

OBR_1008_Vegetarian Dinner_One Big Recipe

Menu:

WHITE BEAN HUMMUS WITH ONION JAM
RADICCHIO SALAD WITH ARUGULA PESTO AND RED GRAPES
BRUSSEL SPROUTS KOREAN VINAIGRETTE AND CASHEWS
SALT BAKED POTATOES, CHIVE OIL, AND FRIED CAPERS
PASTA GIARDINO WITH PEAS AND MINT

Method:

Long Processes, about 6 hours before dinner:

- Preheat oven to 350 F (175 C).
- Bring a large pot of salted water to a boil for blanching the Brussels Sprouts.
- **For the Caramelized Onions:**
- Peel 2 pounds (1 kg) yellow onions, slice all into thin half-moons.
- NOTE: slice onions in a very well-ventilated space (fans and open windows) to reduce exposure to the tear-inducing fumes released during cutting.
- Heat ¼ cup (60 ml) butter in a large skillet over medium heat, add the half-moon onions. Season with salt.
- Heat and stir the onions until they just start to soften, then reduce heat to the lowest setting.
- **Continue recipe** but return to stir onions from time to time, for 90 minutes (regularly scraping the brown caramelized sugars from the bottom of the pan up and into the onions), until completely browned and melty-tender.
- **Blanch the Brussels Sprouts:**
- Trim and slice 1 ½ pounds (680 g) Brussels sprouts in half, through the base.
- Prepare a bowl of ice water.
- Blanch the Brussels sprouts by plunging them into the boiling water for 2 minutes, until the colour brightens, about ¾ cooked.
- **For the Roasted Garlic:**
- Use a sharp knife and trim the top ¼ -inch (6 mm) from 2 heads of garlic, exposing the cloves.
- Wrap the heads in small pieces of aluminum foil.
- Drizzle with olive oil and season with salt.
- Seal up the aluminum foil and roast in the oven. Set a timer for 30 minutes, or until soft.
- Use a wire mesh strainer to immediately transfer the blanched sprouts into the waiting bowl of ice water to stop the cooking.
- Stir the onions.
- **Toast the Pine Nuts:**
- Add ¾ cup (180 ml) pine nuts to a tray, place in the oven. Set a timer for 5 minutes, or until just toasted.
- **Make the Chive Oil:**
- Roughly chop 3 bunches chives, add to blender or small food processor.
- Add 1 ½ cup (350 ml) vegetable oil, 1 ½ teaspoon (7.5 ml) white pepper, 1 teaspoon (5 ml) salt and 1 ice cube.

- Blend until very smooth, 1 minute.
- Set up a strainer over a bowl, line the strainer with 2-3 layers cheesecloth.
- Pour the oil through the lined strainer, leave to continue straining until needed for plating.
- Remove the pine nuts from the oven, set aside to cool completely at room temperature. Remove from pan to prevent carry-over cooking.

About 1 hour should have passed, 5 hours until showtime!

- Stir the onions.
- **Fry the Sage Leaves:**
- Strip the leaves from 1 small bunch sage, enough to yield about ¼ cup (60 ml) loosely packed leaves.
- Heat ½ cup (120 ml) olive oil in a small sauté pan over medium-high heat until shimmering.
- Add the sage leaves and sizzle 10 seconds, until bubbles subside.
- Use a slotted spoon to transfer the sage leaves to a paper-towel lined plate.
- Season with salt while warm.
- Reserve the fried sage leaves at room temperature for plating, reserve the sage oil, cooling at room temperature, for the White Bean Hummus.
- **Pull the Roasted Garlic:**
- Check the roasted garlic, it should be quite tender. If ready, open the foil and allow the garlic to cool at room temperature until needed.
- **Make the Arugula Pesto:**
- Roughly chop the leaves and tender stems of ½ bunch parsley, add to the bowl of a food processor.
- Add 2-3 cups (240-710 ml) loosely packed (pre-washed) arugula to the food processor.
- Pulse all to decrease volume.
- Peel and chop 4-6 cloves garlic, enough to yield about 2 tablespoons (30 ml). Add to the bowl.
- Add ¼ cup (60 ml) toasted pine nuts (they should be cooled at this point), season with salt and pepper.
- Pulse to a fine chop.
- Blend and add ¼ - ½ cup (60-120 ml) olive oil to make a smooth paste.
- Transfer to a bowl and stir in the juice of ½ lemon, 3 tablespoons (45 ml) grated parmesan. Season with salt and pepper.
- Pour a bit more olive oil over top to make a barrier and refrigerate until needed.
- Stir the onions.
- Drain the blanched Brussels sprouts, pat dry.

Medium Processes, about 3 ½ hours until dinner:

- Preheat grill to medium-high heat.
- Stir the onions.
- **Make the Brown Butter:**
- Melt ¼ cup (60 ml) butter over medium low heat for about 5 minutes, until slightly browned.
- **Start the Caper Garnish:**
- Heat 2 inches (5 cm) veg oil in a heavy pan over medium-high heat to 375 F (190 C).
- **Back to the Butter:**

- Check the butter, when it is amber in colour and starting to smell nutty, add ¼ cup (60 ml) whole cashews, reduce the heat and sizzle gently for 2 minutes, gently stirring.
- When the cashews are ready, remove from the heat and use a slotted spoon to transfer the cashews to a paper towel-lined plate.
- Reserve the cashews at room temperature until needed. Reserve butter for another use or discard.
- **Back to the Capers:**
- When oil is hot, add ½ cup (120 ml) well drained capers and fry for 20-30 seconds (or more, depending on oil heat), until crisp.
- Use a slotted spoon to transfer to a paper-towel lined plate.
- Reserve at room temperature until needed.
- **Grill the Treviso Radicchio:**
- Retrieve 6 small or 3 large heads treviso radicchio from the fridge.
- Remove any unwanted outer leaves and trim as needed.
- Slice the heads in half lengthwise, leaving the base intact.
- Brush the radicchios with vegetable oil, season with salt and pepper.
- Place the radicchio on the grill and press, cut-side-down, and grill for about 1 minute, until well charred on the outside and crisp-tender throughout.
- Set aside to cool at room temperature. Refrigerate when cool.
- **Make a 'kit' for the Pasta Giardino:**
- Set up a French mandoline, adjust the blade to a fairly thin cut, no shredders.
- Remove the tops and tails from 4 green zucchinis, 4 gold zucchinis and 4 large carrots.
- Peel the carrots.
- Cut the carrots with the mandoline to make wide 'noodles'/ribbons.
- Toss the carrot ribbons with 2 teaspoons (10 ml) salt to soften.
- Cut the zucchinis on the mandoline into wide ribbons; cut from the outside towards the middle, stopping at the seeds. Discard the middles.
- Toss the zucchinis together in a bowl, place the bowl on a tray.
- Peel 2 fresh cloves garlic, slice thin, transfer to a small dish and place on the same tray.
- Peel and halve 1 red onion. Slice very thin, with the grain. Add to a bowl and add the bowl to the tray.
- Strip the leaves from 1-2 bunches mint, enough to yield about 2 cups (470 ml) of loosely packed leaves, tear the leaves and add to a bowl on the tray.
- Measure 2 cups (470 ml) fresh green peas into a bowl and add to the tray.
- Crumble about 3 ounces Ricotta Salata, add to a bowl on the tray.
- Rinse the softened carrots, return to bowl, add to tray.
- This is your Pasta Giardino 'kit' to retrieve later, refrigerate until needed.
- **For the Onion Jam:**
- Add ½ cup (120 ml) raisins return to heat and continue cooking.
- **For the Hummus:**
- Drain 3 14-ounce (398 ml) cans of white beans in a mesh strainer, rinse lightly. Discard the bean liquid.
- Transfer the beans to the bowl of a food processor. Pulse several times until the beans resemble a chunky dip.

- Squeeze the cloves from the heads of roasted garlic.
- To the bean mixture, add the ½ cup (120 ml) reserved sage oil, the juice and zest of 1 lemon, 2 tablespoons (30 ml) tahini, roasted garlic cloves, and season with salt and pepper.
- Blend until the dip is quite smooth.
- Transfer to a container and reserve for plating.
- **For the Onion Jam:**
- Add ¼ cup (60 ml) balsamic vinegar, return to heat and cook another 10 minutes, stirring from time to time, until the balsamic is completely reduced.
- **Make the Korean Vinaigrette:**
- Peel a 1-inch (2.5 cm) piece ginger and slice into short, thin matchsticks.
- Trim the green ends from 4 scallions, slice very thin. Reserve whites for another use.
- Peel and rough chop an Asian pear and add to the bowl of a food processor, add 1 tablespoon (15 ml) light miso, 1 tablespoon (15 ml) gochujang (Korean fermented chili paste), 2 tablespoons (30 ml) soy sauce, 1 tablespoon (15 ml) apple cider vinegar, and blend all until smooth.
- While the blender is running, pour in ¾ cup (180 ml) vegetable oil in a slow steady stream to form a smooth dressing.
- Transfer to a bowl, stir in the ginger, scallions, and 2 teaspoons (10 ml) gochujaru (Korean chili flakes).
- Mix to combine, reserve until needed.
- Stir the onion-raisin mixture. Remove from heat, transfer to bowl, and set aside to cool at room temperature.

Short Processes, about 1 ½ hours before Dinner Time!

- **For the Salt-Baked Potatoes:**
- Wash 6 medium red-skinned potatoes.
- Roughly crush 2 tablespoons (30 ml) peppercorns in a mortar and pestle.
- Separate 9 eggs: crack an egg in half while holding it over a small container to catch the white, and, at the same time, using the half-shell to catch the yolk. Next, transfer the yolk back and forth from half-shell to half-shell, allowing the white to drain off completely into the container. When the yolk is clear of the egg white, use the half-shell to transfer it to a separate container.
- Repeat for all 9 eggs, reserve whites for the salt dough and the reserve the yolks for another use or discard.
- Make a salt dough for the potatoes: Combine 9 cups (2.1 L) coarse salt, 9 egg whites, and the crushed peppercorns. Strip and add the leaves from 3 sprigs of rosemary. Mix all quite well, adding more salt if needed to make a thick paste.
- Layer about 1/3 of the mixture into the bottom of a baking dish.
- Press the 6 potatoes into the salt mixture, then cover with remaining salt mixture, pressing around the potatoes to enclose them completely.
- Transfer to the oven and set a timer for 1 hour.
- **Grape Garnish:**
- Cut 1 cup (240 ml) seedless red grapes into halves. Reserve until needed.
- **For the Cashew Garnish:**
- Coarsely chop the reserved cashews, set aside for plating.
- Preheat grill to high heat.

Take a break until the potato timer goes off!

Dinner Time!

- When ready, remove the Potatoes from the oven, leave to rest at room temperature for plating, increase oven temperature to 500 F (260 C).
- **Plate the White Bean Hummus:**
- In a small saucepan over medium heat, re-warm the Onion Jam with 2 tablespoons (30 ml) water.
- Brush 2-3 rounds of naan bread lightly with veg oil.
- Grill, about 1 minute per side, until quite warm and lightly charred.
- Transfer the hummus into a serving dish, use a spatula to smooth the top.
- Spoon a bit of the warm Onion Jam over the bowl of white bean hummus.
- Garnish with fried sage leaves., drizzle with olive oil.
- Cut the grilled naan into wedges and present alongside.
- **Serve immediately.**
- **Plate the Grilled Treviso Radicchio Salad:**
- Assemble the grilled and chilled radicchio, arugula pesto, pine nuts and the halved seedless red grapes.
- Brush the grilled radicchio with arugula pesto, making sure it gets in between the leaves.
- Arrange on six small plates, 2 halves per person.
- Top each plate with red grapes and a generous sprinkle of pine nuts.
- Wipe the rims.
- **Serve Immediately**

Sit down and Enjoy!

- **Plate the Brussels Sprouts:**
- Toss the blanched Brussels sprouts with 1 tablespoon (15 ml) veg oil, 1 tablespoon (15 ml) sesame oil, and season with salt.
- Spread onto a baking tray, making sure the cut side is down, and roast in the oven. Set a timer for 5-10 minutes (depending on oven temperature), until well charred.
- Arrange six small plates.
- When ready, remove the Brussels sprouts from the oven. Turn off the oven.
- Transfer to a bowl and toss with the desired amount of dressing.
- Neatly arrange a few of the dressed Brussels sprouts on each of the plates.
- Garnish with black sesame seeds and the chopped Brown Butter Cashews.
- Wipe the rims.
- **Serve immediately.**

Sit down and enjoy!

- **Plate the Salt Crusted Potatoes:**
- Lay out 6 plates with beds of fried capers.
- Present the baking dish of Salt Crusted Potatoes table-side—crack the shell with the back of a knife, and remove the individual potatoes, dusting off excess salt with a dry pastry brush.
- Slice a flat from the end of each potato, then set each, standing up, over a bed of capers.

- Pour over the Chive Oil.
- **Serve Immediately.**
- Put a small pot of salted water to boil for blanching peas.

Sit down and Enjoy!

- **Plate the Pasta Giardino:**
- Retrieve the 'kit' from the refrigerator.
- In a very large pan or wok, heat 3 tablespoons (45 ml) olive oil and the reserved sliced garlic over medium-low heat.
- Warm the garlic but do not colour.
- Add the red onions and ½ teaspoon (1.25 ml) chili flakes, increase heat to medium, and sweat for 1-2 minutes.
- Increase heat to high, add the carrot ribbons and toss over the heat for 1-2 minutes.
- Add the zucchini ribbons, season with salt and pepper, and cook, continuously tossing for about 3 minutes until just soft.
- While tossing, add the green peas to the pan of boiling water to blanch for 1 minute.
- When ready, strain the peas, keep warm
- When the veggies are just soft, lift them out of the pan or wok (leaving the pan with the drippings over the heat) and transfer to a large mixing bowl.
- Add the peas and a splash of the pea cooking liquid to the pan (or wok) and toss.
- Zest a lemon into the mixing bowl of veggies, squeeze in the juice. Add half of the reserved mint and toss all to combine.
- Transfer veggie ribbons to a large serving bowl, twirling the veggies into a series of small nests for best presentation.
- Add the warm peas over the top.
- Garnish with crumbled ricotta salata and the remainder of the torn mint leaves.
- **Serve Immediately.**

Sit down and Enjoy! Congrats! You made it!