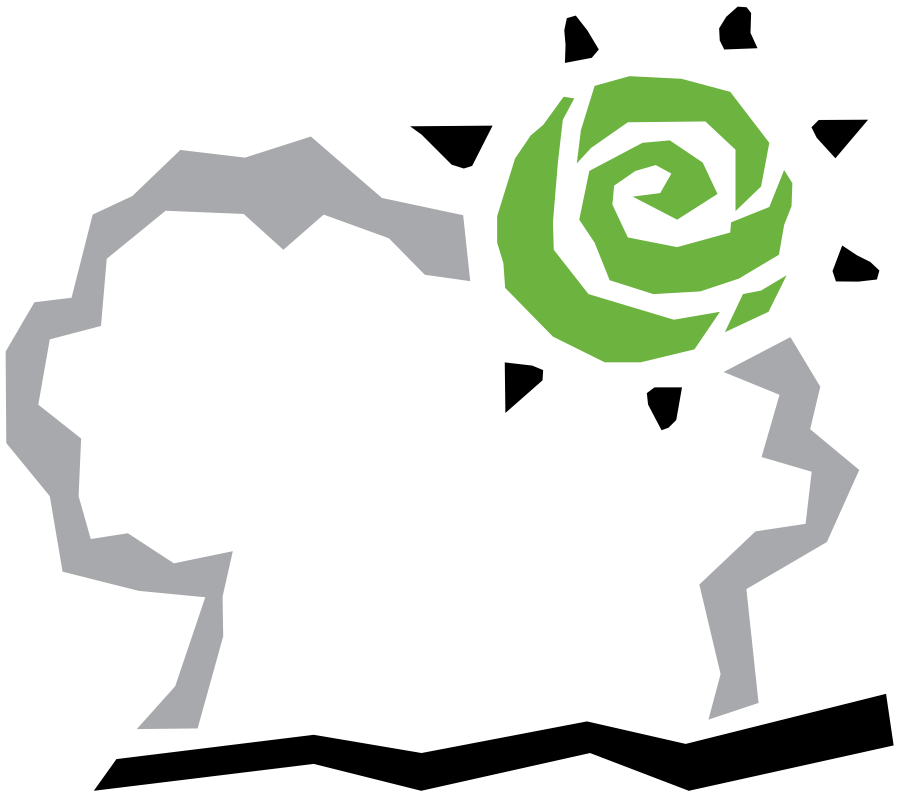


# SENSATIONAL SERVINGS



**Energy Park 2010**



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We Energies welcomes Chef Mark back to Energy Park for his fifth year of cooking, baking and grilling demonstrations.

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# Thursday, August 5

## ASIAN STYLE FREE-RANGE CHICKEN & DUMPLINGS

*Serves: 6*

### **Chicken**

1 2-3 pound free-range chicken  
1 quart chicken broth  
Cold water to cover  
1 tsp. five-spice powder  
1 Tbs. soy sauce  
8 slices fresh ginger, about the size of a quarter  
4 green onions, cut into 2-inch pieces  
1 medium zucchini, cut into spaghetti-like strands  
1 medium yellow squash, cut into spaghetti-like strands  
1 medium peeled carrot, cut into spaghetti-like strands  
Salt and pepper to taste

Place the chicken in a large stock pot and cover with water. Add chicken broth, five-spice powder, soy sauce, ginger and green onions. Bring to a slow boil and simmer for about 30 minutes. Cover pot tightly, seal with foil, turn off heat and let steep for 1 hour. Season with salt and pepper to taste. Carefully remove chicken meat from bones; shred. Strain broth and discard vegetables. Add chicken meat to the strained broth; set aside and keep warm. Add zucchini, yellow squash and carrots 3 minutes before serving.

### **Dumplings**

2 eggs  
1/2 cup milk  
4 Tbs. vegetable oil  
2 cups sifted all-purpose flour  
3 tsp. baking powder  
1 tsp. salt  
1/2 tsp. black pepper  
1/4 cup chopped parsley, divided  
2 Tbs. chopped cilantro  
2 tsp. minced fresh thyme  
2 Tbs. sautéed sliced scallions  
1/2 cup sautéed and minced mushrooms (a blend of regular and wild is best)

In a small bowl, whisk together eggs, milk and oil. In a separate bowl, mix together flour, baking powder, salt, pepper, half of the parsley, cilantro, thyme, scallions and mushrooms. With the paddle of an electric mixer on low speed, slowly add egg mixture to the dry ingredients just until it comes together. Allow mixture to rest at least 30 minutes. Using floured hands, form small dumplings about 1/2 to 3/4 inches in diameter. Drop dumplings into boiling salted water until cooked through, about 6-8 minutes, (Test dumpling for seasoning.) Remove dumplings and serve warm with broth and vegetables. Garnish with remaining chopped parsley.

## **RICOTTA-MASCARPONE CREPES WITH RHUBARB-RASPBERRY COMPOTE**

*Serves: About 12*

### **Crepes**

2 large eggs  
3/4 cup milk  
1/2 cup water  
1 cup all-purpose flour  
3 Tbs. melted butter  
Butter-flavored pan spray

In a blender, combine eggs, milk, water, flour and butter; pulse for 10 seconds. Refrigerate crepe batter for about 1 hour to allow foam to subside (this helps eliminate tearing during cooking).

Heat a small non-stick pan over medium heat. Remove from heat, spray with butter-flavored pan spray to coat, then return pan to heat. (NEVER SPRAY ONTO HOT SURFACES OR NEAR OPEN FLAME.) Pour two tablespoons of batter into the center of the pan, swirl to spread evenly and cook until the crepe appears dry. Flip over and cook the other side for another 10 seconds. Slide crepes onto parchment paper to cool. Continue until all batter is used. (After crepes have cooled, they may be stacked and stored in resealable plastic bags in the refrigerator for up to two days.)

### **Filling**

3/4 cup ricotta cheese  
3/4 cup mascarpone cheese  
1 tsp. sugar  
3/4 tsp. orange liquor  
1 tsp. lemon zest  
Pinch of salt

Gently blend together the ricotta, mascarpone, sugar, liquor, lemon zest and salt until smooth; set aside.

## **Compote**

3 cups fresh rhubarb, cut into 1-inch pieces  
1 1/2 cups fresh raspberries  
1 Tbs. flour  
1/2 cup brown sugar, packed  
1/2 cup granulated sugar  
1 Tbs. orange juice  
1 Tbs. butter  
Powdered sugar for garnish

Gently toss together the rhubarb, raspberries, flour, sugars and juice; let stand until moist and syrupy. Melt butter in a large saucepan; add fruit and cook for approximately 20 to 30 minutes, or until rhubarb is soft, stirring occasionally. Set aside and keep warm.

Preheat oven to 350 degrees F. Arrange crepes on a work surface with the lighter side facing up. Place 1/3 of the filling near the bottom of each crepe. Roll up like a burrito, folding the right and left flaps inside the center as you roll. Place all rolled crepes in a lightly buttered baking dish; bake at 350 degrees until warm, approximately 8 to 10 minutes. Top with warm compote and garnish with powdered sugar.

# Friday, August 6

## **MISO-MARINATED SCALLOPS WITH GARDEN VEGETABLE COULIS**

*Serves: 4*

### **Scallops**

12 pieces sea scallops (1 to 1-1/4 pounds)  
1 cup coconut milk  
1/3 cup honey  
1/2 pound white miso (see note)  
Vegetable oil

Mix together the coconut milk, honey and miso. Add scallops and marinate for 3 to 4 hours. Remove scallops from marinade, discarding marinade and removing any excess marinade from the outside of the scallops. Heat a large heavy-bottomed sauté pan to near smoking. Add just enough vegetable oil to coat the bottom of the pan. Working quickly, place all of the scallops face down in the oil. Do not move them until they

appear browned and caramelized on their cooking surface. Carefully turn them over and lightly finish them on the second side.

### **Sauce**

6 to 8 large carrots, or enough to produce 2 cups of juice  
3 to 4 medium apples, or enough to produce 1 cup of juice  
1/2 pound fresh ginger, or enough to produce 1/4 cup of juice  
2 ounces butter  
1 Tbs. chopped chives

Run the carrots, apples and ginger through a juicer. Place juice in a heavy-bottomed, non-reactive saucepan over medium heat; reduce liquid to about 1 cup. Turn off heat; whisk in the butter and chives.

Serve with brown rice and/or your favorite mixture of healthy stir fried vegetables.

**Note:** Miso is a traditional Japanese seasoning produced by fermenting rice, barley and/or soybeans. It can be found in the refrigerated section of some major supermarkets, health food stores and Asian grocery stores.

## **WISCONSIN FISH FRY COD CAKES WITH SWEET CORN TARTAR SAUCE**

*Serves: 4*

### **Cod Cakes**

1 pound cod fillets, thawed  
10 fresh parsley sprigs  
2 sprigs fresh thyme  
1 small bay leaf  
1 Vidalia onion, halved  
1 pint milk  
2 Tbs. extra-virgin olive oil, plus extra for frying  
1/4 cup minced shallot  
2 oven-roasted garlic cloves, mashed  
1 Tbs. finely chopped chives  
3 Tbs. minced fresh flat-leaf parsley  
1/2 Tbs. minced fresh tarragon  
1/4 cup heavy cream  
2 cups fresh bread crumbs, divided  
1 large egg, lightly beaten  
Sea salt and freshly ground black pepper to taste

Tie parsley, thyme and bay leaf together with kitchen twine. Combine the fish, herb bundle, onion and milk in a sauce pan; poach gently for about 10 minutes, or just until cod begins to split apart. Carefully remove the cod; cool completely. Discard the milk,

herb bundle and onion. Heat oil in a medium-sized skillet; add shallots and sauté over medium-low heat until translucent. Add garlic; cook 1 minute more, then set aside to cool slightly. Flake cod into a medium bowl; combine with shallot mixture, chives, parsley, tarragon, cream, 1 cup of the breadcrumbs, egg and salt and pepper to taste. Using your hands, blend the mixture until smooth but not pasty. Form mixture into 8 uniform cakes about 3/4-inch thick; refrigerate for at least 4 hours.

### **Sweet Corn Tartar Sauce**

1 cup prepared mayonnaise  
1/4 cup small diced tomato, peeled and seeded  
1/4 cup roasted sweet corn  
1 Tbs. chopped green onions  
1 Tbs. sweet pickle relish  
2 Tbs. hot sauce  
Salt and pepper to taste

Gently blend all the ingredients together. Keep refrigerated.

When ready to serve, dredge cakes in remaining crumbs. Fry the cakes over medium heat until golden brown, about 3 to 4 minutes per side. Serve with lemon wedges and sweet corn tartar sauce.

# Saturday, August 7

## **PEANUT BUTTER & JELLY ICE CREAM SANDWICHES**

*Serves: 12*

### **Cookies**

2 cups peanut butter, creamy or crunchy  
3 cups granulated sugar, divided  
2 eggs  
2 tsp. vanilla extract  
Granulated sugar for decorating

Preheat oven to 350 degrees F. Lightly oil a large baking sheet. In a mixing bowl, combine peanut butter, sugar, eggs and vanilla; stir well with a spoon. Roll dough into 3/4- to 1 inch balls and place on prepared baking sheet. With a fork dipped in sugar,

press a criss-cross design on each cookie. Bake for 12 minutes; remove from oven and sprinkle with sugar. Cool slightly before removing from pan.

### **Strawberry Ice Cream**

2 cups milk  
2 cups heavy cream  
3/4 cup granulated sugar  
1 tsp. vanilla extract  
2 cups diced strawberries

In a small bowl, whisk together milk, cream, sugar and vanilla. Puree strawberries in a food processor; add to the creamed mixture. Pour mixture into an ice cream maker and freeze according to manufacturer's directions. Transfer to freezer-safe container; freeze for at least 6 hours before serving.

### **Assembly**

6 Tbs. strawberry preserves  
Peanut butter morsels

Thinly spread the strawberry preserves on flat side of a peanut butter cookie, being careful not to break the cookie. Top with a small scoop of softened strawberry ice cream; cover with a second cookie, flat side down. Roll edges in peanut butter morsels and serve.

## **ICE CREAM CONE CAKES**

*Serves: 24*

1 box (18.25-ounce) chocolate cake mix  
Water, oil and eggs called for on cake mix package  
18 flat-bottomed ice cream cones

Preheat oven to 350 degrees F. Place ice cream cones in muffin tins to secure during baking. (If the cones will not stand up in the tins, surround them with dry rice or dried beans during baking.) Prepare cake mix according to package directions. Fill each cone 3/4 full with cake batter (see note). Bake until a toothpick inserted in center comes out clean. Cool completely. Frost and decorate as desired.

### **Chocolate Butter Frosting**

1 cup butter  
1/2 cup cocoa powder  
2/3 cup milk  
4 cups powdered sugar, sifted  
Toppings as desired

Heat butter, cocoa powder and milk over medium heat until gently simmering. Add sifted powdered sugar; beat until smooth.

**Note:** To evenly distribute heat and keep your pans from warping, fill empty muffin cups about halfway full with water. When finished baking, very carefully remove pan from oven; remove treats and carefully pour hot water into the sink.

# Sunday, August 8

## DUCK AND BEET CHIPS

*Serves: 4*

### **Duck and Sauce**

4 duck breasts, skin scored  
Finely ground sea salt  
Freshly ground black pepper  
1 tsp. light brown sugar  
2 tsp. extra-virgin olive oil  
1/4 cup minced shallots  
2 oven-roasted garlic cloves, smashed  
1 1/2 cups peeled beets, medium dice  
1 tsp. granulated sugar  
1 tsp. balsamic vinegar  
3 cups dry red wine (Cabernet Sauvignon is fine)  
Freshly ground black pepper  
1 Tbs. butter

Season the duck breast with salt, pepper and brown sugar. In a large sauté pan, heat olive oil over medium-high heat. Place duck breasts in the pan, skin side down, and cook slowly, adjusting heat if necessary, for about 10 minutes, or until golden brown and fat is rendered. Turn meat over and sear for about 1 minute. Remove meat from pan and keep warm. Drain all but 1 tablespoon of fat from pan. Add the shallots and sauté for about 2 minutes, or until translucent. Add the garlic, diced beets, sugar and balsamic vinegar. Pour wine into the pan; bring to a simmer, scraping the bottom to remove all the browned bits. Simmer over low heat for 20 minutes. Season with salt and pepper. Remove from heat and just before serving, swirl butter into the sauce.

## **Beet Chips**

2 medium beets, peeled and sliced paper-thin  
1 cup red wine vinegar  
1 cup water  
1 cup granulated sugar

Preheat oven to 150 degrees F. Line a baking sheet with paper towels and another pan with silicone mat or parchment paper. In a medium saucepan, combine vinegar, water and sugar; bring to a boil, then reduce to a simmer, stirring to dissolve the sugar. Add the beets and simmer for 1- 2 minutes to soften slightly and flavor them. Remove from the heat; let beets stand in the liquid for 8-10 minutes, to cool slightly. Using a slotted spoon, transfer beets to the towel-lined pan to drain, then lay the beet slices out on the silicone-lined baking sheet. The slices can be close together but should not be touching. Place pan of beets into the preheated oven for 10 to 12 hours, or until beets are dry and crisp. Remove beet chips from the oven and, using a small offset spatula, transfer to a cooling rack. Once cooled, the chips can be stored in an airtight container for up to a week.

Ladle a portion of warm sauce onto a serving plate. Slice meat into five diagonal slices and fan over the sauce. Garnish with crisp beet chips.

## **BEER-BRAISED BEEF SHORT RIBS WITH AGED CHEDDAR POLENTA**

*Serves: 8*

### **Ribs**

3 pounds beef short ribs (about 10 ribs)  
Salt and freshly ground pepper  
3 Tbs. vegetable oil  
10 oven-roasted garlic cloves, smashed  
5 quarter-sized slices of peeled ginger  
12 ounces dark Wisconsin beer  
1 cup low-sodium beef broth  
3 Tbs. rice wine vinegar  
1 cup hoisin sauce

Preheat oven to 300 degrees F. Season ribs liberally with salt and pepper. In a large oven-safe heavy pot with a lid, heat the oil and brown the ribs on all sides over high heat. Remove ribs and pour off all but 2 tablespoons of the rendered fat. Return pot to the stove, lower heat to medium and sauté the garlic and ginger for about 3 minutes. Add ribs back to pot. Add beer, broth and vinegar; stir. Cover and bake at 300 degrees for 2 1/2 hours. Remove from the oven; pour hoisin sauce over the ribs. Return pot to the oven and cook, uncovered, for 30 minutes.

## **Polenta**

1 1/2 cups water  
2 cups milk  
2 tsp. minced oven-roasted garlic  
1 bay leaf  
1 tsp. chopped fresh thyme  
Salt and freshly ground black pepper to taste  
1 cup coarse-cut polenta  
1/4 pound (1 stick) butter  
1/2 cup grated cheddar cheese  
3 Tbs. grated Parmesan cheese

In a large, heavy saucepan, combine water, milk, garlic, bay leaf, thyme and salt and pepper. Bring to a boil and slowly add the polenta, whisking constantly. Reduce heat to low and simmer, stirring often with a large wooden spoon or heat-proof spatula until polenta thickens, about 25 minutes. Add butter and stir until incorporated. Add the cheddar and Parmesan; stir well. Adjust seasoning to taste. Serve hot.

# Monday, August 9

## **SAUTEED BREAST OF PHEASANT WITH BROWN-BUTTER PEARS AND VANILLA**

*Serves: 4*

### **Pheasant and Vanilla Sauce**

4 boneless, skin-on pheasant breasts  
1/4 cup clarified butter, divided  
1/2 cup minced shallots  
1 large vanilla bean, split lengthwise with seeds scraped and reserved  
1/2 cup dry white wine, preferably Chardonnay  
1 cup apple cider  
2 Tbs. fresh ginger, minced  
1 cup heavy cream  
Sea salt  
Freshly ground black pepper

Preheat the oven to 325 degrees F. In a heavy-bottomed sauté pan, melt 2 tablespoons of butter over medium-high heat. Season pheasant with salt and pepper. Place in prepared pan, skin side down, cooking until browned and well-seared, about 5 minutes. Turn the breast over and brown the other side. Remove from the pan and place in the oven to roast until an internal temperature of 160 degrees is reached. Add an additional tablespoon of clarified butter to the pan; add shallots and sauté until tender. Add the vanilla bean and seeds, wine, apple cider, ginger and cream. Bring to a simmer and continue cooking until liquid is reduced and thickened to sauce consistency. Season with salt and pepper and keep warm.

### **Pears and Red Wine Glaze**

2 red Anjou pears, halved, cored and sliced into ¾-inch thick slices  
1 Tbs. brown sugar  
2 cups dry red wine  
1/2 cup honey  
2 Tbs. fresh chives, sliced

In another large, non-stick pan, heat 1 tablespoon of clarified butter over medium-high heat. Add pears and cook until they just begin to soften, about 2 minutes. Add the sugar and stir occasionally until browned on the edges, about 4 minutes. Remove pears and keep warm. Deglaze pan with the wine; add the honey and reduce to syrup consistency.

Slice each pheasant breast into three thick diagonal pieces, place alternately with pears on top of the cream sauce; drizzle with red wine glaze. Serve with your favorite rice dish and garnish with fresh chives.

## **CRANBERRY AND PECAN-STUFFED PORK LOIN WITH BLUE CHEESE APPLESAUCE**

*Serves: 6*

### **Stuffing**

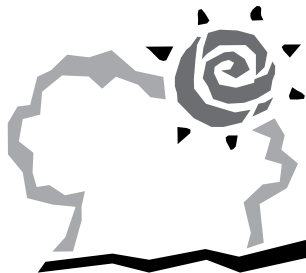
2 cups light chicken broth  
1 1/2 cups dried cranberries  
2 Tbs. pecans, toasted  
1 tsp. ground cinnamon  
Pinch of ground cloves  
1/4 cup brown sugar  
2 Tbs. chopped cilantro leaves  
2 pound pork loin, butterflied  
Sea salt and freshly ground black pepper  
1/2 cup all-purpose flour  
2 Tbs. extra virgin olive oil

Preheat oven to 400 degrees F. Bring 2 cups of broth to boil in a medium saucepan. Add the cranberries, remove from heat and let rest for 1 hour. Drain, reserving the soaking liquid, and place in bowl of a food processor. Add pecans, cinnamon, cloves, brown sugar and a few tablespoons of reserved liquid. Pulse until coarsely chopped. Remove to a bowl and stir in the cilantro. Place pork on a cutting board and season on both sides with salt and pepper. Spread a thin layer of stuffing down the center and fold each side over the filling; tie with butcher's twine and coat lightly with flour. Heat oil in a roasting pan until almost smoking. Sear meat on all sides until golden brown. Place pan in the oven and roast to an internal temperature of 145 degrees (about 45 to 60 minutes). Remove and let rest for 15 to 25 minutes.

### **Pan Sauce**

Reserved oil from roasting pan  
1 cup small-diced onions  
1/2 cup small-diced carrots  
1/2 cup small-diced celery  
1/2 dry white wine  
2 cloves garlic, finely minced  
5 cups chicken broth  
1 cup apple-cranberry juice concentrate  
2 tsp. chipotle puree  
1 cup soft blue cheese  
Sea salt and pepper to taste

Using the same pan used to roast the meat, reheat over medium heat. Add onions, carrot and celery; cook until soft, about 8 to 10 minutes. Deglaze pan with wine; add garlic and cook for about 2 minutes. Add the broth, juice concentrate and chipotle puree; increase heat to high and cook until reduced to 2 cups, about 15 to 20 minutes. Strain sauce into a small saucepan and bring to a simmer. Whisk in blue cheese; season with salt and pepper to taste.



# Tuesday, August 10

## DESSERT SUSHI

*Serves: 6*

### Chocolate Paper

1 cup semi-sweet chocolate chips  
1/4 cup light corn syrup

Melt chocolate slowly over a water bath; stir in syrup. Evenly divide mixture onto two sheets of plastic wrap; let rest at room temperature for 3 to 4 hours. To make mixture pliable, microwave for about 5 seconds, then knead into a smooth paper.

### Rice

13.5-ounce can coconut milk  
1 1/2 cups heavy cream  
1/2 cup jasmine rice  
1/3 cup granulated sugar  
1 tsp. vanilla extract

In a heavy-bottomed pan over low heat, combine milk, cream, rice, sugar and vanilla; simmer for 30 minutes, stirring constantly. Cover and allow to cool.

### Fruit

2 kiwi, peeled and cut into a medium dice  
1 ripe but firm mango, peeled and cut into 2-inch sticks  
8 fresh strawberries, sliced  
Apple juice (or dark rum, optional)

Marinate each fruit separately in a very small amount of apple juice (or dark rum, if using).

### Assembling the Sushi

Roll out the chocolate paper with a rolling pin to a rectangle, with edges trimmed, or about 8x12 inches. If the paper sticks and/or becomes difficult to work with, use a small amount of cocoa powder as you would flour with pastry. Spread rice mixture onto the chocolate paper to within 1 inch of the top end. Place the fruit inside, in consistent rows, and roll tightly. Place roll in refrigerator for about 20 minutes to set; slice into 1-inch pieces with a sharp knife.

## **Garnish**

Chocolate or fruit sauce  
Crystallized ginger  
Mint leaves

Decorate a plate with chocolate or fruit sauce. Place two slices of sushi over the sauce; sprinkle with crystallized ginger. Garnish with mint leaves.

## **SEARED DUCK BREAST WITH POMEGRANATE MOLASSES AND SWEET POTATO HASH**

*Serves: 4*

### **Duck and Hash**

4 duck breasts, skin scored into a crosshatch pattern  
Coarse sea salt  
4 slices thick-cut bacon, diced  
1 Vidalia onion, cut into 1/2-inch dice  
2 Granny Smith apples, cored and cut into 1/2-inch dice  
3 medium-sized sweet potatoes, partially roasted but still somewhat crunchy, peeled and cut into 1/2-inch dice  
Salt and pepper to taste

Season the duck breasts with salt and place in a cast iron pan large enough to accommodate without crowding. Bring pan to medium-low heat to render fat from the duck. This is a slow process, taking about 20 to 25 minutes. Once the fat has been rendered and the duck skin is crispy and brown, remove excess fat from the pan. Turn up heat to medium-high; turn duck over to sear the second side. Once browned, remove from pan and keep warm; let rest for 8 to 10 minutes. Do not cook past medium-rare. Drain most of the remaining fat; add onions and cook until translucent. Add apples and sweet potatoes; cook until tender. Adjust seasoning to taste. Slice meat on the bias and serve drizzled with reduced pomegranate molasses and seeds (recipe below).

### **Pomegranate Molasses**

3 cups pomegranate molasses (see note)  
1/2 cup chicken broth  
2 sprigs fresh thyme  
1/2 tsp. minced fresh rosemary  
1 cup pomegranate seeds (from 1 large fresh pomegranate)

Combine the pomegranate molasses, broth, thyme and rosemary in a heavy-bottomed sauce pan. Simmer until molasses starts to get thick and syrupy. Remove thyme bundle and add the pomegranate seeds. If the mixture is too thick, add a few drops of water or broth to thin.

Slice each duck breast into seven diagonal slices. Place equal portions of hash in the center of serving plates. Spoon sauce around hash and place sliced duck on top.

**Note:** Pomegranate molasses can be found in the baking aisle of your local supermarket, or in ethnic specialty markets.

# Wednesday, August 11

## RHUBARB-STRAWBERRY CALZONE WITH GOAT CHEESE

*Serves: 6*

### Filling

3 pounds fresh rhubarb, cut into 1-inch pieces  
1 quart fresh strawberries, sliced  
1/2 cup granulated sugar  
1/2 cup light brown sugar  
2 Tbs. dry red wine (Zinfandel is best)  
1 vanilla bean, split and scraped or 2 Tbs. pure vanilla extract  
2 Tbs. butter

Combine all ingredients except cheese in a heavy-bottomed sauce pan. Simmer over medium heat, stirring occasionally, until the rhubarb is tender and filling has thickened slightly. Remove from pan and cool completely.

### Calzone Dough

1 package active dry yeast  
1 cup warm water  
1 Tbs. extra-virgin olive oil  
1 tsp. salt  
2 1/2 to 3 cups all-purpose flour  
1/2 cup turbinado sugar  
Pinch of ground cardamom  
12 ounces goat cheese  
Egg wash to seal

Preheat oven to 375 degrees F. In a large bowl, combine yeast with water, olive oil and salt; stir well and let sit until foamy, about 5 minutes. Add half of the flour; mix well. Add all but 1/2 cup of the remaining flour; mix well with your hands. Transfer dough

to a lightly floured surface; knead for at least 5 to 7 minutes, adding enough flour as necessary to form a smooth, elastic (not sticky) dough. Transfer dough to a lightly oiled large bowl; cover with a damp towel. Let rise in warm place until doubled in size, about an hour.

Divide dough into six equal portions; roll into 8-inch rounds. Sprinkle with sugar and cardamom, pressing gently into dough. Turn rounds sugar side down and fill with 1/6 of the fruit filling and dollops of cheese. Brush edges with egg wash; fold over to seal. Pierce tops with a fork and bake in preheated oven until medium brown. Allow to cool slightly and serve.

## **ROTISSERIE FREE-RANGE CHICKEN WITH OVEN-ROASTED APPLESAUCE AND BLUE CHEESE MASHED POTATOES**

*Serves: 4*

### **Chicken**

1 2-3 pound whole chicken  
1Tbs. salt  
2 tsp. paprika  
1 tsp. onion powder  
1 tsp. dried thyme  
1/2 tsp. cayenne pepper  
1/2 tsp. black pepper  
1/2 tsp. garlic powder  
1/2 medium onion, quartered  
1/2 medium apple, quartered  
1/2 medium orange, quartered

Remove and discard giblets from chicken. In a small bowl, mix together salt, paprika, onion powder, thyme, black pepper, cayenne pepper and garlic powder. Rub chicken inside and out with spice mixture. Stuff the onion, apple and orange into the cavity. Place chicken in a resealable plastic bag, or double wrap with plastic wrap. Refrigerate at least 4 to 6 hours, or overnight.

Preheat oven to 250 degrees F. Place chicken in a roasting pan and roast uncovered for 3 to 4 hours, or until chicken reaches a minimum internal temperature of 165 degrees. Let chicken rest for 10 minutes before carving.

### **Honey Roasted Applesauce**

2 Tbs. butter  
2 Tbs. freshly squeezed lemon juice  
1/2 tsp. finely ground sea salt  
6 McIntosh apples, peeled, cored and cut into 1-inch chunks  
1/3 cup honey

Preheat oven to 425 degrees F. Heat a medium-sized oven-safe sauté pan on medium-high heat; add butter until it melts and just begins to brown. Add lemon juice and simmer for 15 seconds. Stir in apples and salt. Sauté for 3 to 4 minutes until the edges just begin to color; add honey. Place pan in oven for about 15 to 20 minutes, or until the apples are soft, lightly caramelized and dry. Mash with a fork for a chunky version, or put in food processor for a smoother sauce. Serve warm, room temperature or cold.

### **Potatoes**

4 baking potatoes, peeled and diced  
1/2 cup heavy cream, warmed  
1/2 cup sour cream  
1 tsp. minced oven-roasted garlic  
Salt and freshly ground black pepper  
1 cup dry crumbled blue cheese

Cook potatoes in boiling salted water until tender; drain and dry. Add heavy cream, sour cream, garlic and salt and pepper; mash until smooth. Stir in the blue cheese just before serving.

# Thursday, August 12

## **FRESH FRUIT SALAD WITH FENNEL-SPICED SHRIMP**

*Serves: 4*

12 10-15 count shrimp, peeled and deveined  
2 Tbs. spice rub (recipe below)  
2 Tbs. olive oil, divided  
1 orange, juice reserved  
1/2 large ruby red grapefruit, juice reserved  
1 Tbs. extra-virgin olive oil  
Splash of sherry vinegar  
Salt and pepper  
12 ounces mixed greens  
1 cup assorted fresh berries for garnish

Place the shrimp and spice rub in a resealable plastic bag; toss to coat. Refrigerate and allow to marinate at least 4 hours.

Preheat the oven to 400 degrees F. Heat olive oil in a large sauté pan over medium heat. Add shrimp and cook until they begin to turn pink around the edges, about 2 minutes; remove and keep warm. Remove skin and white pith from citrus fruits and segment over a bowl to catch the juices. Season with salt and pepper. Add remaining tablespoon of olive oil and the vinegar; toss well. Taste for balance; reserve.

### **Spice Rub**

3 Tbs. fennel seeds, toasted  
1 Tbs. coriander seeds, toasted  
1 tsp. cumin seeds, toasted  
1 Tbs. peppercorns  
1 Tbs. sea salt

Combine all seeds, peppercorns and salt in a spice or coffee grinder; pulse to a coarse powder.

To serve, place even portions of the mixed greens on the serving plates. Toss citrus mixture; spoon around and in center of greens, moistening greens with the juice. Arrange 3 shrimp around each salad, standing them in a circle with tails up. Garnish with berries, and serve warm or at room temperature.

## **OLIVE-STUFFED LEG OF LAMB**

*Serves: 8*

### **Marinade**

1 quart plain yogurt  
1/2 cup coarsely chopped fresh mint leaves  
3 Tbs. minced oven-roasted garlic  
2 Tbs. fresh orange juice  
1/4 cup gin  
1 Tbs. chopped fresh basil  
1 Tbs. orange zest  
2 tsp. freshly ground black pepper

In a large, non-reactive bowl, using a whisk, blend the yogurt, mint leaves, garlic, orange juice, gin, basil, orange zest and pepper. Reserve to marinate lamb.

### **Leg of Lamb and Stuffing**

1 4-6 pound leg of lamb, boned and butterflied  
1 1/2 tsp. sea salt  
1 tsp. freshly ground black pepper  
1/2 cup plain bread crumbs

1/2 cup chopped green, spicy olives  
1/4 cup extra-virgin olive oil  
1 Tbs. fresh lemon juice  
1/4 tsp. lemon zest  
2 Tbs. coarsely chopped fresh marjoram leaves  
2 Tbs. coarsely chopped fresh mint leaves  
3 Tbs. pine nuts  
1 1/2 tsp. sea salt  
1 tsp. freshly ground black pepper

Place lamb in a resealable plastic bag; pour in marinade. Tightly seal bag and shake to evenly distribute the marinade. Refrigerate and marinate for 8 hours. When ready to cook, remove lamb from marinade, brushing with a paper towel to remove excess marinade. Season with salt and pepper on all sides. Place smooth side down on a large baking sheet.

Preheat oven to 400 degrees F. Combine bread crumbs, olives, olive oil, 1 tablespoon lemon juice, lemon zest, pine nuts, marjoram, mint and salt and pepper in the bowl of a food processor. Pulse 2 to 3 times, but do not puree; set aside.

Spread olive mixture evenly over rough side of the meat. Starting on the longer side, roll up tightly and tie several places with kitchen twine. Roast lamb until an internal temperature of 140 degrees is reached. Allow roast to rest for 10 to 15 minutes. Slice and serve.



# Friday, August 13

## OVEN-ROASTED WALLEYE WITH WHITE BALSAMIC-GINGER SAUCE AND GRILLED VEGETABLE COUSCOUS

*Serves: 4*

### **Balsamic-Ginger Sauce**

1/4 cup white balsamic vinegar  
1-inch piece fresh ginger, peeled and grated fine  
1 Tbs. ancho chili powder  
1 Tbs. Wisconsin honey  
1/2 cup olive oil  
Salt and freshly ground black pepper

Whisk all ingredients together in a medium bowl, season with salt and pepper to taste.

### **Walleye**

4 (6-ounce) boneless, skinless walleye fillets  
Olive oil  
Salt and pepper to taste  
1 banana leaf, cut into 4 rectangles

Preheat oven to 400 degrees F. Rub each fillet with olive oil, season to taste with salt and pepper. Wrap envelope style in a banana leaf rectangle. Place seam-side down on a sheet pan and roast 8 to 10 minutes. When done, fish should be firm and opaque. Place packets seam-side up on a platter and fold back the sides of the banana leaf.

### **Couscous**

2 red peppers, cut into 1-inch dice  
1 yellow squash, cut into 1-inch dice  
1 zucchini, cut into 1-inch dice  
2 Tbs. olive oil  
Salt and freshly ground black pepper  
3 cups chicken broth  
Pinch of saffron  
2 cups middle-eastern couscous  
1 medium tomato, seeded and finely chopped  
2 Tbs. chopped flat leaf parsley  
2 Tbs. chopped cilantro

Preheat grill to medium heat. Toss vegetables with olive oil and salt and pepper; grill until tender. Meanwhile, bring chicken broth and saffron to boil in a medium saucepan; reduce heat to let simmer for 5 minutes, until saffron blooms and colors broth. Add the couscous, stir, cover and reduce heat to low. Cook until all liquid is absorbed, 8 to 10 minutes. Place couscous in a large bowl; add grilled vegetables, chopped tomatoes, parsley and cilantro and combine. Serve with walleye and Balsamic-Ginger Sauce.

## **SEA BASS IN PARCHMENT**

*Serves: 4*

1 fennel bulb, cored and very thinly sliced  
1/2 red onion, very thinly sliced  
1/2 Vidalia onion, very thinly sliced  
4 oven-roasted cloves of garlic, chopped  
1/2 cup pitted and chopped black and/or green olives  
4 6-ounce portions of sea bass  
Sea salt and freshly cracked black pepper  
1/4 cup flat-leaf parsley, chopped  
2 tsp. fresh oregano, chopped  
Extra-virgin olive oil for drizzling  
1 lemon, zested and cut in half

Preheat oven to 400 degrees F. Fold four 18x13-inch pieces of parchment paper in half; cut big heart-shaped pieces from the folded side, using as much of the paper as possible. Open up the heart and, working on the right lobe of the heart, make layered stacks dividing the fennel, onions, garlic, and olives, among the parchment pieces. Season fish with salt and pepper and place on top of the vegetable mixture. Drizzle olive oil liberally over the fish portions and sprinkle with chopped herbs.

Starting at the top edge of the paper fold over a small corner to form a seal and repeat the process around the edge until reaching the bottom. Arrange the sealed packets on baking sheet and place in the center of the oven. Bake 20 minutes; remove from the oven and slice open the center of the paper. Sprinkle with lemon zest and squeeze juice over the fish to taste.

# Saturday, August 14

## **SALMON TACOS WITH DOOR COUNTY CHERRY-JALAPENO SAUCE**

*Serves: 6*

### **Tacos**

12 ounces boneless, skinless salmon fillets  
Vegetable oil  
Sea salt and freshly ground black pepper  
1 cup finely shredded green cabbage  
1 cup finely shredded red cabbage  
1 green onion, thinly sliced  
3/4 cup mayonnaise  
1 Tbs. chipotle pepper puree  
1 Tbs. fresh lime juice  
2 Tbs. finely chopped fresh cilantro  
6 baked blue or yellow corn taco shells  
Cherry-Jalapeno Sauce

Preheat a grill or grill pan over medium-high heat. Liberally brush salmon with oil and season with salt and pepper. Grill salmon on each side for 3 to 4 minutes. Let cool slightly, then shred meat with a fork. Place in a bowl with cabbages and green onion. Combine mayonnaise, chipotle pepper puree and lime juice in a small bowl; season with salt. Add mayonnaise and cilantro to salmon mixture; gently fold to combine. Divide mixture equally among the taco shells; drizzle each with Cherry-Jalapeno Sauce.

### **Cherry-Jalapeno Sauce**

1 pint natural cherry juice  
1 cup orange juice  
1/2 cup chopped dried cherries  
1 jalapeno chili, cut in half and seeded  
1 Tbs. honey  
Sea salt  
Hot sauce to taste

Place the juices, dried cherries and jalapeno into a medium non-reactive saucepan; cook over medium heat until reduced to about 1 cup, stirring occasionally. Remove

the jalapeno, whisk in honey and season with salt. Allow to cool to room temperature before serving.

## **SEARED RACK OF LAMB WITH PISTACHIO TAPENADE AND FETA CHEESE COLESLAW**

*Serves: 4*

### **Lamb and Tapenade**

1/2 cup pistachios, shelled and toasted  
1/2 cup pitted Kalamata olives  
2 Tbs. capers, drained  
1 oven-roasted garlic clove, mashed  
1 tsp. chopped fresh oregano leaves  
2 Tbs. chopped fresh parsley leaves  
Extra-virgin olive oil  
1 lemon, zested  
2 8-rib racks of lamb, frenched  
Sea salt

In a food processor, puree pistachios, olives, capers, garlic, oregano and parsley. With machine running, slowly drizzle in olive oil until the mixture becomes a paste. Add lemon zest and pulse once, drizzling in more oil if necessary.

Coat a large heavy-bottomed pan generously with olive oil and bring to medium-high heat. When oil is hot but not smoking, add lamb racks (fat side down) and cook for 2 to 3 minutes on each side until brown and most of the fat is rendered. If pan begins to smoke, lower the heat. Remove lamb and place fat side up onto a sheet pan. Spread evenly with tapenade. Roast until an internal temperature of 120 degrees is reached. Allow to rest for 10 to 15 minutes before serving.

### **Feta Coleslaw**

1 cup mayonnaise  
2 Tbs. Dijon mustard  
1 Tbs. whole grain mustard  
1 Tbs. apple cider vinegar  
1 tsp. celery seed  
Pinch of sea salt  
Pinch of freshly ground black pepper  
1/4 small head of green cabbage, shredded  
1/4 small head of red cabbage, shredded  
1 large carrot, peeled and grated  
1 cup crumbled feta cheese  
1 Tbs. chopped fresh parsley leaves

In a medium bowl, whisk together mayonnaise, mustards, vinegar, celery seed, salt, and pepper. Combine cabbages and carrots; pour on enough dressing to moisten well. Add crumbled feta cheese and parsley; toss together. Cover and refrigerate for several hours.

To serve, place a portion of coleslaw in the center of a large serving plate. Slice alternately single-and double-rib chops from the rack. Intertwine a single-bone between a double-bone chop and stand them up over the coleslaw.

# Sunday, August 15

## **PAN-SEARED BREAST OF PHEASANT WITH CRANBERRY HONEY**

*Serves: 6*

1/2 pound raw bacon, diced small  
6 boneless, skinless pheasant breasts  
1 cup dry red wine  
1 cup chicken broth  
18-20 fresh or frozen pearl onions, blanched and peeled  
2 bay leaves  
1 Tbs. chopped fresh tarragon leaves  
Salt and pepper to taste  
1 Tbs. chopped fresh mint leaves  
12 ounces fresh cranberries  
1/4 cup honey  
1/4 cup sour cream

Fry bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon and set aside. Add pheasant breasts to pan and sear on all sides; drain excess fat. Add red wine, chicken broth, onions, bay leaves, tarragon, salt, pepper and mint leaves. Reduce heat to low; cover and cook until meat is tender and juices run clear, about 25 minutes. Carefully remove pheasant to serving platter; cover, set aside and keep warm.

Drain remaining fat and add cranberries to pan. Cook until cranberries pop. Reduce to sauce consistency and remove from heat. Discard bay leaves. Whisk in honey and sour cream.

Spoon a portion of sauce onto serving plates and top with pheasant breasts. Serve with fresh vegetable and roasted new potatoes.

## **AMERICA'S DAIRYLAND POACHED SHRIMP**

*Serves: 4*

- 1 pound (16-20 count) shrimp, peeled and deveined.
- 1 Tbs. hot red pepper sauce
- 1 Tbs. cajun seasoning, mild to medium heat
- 2 Tbs. clam juice
- 1 cup (2 sticks) butter, cubed
- Zest of 1 lime, juice reserved
- Cayenne pepper to taste
- 1 oven-roasted garlic clove, smashed
- 2 dashes Worcestershire sauce
- Chopped mild herb or chives to garnish

In large non-reactive bowl, toss shrimp with the hot sauce and cajun seasoning; marinate for at least one hour. In a large saucepan, bring clam juice to a boil. Reduce heat to very low; whisk in butter one piece at a time until well combined. Add lime zest, cayenne and garlic; stir to combine. Add the shrimp and cook gently over low heat, stirring occasionally, until shrimp are orange in color and cooked through. Add Worcestershire sauce and lime juice; stir to combine. Portion shrimp into 4 shallow bowls. Spoon butter sauce over each portion and garnish with chives or herbs. Serve with wild rice blend as an entrée or crusty baguettes as an appetizer.









**Energy Park 2010** 