

## Laura Laz – Creative Cooking – Fall Favorites

*Servings 4 to 6*

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### Chicken Madeira

#### Ingredients:

3 large chicken breasts, sliced thinly into 8 to 10 small medallions

1 jar Miss Sydney's original marinade  
organic flour

2 eggs

½ cup heavy cream  
½ cup olive oil

vegetable oil for frying

1 large carton fresh mushrooms  
salt & freshly ground black pepper

#### Madeira Wine Sauce:

1 jar Miss Sydney's Original Marinade

2 cups prepared Demi-Glace

1 stick unsalted butter

¼ cup Madeira wine

#### Directions:

Slice the chicken breasts into medallions. Open one jar of Miss Sydney's and pour marinade into large stainless steel bowl. Add chicken, mixing well, and allow to marinate for 20 minutes to 1 hour.

In a bowl, whisk 2 eggs add cream and salt and pepper to taste. Put some flour onto a small plate, and dip medallions into egg then coat with flour and place on separate plate.

In a large frying or sauté pan put ½ inch of vegetable oil with 2 tablespoons of olive oil and heat oil (do not smoke). Place medallions (one at a time) into pan and cook until lightly brown then turn over and cook other side. Remove browned medallions and place on paper towel. Pre-heat oven to 375 degrees. Continue cooking new batches adding oil when needed. Place chicken on a baking sheet and cook in oven for 10 to 15 minutes or until chicken is cooked through when cut in half.

Meanwhile, clean and slice mushrooms; in a clean sauté pan heat olive oil add mushrooms and approximately 2 tablespoons of butter halfway through cooking mushrooms. Remove mushrooms from pan and place in a stainless steel bowl. Using the same pan add remaining butter and wine and allow to reduce and simmer. Meanwhile in a stock pot prepare demi-glace

and strain in marinade from chicken and stir well. Now add the demi mixture to the sauté pan slowly and continue cooking over low heat, add heavy cream and cook an additional 5 minutes. Return mushrooms to sauce and continue cooking for 5 additional minutes.

Creative Choices – Sauté chicken without egg & flour, try different wine flavors such as Marsala, reduce fat by using half & half instead of cream, add cooked apples or cranberries.

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### Butternut Pumpkin Bisque

#### Ingredients:

- 1 Butternut squash, 1 ¼ - 1 ½ lbs., halved, seeded, peeled, diced
- 1 medium pie pumpkin – 1 ½ to 2 lbs., halved seeded, peeled, diced
- 1 Fuji apple, halved, peeled, cored, and diced
- 1 celery stalk, (stem only) diced
- 1 small onion, diced
- 3 cups chicken or vegetable broth
- 1 cup heavy cream
- ½ cup apple cider
- 2 Tbs. Amaretto Liqueur
- 2 Tbsp. brown sugar
- Pinch nutmeg
- Pinch cayenne pepper
- Salt & pepper to taste

Place squash, pumpkin, apple, broth, onion, celery, nutmeg and cayenne pepper into a large heavy saucepan and cook over medium high heat. Bring to a boil then reduce heat to low. cover and allow to simmer for approximately 30 minutes or until squash is very soft.

Remove from heat and let rest for 15 minutes. Using a blender blend soup until it is velvety smooth then return to medium heat, add salt and pepper, brown sugar, apple cider, liqueur and cream . Continue heating for another 5 minutes stirring frequently. Serve hot and garnish with fresh herbs.

Creative Cooking – can be made with just pumpkin or just squash, can be made without liqueur, cider, and cream; or for a lighter soup try half & half instead of cream.

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## Potato Leek Soup

### Ingredients:

4 large leeks  
6 medium potatoes, peeled and sliced  
1 medium onion, chopped finely  
  
1 celery stalk – chopped finely  
2 cups – chicken or vegetable broth or stock  
  
¾ cup – heavy cream  
  
¼ cup – butter  
  
2 Tbsp. - butter (at end)  
1 1/2 teaspoons fresh snipped chives ( or chopped parsley)  
salt  
black pepper

### Directions:

Trim off tops and roots of leeks , discard tough outer layer. Split lengthways and chop finely, wash and drain. Dice celery (remove tops), dice onions, and peel potatoes and cut into 1-inch cubes.

In a large saucepan, gently melt the butter; add the leeks, potatoes and onion. Stir to coat the veggies well in the butter; add salt and pepper to season. Cover pan and let vegetables sweat over very low heat for about 15 minutes or so; add chicken stock bring to simmer and leave simmering gently for further 20 minutes or until veggies are soft. Remove from heat and allow to cool to room temperature.

In a food processor or blender puree potato leek mixture then return to pot and bring to soft boil. Reduce heat, add heavy cream and butter stirring frequently. Add a swirl of cream and a sprinkle of fresh chives just before serving.

Creative Cooking – Substitute milk or half & half for a lighter soup, add less potatoes to make a potato leek soup.

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## Brussels Sprout Slaw

### Ingredients:

1 lb. Brussel sprouts – large, cleaned and trimmed

½ cup – red cabbage, sliced thin (shredded)

½ cup – walnuts – small pieces (not whole)

½ cup – mayonnaise

2 tbsp. – apple cider vinegar

1 tbsp. – Dijon mustard

1 tbsp. – pumpkin oil

Salt and pepper, to taste

¼ cups – pumpkin seeds for garnish

#### Directions:

Place cleaned and trimmed Brussel sprouts into boiling water over stove and cook for 2 to 3 minutes (check at 2 minutes, should be firm but not too hard), remove from heat, drain and allow to cool.

Meanwhile, shred cabbage and set aside. In a large stainless steel bowl, add mayonnaise, apple cider vinegar, Dijon mustard, salt and pepper and whisk till smooth and creamy. Add slowly Brussels sprouts, cabbage and walnuts and mix well. Place in serving dish or plate individually; drizzle pumpkin oil over top and garnish with pumpkin seeds.

Creative Cooking – substitute red cabbage with Belgium endive or white cabbage; add fresh herbs and experiment with other flavored oils

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#### Broccoli Rabe

1 ½ lbs. Broccoli Rabe – cleaned, cut off bottom of stems

garlic salt

¼ cup - olive oil

fresh ground black pepper, to taste

Preparation:

Place cleaned and trimmed Broccoli Rabe into boiling water over stove and cook for 2 to 3 minutes (check at 2 minutes, should be firm but not too hard), remove from heat, drain and allow to cool.

In a large saucepan, heat oil and add broccoli rabe, sprinkle with garlic salt and saute in hot oil. Cook for 1 to 2 minutes or until desired texture. Remove from heat and add fresh ground pepper and serve over potato leek or separately.

Creative Cooking - add fresh squeezed lemon after cooking or parmesan cheese for additional flavor

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Orange Cranberry Carrots:

1 lb. – carrots, cleaned and peeled, sliced on an angle (approximately ½ inch thick)

¼ cup - butter

½ cup – dried cranberries

¼ cup – brown sugar

¼ cup – orange marmalade

Sea salt

Directions:

Add cleaned, peeled, cut carrots into boiling water and cook till firm but not hard approximately (3 to 5 minutes). Drain and return to pot. Add butter, sugar, and marmalade and heat over low heat and mix well. Add cranberries and salt and mix again, then remove from pot and place in serving dish.

Creative Cooking – Add fresh cranberries instead of dried, substitute apricot preserves for orange marmalade; add fresh nut such as pecans or walnuts.

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Apple Cranberry Tart

Ingredients:

Pastry:

1 ¼ cups all-purpose flour

2/3 cups butter

2 tbsp. confectioners' sugar

Filling:

8 Granny Smith apples, (3lb.), cored, halved

1 cup fresh cranberries

¾ cup light brown sugar

3 tbsp. fresh lemon juice

1 tsp. ground ginger

1 tsp. ground cinnamon

Bourbon Sauce

1 cup light brown sugar

2 tbsp. cornstarch

2 cups apple cider

pinch of salt

4 tbsp. butter

½ cup bourbon

Preparation:

Preheat oven to 400 F. In a blender combine pastry ingredients and pulse until mixture forms fine crumbs. Reserve 1/3 cup of crumb mixture and put aside. Using a 12" greased tart pan press pastry crumbs over bottom and sides and refrigerate for 15 minutes.

Meanwhile begin preparing filling: thinly slice apples and place in bowl. Add cranberries, reserved crumb mixture, sugar, lemon, ginger and cinnamon. Mix well and fill cooled pastry pan. Bake for 20 minutes then reduce temperature to 375 F. Continue baking for 15 minutes then place foil on top to prevent apple from over browning. Bake for an additional 30 minutes and place on wire rack to cool.

Bourbon Sauce: In a saucepan heat cider and salt over medium heat and mix together cornstarch and sugar and slowly whisk into cider. Raise heat to medium high and bring to a boil; add bourbon and butter and continue cooking until it thickens approximately 5 minutes.

Serve warm with drizzled sauce along with your favorite ice cream or a dollop of whip cream.