

SENSATIONAL SERVINGS



Energy Park 2017



Mark J. Olson, C.E.C. is a Hartland, Wisconsin, native and a 1987 graduate of the Culinary Institute of America in Hyde Park, New York. He has held chef positions at the American Club's Immigrant Room and Winery, Grenadier's, The Abbey Resort, Interlaken Resort and Spa, Janesville Country Club and Country Club of Beloit. He currently is a chef instructor at Blackhawk Technical College in Janesville, Wisconsin.

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

Contents

Thursday, August 3

Whiskey Shrimp Shooters.....	2
Apricot-Chili Chicken Wings.....	3

Friday, August 4

Avocado and Melon Salad.....	4
Pan-Roasted Shrimp.....	4-5

Saturday, August 5

BBQ'd Bacon and Shrimp Tacos.....	6-7
Curried Lamb Shanks.....	7-8

Sunday, August 6

Artichoke Tortino.....	9
Miso-Roasted Spatchcock Chicken.....	10

Monday, August 7

Norwegian Salmon Club Sandwich.....	11-12
Pork Belly with Apple Butter.....	12-13

Tuesday, August 8

Asian Shrimp.....	14
Sticky Lamb Chops.....	15

Wednesday, August 9

Shaved Brussels Sprouts Salad.....	16
Pheasant Gratin.....	17

Thursday, August 10

Caramel Apple Tart.....	18
Cranberry Baby Back Ribs.....	19

Friday, August 11

Lobster Ravioli with Crabmeat.....	20-21
Pan-Seared Cod.....	22

Saturday, August 12

Chocolate Zabaglione.....	23
Glazed Beef Sirloin Steaks.....	24-25

Sunday, August 13

Shrimp Phyllo Pockets.....	26
Gluten-Free Sweet Potato Pie.....	27

Thursday, August 3

Butter-Poached Whiskey Shrimp Shooters

Serves 12

12 (26/30 count) shrimp, peeled and deveined
1 cup clarified butter, melted and kept warm
2 ears fresh corn, shucked, grilled, and kernels removed
Olive oil to taste
2 tablespoons chopped fresh chervil
1 tablespoon chopped fresh dill
1 lime, cut into thirds
Salt and freshly ground black pepper to taste
1 bunch fresh pea shoots, divided, or microgreens
12 shot glasses

Place shrimp in small saucepan; pour in just enough butter to completely cover. Heat slowly over low heat until shrimp is bright orange and warmed through. Place cooked shrimp in bowl; add corn kernels, oil, chervil, dill and lime juice, reserving some juice for dressing pea shoots. Toss ingredients to evenly coat shrimp; season with salt and pepper. In small bowl, dress pea shoots or microgreens with oil and reserved lime juice. Place one shrimp into each shot glass; top with spoonful of Chili-Mango Whiskey Sauce. Garnish with pea shoots.

Chili-Mango Whiskey Sauce

1 teaspoon olive oil
1 cup fresh mango, peeled and diced
1 tablespoons sliced scallions (white portion only)
1 tablespoon micro-grated fresh ginger
1 Thai chili, seeds removed and minced
1/2 cup whiskey
1 tablespoon Wisconsin honey
Juice of 1 orange
1/4 teaspoon finely ground mace
1/4 teaspoon finely ground star anise
Juice of 1 lime

Heat oil in heavy-bottomed saucepan. Add mango, scallions, ginger and chili; sauté for about 3 minutes, until mango begins to break down. Remove pan and hold away from flame or heat; add whiskey. Return pan to heat; light whiskey to flambé. Once alcohol has cooked off and flames have diminished, add honey and orange juice; simmer for 3 minutes. Remove pan from heat. In bowl of blender, or with immersion blender, puree mixture until smooth. Season with mace, star anise and lime juice. Set aside and keep warm.

Apricot-Chili Chicken Wings with Chipotle-Sour Cream Dipping Sauce

Serves 6 as main course; 12 as appetizer

3 pounds chicken winglets, thawed and dried
Vegetable cooking spray, as needed
2 tablespoons Wisconsin honey
1 green onion, thinly bias sliced, for garnish

Preheat oven to 450 degrees F. Spray heavy-duty sheet pan with vegetable spray; arrange marinated chicken pieces in single layer, leaving space between each. Lightly spray chicken pieces with vegetable spray; bake 20 to 30 minutes, or until wings are golden brown and crisp and internal temperature reaches 165 degrees F. Set aside and keep warm. Place 1/4 cup of the honey marinade in large mixing bowl. Add chicken pieces; toss gently to coat. Garnish with blue cheese and green onion.

Marinade

1/2 cup hot chicken stock
3 chipotle peppers in adobo sauce, seeds removed
1/4 cup chopped cilantro
1 tablespoon tomato paste
2 tablespoons apricot marmalade
1 garlic clove, minced
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1 pinch ground allspice
1-1/2 tablespoons white balsamic vinegar
Zest and juice of 1 lime
1 tablespoon creamy peanut butter

In bowl of food processor, combine stock, peppers, cilantro, tomato paste, marmalade, garlic, cumin, cinnamon, allspice, vinegar, lime zest, lime juice and peanut butter; pulse into coarse paste. Place half the Marinade mixture in resealable plastic bag; add chicken. Marinate in refrigerator for 6 to 8 hours. Add honey to remaining marinade.

Chipotle-Sour Cream Dipping Sauce

2 chipotle peppers in adobo sauce, seeds removed
1/2 cup sour cream
1/2 cup high-quality mayonnaise
Juice of 1/2 lime
Salt and freshly ground black pepper to taste
1/2 cup small-crumbled blue cheese
1 tablespoon minced fresh chives

Remove peppers from sauce, reserving sauce; split to remove seeds and finely mince. Combine sour cream and mayonnaise; add minced peppers and reserved sauce. Stir in lime juice; season with salt and pepper.

Friday, August 4

Avocado, Grilled Melon and Feta Salad

Serves 6

4 avocados, peeled, halved and cubed
1 cup cubed cantaloupe or melon of choice
1 cup cubed seedless watermelon, grilled and chilled (Chef Mark to demonstrate)
1 cup cubed feta cheese
1 tablespoon toasted flax seeds
1/3 cup olive oil
Sea salt and freshly ground black pepper to taste
Microgreens or spring mix lettuce

Prepare each of the above ingredients; keep each separate and refrigerated. Arrange avocados, melons and cheese in decorative fashion on large plate. Sprinkle with flax seeds; drizzle with Balsamic Glaze and oil. Season with salt and pepper; garnish with microgreens or lettuce.

Balsamic Glaze

1/2 cup balsamic vinegar
1 tablespoon brown sugar
1/4 cup Merlot wine

In small non-reactive saucepan, combine vinegar, sugar and wine. Simmer until reduced volume by half and slightly thickened. Pour into squeeze bottle or small pitcher; refrigerate.

.....

Pan-Roasted Shrimp Caponata

Serves 6

18 medium shrimp (16/20 count), peeled and deveined
Salt and pepper to taste
2 tablespoons extra-virgin olive oil, plus additional for serving
3 tablespoons flat-leaf parsley leaves

Season shrimp with salt and pepper; coat with oil. Quickly sauté in medium-sized pan over medium-high heat, tossing as necessary, until cooked through. Spoon Caponata on center of serving plate. Arrange shrimp around Caponata; drizzle with oil. Sprinkle with parsley.

Caponata

1 pound eggplant, coarsely chopped
Salt to taste
1/4 cup extra-virgin olive oil, divided
1/2 cup yellow onions, diced small
1 small stalk celery heart, diced small
1/2 cup Tomato Sauce (recipe follows)
1 tablespoon toasted pine nuts
2 tablespoons dried Wisconsin cranberries
1/4 cup green olives, pitted and sliced
1 tablespoon capers, drained
5 fresh basil leaves
Pinch brown sugar
2 tablespoons balsamic vinegar

Season eggplant with salt; let rest at least 1 hour to help remove water. Drain on paper towels. Heat 2 tablespoons oil in large sauté pan over medium-low heat; sweat onions and celery until tender and without color. Add Tomato Sauce; cook an additional 5 minutes. Heat remaining oil in separate pan; add eggplant and sauté until softened and browned. Add eggplant to onion-celery mixture; toss. Remove pan from heat; stir in pine nuts, cranberries, olives, capers and basil. In small saucepan, bring sugar and vinegar to boil; pour over mixture in pan.

Tomato Sauce

1/4 cup olive oil
1 cup minced sweet onions
1/2 tablespoon chopped garlic
1 fresh bay leaf
1-1/2 quarts canned whole plum tomatoes, drained
1 cup chopped basil
1 tablespoon chopped fresh oregano
Salt and pepper to taste

Heat oil in large saucepan over medium-high heat. Add onions, garlic and bay leaf; sauté until onions are tender but not browned, about 4 to 5 minutes. Crush tomatoes with hands; add to onion mixture. Simmer over low heat until thickened, about 30 minutes. With immersion blender, puree tomatoes; add basil and oregano. Season with salt and pepper.

Saturday, August 5

Alabama BBQ'd Bacon and Shrimp Tacos

Serves 6

1 pound raw shrimp (21/25 count), peeled, deveined and tails removed
2 teaspoons smoked paprika
2 teaspoons granulated garlic
1 teaspoon onion powder
1 teaspoon granulated sugar
3/4 teaspoon kosher salt
1/2 teaspoon ground coriander
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1/2 cup butter
6 (12-inch) flour tortillas, very lightly grilled
1 pound Nueske's bacon, diced and cooked crisp

Heat grill to medium-high. Combine paprika, garlic, onion powder, sugar, salt, coriander, black pepper and cayenne pepper in bowl. Melt butter in small saucepan over medium-low heat; add spices. Cook until fragrant, stirring frequently, about 3 minutes; let cool. Grill shrimp until charred, about 1 to 2 minutes; let rest. Toss shrimp with spice mixture; let rest for 15 minutes. Spread each tortilla with 2 tablespoons Remoulade; top with Avocado Filling, bacon and grilled shrimp. Wrap tightly. Serve with extra sauce for dipping.

Remoulade

1/2 cup mayonnaise
1/2 cup sour cream
1 tablespoon capers, drained and chopped
1 tablespoon hot sauce
1 tablespoon freshly squeezed lemon juice
1 tablespoon honey mustard sauce
1 tablespoon chopped fresh parsley
1 tablespoon sweet relish
1 clove oven-roasted clove, mashed
Salt and freshly ground black pepper to taste

In small bowl, whisk together mayonnaise, sour cream, capers, hot sauce, lemon juice, mustard sauce, parsley, relish and garlic; season with salt and pepper.

Avocado Filling

- 2 avocados, diced medium
- 12 yellow grape tomatoes, quartered
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons chopped fresh cilantro

In small bowl, mix together avocados, tomatoes, orange juice and cilantro.

.....

Curried Lamb Shanks with Potatoes and Stewed Lentils

Serves 4

Lamb and Potatoes

- 4 lamb shanks
- Kosher salt and freshly ground black pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 tablespoon golden curry powder
- 1 teaspoon ground allspice
- 1/2 teaspoon paprika
- 1/2 teaspoon smoked paprika
- 3 cups frozen pearl onions, thawed
- 1 red bell pepper, diced medium
- 1 habanero pepper, minced
- 3 oven-roasted garlic cloves
- 6 sprigs fresh thyme
- Salt and pepper to taste
- 4 cups chicken stock
- 1 pound small yellow potatoes

Season lamb shanks liberally on all sides with salt and pepper. Heat oil in heavy-bottomed roasting pan; add lamb and sear until golden brown on all sides. Remove meat from pan. Add butter, curry powder, allspice, and paprikas; stir until fragrant and spices darken, about 2 minutes. Add onions, peppers, garlic and thyme; season with salt and pepper. Return lamb to pan. Add stock; cover tightly and simmer until lamb is fork tender, about 2 hours. Adjust seasonings, if necessary. Add potatoes; simmer until potatoes are fork tender, about 30 minutes.

Stewed Lentils

- 1 tablespoon olive oil
- 1/2 cup onion, diced small
- 2 oven roasted garlic cloves, chopped
- 1 red bell pepper, diced small
- 1 carrot, diced small
- 1 eggplant, peeled and diced small
- 1 zucchini, diced small
- 1 cup dried lentils
- 1 teaspoon cayenne pepper
- 1 teaspoon cumin
- 1/4 cup red wine
- 2-1/2 cups drained crushed tomatoes (from a 28-ounce can)
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 (15-ounce) can navy beans, drained
- Salt and pepper to taste
- 2 tablespoons chopped cilantro

Heat oil in large, heavy-bottomed pot; add onions and garlic and sauté until tender. Stir in bell pepper and carrot; cook for 2 minutes. Stir in eggplant and zucchini; cook for 1 minute. Stir in lentils, cayenne pepper and cumin. Add wine, tomatoes, oregano and basil; bring to boil, reduce heat, cover and simmer gently for 1/2 hour until lentils are soft but retain shape. Stir in beans; simmer for an additional 10 minutes. Season with salt and pepper. Garnish with fresh cilantro.



Sunday, August 6

Artichoke and Goat Cheese Tortino

Serves 4

4 medium artichokes, cleaned (Chef Mark to demonstrate fresh artichoke fabrication)
2 tablespoons olive oil, plus additional for oiling pan
1/2 cup minced sweet onion
1/2 cup diced red bell peppers
2 tablespoons chopped fresh flat-leaf parsley
1/2 cup dry white wine
8 large eggs
1/4 cup heavy cream
4 ounces freshly grated Parmesan cheese
4 ounces soft goat cheese
1 tablespoon fresh marjoram, coarsely chopped, or 1 teaspoon dried
Salt and freshly ground black pepper to taste
Fresh melons and/or berries, optional

Preheat oven to 325 degrees F. Cut prepared artichokes into thin slices, slicing from top to bottom to form large "T's." Heat oil in saucepan; add onions and peppers. Sauté over medium-high heat until translucent, about 2 minutes. Stir in parsley and artichokes; cook for 2 minutes. Add wine; cover and cook to evaporate alcohol and steam artichokes. When artichokes are tender, about 8 minutes, remove pan from heat; allow to cool until comfortable to handle.

Oil 8-inch pie pan or cast-iron skillet; set aside. In medium bowl, beat eggs, cream, Parmesan cheese, goat cheese, marjoram, salt and pepper. Add artichokes; mix until combined. Pour egg mixture into prepared pan; bake until eggs are completely set, about 12 minutes. Slice into 4 equal portions; serve with fresh melons and/or berries, if desired.

Miso-Roasted Spatchcock Chicken with Cranberry Bok Choy

Serves 4

1 3- to 4-pound whole chicken, spatchcocked*
1 cup honey
2 cups low-sodium soy sauce
1 cup cold black coffee
1/4 cup finely chopped fresh ginger
1/4 cup light miso
1/3 cup light brown sugar
1 orange, quartered
1 lemon, quartered
1 lime, quartered

In large bowl, combine honey, soy sauce, coffee, ginger, miso and sugar; stir well to dissolve miso and sugar. Add citrus juices and rinds to marinade. With fork, pierce chicken in several places allowing marinade to penetrate and fat to drain. Place chicken in gallon-sized resealable plastic bag; cover with marinade. Refrigerate for at least 8 or up to 24 hours. After desired marinating time, remove chicken; pat dry with paper towel.

Preheat oven to 450 degrees F. Place chicken on rack in roasting pan. Fold wing tips back; tie legs together. Roast for 20 minutes, until sugars are caramelized and skin becomes rich mahogany color. Reduce heat to 325 degrees F. Roast approximately 1 hour, or to an internal temperature of 160 degrees. Serve with jasmine rice, if desired.

Cranberry Bok Choy

Peanut oil for sautéing
4 heads baby bok choy, washed and halved lengthwise
1 small piece ginger, crushed
1 tablespoon Japanese mirin
3 tablespoons reduced-sodium soy sauce
1/4 cup chicken stock
1 tablespoon light miso paste
2 tablespoons cornstarch
2 tablespoons white wine
1 cup fresh Wisconsin cranberries
Salt and freshly ground black pepper to taste

Preheat large sauté pan on medium-high; add oil. Sauté bok choy, cut side down, for about 1 minute, or until golden. Remove majority of oil from pan; add ginger, mirin, soy sauce and stock. Carefully stir in miso, taking care to not damage bok choy. Mix cornstarch with white wine to create slurry; add to pan. Simmer until sauce thickens. Add cranberries, salt and pepper.

*To spatchcock a chicken means to remove the back and rib bones from the bird; Chef Mark to demonstrate.

Monday, August 7

Norwegian Beet- and Horseradish-Cured Salmon Club Sandwich

Serves 12 to 14

3 thin slices rustic whole-grain bread, lightly toasted
2 slices Nueske's bacon, cooked crisp
1 hard-boiled egg, sliced into 8 slices
1/2 cup fresh watercress or baby spinach
1 thick slice garden fresh tomato
6 thin slices cucumber
4 thin slices beet-cured salmon
Freshly ground black pepper to taste
Vegetable chips

Spread light layer of Avocado Aioli on each bread slice. Layer one slice with bacon, egg and watercress or spinach; top with second slice. Layer second slice with tomato, cucumber and salmon; top with third slice. Cut into diamond-shaped quarters. Repeat procedure for desired number of sandwiches. Serve with vegetable chips.

Preparing Salmon

1 (3-pound) salmon fillet, skin on and pin bones removed (see note below)
2 cups peeled and finely grated raw red beets
1-1/2 cups prepared horseradish
1/3 cup granulated sugar
1/3 cup light brown sugar
1/2 cup kosher salt
2 tablespoons freshly ground black pepper

Place salmon skin side down on large piece of plastic wrap; set aside. In medium-sized bowl, combine beets, horseradish, sugars, salt and pepper to create "curing" mixture; pack in even layer over flesh of salmon, keeping slightly thinner where fillet tapers toward tail. Loosely wrap salmon and place in rimmed pan large enough to allow fish to lay flat; refrigerate for 3 days to cure. After day three, gently unwrap salmon; scrape off curing mixture.

(Note: Identify pin bones by gently running hand over flesh of salmon; remove using needle-nosed pliers. Score skin by making three or four diagonal 2- to 3-inch slashes, being careful not to cut into flesh.)

Avocado Aioli

- 2 avocados
- 1 cup high-quality mayonnaise
- Juice of half a lime
- Kosher salt to taste

Puree avocados, mayonnaise and lime juice until smooth; season with kosher salt.

.....

Pork Belly with Apple Butter, Honey-Roasted Almonds and Tattooed Potatoes

Serves 6

- 2 pounds pork belly, skin removed
- 1 quart water
- 2 (12-ounce) cans of beer
- 2 tablespoons salt
- 1/4 cup granulated sugar

In large container, combine water, beer, salt and sugar. Place pork in large resealable plastic bag; cover with brine. Refrigerate for 24 hours.

Preheat the oven to 275 degrees F. Remove pork from brine; towel dry. Place pork, fat side up, in roasting pan; bake uncovered for 3 hours. Press pork by placing between two heavy plates, boards or pans; weight down. Refrigerate overnight. Slice pork into 1 inch-thick slices, then into 4-inch pieces; slowly render in medium sauté pan over medium heat until golden brown on both sides. Spread Apple Butter on serving plate; top with pork portion. Sprinkle with Almonds. Serve with 4 to 5 potato halves.

Apple Butter

- 3 Granny Smith apples, cored and quartered
- 1 cup dry white wine
- 2 tablespoons brown sugar
- 1 bay leaf
- 1 sprig fresh rosemary

Preheat oven to 150 degrees F. In roasting pan, combine apples, wine, sugar, bay leaf and rosemary. Cover with foil; bake for 12 hours. Remove foil; stir contents of pan. Increase oven temperature to 300 degrees F. Return pan to oven; bake, uncovered, for 1 hour. Remove bay leaf and rosemary sprig. Place mixture into blender; puree until smooth. Refrigerate.

Almonds

1/4 cup roasted almonds
3 tablespoons olive oil
2 tablespoons Wisconsin honey

In small bowl, mix almonds oil and honey. Set aside.

Tattooed Potatoes

12 small fingerling potatoes, partially cooked and halved lengthwise
24 fresh sage leaves
1/4 cup olive oil
1 teaspoon kosher salt

Preheat the oven to 400 degrees F. Press 1 sage leaf onto cut side of each potato half. Pour oil into shallow roasting pan; add potatoes cut side down, in single layer. Roast until potatoes are golden brown, about 20 minutes. Drain on paper towels; sprinkle with salt. Set aside; keep warm.



Tuesday, August 8

Gift-Wrapped Shrimp with Asian Ginger Barbecue Sauce

Makes 15 skewers

15 (6-inch) bamboo skewers, soaked to prevent burning
1/4 fresh pineapple, peeled
15 medium shrimp, peeled and deveined
Salt and ground black pepper to taste
8 slices Nueske's bacon, partially cooked and halved crosswise
15 water chestnut slices
1 tablespoon olive oil
1/4 cup toasted coconut flakes
1 tablespoon fresh chives, bias-sliced
Asian Ginger Barbecue Sauce

Cut fifteen 1/2-inch chunks of pineapple; finely chop remaining pineapple and set aside. Season shrimp with salt and pepper. Place pineapple chunk and water chestnut slice on each shrimp; wrap with bacon. Skewer through each shrimp bundle. Set aside.

Preheat oven to 400 degrees F. Brush each shrimp bundle with oil. Place in oven; cook until shrimp just turns white, about 10 minutes. Sprinkle with coconut and chives. Serve immediately with side of Asian Ginger Barbecue Sauce for dipping.

Asian Ginger Barbecue Sauce

1 tablespoon olive oil
1/2 cup minced onions
1/2 cup minced celery
1 garlic clove, shaved
1/2 cup Sriracha ketchup
1/2 cup chili sauce
1/2 cup plum sauce
2 tablespoons pickled ginger with some juice
2 tablespoons soy sauce
2 teaspoon Worcestershire sauce
Cold black coffee, if needed

Heat oil in large skillet over medium heat; sauté onions, celery and garlic until softened but not brown, 3 to 4 minutes. Add reserved pineapple, ketchup, chili sauce, plum sauce, ginger, soy and Worcestershire sauces; simmer until glossy and thickened, about 15 minutes. Adjust to desired consistency with coffee; season with salt and pepper. Set aside; keep warm.

Sticky Lamb Chops with Oven-Roasted Tomatoes and Fennel

Serves 4

8 (2-bone) lamb rib chops, Frenched
2 teaspoons coriander seeds, toasted and ground
2 teaspoons fennel seeds, toasted and ground
1/4 cup plain yogurt
1/4 cup tomato paste
1 tablespoon finely grated ginger
4 oven-roasted garlic cloves, mashed
Sriracha sauce to taste
1 tablespoon light brown sugar
Salt and freshly ground black pepper to taste
1/2 tablespoon apple cider vinegar
Olive oil

Preheat oven to 475 degrees F. In small bowl, combine coriander, fennel, yogurt, tomato paste, ginger, garlic, hot sauce, sugar, salt, pepper, vinegar and oil; adjust seasoning, if necessary. Coat each chop with marinade, rubbing into meat and fat; marinate as least one hour and up to overnight. Place chops in roasting pan, not touching; roast to internal temperature of 120 degrees F. Remove pan from oven; let rest for about 5 minutes. Place spoonful of tomato-fennel mixture in center of large plate. Stand two chops, bones pointing upward, in middle of mixture.

Oven-Roasted Tomatoes and Fennel

1 medium-sized fennel bulb, trimmed and cut into 8 wedges
4 plum tomatoes, cored and halved lengthwise
2 tablespoons plus 1 teaspoon extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper to taste
2 oven-roasted garlic cloves, mashed
2 (15-ounce) cans cannellini beans, drained and rinsed
2 cups chicken stock
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh oregano
2 tablespoons grated Parmesan cheese

Preheat oven to 425 degrees F. Toss fennel and tomatoes with 2 tablespoons oil; season with salt and pepper. Spread vegetables on rimmed baking sheet, with tomatoes cut-side up; roast until tomatoes are soft and fennel is golden, about 30 minutes, turning after 15 minutes. In saucepan over medium heat, cook garlic in remaining oil. Add beans and stock; simmer, stirring occasionally, until liquid thickens, about 15 minutes. Stir in parsley, oregano and cheese.

Wednesday, August 9

Shaved Brussels Sprouts Salad with Clementines, Pomegranate, Pine Nuts and Pecorino-Romano Cheese

Serves 4

12 ounces fresh, firm Brussels sprouts
4 ounces shaved fennel bulb, fronds reserved for garnish
1 medium carrot, fine julienne
Salt and freshly ground black pepper to taste
3/4 cup Pecorino-Romano cheese, shaved
Juice of 1 lemon
1/4 cup mild olive oil
Salt and pepper to taste
2 large basil leaves, chiffonade
1/2 cup pine nuts, toasted
1/2 cup dried Wisconsin cranberries
3/4 cup clementine supreme segments (Chef Mark to demonstrate)
1/2 cup pomegranate seeds, about 1 fruit

Partially remove hard portion of core at bottom of sprouts; shave very thinly with mandoline, being careful to not break them. Place sprouts in large bowl with fennel and carrots. Add salt and pepper, half the cheese, lemon juice and olive oil; toss to combine. Sprinkle with basil, pine nuts and cranberries; toss lightly. Divide evenly among 4 plates; garnish with clementine segments, remaining cheese and pomegranate seeds.

Pheasant with Kale-Pancetta Gratin and Garlic Potato Chips

Serves 4

4 boneless, skinless MacFarlane pheasant breasts
Salt and pepper to taste
Butter to coat pan
1 cup blue cheese crumbles

Season pheasant with salt and pepper; place in well-buttered oven-safe pan. Top each breast with 1/4 cup blue cheese crumbles.

Preheat oven broiler; place oven rack on second shelf below heat. Distribute Kale-Pancetta Gratin over pheasant; broil until crumbs are browned, about 5 minutes. Place pheasant breast in center of large plate; garnish with chips.

Kale-Pancetta Gratin

1-1/2 pounds kale (about 6 cups), stems removed and chopped
Salt
3 tablespoons extra-virgin olive oil, divided
1/2 cup onions, diced small
1/4 pound pancetta, coarsely chopped
1 cup cream
1/8 teaspoon grated nutmeg, or to taste
Salt and pepper to taste
1/2 cup fresh breadcrumbs
1/2 cup grated Parmesan cheese

Bring a few inches of water to boil in deep pot; add kale and salt. Cook 5 to 6 minutes; drain, dry and set aside. Heat 1 tablespoon oil in skillet over medium-high heat. Add onions and pancetta; cook until pancetta is crisp. Add cream; season with nutmeg, salt and pepper. Cook until sauce is reduced to 1/2 to 2/3 cup. Add cooked kale; stir to evenly coat. Toss breadcrumbs with remaining oil; season with salt and pepper. Add cheese; sprinkle over kale mixture.

Garlic Potato Chips

2 russet potatoes, peeled, sliced paper thin and dried
Peanut oil for frying
Garlic salt and paprika for seasoning

Heat oil to 350 degrees F. Combine garlic salt and paprika; set aside. Carefully place potatoes into hot oil; stir occasionally until crisp and golden brown. Remove chips from oil with strainer or skimmer; drain on paper towels. Season while hot with garlic salt and paprika.

Thursday, August 10

Caramel Apple Tart with Cherries and White Cheddar Cheese

Serves 8

1/2 cup cold butter
1-1/2 cups granulated sugar, divided
7 Golden Delicious apples, peeled, cored and quartered
Juice of 1 orange
3/4 cup dried Wisconsin cherries
2 tablespoons cherry brandy
1 (9-inch) puff pastry circle
1 cup shredded Wisconsin white cheddar cheese

Preheat oven to 425 degrees F. Combine cherries and brandy; set aside. Entirely coat 9-inch shallow, heavy-bottomed saucepan with butter; sprinkle with 3/4 cup sugar. In non-reactive bowl, combine apples and orange juice. Arrange apples in flower-like fashion in prepared pan until all apples are used, forming a second layer, if necessary. Sprinkle with remaining sugar. Cook over medium heat 5 minutes, or until honey-colored. Drain cherries; evenly distribute over apples. Cover mixture with pastry; place in pre-heated oven. Bake for 8 to 10 minutes, or until pastry is puffed and golden. Lower oven temperature to 325 degrees; bake an additional 5 minutes. Remove pan from oven. In one smooth motion, flip pan over onto clean cutting board. Sprinkle with cheese. Cool slightly; slice into 8 equal portions to serve.

Five-Spice Baby Back Ribs with Smothered Onions and Dried-Cranberry Glaze

Serves 4

Brining Liquid and Ribs

1 quart chicken stock
2 cups orange juice
2 cups pure Wisconsin cranberry juice
2 tablespoons Chinese five-spice powder
1 cup granulated sugar
2 tablespoon kosher salt
2 racks (1-3/4 pound each) pork baby back ribs
1 red onion, thinly sliced
1 yellow onion, thinly sliced
4 whole garlic cloves, smashed
1 tablespoon butter
Salt and freshly ground black pepper to taste

In large stock pot, combine stock, orange and cranberry juices, five-spice powder, sugar and kosher salt. Cut each rib rack in half; submerge fully in brining liquid. Refrigerate overnight.

Preheat oven to 325 degrees F. Line rimmed baking sheet with foil, including enough to completely cover and seal ribs. Evenly spread onions and garlic on foil; top with small dabs of butter. Remove ribs from brine; pat dry. Season both sides with salt and pepper. Place ribs in single layer over onions; tightly seal ribs in foil. Roast for 2 hours. Remove ribs from oven; unwrap and baste with Dried-Cranberry Glaze. Increase oven temperature to 375 degrees F. Bake uncovered for 10 minutes, or until sauce is lightly browned. Divide onions onto four serving plates; top each with half rack of ribs. Serve with crushed Yukon Gold potatoes.

Dried-Cranberry Glaze

1 tablespoon olive oil
1 yellow onion, diced small
2 oven-roasted garlic cloves
1/2 cup light brown sugar
1 cup dried Wisconsin cranberries
1 cup Wisconsin cranberry juice
1 cup pomegranate juice
1/2 cup rice wine vinegar
2 chipotle peppers, more if increased spiciness is desired
Salt and freshly ground black pepper to taste

Heat oil in sauté pan over medium heat. Add onions and garlic; sauté until lightly browned. Add sugar, cranberries, cranberry and pomegranate juices, vinegar and peppers; simmer until volume is reduced by half. Puree sauce in food processor or with immersion blender.

Friday, August 11

Free-Form Lobster Ravioli with Crabmeat Cream Sauce

Serves 4

Lobster Ravioli

2 tablespoons unsalted butter
1 clove oven-roasted garlic, mashed
1 tablespoon minced shallots
1 pound partially cooked lobster chunks
4 ounces cooked shredded crabmeat
1 tablespoon chopped chives
2 ounces Cognac
2 ounces ricotta cheese, room temperature
Salt and pepper to taste
Parmesan cheese for garnish
1 tablespoon fresh chives, bias sliced

In heavy-bottomed saucepan, melt butter; sauté garlic and shallots until golden brown. Stir in lobster, crabmeat and chives; sauté for 1 to 2 minutes. Remove pan from stove; flambé with Cognac and reduce for 1 minute. (Note: Caution, Cognac may produce a large flame.) Remove from heat; cool slightly. In large bowl, combine seafood mixture and ricotta; mix well. Season with salt and pepper. Reheat pasta squares in crabmeat sauce. Place one pasta square in center of large pasta bowl. Spoon tablespoon of lobster filling into center of pasta; cover with second square. Spoon small amount of Crabmeat Cream Sauce around pasta; garnish with Parmesan cheese. Sprinkle with chives.

Pasta Dough

1 cup all-purpose flour
1 cup semolina flour
1 to 2 eggs, beaten
Pinch of salt
Drizzle of olive oil
Water as needed

In large mixing bowl, blend flours together; make well in center. Add eggs, salt and oil into well. Using fork, begin drawing flours into wet ingredients to create smooth dough. Place dough on countertop; knead until well mixed and smooth. Divide dough into 4 equal pieces; roll into square "packages" to prepare for running through pasta machine. Wrap dough with plastic wrap; let rest for 20 to 30 minutes.

(Note: Chef Mark will demonstrate how to run dough through pasta machine.) Dough yields 4 sheets of pasta, or 32 (3-inch square) free-form ravioli squares. Boil prepared squares in lightly salted water until al dente; drain and let dry.

Crabmeat Cream Sauce

2 tablespoons clarified butter
1 tablespoon chopped shallot
1/4 cup chunk crabmeat
2 ounces dry sherry wine
1/2 cup tomato sauce
12 ounces heavy cream
Salt to taste

Heat butter in heavy-bottomed saucepan. Add shallot; sauté until translucent. Add crabmeat; sauté for approximately 1 minute. Remove pan from heat; add wine. Place pan back on heat to cook off alcohol. (Note: Alcohol may produce a large flame.) Once flame subsides, add tomato sauce, cream and salt; simmer until creamy and reduced by half. Set aside; keep warm.



Seared Cod with Cilantro Vinaigrette and Creamed Sweet Corn

Serves 4

4 (5-ounce) cod fillets, patted dry
2 tablespoons olive oil
Kosher salt and freshly ground black pepper to taste
2 tablespoons butter

Heat oil in heavy-bottomed sauté pan over medium-high heat. Sprinkle cod with salt and pepper. Add cod to pan; sear for 3 to 4 minutes. Add butter to pan; let melt. Turn cod to finish cooking on second side, about 3 to 4 minutes, or until cooked through. Place spoonful of creamed corn in center of shallow plate; lay cod piece atop corn. Top with Cilantro Vinaigrette.

Cilantro Vinaigrette

2 cups fresh cilantro leaves, chiffonade
1 clove oven-roasted garlic, minced
1 lime, zested and juiced
1 teaspoon dry mustard powder
Kosher salt and freshly cracked black pepper to taste
1/4 cup extra-virgin olive oil
2 tablespoons minced fresh red bell pepper

In small bowl, combine cilantro, garlic, lime zest and juice, and mustard powder; season with salt and pepper. Slowly drizzle in olive oil, whisk. Adjust seasoning; set aside.

Creamed Sweet Corn

2 tablespoons butter
3 ears fresh sweet corn, husked, kernels cut and milk scraped from cob
2 oven-roasted garlic cloves, mashed
2 cups heavy cream
1 cup fresh or frozen green peas
Kosher salt and freshly ground black pepper

In large sauté pan, melt butter over medium heat. Add corn kernels, corn milk and garlic to pan; season with salt and pepper. Sauté for 5 minutes; add cream. Simmer until volume is reduced by half, about 6 minutes. Remove pan from heat. Put half the mixture into food processor or blender; puree until smooth. Add pureed corn back to pan; place pan over heat to warm through. Stir in peas; season with salt and pepper.

Saturday, August 12

Chocolate Zabaglione with Tulip Cookies

Serves 6

Zabaglione

1/4 cup heavy cream

1/2 cup high-quality semi-sweet chocolate chips or chunks

8 egg yolks

2/3 cup granulated sugar

1/4 cup dry Marsala wine

1/4 cup semi-dry Champagne

Pinch of salt

1 pound fresh strawberries, raspberries, blackberries or other berries of choice

Fresh mint for garnish

Combine cream and chocolate in small, heavy-bottomed saucepan; cook over very low heat, stirring often, until chocolate is melted and smooth. Set aside; keep warm. In large bowl, whisk egg yolks, sugar, wine, champagne and salt until well blended; set over saucepan of simmering water (do not allow bottom of bowl to touch water). Continue whisking until mixture is thick and creamy and reaches a medium-peak stage, about 4 minutes; remove from heat. With large rubber spatula, fold melted chocolate into egg mixture. Fill 6 Tulip Cookie cups with mixture of berries; top with Zabaglione. Dust with powdered sugar; garnish with fresh mint.

Tulip Cookies

1/2 cup butter

1/2 cup powdered sugar

6 egg whites, room-temperature

1/2 cup all-purpose flour

1/2 cup sliced raw almonds

Preheat oven to 400 degrees F. Cream butter and sugar in bowl of stand mixer using paddle attachment. With mixer on low speed, gradually add egg whites until incorporated. Stir in flour until mixture is smooth; refrigerate until cold. Spread batter very thinly into 6-inch circles on silicone pan liner, placing at least one inch apart; sprinkle with almonds. Bake until edges are very lightly browned and center is set. Remove cookies from pan by sliding spatula under cookies; immediately place cookies over greased soup cans or ramekins to harden into small cup shape. When set, carefully remove cups; cool completely.

High-Octane Beer-and Coffee-Glazed Beef Sirloin Steaks with Smashed Potato Cakes

Serves 4

4 (8-ounce) center cut choice sirloin steaks, seasoned as desired
2 tablespoons olive oil
1/2 onion, diced small
1/2 cup pureed oven-roasted garlic
1/4 cup chopped cilantro
1 serrano or jalapeño chili pepper
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon red pepper flakes
Zest and juice of 1 lemon
3/4 cup coffee beans
1/4 cup dark brown sugar
1 (12-ounce) bottle Lakefront Brewery High-Octane beer
1 cup chili sauce
2 tablespoons kosher salt
1 tablespoon freshly ground black pepper
2 (6-ounce) cans tomato paste

Heat oil in saucepan; add onion, garlic, cilantro, chili pepper, cumin, chili powder, red pepper flakes, lemon zest and coffee beans; cook for 2 minutes. Stir in sugar, beer, reserved lemon juice and chili sauce; simmer, stirring occasionally, until liquid is reduced by half. Add salt, pepper and tomato paste; cover. Simmer approximately 1 hour, stirring occasionally; strain and adjust seasonings. Grill steaks until medium-rare; let rest while making potato cakes. Place small pool of sauce in center of large plate. Place one potato cake partially onto sauce. Halve steaks lengthwise; place over potato cake.

Smashed Potato Cakes

3 slices Nueske's bacon, diced
6 small red potatoes, cut into 1-inch pieces
4 cloves garlic, halved lengthwise
1/4 cup reduced-sodium chicken broth
1/4 cup sour cream
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 cup unseasoned panko breadcrumbs, divided
1/4 cup shredded Gouda cheese
1/4 cup scallions, bias sliced

Cook bacon in non-stick pan until crisp; remove and set aside, reserving drippings in pan. In separate pot, simmer potatoes and garlic in lightly salted water until fork-tender, about 20 minutes; drain. Return potatoes and garlic to pot; mash with broth, sour cream, salt and pepper until smooth. Stir in 1/2 cup breadcrumbs, cheese, scallions and reserved bacon; shape into four 3-inch patties. Place remaining breadcrumbs in shallow dish; dredge patties in crumbs. Heat bacon drippings over medium-high heat; fry potato cakes in drippings until golden brown.



Sunday, August 13

Shrimp, Asparagus, and Sweet Corn Phyllo Pockets with Chardonnay-Dill Butter Sauce

Makes 2 dozen

Phyllo Pockets

12 ounces cooked shrimp, peeled, deveined and diced small
2 tablespoons minced fresh dill
1/4 cup minced fresh chives
1/2 cup shredded Asiago cheese
8 ounces cream cheese, softened
Salt and black pepper to taste
1 package phyllo dough, thawed
1 cup butter, melted
1 egg, lightly beaten with 1 to 2 tablespoons water

Preheat oven to 400 degrees F. In medium bowl, stir together shrimp, dill, chives and cheeses; season with salt and pepper. On flat surface, unroll phyllo dough; stack and cut lengthwise into quarters. Cover with plastic wrap or clean, damp kitchen towel to prevent drying. Stack dough quarters, brushing with butter between each. Spoon about 1 tablespoon of shrimp mixture onto one end of dough quarter. Fold one corner of short edge over mixture, leaving 1-inch border. Continue folding, side to side, to end of strip, forming triangle. Repeat procedure with remaining dough, butter and shrimp mixture; brush with egg. Place triangles, seam-side down, on baking sheet; bake until golden brown.

Chardonnay-Dill Butter Sauce

1/2 cup Chardonnay wine
2 tablespoons white balsamic vinegar
2 tablespoons finely chopped shallot
1/3 cup heavy cream
Salt and black pepper to taste, divided
1 cup butter, cut into tablespoon-sized pieces and chilled
2 tablespoons chopped fresh dill

In 2- or 3-quart heavy-bottomed saucepan over moderate heat, simmer wine, vinegar and shallot until liquid is reduced to 2 to 3 tablespoons and becomes consistency of syrup, about 5 minutes. Add cream, salt and pepper; simmer 1 additional minute. Reduce heat to moderately low; add butter pieces gradually, whisking constantly. (Add additional butter pieces before others are completely melted.) Lift pan from heat occasionally to cool. Remove pan from heat; season sauce with additional salt and pepper. Strain sauce; season with fresh dill. Set aside; keep warm.

Gluten-Free Sweet Potato Pie

Serves 8

Crust (for two 9-inch pies)

1 cup white rice flour
1/2 cup buckwheat flour
1/2 cup sorghum flour
1/2 cup brown rice flour, plus additional for rolling
1 cup tapioca starch
2 tablespoon potato starch, plus additional for rolling
1 pound unsalted butter, shredded and frozen
1 cup plus 1 tablespoon ice cold water

In large bowl, combine flours and starches; blend thoroughly. Divide flour mixture, placing half in separate bowl; set aside. Use hands to add butter to remaining half; blend until dough just comes together. Add reserved flour; mix until mostly blended. Form well in center of mixture. Pour in water; mix just until smooth. Wrap dough with plastic wrap; refrigerate overnight.

Preheat oven to 350 degrees F. On waxed paper or silicone liner, combine brown rice flour and potato starch for rolling. Divide refrigerated dough into halves; place on prepared liner. Cover with second piece of waxed paper or silicone liner; roll out to desired size. Remove top paper or liner; turn dough into pie plate, pressing gently. Trim excess dough; crimp edges.

Filling (for one 9-inch pie)

One-half recipe pie dough (save half for another use)
2 cups baked, riced sweet potatoes or canned pumpkin puree
1/2 cup granulated sugar
1/4 cup dark brown sugar
Pinch of salt
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup whole milk
1/2 cup evaporated milk
2 eggs, beaten

Place riced potatoes or pumpkin, if using, in bowl; sprinkle with sugars. Blend until smooth. Sift spices over mixture. Combine milks and eggs in separate bowl; blend. Stir into potato mixture. Pour into crust to just shy of bottom of crimp. Bake about 50 minutes, or until filling is just set. Turn off oven. Allow pie to cool in oven with door open. Slice cooled pie into 8 equal pieces; top with gluten-free, sweetened whipped cream or non-dairy topping.

Energy Park 2017 