

# Steakhouse Favorites & Hearty Cabs

## May 2010

### Menu:

Caramelized Fennel & Artichoke Dip with Lump Crab  
Grilled Steak with Two Sauces:  
Roasted Red Pepper Steak Sauce & Creamy Gorgonzola  
Wild Mushroom Macaroni & Cheese  
Asparagus, Snap Pea & Haricot Vert Salad

### Wines:

Laurier Cabernet Sauvignon from Alexander Valley, California  
London Cabernet Sauvignon from Healdsburg, California  
Kangarilla Road Cabernet Sauvignon from McLaren Vale, Australia

## **Caramelized Fennel & Artichoke Dip with Lump Crab**

### **serves 4-6**

1 tbl butter  
1 bulb fennel, very thinly sliced  
1 tbl chopped garlic  
2 cups quartered artichoke hearts, drained and patted dry  
1 tbl fresh thyme  
1 cup heavy cream  
1/2 cup grated parmesan cheese  
salt and pepper  
1 lb lump crab meat  
sliced baguette, for serving

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

Preheat the oven to 400 degrees.

In a large skillet, melt the butter. Add the fennel and cook over medium heat, stirring often, allowing to caramelize for 10-15 minutes. Add the garlic, artichokes and thyme and cook for a couple minutes. Add the cream and simmer for a couple minutes. Remove from the heat and add the parmesan. Fold in crab meat. Taste and add salt and pepper as needed.

Pour the mixture into a buttered 1-quart baking dish (or individual dishes) and bake for 15-20 minutes until golden. Serve warm with sliced baguette.

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## Grilled Steak with Roasted Red Pepper Steak Sauce

### serves 4-6

1 flank steak, (or 4 NY strip steaks)

salt and pepper

2 red bell peppers

1 cup ketchup

2 tbl horseradish

2 tbl honey

1 tbl hot smoked paprika

1 tbl Dijon mustard

1 tbl worchestershire sauce

1 tsp orange zest

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

Preheat an outdoor grill or indoor grill pan. Preheat oven to 400 degrees.

Rub the steak with olive oil and season well with salt and pepper. Grill steak on both sides until well-marked. Remove and place on a baking sheet. Finish in the oven for 10 minutes. Let rest 10 minutes before slicing to serve.

Place the peppers directly over a live gas flame. Allow peppers to char, turning until all sides are blackened. Remove from the fire and place peppers in a bowl. Cover tightly with plastic wrap and set aside for 10 minutes.

Once the peppers are cool enough to handle, peel off the blackened skins, pull open and discard the seeds. Place the roasted pepper pieces in a food processor and add the ketchup, horseradish, honey, paprika, Dijon, worchestershire and orange zest. Blend until smooth. Taste and season with salt and pepper.

## **Creamy Gorgonzola Sauce**

**makes about 2 cups**

1 1/2 cups heavy cream

1 cup gorgonzola

freshly cracked black pepper, to taste

1/4 cup chopped chives

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

Place the cream in a small saucepan over high heat. Bring a boil (watching carefully so it doesn't boil over the pot!), reduce heat and simmer for 10 minutes. Add the gorgonzola and pepper and let cook for 5 minutes, stirring, until smooth. Remove from heat and let cool slightly -- sauce will thicken as it cools. Just before serving, add the chives.

## **Wild Mushroom Macaroni & Cheese**

**makes 2-quart baking dish (serves about 8)**

1/2 cup dried wild mushrooms  
2 tbl butter  
4 cups sliced crimini mushrooms  
1 tsp minced garlic  
2 tsp flour  
1 cup heavy cream  
1 cup half and half  
2 cups elbow pasta, cooked until al dente  
8 oz shredded fontina  
8 oz shredded cheddar  
1/4 cup sour cream  
1 egg, lightly beaten  
1/8 tsp ground nutmeg  
1/2 tsp salt  
1/2 tsp black pepper  
1 cup fresh breadcrumbs, tossed lightly in olive oil

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

Preheat oven to 375 degrees.

Soak the dried mushrooms in 1 cup boiling water for 10 minutes. Meanwhile, in a large skillet, melt the butter. Add the sliced mushrooms and cook over high heat until golden. Drain the dried mushrooms and chop and add to the pan, along with the garlic. Cook until fragrant. Add the flour and cook for 1 minute. Remove from heat and stir in the heavy cream and half and half.

In a large bowl, combine the pasta, mushroom mixture, cheese, sour cream, egg, nutmeg, salt and pepper. Toss until well combined. Empty into a buttered casserole dish and top with the breadcrumbs. Bake for 20 minutes or until golden and bubbling. Let cool slightly before serving.

## **Asparagus, Snap Pea & Haricot Vert Salad**

### **serve 4-6**

1 bunch asparagus  
1/2 lb sugar snap peas  
1/2 lb haricot vert (French greenbeans)  
2 heads butter lettuce  
1/2 cup buttermilk  
1 tbl chopped mint  
1 tsp honey  
2 tbl mayonnaise  
1 lemon, zested  
salt and pepper

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

Bring a large pot of water to a rolling bowl. Fill a large bowl with ice water and set aside.

Trim the woody ends of the asparagus and cut on the bias into 2-inch lengths. Cut the snap peas in half on the bias.

Leave the green beans whole. Add a few tablespoons of salt to the boiling water and then the vegetables. Cook for about 1 minute until bright green. Remove and place into the ice water. Once cooled, drain and pat dry.

Tear the butter lettuce into large leaves and add the vegetables.

In a small bowl whisk together the buttermilk, mint, honey, mayo, lemon zest and salt and pepper.

Toss the salad lightly with the dressing and serve.