

MYERBERG CENTER – COOKING WITH CHEF ALBA

“French Cooking with an Italian Accent”

Easycookingwithalba.blogspot.com, aejhome@yahoo.com



Salmon en Croute Avec Pistacchio e Pomodori Sechi (serves 2-4)

2 Salmon fillets, remove bones and skin, cut into small bites

1/3 cup ground pistachios

4 sundried tomatoes in oil, remove excess oil

1 tablespoon sesame seeds

2 tablespoons breadcrumbs

extra virgin olive oil

Sea salt and black pepper

1. Be sure the salmon is completely dry before cooking. Finely chop the sundried tomatoes.
2. In a bowl combine cut sundried tomatoes, breadcrumbs, sesame seeds and finely chopped pistachios. Mix everything to combine. Use a mortar and pestle to ground.
3. Take the salmon bites and press them in the mixture to well coated.
4. Drizzle some olive oil in a non-stick pan and cook the salmon bites a few minutes on each side until golden, remember to only turn them once.

What to prep ahead:

- Have all ingredients ready and measured on a tray
- Have salmon skin and bones removed and pat completely dry

Asparagus Avec Fromage Blanc et Gorgonzola (Serve 2- 4)

1 bunch asparagus, rinsed and trimmed
4 ounces Fromage Blanc (Strained Whole Greek Yogurt or sour cream)
2 ounces Gorgonzola
8 -10 basil leaves, roughly chopped
1 spring onion, minced
Extra virgin olive oil
Zest of 1 lemon
Salt and Black pepper

1. Blanched the asparagus until just tender. Rinse in ice cold water and strain
2. In a processor add the onion, cheeses, oil, zest, basil, salt, and pepper. Pulse until the mixture is smooth and creamy. Place the asparagus on a platter and drizzle the cheese sauce on top.

What to prep ahead:

- Have all ingredients ready and measured on a tray
- Have a food processor available to make the sauce
- Trim and rinse the asparagus

Salad with Crostini de Chevre Chaud (Serves 4)

Mixed greens of choice
4 slices toasted bread
4 round slices of brie or goat cheese
5-6 Baby tomatoes, sliced lengthwise
1 carrot, diced or shredded
½ cup toasted walnuts
1 Kiwi or 15 strawberries, sliced
2 hard-boiled eggs, *optional*

Dressing:

Extra virgin olive oil
Zest 1 lemon, juice of ½ lemon
Sea salt and Black pepper

1. Preheat oven to 400F. Place parchment paper on a baking sheet.
2. Brush 4 slices of bread with olive oil and transfer to baking sheet; and 1 round slice of cheese on top. Bake until just melted.
3. Arrange the salad and vegetables on a platter.
4. Make the dressing, be sure to taste before using. Drizzle the dressing on the salad, and place 1 slice of toasted bread and cheese on top.

What to prep ahead:

- Have all ingredients ready and measured on a tray

BONUS DESSERT: COPPETTA GOLOSA CON FRAISE – (2 SERVINGS)

4 cookies (lady fingers, biscotti, or your favorite)

½ pint fresh strawberries, divided

4 ounces whole ricotta

3 tablespoons powdered sugar

1. In a food processor add and pulse the cookies. Place on bottom of 2 dessert glasses. This will be the crunch part of the dessert.
2. Blend the strawberries (minus 2 whole to garnish) with a tablespoon of sugar; blend well to create a strawberry puree. Place over the cookies.
3. In a bowl, whisk the ricotta with the 2 remaining tablespoons of sugar. Mix well to combine. Place a few tablespoons ricotta mixture over the strawberry puree. Finish by decorating with thin slices of strawberries or whole strawberries on top.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Rinse and dry strawberries
- Have a stick blender available