

Menu Du Jour

11 Jan 2004

Field Greens with Roasted Beets
and Honey Vinaigrette
Honey-Mustard Glazed Pork Medallions
Grilled Dijon New Potatoes
Grilled Artichokes
with Wasabi Aioli
(Recipes serve two)

Field Greens with Roasted Beets and Honey Vinaigrette



1 medium beet
1 tablespoon olive oil
2 slices hickory-smoked bacon
1/4 cup canola oil
2 tablespoons cider vinegar
2 tablespoons clover honey
1 garlic clove, minced
Kosher salt and black pepper, to taste
2 slices red onion
2 cups field greens

Preheat oven to 400° F. Scrub beet and trim stalks to one inch. Leave root on. Drizzle beet with olive oil and wrap in aluminum foil. Roast for one hour or until beet is tender. Let cool.

When cool enough to handle, cut off stem and root and peel with fingers. Cut into 1/2-inch slices or coarsely chop; refrigerate. In a non-stick skillet, cook bacon over medium-high heat until

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crisp, about four to six minutes. Drain on paper towels and when cool, crumble into small pieces and reserve.

In small bowl, whisk together canola oil, vinegar, honey, garlic, salt, and pepper. In a medium bowl, combine salad greens and three tablespoons of dressing. Toss well. For each serving, place one cup of greens and one slice red onion on a chilled salad plate. Arrange chilled beets on top of greens, drizzle with dressing, and scatter with bacon. Season to taste with salt and black pepper.

Honey-Mustard Glazed Pork Medallions

Pork tenderloin, which has very little fat, can be made more flavorful by marinating and seasoning before cooking. The main thing to remember when cooking pork is not to overcook the meat. These medallions, marinated with mustard and chile powder, have a sweet-hot taste and light glaze from the honey.



1 (9-ounce) pork tenderloin chateaubriand
1/4 cup clover honey
1/4 cup Dijon-style mustard
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1/4 teaspoon ground cloves
1 teaspoon Ancho chile powder

Using a sharp boning knife, remove silverskin from tenderloin. Slice the tenderloin into 1/2-inch medallions.

In a large bowl, stir together honey, mustard, salt, pepper, cloves, and chile powder. Add meat and turn to coat. Cover and refrigerate, turning meat occasionally, for at least four hours.

Prepare grill for medium-high direct cooking. Cook medallions, covered, about two to three minutes per side or to an internal temperature of 155° F. Remove medallions from grill, tent with

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foil, and keep warm in a low oven until service. (These medallions could also be broiled about five to six inches from the heat source for two to three minutes per side.)

Grilled Dijon New Potatoes

When red potatoes are small and newly harvested, they are called “new potatoes.” They have a thin red skin and waxy texture.



6 small Red Bliss potatoes about 2-inches in diameter
2 tablespoons Dijon-style mustard
3 tablespoons canola oil
1 green onion, finely chopped
1 tablespoon chopped fresh rosemary
2 cloves garlic, crushed
1 teaspoon granulated sugar
1 teaspoon hot Hungarian paprika
Kosher salt and black pepper, to taste

Scrub potatoes. In a medium saucepan over medium heat, boil potatoes in salted water until barely tender, about eight to 10 minutes. Drain and cool. When cool enough to handle, slice potatoes in half.

In a medium mixing bowl, whisk together mustard, olive oil, onions, rosemary, garlic, sugar, and paprika. Add potatoes and toss to coat.

Preheat grill for medium-high direct cooking. Cook potatoes for eight to 10 minutes or until browned, turning often.

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Grilled Artichokes with Wasabi Aioli

By adding orange wood to the grill, the artichoke takes on a distinctive flavor that is accentuated by the tangy wasabi aioli that adds spice and contrast to the smoky flavor of the artichoke.



1 large artichoke
2 tablespoons garlic-rosemary infused oil
1/4 cup lemon juice
Salt and freshly ground black pepper to taste

Using a very sharp chef's knife or sausage knife, cut off the top quarter of the artichoke. Use kitchen shears to trim the sharp tips from the leaves. Slice the artichoke in half lengthwise. (If necessary, hold artichoke in acidulated water [two cups of cold water and one-quarter cup of lemon juice] until ready to prepare.)

In a large saucepan over medium heat, bring 1 1/2 quarts of water and the lemon juice to a boil. Add prepared artichoke and cook 25 to 35 minutes or until a leaf may be easily removed.

Drain the artichoke and immediately immerse in cold water to stop the cooking. When cooled, remove from ice bath and drain. Using a grapefruit spoon or melon baller, carefully remove the fibrous choke and sprinkle the artichoke with the infused olive oil. Season to taste with salt and black pepper.

Prepare barbecue grill for medium-high direct cooking. Add 1/3 cup BBQr's Delight orange pellets to a smoker tray. When a good smoke develops, grill artichokes, cut side down and with the grill lid closed, for about five minutes. Turn, baste with oil, and cook another five minutes until well browned.

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Wasabi Aioli

While this aioli could be prepared in the classic method with egg yolks using mayonnaise allows the aioli to be refrigerated for up to a week and reduces any risk from raw eggs. Use wasabi paste not wasabi powder. Wasabi powder is not true wasabi that is very difficult to find in this country but usually ground horseradish, mustard, and food color, not wasabi.



1/4 cup good-quality mayonnaise
2 teaspoons lime juice
1/2 teaspoon soy sauce
1 tablespoon wasabi paste
1/4 teaspoon kosher salt

Combine all ingredients in a small mixing bowl; blend well. Refrigerate at least two hours before use.

Honey Mustard Sauce

1/4 cup Dijon-style mustard
2 teaspoons dried tarragon
1/3 cup clover honey
2 tablespoons white wine vinegar
2 teaspoons canola oil
Kosher salt and black pepper, to taste

In a small mixing bowl, combine mustard and tarragon; mix well. Gradually blend in honey. Add vinegar and oil; whisk together well. Season with salt and pepper to taste.

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Plate Presentation



Drizzle honey mustard sauce around plate. Fan three pork medallions on plate. Plate roasted potatoes and grilled artichoke. Dot artichoke with wasabi aioli. Garnish plate with chopped fresh parsley and chopped fresh tarragon.
