

# Fast & Fab French

March 2010

## Menu:

Seared Scallop Salad with Creamy Tarragon Dressing

Mushroom-Shallot Chicken Fricassee

Easy Potato-Chevre Gratin

Citrus-Almond Pain Perdu with Raspberry Chantilly

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## Seared Scallop Salad with Creamy Tarragon Dressing

### serves 4-6

1 10-oz bag frozen artichoke hearts, defrosted & pat dry

olive oil

1 lemon

salt and pepper

1 lb large sea scallops, cleaned and pat dry

2 heads butter lettuce, torn into large pieces

1/4 cup cut chives, cut into 1-inch lengths

1/2 cup creme fraiche

1 tbl chopped tarragon

1 tsp honey

### \*\*\* Preparation \*\*\*\*

Preheat oven to 450 degrees. Toss the artichoke hearts in olive oil and zest from one lemon. Season well with salt and pepper and lay out on a baking sheet. Roast for 15 minutes until golden in parts. Let cool.

Meanwhile, heat a skillet over high heat. Drizzle with olive oil. Pat the scallops very dry and season with salt and pepper.

Place in the pan and let sear until very golden. Turn once and sear the other side. Remove and set aside.

Arrange the lettuce and chives on a platter. Top with the artichoke hearts and scallops.

Whisk together the creme fraiche, juice of 1 lemon, tarragon, salt, pepper and honey.

Drizzle dressing over the salad and serve.

## Mushroom-Shallot Chicken Fricassee

### serves 4-6

1 cup dried wild mushrooms  
4 chicken breasts, cut into large 2-inch chunks  
1/2 cup flour  
salt and pepper  
3 tbl butter  
8 oz crimini or white mushrooms, halved  
2 shallots, sliced  
3 sprigs fresh thyme  
1 cup white wine  
1/2 cup creme fraiche, or heavy cream

### \*\*\* Preparation \*\*\*\*

Place the dried mushrooms in a bowl and cover with boiling water. Set aside.

Pat the chicken dry, season well with salt and pepper and dust with the flour.

Heat a heavy-bottomed pot over medium-high heat. Add the butter. When melted, add the chicken and cook until browned on all sides. Remove chicken from the pan with a slotted spoon.

Add the crimini mushrooms, shallots and thyme. Cook over high heat until golden -- this will take about 10 minutes until all the liquid from the mushrooms evaporates.

Add the chicken back to the pot. Then add the wine and let cook for a few minutes. Drain the wild mushrooms, reserving 1/2 cup of the liquid. Roughly chop the mushrooms and add to the pot, along with the 1/2 cup liquid. Let simmer for 10 minutes. Stir in the creme fraiche, season and serve!



## **Easy Potato-Chevre Gratin**

### **serves 6-8**

2 lbs yukon gold potatoes, cut into 1/4-inch slices

2 cups heavy cream

1 tbl chopped rosemary

1 garlic clove, grated

1 tsp salt

1/2 tsp ground black pepper

1 cup crumbled goat cheese

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 375 degrees.

Toss the potatoes, cream, rosemary, garlic and salt and pepper together in a large bowl. Empty into a casserole dish (potatoes should be 2-3 inches high in the dish). Top with crumbled goat cheese. Bake for about 40 minutes or until potatoes are fork-tender. Remove and let cool for 20 minutes before serving (don't skip this step or your gratin will be too runny!!).

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## Citrus-Almond Pain Perdu with Raspberry Chantilly

### serves 6

6 eggs

1 1/2 cups half and half

1/3 cup sugar

1 lemon

1 tsp vanilla paste

1 tsp salt

1 loaf brioche, cut into 1-inch slices

1/2 cup sliced toasted almonds

butter, as needed

4 oz fresh raspberries

1/4 cup powdered sugar

1 1/2 cup heavy whipping cream

### \*\*\* Preparation \*\*\*\*

Whisk together the eggs, half and half, sugar, zest of one lemon, vanilla paste and salt. Dunk a few bread slices into the mixture and let sit a few minutes.

Spread the almonds onto a plate.

Heat a large skillet over medium-high heat. Melt some butter in the bottom of the pan. Remove the bread from the mixture and place onto the almonds so that they stick to one side of the bread only.

Place the bread almond-side down into the pan and cook on both sides until golden. Remove and repeat with all of the bread. (Keep the bread warm on a baking sheet in a warm oven as needed.)

For the topping, mash the raspberries with the powdered sugar and the juice of half a lemon. Whip the cream until thick. Fold together.

Serve the pain perdu warm, topped with the whipped cream mixture.