

SENSATIONAL SERVINGS



Energy Park 2019



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We Energies welcomes back Chef Mark to Energy Park for his 14th year of cooking, baking and grilling demonstrations.

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Thursday, August 1

Candied Bacon Wasabi Lettuce Wraps

Serves 6

Lettuce Wraps

12 round spring roll wrappers
Ponzu sauce for brushing
12 crisply fried sweet potato wedges
Salt and pepper to taste
12 Bibb lettuce leaves
12 red grape tomatoes, halved lengthwise
12 yellow grape tomatoes, halved lengthwise
Sriracha sauce

Soften wrappers in tepid water; place on paper towels and brush lightly with ponzu sauce. Top with lettuce leaf, pressing lightly to form flat surface; add bacon slice, red and yellow tomato halves and a sweet potato wedge. Roll into bundle, leaving a portion of exposed wrapper at bottom end to seal packet. Repeat process with remaining ingredients. On serving plate, draw design with Sriracha sauce; add dollop of wasabi mayonnaise. Top with 2 lettuce wraps.

Bacon

12 slices thick-cut peppered bacon
1 cup teriyaki glaze
2 tablespoons sesame seeds

Preheat oven to 325 degrees F. Lay bacon on rack; brush generously with glaze. Bake for 15 minutes, turn. Brush second side with glaze; sprinkle with sesame seeds. Bake until bacon is crisp and caramelized. Remove from oven; brush lightly with glaze. Cool completely.

Wasabi Mayonnaise

1/2 cup sour cream
1/2 cup mayonnaise
Wasabi paste to taste

In small bowl, blend together sour cream, mayonnaise and wasabi paste into smooth sauce.

Olive-Oil Poached Salmon with Fennel and Potatoes

Serves 4

Salmon

4 (5-ounce) boneless, skinless salmon fillets
Salt and pepper to taste
3 garlic cloves, peeled and crushed
1 teaspoon fresh thyme
10 parsley stems
2 lemons, zested and juice reserved, divided
1/2 teaspoon coriander seeds, toasted
2 bay leaves
Extra-virgin olive oil
1/2 cup chicharrón, crushed

Season fillets with salt and pepper. Place garlic, thyme, parsley, lemon zest and half the juice, coriander seeds and bay leaves into shallow sauté pan; top with fillets. Pour just enough olive oil over fillets to cover; poach on low to medium heat until salmon is firm and almost cooked through. Carefully remove fillets from oil; set aside and keep warm, reserving poaching liquid.

Place a portion of puree in center of serving dish; top with salmon fillet. Drizzle with olive oil and reserved lemon juice. Garnish with chicharrón and fennel fronds.

Potatoes and Fennel

2 fennel bulbs, slivered and fronds reserved
2 fennel stems, diced
Salt to taste
Olive oil as needed
1 cup sweet onion, diced small
2 teaspoons roasted garlic cloves
2 russet potatoes diced large, cooked, kept hot, riced when needed
1/2 cup butter, softened
1/4 cup heavy cream, warmed
1 cup shredded white cheddar cheese
Salt and pepper to taste

Preheat oven to 375 degrees F. Season fennel with salt and olive oil; roast until golden brown and tender, about 30 minutes. In small sauté pan, sweat onions and garlic in olive oil until fragrant. Add riced potatoes; stir. Add fennel, onions and garlic to food processor; puree until smooth; blend in soft butter and cream. Stir in cheese; adjust seasonings.

Friday, August 2

Baja Fish Tacos

Serves 4

2 pounds mahi-mahi, cut into 2x1/2-inch strips
2 cups all-purpose flour
1 tablespoon creamy Dijon mustard
1 teaspoon dried oregano
Salt and cayenne pepper to taste
12 ounces Milwaukee pilsner beer
2 cups peanut oil
8 soft white corn tortillas, warmed
1 cup chipotle mayonnaise
1/4 head green cabbage, shredded extra fine
1/4 head red cabbage, shredded extra fine
1/2 cup fresh salsa
8 lime wedges
16 cilantro sprigs

Dry fish on paper towels; set aside. In medium-sized bowl, whisk together flour, mustard, oregano, salt and pepper; slowly whisk in beer until batter is smooth and lump free. Place fish into batter; allow to soak for 5 minutes. Heat oil in saucepan over medium heat. Fry fish slices until golden brown on all sides. Remove fish with slotted spoon; drain on pan lined with paper towels.

Place 2 fish slices into each tortilla; drizzle with mayonnaise. Top each with a spoonful of cabbage. Garnish each with salsa, lime wedge and cilantro sprigs.

Grilled Calamari and Shrimp with Tempura Nori Salad

Serves 4

Calamari

8 ounces calamari tubes, filleted open flat
12 pieces 16/20-count, shrimp, peeled and deveined
1/4 cup soy sauce
1/4 cup lime juice
2 teaspoons rice wine vinegar
1 teaspoon micro-grated garlic
1 teaspoon micro-grated ginger
3 dashes Sriracha sauce
1 teaspoon brown sugar
Sesame oil
1/2 cup coconut milk
Toasted sesame seeds for garnish

Heat grill to very hot. In bowl, combine soy sauce, lime juice, vinegar, garlic, ginger, Sriracha, sugar and oil to taste; divide mixture into two bowls. Place calamari and shrimp in one bowl; allow to marinate for at least 30 minutes or up to 1 hour. Add milk and sesame seeds to second bowl. Remove calamari and shrimp from marinade; grill until lightly charred, about 15 to 20 seconds on each side. Set aside and keep warm.

Place a portion of dressed salad in center of serving plate. Cut calamari into 3 strips; place alternately with 3 shrimp around salad. Garnish with Tempura Nori and sesame seeds.

Salad

1/2 cup ribbon-peeled carrots
1/4 cup fresh cilantro leaves
1/4 cup ribbon-peeled daikon root
1/4 cup very thinly sliced red onion, soaked in cold water for 1 hour
1-1/2 cups frisée lettuce leaves, trimmed
Salt and pepper to taste

Combine carrot, cilantro, daikon, lettuce and onion with marinade. Toss well; adjust seasoning to taste.

Tempura Nori

3/4 cup sifted rice flour
1 cup cold seltzer water
2 nori sheets, cut into strips
Salt to taste

Preheat deep fryer to 350 degrees F. In bowl, combine flour and water to form batter. Dip nori strips in batter; fry until crisp and golden brown. Remove to absorbent paper; season with salt. Set aside and keep warm.

Saturday, August 3

Puff Pastry Pheasant Sliders

Serves 8

4 boneless, skinless pheasant breasts, halved horizontally
Salt, pepper and hot sauce to taste
2 sheets puff pastry
12 ounces goat cheese, softened
4 ounces whole milk ricotta cheese
2 eggs, beaten
16 grape tomatoes, halved
2 bunches rainbow chard, blanched and squeezed dry
1/2 cup shredded Parmesan cheese
4 egg yolks
Beet ketchup for garnish

Preheat oven to 425 degrees F. Season pheasant with salt, pepper and hot sauce, if using. Unroll pastry sheets onto cutting board; cut into 16 squares. Blend goat and ricotta cheeses with 2 eggs until smooth; divide evenly in center of 8 pastry squares, leaving a 1/4-inch border. Center 1 pheasant breast onto cheese mixture; place tomato halves atop pheasant, then top with chard. Lightly brush remaining pastry with egg yolk; place egg side down onto pheasant sandwich. Press lightly to seal, especially around edges; brush tops with remaining egg yolk. Bake for 12 to 15 minutes, or until pastry is golden brown and puffed. Slice sandwiches diagonally; serve warm with dollop of beet ketchup.

Lasagna Stuffed Chicken

Serves 4

3/4 cup ricotta cheese
3/4 cup fresh mozzarella, cubed small
1/2 cup shredded parmesan cheese, divided
2 tablespoons fresh basil, chiffonade
Salt and pepper to taste
1/2 cup diced, cooked and drained mushrooms
1 egg, beaten
4 boneless, skinless chicken breasts
2 cups marinara sauce, divided
3/4 cup shredded mozzarella
Olive oil
Fresh basil leaves
4 lasagna noodles, prepared according to package directions

Preheat oven to 375 degrees F. In bowl, combine ricotta, fresh mozzarella, 1/4 cup Parmesan cheese and basil; mix just until evenly distributed. Season with salt and pepper; blend in egg and mushrooms. Cut pocket into side of each chicken breast; stuff with cheese mixture and a bit of marinara sauce.

Heat oil in heavy-bottomed sauté pan. Carefully place stuffed chicken into hot oil; cook until brown. Gently turn to brown second side. Remove chicken to a baking dish; top with remaining sauce, shredded mozzarella and Parmesan cheese. Bake until cheese is slightly browned and chicken registers an internal temperature of 165 degrees F.

Place a lasagna noodle in center of serving plate; place chicken breast over half the pasta. Garnish with fresh basil leaves.

Sunday, August 4

Macho Nacho Breakfast Waffles

Serves 4

4 waffles, cut into 8 triangular pieces
1/2 pound breakfast sausage, browned and crumbled
1/4 pound bacon, cooked crisp and diced
1/4 pound very thinly sliced russet potatoes, fried crisp
1 cup white cheddar cheese, shredded
1 cup Gouda cheese, shredded
4 eggs, prepared over-easy
1 firm avocado, thinly sliced
1/2 cup grape tomatoes, quartered
Freshly chopped chives

Preheat oven to 375 degrees F. Arrange warm waffles on oven-proof serving platter; top with sausage, bacon and potatoes. Sprinkle evenly with cheeses; place in oven until cheese is melted. Place prepared eggs atop waffles. Finish with avocado, tomato and chives. Divide "nachos" into 4 equal servings; garnish with jalapeño, cilantro and hot sauce, if using. Top with dollop of sour cream and drizzle of maple syrup.

Topping

1 jalapeño pepper, thinly sliced
1/4 cup chopped fresh cilantro
Hot sauce, optional
Sour cream
Maple syrup



Crispy Duck Breast with Polenta Fries and Citrus Vinaigrette

Serves 4

Duck

2 (10- to 12-ounce) duck breasts
Salt and pepper to taste
1 quart mixed baby greens

Lightly score skin of duck; generously season on both sides with salt and pepper. Place skin side down in heavy-bottomed **cold** sauté pan. Place pan over very low heat for about 30 minutes, or until skin is crisp and golden. Turn duck; sear for an additional 1/2 minute. Let meat rest for 4 minutes, then slice into 6 long pieces. Place 1/4 of the baby greens in center of large serving plate; dress with desired amount of vinaigrette. Shingle 3 slices of duck atop greens; garnish with hot polenta chips.

Polenta Chips

1 pint whole milk
1 oven-roasted garlic clove, mashed
1 orange, quartered
1 tablespoon Grand Marnier
4 ounces polenta
1 egg, lightly beaten
1 egg yolk, lightly beaten
Potato flour
Peanut oil
Salt to taste

In medium saucepan, bring milk, garlic, orange and Grand Marnier to simmer for 5 minutes; remove oranges. Increase heat; bring liquid to boil. Stir in polenta. Reduce heat to low; cook, stirring occasionally, until polenta is tender. Remove pan from heat; allow to cool. Combine the egg and egg yolk; stir into polenta until well combined. Line half-sheet pan with plastic wrap. Pour polenta onto pan; refrigerate to cool and set. Cut cooled polenta into 4x1/2-inch rectangles; dust with potato flour. Deep fry in 350 degrees F. oil until golden brown; drain on absorbent paper. Season to taste with salt.

Citrus Vinaigrette

Juice of 1 orange
2 tablespoons granulated sugar
1 egg yolk
1 tablespoon sherry vinegar
1/2 cup grapeseed oil

In small, stainless steel or glass bowl, combine orange juice, sugar, egg yolk and vinegar; drizzle in oil while whisking vigorously. Season to taste.

Monday, August 5

Cheese and Grape-Stuffed Homemade Crackers

Serves 16

Crackers

4 ounces whole wheat flour
3 ounces all-purpose flour
1-1/2 tablespoons flax seeds, ground
2 tablespoons sunflower seeds, toasted
and roughly chopped
1 tablespoon sesame seeds
1 tablespoon black sesame seeds
1 teaspoon salt
1 teaspoon baking powder
3 tablespoons olive oil
5 ounces cold water
All-purpose flour
1/2 cup mascarpone cheese
1/4 cup goat cheese
1/2 cup black seedless grapes, halved
Honey, warmed
Freshly cracked black pepper to taste
Fresh dill sprigs

In medium-sized bowl, whisk together flours, flax seed, sunflower and sesame seeds, salt and baking powder. Add oil; stir until absorbed. Add water; stir to combine to create firm dough. Turn out onto very lightly floured surface; knead for about 30 seconds. Divide dough into 8 equal portions; cover with damp towel or plastic wrap and allow to rest for 1 hour.

Preheat oven to 450 degrees F. Roll each dough portion to 1/16-inch thick; cut into desired shape(s). Place on parchment paper-lined baking sheet. Bake for 4 minutes; turn and bake an additional 3 minutes. Cool.

Blend cheeses together until smooth; spread thin amount on each cracker. Top with 1 tablespoon Grape Filling; drizzle with honey, black pepper and dill.

Grape Filling

1/4 cup seedless red grapes, sliced
1/4 cup seedless green grapes, sliced
1 jalapeño pepper, flame-roasted, peeled
and minced
1/3 cup fennel bulb, very fine chiffonade
1 tablespoon fresh chives, very thinly bias-
sliced
2 tablespoons olive oil
Juice of 1 lime
Kosher salt to taste
Pinch of ground cayenne pepper

Combine grapes, pepper, fennel, chives, olive oil, lime juice, salt and cayenne pepper; set aside for 20 minutes to develop flavors.

Sous Vide Duck Breast with Cherry Essence and Bulgur Wheat

Serves 6

Duck and Sauce

4 duck breasts
3 pounds duck bones, roasted until brown
1 pint chicken stock
4 ounces Chardonnay
1 garlic clove
1/2 teaspoon five-spice powder
1 teaspoon white wine vinegar
4 black peppercorns
1 sprig fresh thyme
Cherry juice-arrowroot slurry
2 tablespoons butter
Pinch of salt
6 whole sweet, dark cherries

Preheat oven to 350 degrees F. Remove skin from duck breasts, scraping away excess fat; freeze skin flat on tray for at least 15 minutes, or until firm to the touch. Remove skin from freezer; place flat in hot frying pan; top with heavy weight. Cook for 2 to 3 minutes, or until golden brown and crispy. Set aside.

In large saucepan, bring stock to simmer; add bones. Reduce heat; continue to simmer for 1 hour. Strain liquid into clean saucepan. Add wine, garlic, five-spice powder, vinegar, peppercorns and thyme; simmer an additional 1/2 hour. Strain; thicken to desired consistency with cherry juice-arrowroot slurry. Swirl in butter to finish sauce.

Preheat water bath to 145 degrees F. Place duck breasts and salt in vacuum-sealed bag. Cook for 20 minutes. Remove duck from bag; let rest for 2 minutes, then slice lengthwise into 5 pieces. Place a portion of celeriac on each serving plate; top with portion of bulgur wheat. Fan out sliced duck on plate. Garnish with duck skin, sauce and cherry.

Celeriac and Bulgur Wheat

1-1/2 pounds celeriac, julienned
1 teaspoon salt
1 tablespoon clarified butter
2 tablespoons white wine vinegar
4 ounces bulgur wheat
1-1/2 cups chicken stock
1 teaspoon freshly minced chives
1 teaspoon fresh minced parsley
1 tablespoon olive oil

Place celeriac and salt in bowl; mix well and let macerate for 30 minutes. Squeeze out excess moisture; place in saucepan with butter. Sweat celeriac over medium heat, until tender. Finish with splash of white wine vinegar. Place bulgur wheat and stock in medium saucepan to boil; cook for 8 minutes, or until tender; remove from heat; stir in chives, parsley and olive oil.

Tuesday, August 6

Crisp Pork Belly with Grilled, Spiced Watermelon

Serves 8

Pork Belly

1 (3-pound) fresh pork belly
1/2 cup brown sugar
1/4 cup low-sodium soy sauce
1/2 cup apple cider
1/2 cup pure cranberry juice
1/4 cup apple cider vinegar
Juice of 1 lime
Chicken stock, if needed
Rice flour for coating
Salt and pepper to taste
Peanut oil for frying

Preheat oven to 350 degrees F. In small bowl, combine sugar, soy sauce, cider, cranberry juice, vinegar and lime juice. Place pork, skin side up, in shallow dish; cover with juice mixture, adding stock, if necessary, to completely cover. Cover and braise for 2 hours, or until pork is tender. Remove pork from juice; cool and cut into 1-1/2-inch square pieces. Coat with flour, salt and pepper; fry in deep fryer set at 350 degrees until crispy. Set aside.

Arrange crispy pork with grilled watermelon that has been tossed lightly with cooled Dressing. Sprinkle with cilantro and basil leaves. Drizzle with cooled dressing; garnish with watermelon relish and sesame oil.

Grilled Watermelon

6 (1-inch-thick) pieces red seedless watermelon, cut into 2-inch squares
6 (1-inch-thick) pieces yellow seedless watermelon, cut into 2-inch squares
Non-stick cooking spray

3/4 cup cilantro leaves, picked
3/4 cup Thai basil leaves
Salt and pepper to taste
Sesame oil

Lightly coat watermelon pieces with cooking spray; grill on medium-high heat until lightly charred on both sides.

Dressing

1 cup pureed seedless watermelon flesh
1/2 cup rice wine vinegar
1 teaspoon adobo sauce
1 teaspoon honey
Fish sauce to taste
Salt and pepper to taste
2 green onions, bias sliced
1 teaspoon minced shallot
1 teaspoon micro-grated ginger

Combine all dressing ingredients in saucepan; bring to simmer. Cool for at least 2 hours.

Watermelon Relish

1 pound watermelon rind, medium diced
1/4 cup granulated sugar
1/2 cup rice wine vinegar
Juice of 2 limes
Juice of 1 orange
2 teaspoons cilantro leaves
1/2 teaspoon minced ginger
2 dashes hot sauce
Salt to taste

Combine rind, sugar, vinegar, juices, cilantro, ginger, hot sauce and salt. Refrigerate for at least 2 hours and up to 1 week.

Pheasant Paprikash with Spaetzle

Serves 4

Pheasant and Sauce

4 boneless, skinless pheasant breasts
Salt and pepper to taste
All-purpose flour for dusting
2 tablespoons bacon fat
6 ounces thinly sliced onions
2 ounces brandy
2 oven-roasted garlic cloves
1/4 cup Hungarian paprika
1 bay leaf
3 cups chicken stock
1 fire-roasted red pepper, peeled and seeded
Arrowroot slurry
1/2 cup sour cream, room temperature
2 teaspoons freshly chopped parsley

Season pheasant with salt and pepper; dredge lightly in flour. In sauté pan over medium heat, sauté pheasant in bacon fat until golden brown; remove from pan. Add onions to pan; begin to caramelize. Remove pan from heat, flambé with brandy. Add garlic; simmer until onions are tender. Whisk in paprika. Add bay leaf; simmer an additional 3 to 4 minutes, or until paprika has dissolved into juices. Add stock and red pepper; simmer until liquid volume is reduced by 1/3. Return pheasant to pan; cook until internal temperature reaches 165 degrees F. Thicken mixture with slurry; stir in sour cream. Garnish with parsley. (Note: Do not allow sauce to boil after sour cream has been added.)

Heat sauté pan to almost smoking. Add butter; let melt, foam and begin to brown. Add 4 portions of Spaetzle to pan, tossing vigorously to prevent sticking. When browned, remove with slotted spoon to serving plate. Place pheasant breast over Spaetzle; smother with sauce. Serve with green vegetable of choice.

Spaetzle

3 eggs, beaten
Pinch of salt
1 to 1-1/2 cups cold water
3 cups all-purpose flour
1/4 cup minced fresh chives
3 tablespoons butter, softened
Salt and pepper to taste

Season eggs, add the water. Add flour gradually to produce consistency between pancake batter and biscuit dough. Bring tall pot of salted water to boil. Place dough into large-holed colander; quickly but firmly push dough through holes into the water, gently stirring until cooked through. Remove spaetzle from boiling water; place immediately in cold water. When cold, remove to paper towels to dry.

Wednesday, August 7

Tower of Shrimp and Bacon

Serves: 4

Shrimp and Apple Sauce

Olive oil

12 pieces 16/20-count shrimp, peeled and deveined

Salt and pepper

2 ounces Wisconsin brandy

2 tablespoons tomato purée

1 pint of fish or clam juice

1 pint veal stock

2 pounds Gala apples, peeled, cored and diced

2 ounces butter

1 cup brown sugar, firmly packed

1 vanilla bean

1 cup apple cider

4 slices prosciutto, pan fried

Sliced or slivered almonds

Heat olive oil in heavy-bottomed saucepan. Add shrimp; sauté until about half done. Remove pan from heat; add brandy to flambé shrimp. Remove shrimp from pan; set aside and keep warm. Add tomato purée, clam juice and veal stock to pan; mix well. Cook to reduce mixture to syrup consistency; strain. Adjust seasoning to taste.

Place apples, butter and sugar in heavy-bottomed saucepan; sauté until apples are soft. Add vanilla bean, apple cider and lemon juice; simmer for about 10 minutes. Remove vanilla pod; scrape out seeds. Add vanilla seeds back into apple mixture; simmer until liquid is almost evaporated. Transfer mixture to food processor; blend until smooth.

Drizzle decorative design of apple sauce and herb oil on plate; top with 1 piece of bacon, 1 portion of spinach and 3 shrimp atop the spinach. Garnish with prosciutto and almonds.

Bacon, Spinach and Oil

8 ounces slab bacon, sliced into 4 equal pieces

1 tablespoon Wisconsin pure maple syrup

1 cup veal stock

1 splash rice wine vinegar

1/2 pound spinach

1 tablespoon butter

Salt to taste

2 lemons, juiced and divided into 3 portions

1 bunch fresh parsley

1 bunch fresh basil

1 bunch fresh chervil

12 ounces canola oil

Salt and pepper to taste

Render bacon in heavy-bottomed saucepan over medium heat until golden brown on both sides; add syrup, stock and vinegar. Ensure bacon is well covered with juice; remove from heat and set aside.

In separate pan, wilt spinach with butter, salt and lemon juice; set aside. Blanch herbs in saucepan of boiling water for 10 seconds; remove and immediately immerse in ice-cold water. Remove from water; dry with a cloth. Place herbs into blender; add oil, salt and pepper. Blend for 5 minutes; remove and strain through cheesecloth, allowing oil to drip through.

Sous Vide Chicken and Gnocchi

Serves 6

Chicken

6 sprigs fresh thyme
6 oven-roasted garlic cloves
6 boneless, skinless chicken breasts
Salt and pepper to taste
1/2 cup cold butter
Olive oil

Preheat sous vide water bath to 140 degrees F. Blanch thyme in boiling water; refresh in ice water. Wrap thyme and garlic in a coffee filter; tie opened end closed. Season chicken with salt and pepper; roll each breast tightly in plastic wrap to form cylinder (do not tie ends). Trim excess wrap; place in vacuum-sealed bag with butter. Cook in water bath for 40 minutes. Remove chicken from bag; dry with paper towel. In saucepan, sear chicken in oil until browned and internal temperature reaches 165 degrees.

Gnocchi

2 pounds russet potatoes, cooked and riced
4 ounces cake flour
1-1/2 ounces semolina flour
Pinch of salt
2 egg yolks, lightly blended
Semolina flour for dusting
Olive oil for coating

Place half the prepared potatoes on lightly floured surface. Sift together flours and salt; sprinkle half over the potatoes. Drizzle with egg yolk, then sprinkle with remaining flour mix. Using a bench scraper, blend mixture repeatedly until evenly blended; knead briefly. Divide dough into 4 equal portions; cover with plastic wrap. Working with one portion at a time, roll into long tube shape; cut into 1-inch long pieces.

Roll each piece on a gnocchi paddle or the back of a fork; place onto a semolina-dusted tray. Gently simmer gnocchi in lightly salted water until cooked through; remove and place in ice water to stop cooking. Toss lightly in oil. To reheat, toss in hot pan and cook until golden.

Sauce

Olive oil
2 tablespoons minced shallot
1 tablespoon grated garlic
4 ounces dry vermouth
2 tablespoons tomato paste
6 stuffed Spanish and Kalamata olives, diced
2 pints chicken stock
2 tomatoes, concasse
1/4 cup fresh parsley, finely chopped
Arrowroot slurry

Add oil to saucepan; sweat shallot and garlic. Deglaze with vermouth; reduce to almost dry. Add tomato paste, olives and stock; simmer 15 minutes. Add concasse and parsley; thicken with slurry.

To serve, make nest of Gnocchi in center of plate. Twist zucchini ribbons into gnocchi; surround with generous portion of Sauce. Slice chicken breast into 5 bias-cut pieces; layer over sauce.

Thursday, August 8

BBQ'd Leg of Lamb

Serves 8

Lamb and Rub

2 tablespoons Hungarian paprika
1 tablespoon ground cumin
1 tablespoon salt
1 tablespoon pepper
1 tablespoon granulated garlic
Boneless leg of lamb, approximately
4 pounds
2 cups garbanzo beans, drained
2 cups fire-roasted tomatoes, diced
Olive oil

In small bowl, mix together paprika, cumin, salt, pepper and garlic. Generously season lamb with rub. Heat smoker to 225 to 250 degrees F. Smoke lamb for 8 hours, until internal temperature reaches 195 degrees F. Allow meat to rest for at least 20 minutes; shred. Heat heavy-bottomed roasting pan until smoking hot; sear lamb on all sides until caramelized. In separate pan, heat garbanzo beans and tomatoes. Place a portion of garbanzo beans and tomatoes on serving plate; top with lamb. Drizzle with yogurt sauce. Garnish with chilies and herb salad; drizzle with olive oil.

Yogurt Sauce

1 cup plain yogurt
1 tablespoon curry spice
2 teaspoons ground cumin
1 teaspoon black peppercorns, crushed
1/4 teaspoon ground cardamom

1 cinnamon stick (3-inch piece)
1 teaspoon ground fenugreek
1 teaspoon ground coriander
Lemon juice to taste

In jar of blender, combine yogurt, curry, cumin, pepper, cardamom, cinnamon, fenugreek, coriander and lemon juice; blend until smooth. Refrigerate until ready to serve.

Pickled Fresno Chilies

1 cup rice wine vinegar
1/2 cup water
1 tablespoon granulated sugar
Salt to taste
1 pound Fresno chilies, washed, halved,
and seeded

In small saucepan, heat vinegar, water, sugar and salt; stir until sugar and salt are dissolved. Remove from heat; pour over chilies. Set aside; cool to room temperature.

Herb Salad

1/2 cup fresh mint leaves
1/2 cup Thai basil leaves
1/2 cup fresh cilantro leaves

In salad bowl, gently combine mint, basil and cilantro leaves. Set aside until ready to serve.

Stove Top Smoked Pork with Cranberry Chutney

Serves 8

Smoked Pork

- 1 (4-pound) boneless pork loin
- 5 oven-roasted garlic cloves, mashed to smooth paste
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried marjoram
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 cup hickory wood chips, water soaked

Trim excess fat from pork; roll and tie with butcher's twine or silicone bands. In small bowl, combine garlic with thyme, basil, oregano, marjoram, salt, pepper and olive oil; generously coat pork loin with mixture. Allow pork to marinate for at least 2 hours.

Place wood chips in deep rectangular pan; put pork in perforated pan and place in pan containing wood chips. Cover pan containing pork securely with foil; place both pans over high heat until wood chips begin to smoke. Remove from heat; set aside in well-ventilated area for 45 minutes. Do Not Remove Foil.

Preheat oven to 375 degrees F. Remove cooled pork from smoking pan to roasting pan; cook at 375 degrees until internal temperature reaches 140 degrees. Remove pan from oven; let rest and keep warm. Pork temperature should be 145 degrees F. before slicing.

Cut pork diagonally into 1/2-inch slices. Spoon a portion of Cranberry Chutney onto serving plate; top with pork. Garnish with oven-roasted red or golden Yukon potatoes.

Cranberry Chutney

- 4 ounces dried cranberries
- 2 ounces brandy
- 1 tablespoon butter
- 1/3 cup minced onion
- 2 oven-roasted garlic clove, mashed
- 1 tablespoon dark brown sugar
- 12 ounces fresh peaches, peeled, or 1 can peaches, drained
- 1 tablespoon fresh basil, chiffonade
- Salt and pepper to taste

Combine cranberries and brandy in small saucepan; heat just to boiling. Remove pan from heat; set aside. Melt butter in sauté pan; add onions and sauté until lightly caramelized. Add garlic and brown sugar; allow to melt into other ingredients. Add peaches, brandied cranberry mixture, basil and pepper; cook over medium-low heat for about 10 minutes, or until peaches begin to break down. Season with salt to taste; set aside.

Friday, August 9

Scallops, Parsnips and Pomegranates

Serves 4

Scallops and Parsnips

12 scallops, dried and seasoned with salt to taste

Olive oil

1 parsnip, peeled into ribbons, divided

Oil for frying

Salt and pepper to taste

Micro greens

Place sauté pan over high heat; add splash of olive oil. Place 6 scallops into pan; sear golden brown on one side. Using spatula, turn scallops to brown second side. Repeat with remaining 6 scallops. Pat parsnip ribbons dry with paper towel; set aside until ready to cook. In deep pan, heat oil to 350 degrees F.; add parsnip ribbons, frying until golden. Remove ribbons from oil, drain on paper towel and season with salt. Set aside and keep warm.

Arrange spoonful of Curried Parsnip Purée on serving plate; top with 3 scallops. Garnish with fried parsnip ribbons and micro greens. Drizzle with Pomegranate Dressing.

Curried Parsnip Purée

Vegetable oil

6 ounces russet potato, peeled and medium diced

1 (12-ounce) parsnip, peeled and medium diced

2 teaspoons curry powder

1 teaspoon ground coriander

1/2 teaspoon ground cumin

Whole milk as needed

1/2 cup heavy cream

Salt and pepper to taste

Place saucepan over medium heat; add dash of vegetable oil. Add potatoes, diced parsnips and spices; toss to coat. Reduce heat; add milk to cover. Cook for 40 minutes, or until parsnips are very soft. Add cream, bring to simmer; cook an additional 5 minutes. Transfer mixture to bowl of food processor; puree until smooth. Season with salt and pepper to taste; set aside and keep warm.

Pomegranate Dressing

1 cup pomegranate juice

1/2 cup grapeseed oil

1/4 cup pomegranate arils (seeds)

Add pomegranate juice to saucepan; cook until volume of juice is reduced to half. Cool to room temperature; whisk in grapeseed oil. Season to taste; add pomegranate arils.

Potato and Crab Crusted Walleye

Serves 4

Walleye

1 cup warm, creamy mashed potatoes
1/2 pound lump crabmeat, picked
1 tablespoon fresh basil, chiffonade
1 tablespoon minced bias-cut chives
1 tablespoon minced garlic, divided
Salt and pepper to taste
Clarified butter
4 (6-ounce) boneless, skinless walleye fillets
Fresh basil leaves

Preheat oven to 375 degrees F. In large bowl, combine potatoes, crabmeat, basil, chives and 1-1/2 teaspoons garlic; season to taste with salt and pepper. Spread mixture on one side of each fillet. Heat butter in heavy-bottomed non-stick sauté pan over medium heat. Carefully lay fillets in pan, crust side down; sauté until golden brown. Remove pan from heat; transfer fillets to baking sheet, crust side up. Bake for about 5 minutes, or until flesh is firm and opaque. Place generous portion of kale in center of large serving plate; top with fillet. Garnish with basil leaves.

Kale

Clarified butter, reserved in pan used to prepare fillets
1/2 pound bacon, diced
1 tablespoon minced shallot
2 pounds curly kale, washed and chopped
1/4 cup dry sherry
2 cups heavy cream
1 tablespoon tomato paste
Cajun seasoning to taste

Return sauté pan to heat. Add bacon; render for 4 to 5 minutes, or until crisp. Remove bacon from pan; set aside for garnish. Pour off all but 1 ounce of rendered bacon fat. Increase heat to medium-high; add shallot and remaining garlic. Immediately add kale; cook until beginning to wilt. Add sherry to flambé; add cream, Cajun seasoning and tomato paste. Reduce by 2/3, or until desired consistency is achieved; adjust seasonings to taste. Return bacon to pan; set aside and keep warm.

Saturday, August 10

Banh Mi Bowl

Serves 6

3 cups vermicelli rice noodles, softened and drained

Jalapeño peppers to taste, slivered into rings

12 cilantro sprigs

12 basil leaves

12 mint leaves

Sriracha sauce to taste

Place 1/2 cup noodles into bottom of serving bowl, ladle a portion of Sweet Chili Lime Sauce over noodles. Arrange meatballs on one side of noodles and pickles on the other; scatter with jalapeño rings, 2 cilantro sprigs, 2 basil and 2 mint leaves. Dot with Sriracha sauce.

Pork Meatballs

1 cup fresh shiitake mushrooms, very thinly sliced

1/2 cup minced green onions

1/2 cup cilantro, chiffonade

1/4 cup freshly grated ginger

1 tablespoon freshly grated garlic

2 tablespoons low-sodium soy sauce

Fish sauce to taste

3 pounds lean ground pork

Peanut oil

In large bowl, gently combine mushrooms, onions, cilantro, ginger, garlic, soy and fish sauces; add pork. Form into bite-sized balls. Heat thin coating of oil over medium-high heat; add meatballs to fill but not overcrowd pan. Brown meatballs until internal temperature reaches 165 degrees F. Set aside and keep warm.

Sweet Chili Lime Sauce

1 cup Thai-style chili sauce

1/2 cup low-sodium soy sauce

1/2 cup freshly squeezed lime juice

1 tablespoon rice vinegar

1 tablespoon freshly grated ginger

1 teaspoon brown sugar

In small bowl, blend together chili sauce, soy sauce, lime juice, vinegar, ginger and sugar with a whisk or immersion blender; refrigerate. (Note: Sauce may be made up to 3 days ahead.)

Pickles

1/2 cup rice vinegar

1/2 cup granulated sugar

1 tablespoon salt

1 cup seedless cucumber, julienned

2 cups carrot, julienned

1 cup daikon (white) radish, julienned

In medium saucepan, combine vinegar, sugar and salt; heat to simmer, stirring occasionally, until sugar and salt are dissolved. Remove from heat; add cucumber, carrot and radish. Stir mixture occasionally; allow vegetables to cool in pickling liquid. Set aside.

Maple-Braised Beef Short Ribs with Porcini Mushrooms

Serves 4

Short Ribs

4 (8- to 12-ounce) beef short ribs
Salt and pepper to taste
All-purpose flour
Olive oil
1/2 cup dried porcini mushrooms
1/2 pound thinly sliced sweet onions
1/2 pound celeriac, peeled and medium diced
3 cloves garlic, minced
1 pinch red pepper flakes
1 cup dry red wine
1/3 cup pure maple syrup
1 quart veal stock (may substitute low-sodium beef stock)
2 tablespoons butter
1 cup assorted wild mushrooms
Pat of butter
Juice of 1 orange
Salt and pepper to taste
Seasoned mashed potatoes

Preheat oven to 350 degrees F. Place dried mushrooms in small bowl with just enough hot water to cover; allow to soak for 30 minutes. Set aside both mushrooms and liquid. Generously season short ribs with salt and pepper; dredge in flour, shaking off any excess. Heat oil in heavy-bottomed, oven-safe pan over medium-high heat; sear ribs until well browned on all sides. Remove from pan; set aside. In same pan and oil, sweat the onions and celeriac until soft. Add garlic and red pepper flakes; cook for 1 minute. Add wine; allow to evaporate slightly. Add maple syrup, reserved mushroom liquid and stock; bring to boil. Return ribs, with any accumulated juice, to pan; cover tightly with foil. Place in oven to braise until meat is fork-tender; about 2 to 2-1/2 hours. In small sauté pan over medium-high heat, cook wild mushrooms with butter until soft and lightly caramelized; set aside. Remove ribs from pan; strain braising liquid and keep warm. Add both rehydrated porcini and sautéed wild mushrooms; bring to simmer. Reduce heat; cook until desired consistency and flavor are achieved. Stir in orange juice; adjust seasonings.

Place generous amount of potatoes in center of plate. Lean each portion of ribs onto side of potatoes; reglaze ribs with sauce.

Sunday, August 11

Maine Lobster Gazpacho

Serves 6

1-1/2 pound Maine lobster, cooked, shelled and picked for bones

1 mango, diced small, divided

1/2 papaya, diced small, divided

Juice of 2 limes

Juice of 4 oranges

Juice of 1 pink grapefruit

1/4 cup olive oil

1 European cucumber, seeded and diced small

1/2 cup minced red pepper

1/2 cup minced red onion, minced

1/2 fire-roasted jalapeño pepper, minced

1-1/2 teaspoons fresh cilantro leaves

1 teaspoon fresh Thai basil

Salt and pepper to taste

5 ounces micro greens

1 mango, julienned

2 teaspoons olive oil

1 teaspoon pear-flavored balsamic vinegar

Place half the mango and papaya, lime, orange and grapefruit juices and olive oil in bowl of food processor; puree until smooth. In medium-sized bowl, combine cucumber, red pepper, onion, jalapeño, cilantro, basil and remaining mango and papaya; coat with pureed fruit mixture. Adjust seasoning with salt and pepper. Gently fold in lobster meat, cilantro and basil; set aside.

Place micro greens in salad bowl. Add mango, olive oil and balsamic vinegar; gently toss. Chill 6 decorative martini or margarita glasses; fill each with gazpacho. Top with prepared salad.

Wisconsin Cherry-Chocolate Brioche Pudding

Serves 8

2/3 cup dried cherries
1/4 cup brandy
2 tablespoons cherry juice
8 ounces semi-sweet chocolate chunks
4 eggs, lightly beaten and aerated
1/4 cup granulated sugar
1/4 cup light brown sugar, packed
1 cup heavy cream
1 teaspoon pure vanilla extract
Ground cinnamon
1 day-old brioche bread, diced into 3/4-inch cubes
1/2 cup sliced almonds, toasted
Melted butter
Cocoa powder
1/2 cup heavy cream
1 tablespoon granulated sugar
1 tablespoon Grand Marnier

Preheat oven to 325 degrees F. In small bowl, combine cherries, brandy and cherry juice. Set aside at room temperature for at least 2 hours. Meanwhile, chill cream, bowl and beaters until ready to use.

In double boiler, melt chocolate, stirring until smooth. Remove top of double boiler and allow chocolate to cool at room temperature for 15 minutes. Meanwhile, in large mixing bowl, combine sugars and eggs; whisk until frothy. Whisk in cooled chocolate, cream, vanilla and cinnamon; stir until smooth. Fold in bread cubes, almonds, and cherry mixture; allow to rest. Refrigerate for 1 hour.

Butter 8 ceramic or glass ramekins; dust with cocoa powder. Divide bread mixture evenly among ramekins; bake in a hot water bath for about 30 minutes. (Pudding will begin to pull away slightly from edges of dish when done.) Remove from water bath; set aside and keep warm. In small bowl, beat cream with sugar until soft peaks form; gently fold in Grand Marnier. Run knife around edge of dish to loosen pudding; place in center of serving plate. Top with cream; dust with cocoa powder.



Energy Park 2019