



COCKTAIL GOUGERES

Ingredients:

1 cup (250 mL) water
1/4 cup (50 mL) butter
1/2 tsp (2 mL) salt
1/8 tsp (0.5 mL) white pepper
Dash nutmeg
1 cup (250 mL) flour
4 eggs
1 cup (250 mL) shredded Swiss cheese
2 tbsp (25 mL) finely chopped green onion
2 tsp (10 mL) Dijon mustard

Method:

In a medium saucepan, combine water, butter, salt, pepper and nutmeg. Bring mixture to a boil over medium heat. Reduce heat and add flour all at once. Stir until mixture is smooth and pulls away from sides of pan forming a ball, about 1 minute. Remove from heat. Beat in eggs, one at a time, until mixture is smooth and glossy. Stir in cheese, green onion and mustard. Place mixture in a pastry bag fitted with a star tip. Pipe small mounds of dough 1 inch (2.5 cm) apart onto a greased cookie sheet. Alternatively, dough may be dropped from a spoon onto a greased cookie sheet. Bake at 400°F (200°C) for 20 minutes or until puffed and golden. Serve warm or at room temperature. Gougeres may be cooled on racks and frozen for up to 1 month. Reheat gougeres at 350°F (180°C) until heated through, about 10 minutes. Makes about 6 1/2 dozen gougeres.



CHICKEN PICCATA

Ingredients:

4 boneless skinless chicken breasts
Salt and freshly ground pepper
3 tbsp (40 mL) flour, divided
2 tbsp (25 mL) butter, divided
1 tbsp (15 mL) olive oil
1/3 cup (75 mL) dry white wine
1/4 cup (50 mL) fresh lemon juice
1/4 cup (50 mL) chicken stock
1/4 cup (50 mL) capers, rinsed and drained
2 tbsp (25 mL) chopped fresh parsley

Method:

Pat chicken dry. Sprinkle with salt and pepper. Coat chicken with 2 tbsp (25 mL) flour. In a frypan, melt 1 tbsp (15 mL) butter with oil over medium heat. Add chicken and cook until golden brown and completely cooked, about 5 - 7 minutes per side. Transfer chicken to a platter and keep warm. Combine remaining 1 tbsp (15 mL) each flour and butter to make a smooth paste. Add wine, juice and stock to pan and bring to a boil. Whisk in butter mixture and boil until sauce thickens slightly. Stir in capers. Season to taste with additional salt and pepper. Pour sauce over chicken. Sprinkle with parsley and serve. Serves 4.



BLUE CHEESE AND MIXED GREENS WITH HONEY DRESSING

Ingredients:

2 tbsp (25 mL) white wine vinegar
2 tsp (10 mL) honey
1 tsp (5 mL) Worcestershire sauce
1/2 tsp (2 mL) Dijon mustard
1 small clove garlic, crushed
1/4 tsp (1 mL) salt
Dash freshly ground pepper
1/4 cup (50 mL) olive oil
8 cups (2 L) torn mixed greens
1 cup (250 mL) crumbled blue cheese

Method:

To prepare dressing, whisk together first 7 ingredients (vinegar through pepper). Gradually whisk in oil. Combine greens and blue cheese in a bowl. Toss with enough dressing to coat. Serve immediately. Remaining dressing may be refrigerated for up to 4 days. Serves 8.



FIVE SPICE BROWNIES

Ingredients:

1/2 cup (125 mL) butter
4 squares unsweetened chocolate
1 1/2 cups (375 mL) sugar
1/4 tsp (1 mL) salt
2 tsp (10 mL) vanilla
2 eggs
1 cup (250 mL) flour
2 tbsp (25 mL) cocoa
2 tsp (10 mL) Chinese five-spice powder
Icing sugar, optional

Method:

In a heavy medium saucepan, melt butter and chocolate over low heat, stirring frequently, just until melted. Stir in sugar, salt and vanilla. Beat in eggs, one at a time, until blended. Stir in flour, cocoa and Chinese five-spice powder just until blended. Spoon batter into a greased 9 inch (23 cm) square baking pan. Bake at 350°F (180°C) for 30 - 35 minutes or until a toothpick inserted in center comes out with a few moist crumbs adhering to it. Do not overbake. Cool completely on a rack. Dust with icing sugar. Cut into squares. May be frozen. Makes 16 brownies.

