

CMWA

galentine's day

chef demo

2019



gingery beet soup

SERVES 4

PREP 30 MINS

TOTAL TIME 50 MINS

INGREDIENTS

2 tablespoons extra-virgin oil
(additional for serving)

1/2 yellow onion, chopped

2 tablespoons chopped/peeled ginger

1/4 teaspoon grated ginger

3 garlic cloves, peeled & smashed

kosher salt and freshly ground pepper

3 cups chopped peeled beets

1 cup chopped Yukon Gold potato

1/2 cup plain yogurt

fresh thyme leaves, for serving

PREPARATION

1 / In a medium saucepan, heat oil over medium-high. Add onion, chopped ginger, garlic, and a pinch of salt; cook until softened for 4-5 minutes.

2 / Add beets, potato, and four cups of water. Season with salt and pepper.

3 / Bring to a simmer, cover, and cook until vegetables are tender, 25 to 30 minutes.

4 / Let cool slightly; transfer to a blender. Blend until smooth, adding 1/4 to 1/2 cup water for desired consistency.

5 / Stir together yogurt and grated ginger.

6 / Ladle soup into bowls; swirl in yogurt.

7 / Top with thyme (if desired), a drizzle of olive oil, and more pepper.



creamy tomato & spinach pasta

SERVES 4

COOK TIME 20 MINS

TOTAL TIME 25 MINS

INGREDIENTS

FRESH PASTA

1 egg, beaten

1/2 teaspoon salt

1 cup all-purpose flour

2 tablespoons water

PLATE

fresh pasta

1 small onion

2 cloves garlic

1 tablespoon olive oil

15oz can diced tomatoes

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1 pinch red pepper flakes

1/2 teaspoon salt

freshly cracked pepper to taste

2 tablespoons tomato paste

2oz cream cheese

1/4 cup grated parmesan

5oz fresh spinach

PREPARATION FOR FRESH PASTA

1 / In a medium sized bowl, combine flour and salt. Make a well in the flour, add the slightly beaten egg, and mix. Mixture should form a stiff dough, if needed, stir in 1 to 2 tablespoons of water.

2 / On a lightly floured surface, knead dough for about 3 to 4 minutes. With a pasta machine or by hand, roll dough out to desired thinness. Use machine or knife to cut into strips of desired width.

PREPARATION FOR PASTA

1 / Bring a large pot of water to a boil over high heat. Add the pasta and cook until tender (7-10) minutes. Drain the pasta in a colander.

2 / While waiting for the pasta to cook, dice the onion and mince the garlic. Cook both in a large skillet with the olive oil over medium-low heat until softened and transparent (about 5 minutes).

3 / Add the diced tomatoes (with juices), oregano, basil, red pepper flakes, salt, and some freshly cracked pepper to the skillet with the onions and garlic. Stir to combine. Add the tomato paste and a 1/2 cup of water to the skillet and stir until the tomato paste is dissolved into the sauce.

4 / Turn the heat down to low. Cut the cream cheese into a few pieces and then add them to the skillet with the tomato sauce. Use a whisk to stir the sauce until the cream cheese has fully melted in and the sauce is creamy. Add half of the Parmesan to the skillet and whisk until it is melted in. Add the remainder of the parmesan and whisk until melted in again.

5 / Add the fresh spinach and gently stir it into the sauce until it has wilted (3-5 minutes). Add the pasta and stir until it is well coated in the creamy tomato sauce. Taste and adjust the salt and pepper as needed.

6 / Serve warm and enjoy!



red velvet cupcake

SERVES 24 cupcakes

PREP 20 MINS

COOK 30 MINS

TOTAL TIME 50 MINS

INGREDIENTS FOR CUPCAKES

1 box chocolate cake mix

1 1/4 cup whole milk

1/3 cup oil

3 eggs

1 teaspoon red gel food paste

1 tablespoon strawberry jam (per cupcake)

INGREDIENTS FOR BUTTERCREAM

1 cup plus 2 T. red wine

1/4 cup granulated sugar

8 oz (2 sticks) unsalted butter, at room temperature

3 cups confectioners' sugar

Pinch kosher salt

PREPARATION FOR CUPCAKES

1 / In a large mixing bowl, combine chocolate cake mix, milk, oil, eggs, and red gel food paste, beating until blended, 1-2 minutes.

2 / Line regular-sized muffin cups with paper liners.

3 / Fill muffin cups halfway to three-fourths way with batter.

4 / Bake at 350 degrees of 15-18 minutes, or until a toothpick inserted near the center of a cupcake comes out clean.

5 / Remove to cool.

PREPARATION FOR FILLING AND BUTTERCREAM

1 / Using a spoon or cookie scoop, scoop a 1-inch ball out of the center of each cupcake. Reserve these pieces of cake for sprinkling crumbs on top of the cupcakes as garnish.

2 / Using one tablespoon of strawberry jam, spoon into the center of each cupcake.

3 / To make the buttercream, place 1 cup of the wine and the granulated sugar in a small saucepan over medium-high heat and stir until the sugar dissolves. Bring to a boil and then reduce the heat to simmer until the mixture has reduced to a scant 1/3 cup, about 25 minutes or so. It should be syrupy. Allow the red wine reduction to cool completely in the refrigerator.

4 / In the bowl of an electric stand mixer with paddle attachment, beat the butter until nice and fluffy. Pause the mixer occasionally to add the confectioners' sugar a 1/2 cup at a time and beat until combined.

- 5 / Beat until fluffy. Carefully add the cooled red wine reduction and salt and continue to beat the frosting until smooth.
- 6 / With the mixer running, add the last two table-spoons of red wine one at a time and beat until smooth
- 7 / Pipe frosting onto cupcakes.
- 8 / Sprinkle with red velvet cake crumbs for garnish.

