

Winthrop P Rockefeller Cancer Institute Auxiliary



Cooks Tour Recipes

This short booklet includes a collection of recipes from the annual Cooks Tour Fund Raising event to help support the UAMS Winthrop P Rockefeller Cancer Institute.

Mark Abernathy _____

CT 2004:

Zuppa Lumbarda (Tuscan Bean Soup)

4 Garlic cloves, finely chopped & sautéed until soft in 1 tablespoon olive oil.

Add & lightly sauté:

- 2 tomatoes chopped or 2 cups canned
chopped tomatoes
- 2-3 Portabella mushrooms sliced thin
- 1 cup prosciutto (Italian Ham) sliced thin &
chopped

Add:

- 4 cups veal stock (or 3 cups chicken
stock & 1 cup beef stock)
- 2 cups canned cannellini or navy beans
- ½ cup chopped fresh basil
- 2 teaspoons ground black pepper

CT 2005:
Tuscan Vegetable Cheese Casserole
Wines by Da Vinci Vineyards and Ecco
Domani Vineyards (Italy)

Spray non-stick spray on 9 x 13 inch glass casserole dish.

Sauté in 1 tablespoon olive oil until soft:

2 cups red onions - chopped large chunks

2 large red bell peppers - sliced into rings

2 cloves garlic minced or chopped small

Combine sautéed vegetables in large bowl with:

2 cup yellow squash sliced into sticks

1 cup zucchini squash sliced into sticks

1 cup portabella mushrooms sliced thick

2 cup grape tomatoes sliced in half

½ cup fresh basil chopped; ½ cup salted butter melted

1 cup mozzarella cheese shredded

1 cup sharp white cheddar shredded

1 cup Parmesan cheese shredded (don't use dry, canned cheese)

1 tablespoon black pepper; 1 tablespoon crushed red pepper

1 tablespoon salt

Pour all ingredients into the greased casserole dish; Bake on 350 degrees for 20 minutes; Remove from oven and cover the top with 2 cups shredded mozzarella cheese and sprinkle with shredded parmesan; Garnish with sprinkle of roasted pine nuts and finely chopped fresh parsley.

CT 2006:
Penne Pasta with Grilled Salmon and Gorgonzola Alfredo Sauce
Wines by Meridian

2, 8 oz. Salmon Filets

4 cups dried penne pasta

1 tablespoon unsalted butter

2 cloves garlic, minced fine or use Garlic press

1/2 Pint Heavy Cream

1/2 cup Shredded Parmesan Cheese (not powdered)

1/4 cup crumbled Gorgonzola Blue Cheese (or other mild blue cheese)

Pinch of nutmeg

1 cup frozen English peas

1/2 cup pine nuts, lightly roasted

Salt & Pepper

Fresh Basil, cut into thin ribbons

A block of quality parmesan cheese

Brush salmon with olive oil, sprinkle with salt and pepper and grill. You want it a little over cooked and very firm. Set aside, keep warm.

In a saucepot, on low heat, melt butter and garlic and cook until garlic is opaque. Raise heat to medium, add the cream, and cheese. Stir until melted throughout. Add salt, pepper, and a pinch of nutmeg. Boil pasta in a large pot of salted water until al dente (cooked but firm), then drain. Toss pasta with Gorgonzola sauce. Add peas & pine nuts. Mix in large chunks of salmon. Do not over mix or the salmon will fall apart.

Top with grated fresh parmesan cheese and shredded basil.

**CT 2007:
Italian Tuscan Fish Stew**

2 T olive oil; 1 onion chopped
(option: a few saffron threads)
1 tsp dried thyme; pinch of cayenne pepper
2 garlic cloves, finely chopped
2 cans (14 oz) peeled tomatoes, drained and chopped
¼ cup white wine
4 cups chicken stock
3 small bottles of clam juice
12 oz. white fish fillets, cut into pieces
1 lb mussels in shell, scrubs with beards removed
1 lb shrimp
½ lb squid
½ lb scallops
2 T chopped basil or parsley
Salt & pepper
Thick slices of toasted bread

In a large saucepan, place oil and sauté onion, cayenne, thyme (saffron) for 10 minutes over med-low heat. Add garlic and cook for another minute. Stir in tomatoes, wine, stock and clam juice. Bring to boil then reduce and simmer for 15 minutes. Add the fish and cook for 3 minutes, then add other seafood and simmer for 2 minutes. Discard any mussels that do not open. Do not over cook. Stir in basil (or parsley). Ladle over thick slice of toasted bread.

**CT 2008:
Toasted Potato Gnocchi**

Potato Gnocchi

2 lbs. baking potatoes, unpeeled
2 egg yolks
2 tbsp. grated Parmesan
1- 1 ½ cups all-purpose flour

Prick potatoes with a fork and bake for 1 hour at 350 degrees. Let cool for 15 minutes, then peel and mash. Mix egg yolks and Parmesan into the potatoes and gradually stir in flour. Transfer to floured surface and knead dough gently. Keep gradually adding flour until it is a ball that will not stick to your hands. Divide the dough into six portions and roll each portion out into a long rope about ½ inch thick. Cut the rope into ¾ inch pieces then roll these over the tines of a fork to create small ridges. Boil salted water in a large pot and add cook gnocchi in small batches for about 23 minutes or until they float. These freeze well.

Basil Pesto Alfredo Sauce

1 pint heavy cream
1/2 cup (1 stick) unsalted butter, softened
1 cup freshly grated Parmigiano-Reggiano
1/3 cup basil pesto; freshly cracked black pepper
Pinch of Nutmeg

To Serve: Slightly brown (toast) the cooked gnocchi on a sheet pan. Serve topped with Pesto Alfredo Sauce, blanched English peas, fresh grated Parmesan, chopped fresh flat-leaf parsley, for garnish. Add crushed red pepper.

Peter Brave

**CT 2004:
Shrimp and Basil
2 portions**

8 oz. Angel hair pasta, cooked and strained
2 tbsp. Olive oil
1 lb. Peeled and deveined shrimp
2 cups diced tomatoes
3 tbsp. Fresh basil leaves, chopped
1 tbsp. Fresh garlic, minced
1 tbsp. Butter
salt and pepper to taste

Heat oil in skillet. Sauté shrimp, tomatoes, garlic and basil until shrimp is thoroughly cooked, about 2-3 minutes. Stir in butter and serve over pasta.

**CT 2005:
Shrimp on a Skewer with Mango Horseradish Buerre Blanc
Wines by Napa Valley Vineyards
(California)**

Marinate shrimp in olive oil with plenty of garlic and cracked black pepper; broil in oven for approximately four minutes.

Sauce:

1 cup white wine
½ cup mango puree
1/8 cup pureed horseradish
3 shallots finely chopped
½ cup white wine vinegar

In a sauce pan reduce all above ingredients by ¾ volume then whisk in 1 lb. unsalted butter 2 oz. at a time until all is incorporated; add salt and pepper to taste.

Michael Selig

**CT 2004:
Sesame Ahi Mango Risotto Chip
with Spicy Mustard**

2 lbs. Ahi (sashimi grade); 1 lb. Arborio rice
1 each Fresh Mango-pureed
2 ounces Cilantro – chopped
2 tbsp. Chili Garlic
3 ounces Soy Sauce; 1 tbsp. Sesame Oil
2 ounces Orange Juice; 2 ounces Honey
8 each Eggroll Wrappers; 1 Egg-beaten

Combine cilantro, soy sauce, sesame oil, orange juice and honey; mix well and set aside.

Cook risotto with Arborio rice; once risotto is done, while still hot, fold in ½ of marinade and pureed mango.

Let cool to room temperature.

Slice ahi in strips and place in remaining marinade; layout eggroll wrappers and brush with egg.

Place approx. 6 tbsps. Risotto on each wrapper, leaving ½" space on all sides.

Place ahi strip in middle of risotto and fold vertical side into ahi; roll from one end to close.

Bake at 400 until golden brown or fry until golden brown and enjoy.

**CT 2005:
Cilantro Ahi Pico Shooters with Chipotle Aioli
Wines by McWilliams Hanwood Estates
(Australia)**

Ahi (4 oz. Diced and marinated in Oriental Marinade)
Oriental Marinade (1 oz.) Vermillion Secrets
Pico De Gallo (6 oz. Puree) Vermillion Secrets
Chipotle Aiolo (4 oz.)

Place Pico in a shot glass (1 oz.); put diced Ahi on top of Pico and finish with Aioli.

**CT 2006:
Crab Cakes
Wines by Beringer Founder Estate**

1 pound Lump Crab (steamed and picked)
3 ½ tablespoons Mayonnaise
½ tablespoon Dijon Mustard
½ teaspoon Old Bay Seasoning

Prep:

Combine all ingredients and form six-3 ounce crab cakes. Place in freezer for 2 minutes. Heat a non-stick skillet over medium heat. Remove crab cakes from freezer and spray with non-stick cooking spray. Place in pan and brown both sides until middle is hot. Enjoy with your favorite sauces.

**CT 2007:
Miniature Raw Bar**

Vermillion Shrimp Cocktail, Steamed Clams and Mussels.

Evette Brady_____

**CT 2005:
1620 Marinade for Smoked Meats
Wines by Red Bicyclette Vineyards
(France)**

½ cup fresh ground coriander
3 cups Worcestershire Sauce
1 cup chili powder
¼ cup salt
3 cups brown sugar
2 tablespoons ground black pepper
4 large minced shallots
6 minced garlic cloves
1 cup prepared mustard

Combine all ingredients in a heavy saucepan & stir; Bring to a rolling boil for 10 minutes, remove from heat, let stand for 5 minutes, and apply to meats.

CT 2006:
Coriander Rub for Beef Filets
Wines by Greg Norman

8 ounces whole coriander seed
2 tablespoons chili powder
3 tablespoons minced shallots
¼ cup salt
¼ cup dark brown sugar
2 tablespoons olive oil

Grind the coriander seeds. Combine all ingredients in a bowl and mix thoroughly.

CT 2007:
Array of Meats with Marinade

Maple Soy Marinade:

1 cup maple syrup
1/4 cup lime juice
1 cup soy sauce
2 T chili powder
2 tsp chopped garlic
1 T chopped shallot
2 T chopped cilantro
2 T grated ginger
1/2 T Asian chili sauce
1/2 cup sesame oil

Combine all ingredients except oil and mix thoroughly. Slowly add oil until mixed thoroughly. Good for chicken, fish or beef. Marinate for 24 hours.

**CT 2008:
Lobster Tart**

3 ½ inch false bottom tart pan
Pie dough ½ lb.
1 quart heavy cream
8 egg yolks
6 cloves roasted garlic
salt to taste
(2) 5 oz. lobster tails
2 tbsp. butter
2 wood skewers; ¼ cup diced red bell pepper
2 tbsp. cilantro leaves
1 ½ tbsp. lime juice
2 tbsp. olive oil

Roll pie dough to ¼ inch thickness and form in tart shell. In large sauce pot reduce heavy cream by half, combine egg yolks, roasted garlic with reduced heavy cream and run through blender until smooth, season with salt & set to side. Combine pepper, cilantro, scallion, lime juice, & olive oil and mix thoroughly. In medium size sauce pan add butter over medium high heat until butter starts to brown. Add skewered lobster tails and sauté for 15 minutes or until done then remove to plate draped with paper towel.

Fill tart shell with custard mix then place on sheet pan. Cover with foil and bake in 400 degree oven for 35 minutes. Slice lobster tail on a bias ¼ inch thick. Remove from tart pan, place in center of plate and top with sliced lobster tail. Pepper cilantro salad drizzle with chili oil and serve.

Scott McGehee_____

**CT 2006:
"Fegato"
Tuscan Chicken Liver Pate
Wines by Gabbiano**

2 T extra virgin olive oil
½ cup small diced shallots
8 oz chicken liver
Salt and pepper to taste
2 T Marsala wine; 2 T Vin Santo
¼ cup rinsed capers; 4 sprigs fresh sage
2 anchovies; 2 T butter

Add olive oil to sauté pan and cook shallots over medium heat, stirring often, until caramelized. Add the chicken livers and sauté until just cooked through, about 2 min. Add marsala and vin santo (increase the amount of marsala if you don't have vin santo), and reduce by ½.

Allow the liver and shallot mixture to cool slightly and transfer to a food processor. Add the capers, sage and anchovies. Process until slightly smooth, add butter and process until the butter is incorporated. Correct seasoning, spread on grilled crostini and enjoy!!!!

CT 2007:
Italian White Anchovies with
Fresco Cheese and Gelato

Italian White Anchovies with sun dried tomato and shaved parmesan;
Pecorino Fresco Cheese with Fig jam; and
Blood Orange-Tangerine Gelato.

Blood Orange-Tangerine Gelato

Makes About 2 Quarts

1 ½ cups sugar

7 cups freshly squeezed blood orange and or tangerine juice

Mix and process in an ice cream maker.

Donnie Ferneau

CT 2007:
Chipotle Grilled Shrimp Relish

1lb shrimp, peeled and deveined

1/3 cup Sparkling River Hickory Chip Chipotle Sauce

1 large red onion, finely diced

1 bunch cilantro, finely chopped

8 oz. frozen or fresh sweet corn

1 large red bell pepper, finely diced

2 cloves garlic, minced

Juice of 1 lime; Salt & Pepper to taste

2 lb Kettle Chips

Toss shrimp and chipotle sauce together. Place shrimp directly on grill until medium-medium well. Set aside and cool to room temperature. Combine onion, cilantro, corn, bell pepper, garlic and lime juice into a large mixing bowl. When shrimp have cooled, chop shrimp into ¼-inch pieces and fold into mixture. Add salt and pepper. Cover and let stand in the refrigerator for 15 minutes. To serve, place relish in a martini glass; garnish with kettle chips.