

Monte Carlo Appetizer Recipes



Parmesan Shortbread (adapted, but just barely changed, from *Bon Appetit*)

- 1 3/4 c. all-purpose flour (or experiment and try it with 2 cups)
- 3/4 c. parmesan cheese, plus about 2 T. for sprinkling on the top
- 1 tsp. salt (I use sea salt)
- 1/4 tsp. garlic powder
- 1/8 tsp. cayenne pepper
- 1 c. unsalted butter, chilled and cut into 1/2-inch cubes

Preheat the oven to 350F and line a baking sheet with parchment paper. Mix the flour, the parmesan cheese (minus the bit for sprinkling on the top), garlic powder, and cayenne together in a large mixing bowl. I like to use a whisk to make sure all the dry ingredients are really well mixed.

Add the butter and use your hands (or a pastry cutter, which I need to get), and break the butter up, incorporating the flour and mixing it until you have a coarse, pebbly kind of mixture, the same way you would if you were making pastry dough (yeah, I know that's so helpful if you've never made pastry dough, but this is pretty hard to explain). Once you get the butter broken down into smaller, floury bits, start forming the dough together into one big ball.

Break the ball into two pieces, and roll each piece out into about a 12-inch log. Cut each log into 1-inch pieces and lay them out on the baking sheet, about an inch and a half apart from each other. Use your palm to flatten each circle out

a bit, then sprinkle just a bit of parmesan on top of each round. Bake them for about 15 to 20 minutes, or until they are just barely starting to brown.

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Langoustines à la Provençale, Cooked in a Pot

Courtesy of Société des Bains de Mer



Preparation (serves 1):

Cut the langoustines into small pieces. Sauté the langoustines in a medium skillet with 1 tablespoon olive oil for 2-3 minutes until lightly browned. Transfer langoustines to a small platter and keep warm.

Heat the garlic and the orange and lemon zests in a pot over a medium heat for approximately 8 minutes. Add diced carrots, celery, onion and herbs and cook the mixture, stirring occasionally. Remove the bay leaf and sprig of thyme. Add salt & pepper for seasoning.

Serving:

Add diced tomato and cocoa beans to the ragoût. Spoon the ragoût over and around the langoustines and serve on a warm platter over mesclun. Serve immediately.

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Ingredients:

Langoustines, peeled 3/5 cup
Olive Oil 2 ½ tbsp.
Carrots ¼ cup
Mesclun ¼ cup
Onion ¼ cup
Celery ¼ cup
Tomato 1 diced
Garlic 1 clove
Thyme 1 sprig
Bay leaf 1
Flat parsley
Cocoa beans
Salt
Pepper

Prince Albert Millefeuille Pastry with Strawberries & Whipped Cream

Courtesy of Société des Bains de Mer



Ingredients:

Milk 2 cups
Sugar ½ cup
Eggs 4
Vanilla bean 1
Pure corn starch 3 ½ tbsp.
Butter 1 oz.
Whipped Cream 3/5 cup
Strawberries 3 cartons
Puff pastry sheets 2 lbs.

Preparation (serves 1):

Remove stems from berries, leaving some intact for the final presentation.

Pastry Cream:

Bring 2 cups milk, 1 ½ tbsp. sugar and sliced vanilla bean to a boil in a saucepan over medium heat. Combine 4 egg yolks and the rest of the sugar in a medium bowl and whisk until pale yellow. Add corn starch to the bowl and transfer the mixture to the saucepan. Remove vanilla bean and stir for 2 min. Pour into a mixing bowl and add the butter in cubes, let cool and stir occasionally. For a light cream, whisk the mixture and slowly add the whipped cream.

Pastry:

Roll out 3 pastry sheets and let cool in the refrigerator. Remove pastry sheets from refrigerator and place on wax paper on a baking sheet. Cook at 350°F for 35 minutes. When removing from oven, place a plate on top of the pastry sheets in order to compensate for the rising. Spread icing on the smoothest sides and put in oven at 475° for 2-3 minutes until caramelized.

Serving:

Lay a sheet of pastry, a layer of cream, a layer of strawberries and repeat to create 3 layers. Place berries on top of top layer of pastry for display.

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Barbajuans



For pastry (makes 24 pastries):

Combine flour and salt in processor. Add oil, 2 Tbsp egg (reserve remaining egg for filling) and 3 Tbsp water. Process until smooth dough forms, adding more water by teaspoonfuls if dough is dry. Turn dough out onto lightly floured surface and knead until smooth, about 1 minute. Wrap dough in plastic and let stand 30 minutes.

Meanwhile, prepare filling:

Heat 1½-tsp olive oil in heavy medium skillet over medium heat. Add onion and leek and sauté until tender and golden, about 4 minutes. Add chard, spinach and oregano and sauté until very tender, about 10 minutes. Transfer to small bowl. Mix in cheeses. Season with salt and pepper. Mix in 1 Tbsp egg reserved from pastry. Set filling aside to cool.

Line large baking sheet with foil. Roll out dough on floured surface to generous $\frac{1}{16}$ inch thickness. Using floured 2- to 2½ inch round cutter, cut out rounds. Gather dough and re-roll, cutting out more rounds for a total of 24.

Place 1 tsp filling in center of each dough-round. Brush edges of rounds with egg white. Fold dough over, forming half-circle, and press edges to seal. Place pastries on prepared baking sheet. (Can be made 1 week ahead. Cover and freeze. Thaw before continuing, and pat dry if dough is wet).

Pour vegetable oil into heavy large Dutch oven to depth of 1½ inches. Heat oil to 375°F. Working in

Pastry:

1½ cups all-purpose flour
½ tsp salt
¼ cup olive oil
1 egg, beaten to blend
3 Tbsp (or more) water

Filling:

1½-tsp olive oil
2 Tbsp finely chopped onion
2 Tbsp finely chopped leek (white part only)
2 Swiss chard leaves, stems & ribs removed, chopped
¾ cup chopped fresh spinach (about 1½ ounces)
½ tsp dried oregano
2½ Tbsp ricotta cheese
1 Tbsp freshly grated Parmesan cheese
1 egg white, beaten to blend
Vegetable oil (for deep frying)

batches, fry pastries until brown and crisp, about 5 minutes. Using slotted spoon, transfer pastries to paper towels and drain. Arrange pastries on platter. Serve warm or at room temperature.

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Asparagus Risotto with Jus de Viande

Courtesy of Société des Bains de Mer



Preparation (serves 1):

Bring a large pot of white stock to a boil over high heat. Cut 3 asparagus heads and the tails on a diagonal. Boil the asparagus in the white stock. Cook the onion and garlic in olive oil in a large skillet over medium heat. Add rice and stir 2-3 minutes. Add the white wine. Cook uncovered, stirring frequently, until liquid is absorbed. Add the asparagus broth to the skillet slowly until rice is tender and the mixture has a creamy consistency (20-25 min.). Add salt and pepper to season.

Slice the other 2 asparagus along their length.

Parmesan Tuiles:

Combine flour and parmesan in a bowl and mix together with fingertips. Heat butter on the bottom of a non-stick pan and lightly cover with a spoonful of the parmesan mixture. Cook over medium heat on one side until cheese bubbles and starts to turn brown. Remove pan from heat and remove tuile with a spatula, it should be pliable. Lay tuile over a large rolling pin to form an arc. Repeat with remaining mixture.

Serving:

Serve the risotto immediately on a warm platter with the jus de viande, place the asparagus tips and tuiles on top.