



Les Dames d'Escoffier
Washington, DC Chapter

www.lesdamesdc.org

FOOD DAY FUN! RECIPES

October 28, 2012

Tropical Smoothies Serves: 6

Use a variety of frozen fruits like blueberries, strawberries, and raspberries in addition to mango.

- 2 cups frozen mango
- 1 cup orange juice
- 2 ea ripe bananas, peeled and cut up
- 1 cup nonfat vanilla yogurt
- Ice cubes

Procedure:

Combine orange juice and yogurt in a blender followed by bananas and frozen fruit(s) and whirl until well blended.

Add additional fruit juice if mixture seems too thick and add ice cubes or extra frozen fruit if mixture is too thin.

Chicken & Apple Salad Serves: 6

- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup finely chopped red onion
- 2 tsp chopped fresh dill
- 4 cups chopped or shredded cooked chicken
- 2 cups diced Granny Smith or other crisp, tart apples
- Salt and Pepper to taste

Procedure:

Whisk mayonnaise, red onion and dill together in a large bowl. Stir in chicken and apple until well mixed. Season to taste with salt and pepper.

Source: Danielle Turner



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Butternut Squash Soup Serves: 4 Yield: 6 cups

2 ¼ pounds butternut squash, peeled and cut into 1-inch cubes
1 medium yellow onion, chopped
2 cloves garlic, chopped (optional)
1 ½ Tbs butter or vegetable oil
4 cups chicken stock, vegetable stock, or water
Salt and freshly ground pepper to taste

Procedure:

Tip: I find it easiest to cut the squash into sections before I peel it. I cut the neck from the round body of the squash, cut those pieces in half, scoop out the seeds using a spoon, and then peel the squash. After it is peeled, cut it into chunks.

Heat the butter or oil in a large pot over medium heat. Add the onion and cook, stirring often, until the onion is soft and translucent. Next add the garlic and continue cooking and stirring until it is fragrant.

Add the cubed squash and the stock or water. Bring to a boil and then reduce to a simmer. Reduce the heat and cook until the squash is soft and falling apart.

Allow the mixture to cool slightly and then puree in SMALL batches in a blender or food processor. Or use a stick-type blender right in the pot. Or mash with a potato masher.

Taste and correct the seasoning with salt and pepper.

Garnish the soup if desired with a dollop of yogurt or sour cream or a sprinkle of minced cilantro, basil, parsley, or thyme.

This basic soup can be varied in a number of ways:

- Use another variety of winter squash (pumpkin, acorn squash, etc.)
- Add 1/3 – ½ cup of cream after you have pureed the soup. Gently warm the creamy soup before serving. Do not let it come to a boil or it may separate.
- Add 1- 2 teaspoons curry powder to the onion and garlic mixture. Stir and cook for several seconds before adding the squash and liquid.
- Substitute some coconut milk for the stock or water. The curry powder is good with this version.
- Add 1 tablespoon or more grated fresh ginger. Sauté the ginger with the onions and garlic.
- Add sweet/warm spices such as ground ginger, cinnamon, allspice or cloves with the garlic. Start with a ¼ – ½ teaspoon of one or more and increase the amount to taste.

Source: Drew Spangler Faulkner



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Carrot Rice Serves: 9

- 3 cups long-grain white basmati rice
- 4 cups water
- 1 Tbs sea salt
- 8 Tbs canola oil or butter, split (see procedures)
- 2 ea oranges, zested
- 2 Tbs sugar
- 3 cups carrots (cut into 3-inch strips or buy readymade matchstick carrots)
- 1 ½ cup dried sweetened cranberries
- 1 tsp ground cinnamon
- 1 Tbs ground cardamom
- 1 ½ cups raw almonds

Procedure:

Wash the rice by placing it in a large fine-mesh colander and rinsing it with water. In a large non-stick pot (5-quart) or wok, add the rice, water, sea salt, and 3 Tablespoons of the oil, and bring to a boil over high heat. Stir gently once. Reduce heat to medium, cover and cook for 15 minutes.

Heat 2 tablespoons of the oil in a wide skillet over medium heat. Add the almonds and stir-fry for 20 seconds. Remove from the skillet and set aside.

Heat 3 tablespoons of the oil in the same skillet over medium heat. Add the carrots and orange zest, sugar, cinnamon, cardamom, and stir-fry for 3 minute. Add the cranberries and toasted almonds and give it a stir. Remove from heat. Add it to the rice and fluff with a fork.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Source: Najmieh Batmanglij, *"Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies"*

Food Day Black Bean Salsa Yield: 2 cups

- 1 can (11 oz) black beans
- 1 ea avocado, peeled, pit removed and diced
- ¼ medium red onion, chopped
- 1/3 bunch fresh cilantro, chopped
- ½ ea lime, juiced

Procedure:

Mix all ingredients in a bowl and let sit to marinate for at least 30 minutes.



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Green Salad with Vinaigrette Serves: 8

- 1 lb salad greens, washed, dried and torn
 - 1/3 cup red wine vinegar
 - 1 Tbs minced shallot or onion
 - 1 Tbs Dijon-style mustard
 - 1 cup extra virgin olive oil
- Sea salt and freshly ground pepper to taste

Procedure:

In a small bowl add the red wine vinegar, shallots, and mustard. Whisk well to combine.

Slowly drizzle the olive oil while whisking the vinaigrette until you reach an emulsification (until it blends together).

Season to taste with salt and pepper.

Pomegranate Guacamole Serves: 2

- 1 ea ripe avocado, peeled and pit removed
- 1/8 cup red onion, finely chopped
- 1/2 ea lime, juiced
- 1/4 cup pomegranate seeds
- 1 pinch sea salt, to taste
- 8 ea tiny pita pockets or flatbread crackers to serve

Procedure:

In a medium-size mixing bowl, mash the avocado.

Stir in the red onion, lime juice, and pomegranate seeds. Sprinkle with salt.

Spoon into pita pockets or spread on crackers and serve.

Source: Joan Nathan



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Hummus Yield: 2 ½ cups

- 1 19 oz can garbanzo beans (also known as chickpeas) , or 1 cup cooked dry garbanzo beans*
- 1 clove garlic, minced
- 3 Tbs tahini paste (ground sesame seeds)
- 4 Tbs lemon juice
- to taste salt
- 3 Tbs olive oil
- 2 Tbs chopped parsley
- to taste paprika
- 4 cups fresh vegetables

Procedure:

Drain the garbanzo beans but reserve the water from the beans. Reserve 1-2 tablespoons of the beans for garnish. Mash the remaining beans (with a potato masher or fork) or puree in a blender or food processor. Add some of the reserved bean liquid as needed to make a paste.

Add the garlic, lemon juice, and tahini. Stir in 1 tablespoon of olive oil to the bean paste if desired and then season the mixture with salt.

To serve, spread the dip on a plate and drizzle the remaining oil over top. Then shake on paprika and sprinkle with the parsley, if desired. Garnish with the reserved whole beans on top.

Serve with pita bread and fresh vegetable sticks or slices. Delicious on apple slices as well.

For a variation add ½- ¾ teaspoons ground cumin to the dip. You might also like some cayenne or other chili pepper sprinkled on top.

* To prepare dry garbanzo beans, first lay them out on a plate and remove any debris from the beans. Wash them in several changes of water, or until the water runs clear. Place the beans in a bowl and add water that covers them by an inch or more. Soak the beans overnight on the counter. Drain the beans and add them to a pot, cover them with fresh water, bring to a boil over high heat, reduce to a simmer, and cook until tender when mashed with a fork. Your cooking time will depend on the size of your garbanzo beans but it will take about 1½- 2 hours.

Source: Drew Spangler Faulkner



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Roasted Fruits Serves: 4

This recipe works for many kinds of fruit including plums, apricots, peaches, pears, nectarines, apples, pineapples and mangos. Extremely soft, skinless fruits like bananas, figs or strawberries need no water at all. You can combine roasted fruits with a fruit sauce or filling, or serve with vanilla ice cream.

- 4 Tbs sugar, honey or maple syrup
- 1/2 ea vanilla bean (optional)
Seasonings, such as ground spices or herbs
- 1 1/2 lbs fruit, peeled, pitted and halved or sliced (no more than 3/4-inch thick) such as fresh pears, peaches, apricots, nectarines, apples, pineapple, strawberries, mangoes, or bananas
- 2 tsp lemon juice
- 2 Tbs water
- 2 tsp unsalted butter (optional)
- 1 pint whipping cream
- 1 Tbs powdered sugar

Procedure:

Preheat the oven to 375°F. If using the sugar, place it in a small bowl. With a thin sharp knife, split the vanilla bean lengthwise in half. Scrape out the seeds and stir them into the sugar along with any seasonings you wish. If using honey or maple syrup, combine it with the water, and vanilla seeds. Cut the vanilla pod into 2-inch pieces.

Arrange the fruit in a large baking dish, cut-side-up if halved. Drizzle the lemon juice evenly over the fruit, then drizzle the vanilla sugar or sweetener over. Nestle the vanilla pod among the fruit. If using sugar, add the water to pan. If desired, cut the butter into small pieces and distribute over the fruit.

Bake the fruit, brushing it occasionally with the pan juices, until it is tender and glazed and the juices in the pan are thick and syrupy. If the syrup evaporates too quickly, add a tablespoon or two more water to the pan. If the fruit is halved, turn halfway through the cooking time. Softer fruits such as plums, apricots, or peaches will take about 20 to 25 minutes. Harder fruits such as pears and apples will take about 40 minutes.

The fruit can be prepared up to 4 hours ahead. Before serving, warm in a 300°F oven.

In a cold mixing bowl, whip the cream with the powdered sugar until stiff. Serve atop the roasted fruit.