

Joanne Weir

Summer Supper Al Fresco

May 2010

Menu:

Artichoke Fritters served with
Meyer Lemon Mayonnaise and
Green Goddess Dipping Sauce

Sweet Pea Gazpacho

Salmon with Asparagus and Blood Oranges

Citrus-Zested Orzo Pilaf with Herbs

Fresh Cherries with Moscato Zabaglione



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Serves 6

ARTICHOKE FRITTERS

1 cup plus 2 tablespoons (5 oz/130g) all-purpose flour
½ teaspoon salt
2 teaspoons grated lemon zest
2 eggs, separated
3 tablespoons olive oil
Juice of 1 lemon
¾ cup (6 fl oz/180ml) warm beer
6 large artichokes
Freshly ground black pepper
Corn or peanut oil, for deep frying
Meyer Lemon Mayonnaise (see next page)
whole flat-leaf parsley leaves as a garnish

Sift the flour, 1/2 teaspoon salt, and lemon zest together in a bowl. Make a well in the center and add the beaten egg yolks, 1 tablespoon olive oil, 1 tablespoon lemon juice, and the beer. Mix well with a whisk. Let the mixture rest for 1 hour at room temperature.

In the meantime, have ready a large bowl of water to which you have added the remaining lemon juice. Cut off the top half of the artichokes, including all of the prickly leaf points. Remove the tough outer leaves of the artichoke until you get to the very light green leaves. Pare the stem to reveal the light green center. Cut each artichoke in half lengthwise, then scoop out the prickly chokes and discard. Cut the artichokes into thin wedges lengthwise. Place each wedge in the bowl with lemon water as it is cut.

Warm the remaining 2 tablespoons olive oil over medium heat in a skillet. Drain the artichokes and add to the pan with 1/2 cup water and a large pinch of salt and pepper. Cover and cook until the liquid evaporates, about 15 minutes. Let cool.

In a deep saucepan, add oil to a depth of 2 inches. Heat to 375°f (190°c) when tested with a thermometer or until a drop of the batter sizzles on contact. Meanwhile, in a bowl, beat the egg whites until stiff. Gently fold the egg whites and artichokes into the batter.

Drop the mixture by heaping tablespoons into the hot oil; do not overcrowd the pan. Fry, turning often, until golden brown, about 2 minutes. Using a slotted spoon, transfer to paper towels to drain.

To serve, arrange the hot fritters on a platter. Garnish with Meyer Lemon Mayonnaise and parsley.



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MEYER LEMON MAYONNAISE

Makes about 1 cup

1 egg yolk
1 teaspoon Dijon mustard
½ cup (4 fl oz/120 ml) pure olive oil
½ cup (4 fl oz/120 ml) peanut, vegetable, corn, or safflower oil
2 cloves garlic, minced or mashed with a mortar and pestle
Juice of 1 Meyer lemon
Salt and freshly ground black pepper

In a small bowl, whisk the yolk, mustard, and 1 tablespoon olive oil together until an emulsion is formed. Combine the olive oil and the peanut oil. Drop by drop, add the oil to the emulsion, whisking constantly. Continue to do this, drop by drop, in a steady stream, whisking until all of the oil has been added. Do not add the oil too quickly and be sure that the emulsion is homogeneous before adding more oil. Season with garlic, lemon, and salt and pepper.

Add 2 or 3 tablespoons of warm water to the mayonnaise, whisking constantly, to thin the mayonnaise to make a fluid sauce. This mayonnaise should be used the day it is made.

GREEN GODDESS DIPPING SAUCE

Makes 1 cup

¼ cup snipped chives
¼ cup fresh flat leaf parsley leaves
2 anchovy fillets
2 tablespoons white wine vinegar
3 tablespoons extra virgin olive oil
½ cup crème fraîche
Salt and freshly ground black pepper

Place the chives, parsley, anchovy fillets and vinegar in a food processor and pulse a few times to combine. With the motor running, add the olive oil in a steady stream, scraping down the sides, and process until pureed. Add the crème fraîche and process until smooth. Season with salt and pepper. Set aside. This can be used immediately or stored in the refrigerator for up to 3 days.



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SWEET PEA GAZPACHO

Serves 6

1 pound shelled sweet English peas, (fresh or frozen)
3 small slices stale bread, soaked in 1 cup cold water
3 cloves garlic, minced
3/4 pound sugar snap peas, blanched 1 minute
1/2 English cucumber, peeled and seeded
2 tablespoons extra virgin olive oil
3 tablespoons sherry vinegar
Salt and freshly ground black pepper
Extra virgin olive oil for drizzling

Reserve 1/4 cup of the peas as a garnish.

Place all of the ingredients in a large bowl and toss together. Place in the blender and process until smooth as silk, 2 to 3 minutes per batch. Taste and season with salt and pepper. Chill in the refrigerator for 1 hour or overnight.

To serve, ladle into bowls and garnish with a few peas and a drizzle of olive oil



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You know my mantra—fresh, seasonal, and simple. Celebrate the seasons. In this case, let it be spring, when citrus and asparagus are at their peak. Combine them with a piece of wild salmon and the flavors sing. If blood oranges are unavailable, substitute navel oranges.

SALMON WITH ASPARAGUS AND BLOOD ORANGES

Serves 6

- 1 navel orange
- 1 teaspoon grated fresh ginger
- 2 tablespoons balsamic vinegar
- 1 tablespoon white wine vinegar
- 3 tablespoons extra-virgin olive oil, plus more for brushing
- Salt and freshly ground black pepper
- 3 blood oranges
- 1½ pounds asparagus, ends trimmed and cut into 2-inch pieces
- 6 salmon fillets (6 ounces each)

Grate the peel of the navel orange to make 1 teaspoon zest. Place the zest in a small bowl. Juice the navel orange and add it to the zest along with the ginger, balsamic vinegar, white wine vinegar, and 3 tablespoons olive oil to make a vinaigrette. Season to taste with salt and pepper and set aside.

Cut off the tops and bottoms of the blood oranges. With a knife, remove all of the peel so that no white pith remains. Cut the oranges crosswise into ¼-inch slices. Remove any seeds and reserve.

Bring a large saucepan of salted water to a boil over medium-high heat. Add the asparagus and cook until tender, yet crisp, 3 to 4 minutes.

Lightly brush the salmon with oil. Heat a ridged grill over medium-high heat for about 5 minutes.

Grill the salmon, skin side down, until golden and crisp, 3 to 4 minutes. Turn the salmon, season with salt and pepper, and continue to cook until done, 2 to 3 minutes more.

To serve, place 1 piece of salmon in the middle of each plate. Place the asparagus and orange slices around the salmon. Drizzle the vinaigrette over the salmon, asparagus, and oranges, distributing evenly, and serve immediately.



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CITRUS-ZESTED ORZO PILAF WITH HERBS

Serves 6

1 orange
1 lemon
2 cups orzo
2 tablespoons extra virgin olive oil
1 teaspoon lemon juice
1 teaspoon finely grated orange zest
1 teaspoon finely grated lemon zest
Salt and freshly ground black pepper
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
1 tablespoon chopped fresh mint

With a paring knife, remove one strip, 2 inches long, from both the orange and the lemon. With a knife, scrape away any white pith from the back of the peel.

Bring a pot of salted water to a boil. Add the lemon and orange peel and the orzo and simmer until the orzo is done, 5 to 6 minutes. Drain and discard the peel. Add the olive oil, lemon juice, orange zest and lemon zest. Season to taste with salt and pepper. Add the parsley, chives and mint and serve immediately.



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FRESH CHERRIES WITH MOSCATO ZABAGLIONE

Serves 6 to 8

4 yolks
1/4 cup sugar
2 tablespoons water
6 tablespoons Moscato d'Asti
2 pounds cherries, pitted

Fifteen minutes before serving, have a saucepan of barely simmering water ready. Whisk the egg yolks, sugar and water together in a large bowl. Whisk in the Moscato and set the bowl over the pan of barely simmering water. Don't let the water touch the bottom of the bowl. Whisk constantly until the mixture is thick, frothy, begins to hold soft peaks, and there is no liquid left at the bottom of the bowl, 5 to 8 minutes.

Immediately, divide the cherries between 6 large wine glasses. Spoon the zabaglione onto the cherries and serve immediately.