

MENU

Tuna with Black Olive Tapenade and Blood Oranges

Tapenade with Blood Orange

½ cup pitted black olives (Oil cured are my favorite but Kalamata, Nicoise or Nyon work well).

1-2 tbsp. capers

1 small clove garlic

Zest of ½ Blood Orange

¼ - ½ cup olive oil

1. Place all ingredients except the oil into a food processor and pulse a few times or manually chop it all together. Use a micro plane grater for the garlic and Blood Orange zest. You want the tapenade to have texture so don't over do it with the food processor. Then add the oil and pulse again. You can vary the amount of oil depending on the consistency you want.

Sushi Grade Tuna preferably Blue Fin but Yellow Fin works well, cut in a block like you'd see at a sushi restaurant.(You may need to find a Japanese market to find tuna cut like that)

1-2 Tbsp. Fennel Seeds

1 Tbsp. dried Thyme

1-2 Blood Oranges

Extra Virgin Olive Oil for drizzling

1. Toast the Fennel Seeds in a dry skillet over med high heat for 1-2 min. Stir so they don't burn. Place in mortar or spice grinder. Add the Thyme and grind to a fine powder.
2. Remove the tuna and pat dry with paper towels. Set aside at room temperature.
3. Place the Fennel Thyme spice mixture on a plate. Dredge the tuna in the spice mixture making sure to completely coat all of the sides of the Tuna
4. Segment the oranges
5. Slice the tuna into ¼-3/8 inch slices and arrange on plates, Place some Tapenade and blood orange segments on top and around drizzle with a little extra Olive Oil.

Warm Goat Cheese Salad (adapted from Chez Panisse)

1 log Marinated Goat Cheese.(recipe below)

¾ cup Panko bread crumbs or from a day old baguette

2-3 Tbsp. fresh Thyme, or dried Herbs de Provence

Salad greens – Little Gems if you can find them

1 cup mixed herbs (not woody –Thyme, Rosemary) Italian Parsley, Tarragon, Chervil, Chives.

1 small Shallot minced

1 Tbsp. Lemon juice

Zest from 1 Lemon

1 Tbsp. Champagne Vinegar

Olive Oil

Salt and Pepper

1. Mix the breadcrumbs with the fresh Thyme or Herbs de Provence a big pinch of salt and fresh black pepper in a food processor and run it a few times. Spread out on a small plate.
2. Coat each Goat Cheese disc with the herbed bread crumbs. Pressing the crumbs into the cheese but being careful not to break the discs. Place on a parchment paper lined sheet pan. Roast in 400-degree oven for 4-6 min. You want to warm the cheese and toast the breadcrumbs but you don't want the cheese to become too runny.
3. In the bottom of a salad bowl add the shallots a pinch of salt, the zest from the lemon, 1 Tbsp. lemon juice, 1 Tbsp. Champagne Vinegar. Let macerate 10-15 min. Then whisk in the olive oil.
4. Add the Greens and the mixed herbs and toss.
5. Arrange the salad greens on small plates and place warm goat cheese on top.

Marinated Goat Cheese

1 log Fresh Goat Cheese cut into 1/2 inch discs. Run hot water on the knife to prevent cheese from crumbling, or use UNFLAVORED dental floss to cut it.

Extra Virgin Olive Oil to cover

6-7 fresh Thyme Sprigs

1 fresh Bay Leaf torn in half

1 Tsp Peppercorns

1. In a dish just large enough to hold the cheese discs in a single layer pour in olive oil to about ¼ inch. Add half the herbs and peppercorns. Then place the cheese discs on top.
2. Scatter the remaining herbs and peppercorns on top and then cover with olive oil. Make sure the cheese is completely submerged.
3. Let sit out for several hours and then refrigerate overnight. Or a couple days. Use the oil in vinaigrette. Or for dipping bread.

Risotto with Fava Beans, Lemon and Mint Pesto

1 1/2 cups Carnaroli Rice

4-5 cups Chicken Broth (low sodium)

1/2 Onion small dice

¼ cup Lemon Juice

1lb Fresh Fava Beans (peeled, blanched, cooled in an ice bath and peeled again).

½ cup White Wine

½ cup Parmesan Regiano

1 small bunch Mint

¼ -1/2 cup Olive Oil

Zest of 1 lemon

- 1) Roughly chop the the mint and add to a food processor or blender with the Lemon Zest. Drizzle olive oil as you run the machine and the mint turns into a runny paste. You may need to add 1-2 Tbp water.
- 2) Sauté the onion with a little butter and olive oil until translucent.
- 3) Add the rice and turn the heat up a little and stir to coat the rice and toast it a little.

- 4) Turn the heat to low and add $\frac{1}{2}$ cup dry white wine and stir until almost all of it has evaporated.
- 5) Add 1 ladleful ($\frac{1}{2}$ - $\frac{3}{4}$ cup) Chicken broth and stir to incorporate. Keep adding the broth 1 ladleful at a time waiting for the broth to be absorbed before you add more broth. Stir after each addition of broth so that the rice does not stick to the bottom of the pan. You must taste the rice as you are cooking. You will not necessarily need all the broth or you may need a little more.
- 6) When the rice is about $\frac{3}{4}$ done add the Fava Beans.
- 7) When the rice is done to your liking check the seasoning and add 1 more ladleful of broth, the Parmesan and $\frac{2}{3}$ of the lemon juice. Taste and adjust. You may need to add more lemon juice.
- 8) Serve in bowls. Grate more Parmesan and drizzle the Mint and Lemon Pesto over and fresh Black Pepper.

Bread with Chocolate, Olive Oil and Sea Salt

1 bar of dark chocolate (at least 62%)

1 baguette cut into crostini on the bias

Extra Virgin Olive Oil for drizzling

Sea Salt (Fleur de Sel or Maldon)

- 1) Toast Crostini in 375 degree oven 3-5 min or until starting to brown and get crisp. Flip over add a piece of chocolate to each crostini and return to oven and cook for 30 seconds to 1 min just until the chocolate begins to soften. You want it to soften but not become completely runny.
- 2) Remove and place on a serving platter. Drizzle with olive oil and sprinkle a few salt crystals on each crostini. Serve family style with lots of napkins.