



Supper Club



MARCH'S MENU

Caramel French Toast
Italian Frittata
Carrot Muffins
Bloody Mary
Strawberry Cheesecakes
Apple Swans

TECHNICAL FOCUS

Whisking
Carving
Plating and presentation
Dicing



BLOODY MARY

INGREDIENTS

1 T Horseradish
1 ½ tsp. Old Bay Seasoning
2 tsp. Celery Seed
2 tsp. distilled white vinegar
4 T fresh lemon juice
Pinch of black pepper
3 T Worcestershire sauce
4 c. low-sodium tomato juice
Ice

TOOLS

Blender, measuring spoons, measuring cup, 6 glasses

1. Combine all the ingredients except for tomato juice in a blender.
2. Puree briefly.
3. Add tomato juice and blend well
4. Serve over ice.

Makes 6 servings, each $\frac{3}{4}$ cup



CARAMEL FRENCH TOAST

Ingredients

1 c brown sugar
6 T butter
1/3 c whipping cream
1 T corn syrup
3 eggs
1/2 c milk
1 t vanilla
1/4 t salt
10 slices French bread

1. In sauce pan mix sugar, butter, cream and syrup. Stir until smooth. Do not boil.
2. Spray baking dish. Pour hot mixture into baking dish.
3. Beat eggs in shallow bowl. Add milk vanilla and salt.
4. Dip each piece of bread on each side and place on top of caramel sauce.
5. Cover overnight.
6. Heat oven to 400. Bake 20 minutes. Let stand 3 minutes. Invert onto large serving platter.



CARROT MUFFINS

INGREDIENTS

1 1/3 c. all-purpose flour
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons baking soda
1 1/4 teaspoons baking powder
1/2 teaspoon salt
3 eggs
1 c white sugar
3/4 c vegetable oil
1 teaspoon vanilla extract
2 c grated carrot
Sanding sugar

ICING:

1/4 cup cream cheese, softened
2 tablespoons butter, softened
1 teaspoon vanilla extract
1 1/2 cups sifted confectioners' sugar

1. Preheat oven to 350 degrees.
2. Line muffin tin with 18 liners.
3. Sift together the flour, cinnamon, baking soda, baking powder and salt. Set aside.
4. Beat the eggs and sugar until frothy and lightened in color.
5. Stir in oil, vanilla and grated carrot.
6. Fold in flour mixture.
7. Pour batter into the prepared muffin tins.
8. Top each muffin with sanding sugar.
9. Bake for 18 minutes or until a toothpick comes out clean.
10. Cool on cooling rack.
11. Prepare the icing if using.

Makes 18 muffins



FRITTATA

INGREDIENTS

8 extra-large eggs

¼ c whole milk

Salt and pepper

1 tablespoon butter

1 small onion, diced

2 small red potatoes, diced

1 cup diced bacon or pancetta, cooked

1 bunch chives, parsley or other herbs you enjoy, chopped

TOOLS

Measuring cup, measuring spoon, frying pan, bowl, spatula

1. Preheat oven to 400 degrees F.
2. In a large bowl, whisk together eggs, milk, herbs, salt, and pepper until foamy.
3. Melt butter in a frying pan over medium heat. Add the onion and potatoes and cook thoroughly. Pour the eggs over the mixture.
4. Pull the edges away from the sides of the pan with a spatula so the eggs flow to the bottom of the pan. When the frittata is half set, add the bacon.
5. Transfer the pan to the heated oven. Bake for 10 minutes until puffed and golden. Top with chives before serving.

Serves 6 adults



STRAWBERRY CHEESECAKES

INGREDIENTS

6 oz. room temperature cream cheese

½ tsp. vanilla

1 ½ T confectioner's sugar

12 large strawberries

¼ sliced almonds, toasted

TOOLS

Measuring spoons, melon baller, pastry bag, electric mixer

1. Whip cheese on medium speed until slightly fluffy, 2 to 3 minutes.
2. Add vanilla extract and 1 1/2 tablespoons confectioners' sugar.
3. Trim tops and bottoms of 12 strawberries to level. Discard them.
4. Use a small melon baller to scoop out tops.
5. Fill a pastry bag fitted with a 1/2-inch star tip with cream cheese mixture; pipe into berries until it brims over tops. Arrange slices of almonds over filling.
6. Keep berries refrigerated until ready to serve.

APPLES SWANS



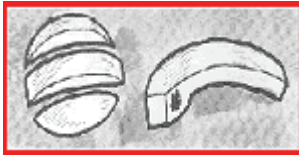
Cut off 1/3 from the side of an apple to provide a flat base. This section will be used later to make the head and neck. Place the apple before you cut side down with the stem facing you. Use a light sawing motion to make a small wedge cut at the top. Continue making wedge shaped cuts each a bit larger than the next.

Step 2:



Repeat this on both sides, forming three sets of feathers. If a piece breaks, do not worry, the sections will fit together and the break will not be noticeable. Starting with the largest cut overlap consecutive smaller cuts. The natural juices of the apple hold the feathers together.

Step 3:



To form the head and neck, cut a 1/4 inch slice from the center of the section, set aside in the first step. Cut a V at the front. Leave some fruit at the front and then cut the fruit away for the neck following the contour of the skin. Cloves or apple seeds may be used for eyes.

Step 4



Insert a toothpick into the body on an angle and attach the head and neck. Prevent darkening by squeezing lemon juice over the entire surface of the apple bird.