

Everyday-Chef-Class #3



BARBARA
CARSTENSEN

Having a Well-Stocked Kitchen

By Barbara Carstensen

This class, led by Chef Jim Butler, Director of Sage Dining Services at Mercersburg Academy, demonstrated that if your kitchen is stocked with basic ingredients and the usual assortment of easily kept fresh vegetables, you can have a good time using a couple basic recipes to produce a delicious meal in an hour AND have a lot of the dishes already done.

Before the class, Jim and his experienced helper, daughter Kauffman, set up a pantry with the needed ingredients and vegetables. Fish filets, chicken breasts, and tofu were on hand as main ingredients.

When the class arrived, Jim talked briefly about knives and cutting techniques, and his preference for cooking with fresh ingredients from scratch. (He also demonstrated how fish and chicken could be bought frozen in bulk and prepped for ready use).

A key lesson in this class was that one simple recipe can be used for several things. A good example is the recipe below for Broiled Fish. While one group prepared fish, another group did the same preparation with chicken, and a third with tofu. The oven was used instead of a broiler. Pasta primavera with lots of roasted vegetables was started first, so that all could be served at the same time. Putting a salad together with its dressing took a quick last minute before we ate.

We all agreed that with advanced planning, the meal was great and easy to put together. Jim Butler was given much thanks

for all the time and effort he commits to making our classes so successful. We will be looking forward to our last class next week, when Jim is going to have us preparing 8 different recipes all at once!

BROILED (OR BAKED) FISH (OR CHICKEN)

PARMESAN

1/3 cup Parmesan cheese
2 Tablespoons cup butter, softened
2 Tablespoons mayonnaise
2 Tablespoons fresh lemon juice
1/4 teaspoon dried basil
1/4 teaspoon black pepper
1/8 teaspoon garlic powder
1/8 tsp celery salt
2 lbs of white fish *or* 1/4 inch fillets of chicken breast

1. Preheat your oven's broiler or heat to 400 degrees. Grease a broiling pan or line a pan with aluminum foil.

2. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

3. Arrange fillets in a single layer on the prepared pan.

4. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes.

5. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side.

6. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to overcook the fish.

PASTA PRIMAVERA

12 ounce package whole grain penne pasta

1 yellow squash, chopped
1 zucchini, chopped
1/2 red bell pepper, julienned
1/2 pint grape tomatoes
1 cup fresh green beans, trimmed and cut into 1 inch pieces
5 spears asparagus, trimmed and cut into 1 inch pieces
1/4 cup olive oil, divided
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 Tablespoon lemon juice
1 Tablespoon Italian seasoning
1 Tablespoon butter
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 teaspoons lemon zest (optional)
2 Tablespoons basil
2 Tablespoons parsley
3 Tablespoons balsamic vinegar
1/2 cup grated Parmesan cheese (optional)
1. Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
2. Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 10 to 12 minutes or until al dente; drain.
3. In a bowl, toss all vegetables with olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the baking sheet, and roast 15 minutes in the preheated oven, until tender.
4. Remove vegetables from oven and while still warm put in a large bowl. Mix in cooked, still warm pasta, lemon zest, basil, parsley, and balsamic vinegar.
5. Gently toss to mix pasta and vegetables. Salt & Pepper to taste.
6. Sprinkle with Parmesan cheese to serve.