

Chefs share recipes from 'The Golden Mushroom Kitchen'

See related story on Taste front. Recipes from "The Golden Mushroom Kitchen, 25 Years of Chefs and Recipes."

CARAMELIZED ONION TART

Chef/Proprietor Brian Polcyn, Five Lakes Grill, Milford
For pate brissee*:
1 pound butter
1 egg flour
1 egg plus water to equal 1 cup

Cut butter into very small pieces, press into flour with hands until crumbly. Mix egg/water mixture in and chill for 30 minutes before using.

For tart:
8 ounces pate brissee recipe
4 large Spanish onions
2 ounces butter
1 egg
1/2 cup cream
1/2 cup Parmesan cheese

Roll pate brissee dough out to 1/8-inch thickness in a circle larger than an 11-inch flan shell. Line the shell with the dough. Place a piece of parchment paper in the shell and fill with weights such as beans. Bake in a 350°F oven until evenly golden brown. Remove and allow to cool.

In a pan fitted with a tight lid, sweat onions in butter over medium heat. When onion becomes clear and completely soft, remove the lid. Turn the heat to high and stirring constantly, caramelize the natural sugars. When the onions are a

deep brown color, remove them from the heat and allow to cool. Mix eggs and cream and pour over onions. Fill the tart shell with the onions and cream mixture. Sprinkle top with Parmesan cheese. Bake in a 350°F oven for approximately 45 minutes to 1 hour, until the tart is done. Allow to cool slightly before you cut tart. Serves 12.

*Pate brissee is a French term for "short pastry," a rich flaky dough used for sweet and savory crusts.

ROASTED BUTTERNUT SQUASH SOUP

Chef/Proprietor Brian Polcyn, Five Lakes Grill, Milford
1 large butternut squash
4 ounces butter
1 quart chicken stock
1 small onion, diced
2 cups heavy cream
salt, pepper and nutmeg

Cut squash in half lengthwise, remove seeds. Roast in 375°F oven, cut side down until tender, about 35 to 45 minutes. Remove from oven, scoop out pulp. In 2 ounces of butter, sweat the onions until translucent, add the roasted squash pulp, then the chicken stock. Bring to a boil, allow to cook 20 minutes. Process in blender or food processor until smooth. Place back on stove, whip in remaining butter and heavy cream. Season, strain if needed. Serves 8.

SLICED BUFFALO MOZZARELLA

WITH RIPE ROMA TOMATOES

Executive Chef Brian DeMeyer, Copper Canyon Brewery, Southfield
3 ounces sliced buffalo mozzarella, cut into 6 slices
6 slices Roma tomatoes
crushed black peppercorns to taste
extra virgin olive oil
balsamic vinegar
1 tablespoon basil chiffonade (cut in thin strips)

Alternate slices of cheese and tomatoes on serving plate. Mix remaining ingredients and drizzle. Serve at room temperature. Individual serving.

GRILLED, SPICE RUBBED YELLOWFIN TUNA

Chef/Proprietor Steve Allen, Steve & Rocky's, Novi
For sauce:
1/3 cup peanut oil
1 1/2 tablespoons red wine vinegar
zest and juice of one lime
2 teaspoons soy sauce
1/2 teaspoon sugar
pinch salt
2 teaspoons grated ginger
1 teaspoon garlic, finely chopped
1 teaspoon Malayan chili sauce (available in food specialty shops)
1 tablespoon chili sauce
Combine all ingredients in blender and blend until smooth.
For spice rub:

1/2 cup Hungarian paprika
1 tablespoon dry mustard
1 tablespoon ground thyme
1 tablespoon ground tarragon
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon cumin
1 teaspoon cayenne
salt to taste

For fish:
4 tuna steaks, 6 ounces each
peanut oil
For salad:
1 cup chopped grapefruit segments

1/2 cup sliced water chestnuts
1/2 small red onion, julienne cut
1 tablespoon sliced chives
1 cup sliced pineapple
Gently combine all salad ingredients.

Combine spice rub ingredients and evenly season tuna steaks with mixture; let sit 10 minutes.

Preheat clean charcoal or barbecue. Lightly brush steaks with peanut oil. Place tuna on grill at a slight angle and sear. Lift tuna with metal spatula off grill, rotate tuna 1/2 turn and sear again. Turn steaks over

and repeat process, approximately 2 1/2 minutes per side. Cook to medium rare or else fish will be dry. Remove from grill. Sprill sauce on plates, then place salad on plate. Place tuna onto salad and serve immediately. Serves four.

POACHED PEARS WITH PORT WINE SABAYON

Recipe of Golden Mushroom
3 large or 6 small pears
2 cups tawny port
1 whole clove
For salad:
1 piece cinnamon stick
2 strips lemon peel
2 egg yolks

Peel pears and cut in halves. Remove cores. Place in stainless pan, add wine and spices. Simmer till pears are tender (time depends on how ripe they are).

Transfer pears to another dish. Over high heat boil wine down to 1/2 cup. Strain into a bowl, allow to cool a little.

Add the egg yolks and over a boiling water bath, whip till hot and foamy. Remove from heat, continue whipping till thick. Place pears flat side down on serving plates, spoon sauce over. Serves 6.

CHOCOLATE TRUFFLES

Milos Dzhelka, Certified Master Chef
8 ounces bittersweet chocolate
1 1/2 tablespoons dark rum
2/3 cup heavy cream
8 ounces chocolate (milk or dark) for dipping
cocoa for coating
cocoa butter (optional)

In a machine mixing bowl, melt chocolate over hot water. Place in mixer and whip at high speed. Slowly add the rum and whipping steadily, start adding the cream slowly, scraping sides and bottom occasionally. Continue whipping, until the mixture is fluffy, but do not overwhip.

Using a pastry bag with plain tube, pipe 1" size balls on a piece of parchment or wax paper. Refrigerate to solidify.

You may thin the dipping chocolate using a small amount of cocoa butter. Form a piece of wire into a small (teaspoon size) loop.

Drop truffle balls one by one in the chocolate, remove using wire loop, place in a bed of cocoa and roll to coat. Remove to another sheet of paper and refrigerate until needed.

Share your favorite chili, tailgate recipes

Do you have a great chili recipe you'd like to share with our readers?

If so, send the recipe to the Observer and we'll consider it for publication in our Plymouth Chili Cookoff booklet on Oct. 1. Send recipe to Observer

Newspapers Special Projects Editor Ralph R. Echtenaw, 36251 Schoolcraft, Livonia, MI 48150.

Or fax recipes to Echtenaw at (734) 751-7279. Or e-mail recipes to rechte-naw@oe.homecomm.net.

We're also looking for tailgate recipes to feature in a story in Taste on Sept. 27. Send or fax tailgate recipes to Taste Editor Kelly Wygonik at the address and number listed above.

You can also e-mail recipes to kwygonik@oe.homecomm.net.

Make healthy lunchbox choices

Here are some back to school sandwich ideas from Fay Fitzgerald, registered dietitian and coordinator of the Henry Ford Heart and Vascular Institute Heart Smart program.

- Low-fat or fat-free cream cheese with raisins on a whole-grain cinnamon bagel.
- All natural peanut butter and sliced banana on whole-grain raisin bread.
- Humus with thinly sliced cucumber in a pita.
- Low-fat or fat-free cream cheese in a pita with vegetables.
- You can even make a sandwich without bread. Try:
 - Fat-free bologna and low-fat or fat-free cream cheese, rolled up and secured with a pretzel stick or toothpick.

Core an apple and fill it with all-natural peanut butter. A typical sandwich made with luncheon meat, cheese and mayonnaise contains almost 600 calories and 45 grams of fat. By making a few simple adjustments, you can make a sandwich with lean turkey, low fat cheese and mustard with 250 calories and 3 grams of fat.



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