper

Minty Red Wine Sauce:

2 tablespoons butter

2 shallots, peeled and chopped

1¼ cups dry red wine or beef broth, divided

1 teaspoon cornstarch

1 teaspoon ground allspice

¼ cup currant jelly

½ cup chopped fresh mint leaves

“French” the bones by trimming the fat and meat from bones to form a handle on each chop. Place the chops in a ceramic or glass shallow pan. In a small bowl, combine the vinegar, oil, garlic, fennel, salt, cinnamon, oregano and black pepper. Mix and pour over the lamb chops. Marinate in the refrigerator for 2 hours.

Heat an outdoor grill to medium or an indoor grill pan over medium-high heat. Place the chops either on the grill or in the grill pan in a single layer and grill for 2 to 3 minutes per side. Once grilled, place chops on a serving platter and top with minty red wine sauce.

To make the Minty Red Wine Sauce – heat the butter in a small saucepan and sauté the shallots until softened. Mix ¼ cup red wine or broth with 1 teaspoon cornstarch until smooth. Add to shallots, and then add allspice, currant jelly, mint and remaining red wine or broth. Whisk on low heat for 2 minutes or until sauce has thickened slightly. Strain and pour sauce over the grilled chops. This recipe serves 4, (4 chops per serving)

## **PORK TENDERLOIN SANDWICHES with ONION RELISH**

2 pork tenderloins, about 1 pound each  
Zest and juice of 2 lemons  
2 large sweet onions, thinly sliced  
2 cloves garlic, minced  
¼ cup balsamic vinegar  
1 tablespoon dried Italian seasoning  
1 tablespoon yellow mustard seed or 1 tablespoon course ground mustard  
¼ cup extra virgin olive oil  
1 teaspoon kosher salt  
1 teaspoon coarse ground black pepper  
2 dozen small buns, sliced horizontally

Place the pork tenderloins in a shallow pan. In a small bowl, combine the lemon zest and juice, onions, garlic, balsamic vinegar, Italian seasoning, mustard seed or mustard, oil, salt and pepper. Pour over the pork and marinate in refrigerator at least 1 hour and up to 4 hours. Remove pork from marinade, reserving the marinade for later use. Place tenderloins in a roasting pan and roast at 350 degrees for 45 minutes.

While the pork is roasting, make the onion relish by pouring the reserved marinade in a saucepan and cooking over low heat for 15 to 20 minutes until the onions are soft.

When the pork is done, cool to room temperature and thinly slice on diagonal. Arrange pork in a concentric circle on a serving platter, top with onion relish and

serve with buns. This recipe makes about 24 sandwiches and is a perfect dish for a buffet or light luncheon.

## **BOW TIE PASTA with CREAMY PEAS and PROSCIUTTO**

1 pound farfalle (bow tie) pasta  
2 tablespoons butter  
2 tablespoons olive oil  
2 shallots, chopped  
2 cloves garlic, minced  
¼ pound prosciutto, diced  
1 package (16 oz.) frozen petite peas, thawed  
1 cup chicken broth  
1 ½ cups heavy cream  
1 teaspoon ground white pepper  
2 cups grated Romano cheese, divided

Cook pasta al dente, drain and set aside. In a large saucepan heat butter and oil, add shallots and sauté for 2 minutes over low heat. Add garlic and prosciutto and sauté for 3 to 4 minutes. Stir in peas, broth, cream, salt and pepper. Cook for another 3 minutes until sauce slightly thickens. Stir in the reserved pasta and 1 cup cheese into sauce, tossing for about 30 seconds. Serve at once topped with remaining cheese for garnish. This recipe makes 4 to 6 servings

## **BLT FARFALLE**

1 pound farfalle (bow tie) pasta  
2 tablespoons olive oil  
¼ pound pancetta (Italian cured bacon, cut into small dice)\*  
1 large shallot, peeled and chopped  
2 large cloves garlic, minced  
6 to 8 Roma tomatoes, chopped  
1 teaspoon kosher salt  
¼ teaspoon coarse ground black pepper  
1 cup white wine, chicken broth, or vegetable broth  
1 cup shaved Parmesan or Romano cheese\*\*



5 to 6 cups baby arugula leaves or baby spinach

Cook pasta al dente, drain, and set aside in a large bowl. In a large skillet, heat oil. Add pancetta and cook for 4 to 5 minutes over low heat until crispy. Add shallot and garlic, cook 1 minute more. Add tomatoes, salt, pepper, and wine or broth; simmer on low heat for 5 minutes. Stir the cooked pasta into the tomato sauce, just to heat through. Pour into a large serving bowl and add the cheese and arugula or spinach. Toss to mix thoroughly. Serve at once. This recipe makes 4 to 6 servings

- If not available, any good quality bacon will do.
- You can make shavings using a vegetable peeler from a wedge of cheese

## **SEARED SALMON with LEEK-CARROT SAUCE**

For the Salmon:

4 (6 TO 8 ounce) salmon fillets

2 tablespoons olive oil

Kosher salt to taste

Ground black pepper to taste

Paprika to taste

For the Leek-Carrot Sauce:

2 tablespoons butter

1 leek, white part only, washed and thinly slice or julienned

2 carrots, julienned

1 cup white wine

1 teaspoon thyme leaves

½ teaspoon kosher salt

½ teaspoon ground white pepper

Corn-Tomato-Mint Salsa (recipe follows)

Place salmon on a work surface and brush both sides with oil. Sprinkle both sides with salt, pepper and paprika. Heat a 12-inch nonstick skillet over medium-high heat for 2 minutes. Place salmon in pan and cook for 5 minutes per side. This will

create a crusty outer surface on the salmon. (Salmon should be crispy on the outside and medium on the inside.)

Remove salmon from pan; add butter, leeks, and carrots and cook for 2 minutes until softened. Add wine, thyme, salt and pepper, cook 1 minute or 2 more until the sauce has thickened slightly. Put a bed of the Corn-Tomato-Mint Salsa on a serving platter. Lay salmon on the salsa and pour Leek-Carrot Sauce over the fish. This recipe serves 4

Corn-Tomato-Mint Salsa:

1 (16 oz.) package frozen white or yellow corn kernels, thawed  
2 large tomatoes, coarsely chopped  
½ cup chopped fresh mint leaves  
2 cloves garlic, minced  
1 teaspoon kosher salt  
Pinch red pepper flakes  
2 tablespoons white wine or cider vinegar  
¼ cup canola oil

Combine all ingredients in a bowl and mix well. This recipe can be made several hours ahead and kept refrigerated. This recipe makes 3 cups.

## **ARUGULA/DATES/PARMESAN SALAD**

8 large pitted Medjool dates  
1 teaspoon diced shallot  
1 tablespoon sherry vinegar  
3 tablespoons extra-virgin olive oil  
1 bunch baby Arugula, about 4 ounces  
1 small wedge good Parmesan cheese  
Sea Salt for garnish

With your hands, tear the dates lengthwise into quarters and set aside. Whisk the shallot, vinegar and olive oil together for the vinaigrette; season with salt and pepper, set aside.

Lay the Arugula on plates and then sprinkle each with the torn dates, spread out evenly. Top with the shaved Parmesan cheese. When ready to serve, drizzle with the vinaigrette and then sprinkle with sea salt and an additional few turns of the pepper mill. This recipe makes 6-8 small plates.

## **TRUFFLED GRUYERE FONDUE**

¼ cup white wine, preferably a Riesling

½ teaspoon minced garlic

1 ounce shredded Truffle cheese\*

1 ounce shredded Gruyere cheese

Pinch of cornstarch

Salt to taste

Slightly toasted sourdough bread, crust removed, cut into 1-inch cubes

In a small saucepan over high heat, add the wine and the garlic. Once the wine boils, lower the heat to medium. Reduce the wine to cook off the alcohol, approximately 2 minutes, then add the cheeses and stir constantly with a wooden spoon. Add the cornstarch, and continue to stir until melted and smooth but not runny, about 4 to 5 minutes. Add more wine if it is too tight. Season with salt, pour into a warmed fondue pot, and serve with the bread cubes. This recipe serves 2

## **CREAMY CELERY and FENNEL SOUP**

1 tablespoon butter

2 tablespoons olive oil

2 fennel bulbs, cored, sliced and chopped

1 medium-sized yellow onion, chopped

1 celery heart, sliced

1 teaspoon fennel seeds, crushed

¼ teaspoon celery seed

2 cloves garlic, finely chopped

½ teaspoon each, salt and pepper

¾ cup white wine

Juice of ½ a lemon

1 ½ cups chicken stock or vegetable stock  
¼ cup half and half  
1 large handful of purple seedless grapes, halved  
Chopped chives, to garnish

Heat the butter and olive oil in a large saucepan over medium heat. Add the fennel, onion, celery, fennel seed, celery seed, garlic, salt and pepper and saute stirring occasionally, for about 10 minutes. Add the white wine, lemon juice, and stock and simmer for 30 minutes. Stir in the half and half and continue to cook, gently for an additional 5 minutes.

Pour the mixture into a blender or food processor or use a hand-held blender stick and puree the soup. Serve it in small cups, teacups, or small glasses, garnish with grapes and chives.

Note: This soup can be made 2 days in advance, covered, refrigerated, and reheated before serving. Alternatively, it may be frozen for up to 4 weeks. This recipe makes 8 small cups or 4 bowls

## **CHUNKY CHOPPED SALAD with RED WINE AND CAPER VINAIGRETTE**

For the Salad:

2 red peppers cut into 1 inch squares  
4 oz. fresh mini mozzarella balls  
7 oz. canned palm hearts, cut into ½ inch slices  
2 hard-boiled eggs, cut into wedges  
4 oz. Italian Salami, sliced  
3 celery heart stalks with leaves, chopped  
1 small red onion, finely diced  
1 small bunch Basil leaves, torn into pieces

For the Vinaigrette:

2 tablespoons red wine vinegar  
3 tablespoons extra-virgin olive oil  
½ garlic clove, finely chopped

1teaspoon capers, rinsed and chopped  
½ teaspoon each salt and pepper

Place all the salad ingredients in a medium to large bowl. Gently toss to combine everything and then set aside.

Add all the vinaigrette ingredients to a small, lidded jar. Close the lid and shake well to incorporate. Refrigerate until ready to use. Then drizzle the vinaigrette over the salad, toss gently, and serve.

This recipe makes 8 small cups or 4 appetizer size bowls/plates.

## **CHRISPY CHORIZO QUESADILLAS**

Quesadillas:

6 large flour tortillas  
12 oz. Gruyere, cheddar, or other hard, melting cheese  
2 chipotles, in adobo sauce, deseeded and chopped  
18 thin slices Chorizo or Salami  
Small handful chopped fresh cilantro  
3 scallions thinly sliced  
3 tablespoons vegetable oil

Guacamole:

Flesh of 3 large, ripe avocados  
1 clove garlic, crushed  
1 jalapeno pepper, deseeded and very finely chopped  
1 tablespoon tabasco sauce  
1 tablespoon Worcestershire sauce  
Salt and pepper to taste

Preheat the oven to 275 degrees.

To make the guacamole, mash the avocado in a bowl using a potato masher. Stir in the garlic, jalapeno, lime juice, Tabasco and Worcestershire sauce. Mix well and season with salt and pepper. Cover with plastic wrap and refrigerate until ready to use.

To make the quesadillas – place 3 tortillas on the work surface and spread with the cheese, chipotle, chorizo or salami, cilantro and scallions. Top with the other 3 tortillas.

Heat a large, non-stick skillet over medium-low heat and add 1 tablespoon of the oil. Place one of the quesadillas in the pan and cook for 2-3 minutes. When the cheese is beginning to melt, gently turn using a large spatula and cook for another 2-3 minutes. Keep warm in the oven while you repeat the process with the remaining quesadillas. Cut each one into 6 pieces and serve with the guacamole. This recipe makes 24 slice size pieces or three meal time quesadillas.