

Show 27: Café 5050- The Traveling Chef - Christian Gruden

Chocolate Mousse Tower

Servings: 8

Dark Chocolate Mousse

9 ounces semisweet chocolate, melted
1/2 cup sour cream
3 whole eggs, separated
1/4 cup raisins, finely chopped (optional)
1 tablespoon coconut flakes, toasted
1/2 tablespoon rum extract
2/3 cup cream, whipped
2 tablespoons sugar

White Chocolate Mousse

9 ounces semisweet chocolate, melted
1/2 cup sour cream
3 whole eggs, separated
1/2 tablespoon Grand Marnier (optional)
2/3 cup cream, whipped
2 tablespoons sugar

Pastry

1 package fillo pastry
1 cup walnut
1 cup sugar
3/4 cup butter, melted

Combine melted chocolate, sour cream and egg yolks in large bowl, stir until smooth; add raisins, rum and coconut.

Fold in lightly whipped cream. Beat egg whites in small bowl soft peaks form, gradually beat in sugar, beat until dissolved, fold into chocolate mixture.

"White Chocolate Mousse" leave coconut and raisins out.

Pastry:

Preheat oven to 400F. Brush first pastry layer with butter. Sprinkle with sugar & nuts. Repeat till you have 4 layers. Cut into 8 squares. Place onto greased baking tray and bake for 5-7 minutes or till golden brown.

Serve:

1 pastry sheet, 1 spoon dark chocolate mousse, top with another pastry, then white mousse and top with 1 more pastry. Sprinkle with powdered sugar when serving.

Red Wine-and-rosemary Seafood Marinara

Servings: 5

1 tablespoon olive oil
1 cup chopped onion
4 garlic cloves, minced
1/4 cup dry red wine
2 tablespoons honey
3 tablespoons fresh basil, chopped fine
1 teaspoon dried rosemary, crushed
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
1/4 pound crushed tomatoes
4 oz tomato paste
1/4, peeled
1/4 clams, cubed
1 whole celery stalk
1 whole red bell pepper, cut in fine strips

1 whole green bell pepper, cut in fine strips
1 packet spaghetti, cooked and drained

Heat oil in a large saucepan over medium heat. Add onion and garlic; sauté 3 minutes. Add wine and the next 7 ingredients (wine through tomato paste). Bring to a simmer; cook 20 minutes or until thick.

Add celery, fish and prawns. Bring to boil and add peppers.

Serve hot with fresh grated parmesan cheese and chopped parsley.

Serving Size: 1 cup sauce and 1 cup pasta

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Indian Dal Soup

Servings: 6

Preparation Time: 1 hours 30 minutes

1 cup lentils
2 large cloves garlic, crushed
1 large potato, diced small
1 onion, coarsely chopped
1/2 cup carrots, diced small
1/2 cup celery, diced fine

MIXED TOGETHER:

1/2 teaspoon cumin
pinch cinnamon
1 teaspoon garam masala
1 teaspoon turmeric
1 tablespoon curry powder
1 teaspoon mustard seed
1 1/2 teaspoons salt
6 cups chicken stock
2 ounces tomato paste
1 1/2 tablespoons fresh cilantro
or 1 teaspoon ground coriander

Wash the lentils and cook with chicken stock.

In another pot heat some oil and lightly brown the garlic and onion. Add the paste, cilantro and add the cooking lentils, chicken stock mixture and bring to a boil.

Add the spices and potatoes, celery and carrot and reduce the heat. Simmer until done adding water if needed.

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Spicy Thai Beef Salad

Servings: 4

Marinade

1/2 cup hoisin sauce
2 tablespoons soy sauce
1/2 tablespoon minced fresh ginger
1 tablespoon red wine vinegar
2 tablespoons sugar
4 4 ounce New York strip steaks
3 tablespoons Asian sesame oil
Salt and freshly ground pepper to taste

Lemongrass-Mint Vinaigrette

1/4 cup olive oil
1 teaspoon minced lemongrass
1 teaspoon minced shallots
1 teaspoon minced fresh ginger
2 cloves garlic, minced
1 tablespoon minced kaffir lime leaves
1/2 teaspoon sugar
1/2 teaspoon soy sauce
1/2 teaspoon Thai fish sauce
2 tablespoons fresh lemon juice

Vegetable Stir-Fry

2 tablespoons olive oil
1/2 cup fresh bean sprouts
1/4 cup mixed baby green
1/2 Maui or other sweet white onion, cut into 1/2-inch-thick rings
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
20 fresh mint leaves
20 fresh basil leaves
1/2 cup watercress sprigs, chopped
1/2 cup shiitake mushrooms, stemmed and sliced
2 ounces Chinese bean thread noodles

Garnish

4 handfuls mixed salad greens (about 4 ounces)
2 tablespoons macadamia nuts, toasted and crushed

To make the marinade: In a shallow dish, combine all the marinade ingredients. Add the steak strips and let sit at room temperature for 5 minutes. In a large sauté pan or skillet over high heat, heat the sesame oil and sauté the steak for 5 minutes per side for medium rare. Sprinkle with salt and pepper. Using slotted spoon, transfer the steak to a plate and let rest for 10 minutes.

To make the vinaigrette: In the same pan over high heat, heat the olive oil and sauté the lemongrass, shallot, ginger, garlic, and lime leaves for about 10 seconds, or until lightly browned. Stir in the remaining ingredients. Set aside.

To make the stir-fry: In a large sauté pan or skillet over high heat, heat the olive oil and sauté all of the ingredients except the noodles for 1 minute, tossing frequently. Add the noodles and cook 1 minute. Set aside.

To serve: Slice the steak into 1- to 2-inch strips. Divide the salad greens among 4 salad plates. Divide the stir-fry sprout mixture over the greens, then top with beef strips. Drizzle vinaigrette around the salads and garnish with macadamia nuts.
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