

ProStart 1 - Chapter 5

Bubbling Cheese Bread

½ cup Shredded Mozzarella cheese (2 oz)
1/3 cup Mayonnaise
1 16 ounce Loaf French bread, halved lengthwise
1/3 cup Grated Parmesan cheese
One herb/one spice per bread

In a mixing bowl combine mozzarella cheese, mayonnaise and herbs/spices. Stir to mix well. Spread the mixture on the bread. Sprinkle with Parmesan cheese. Bake/broil the bread until lightly browned. Cut into enough pieces for the class to sample.

Spices

Garlic
Anise
Capers
Caraway
Cardamon
Chili Powder
Cayenne
Cumin
Curry
Fennel
Dry Mustard
Paprika
Pepper corns
Poppy Seeds
Onion Powder
Sesame Seeds

Herbs

Basil
Chives
Cilantro
Dill
Marjoram
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

Pavlova

4 Large egg whites	4 tsp. Cornstarch
1 cup Sugar	1/8 tsp. Vanilla
2 tsp. Vinegar	

Beat eggs whites until very stiff. Continue beating and add sugar. Stir in quickly by hand the vinegar, vanilla and cornstarch. Place parchment on a baking sheet. Mound the meringue into 4 circles on the parchment. Bake at 275, 30-45 minutes or until hard on the outside and very lightly brown. Remove from paper and cool. Serve with unsweetened whipped cream and fresh fruit.

Poached Pears

2 cups Water or Cranberry juice
2 cups Sugar
1 tsp. Vanilla
2 Pears

Combine water and sugar in a sauce pan. Bring to a boil, stirring until the sugar is dissolved. Add vanilla. Peel pear, cut them in half, remove the cores. Add the pears to the syrup and simmer very slowly until just tender.

Let pears cool in the syrup. Refrigerate in the syrup until needed. Can be served with raspberry sauce, chocolate sauce, etc..

White Bean and Basil Brushetta

1 cup Great Northern Beans, drained
2 tsp. Olive oil
1 tbsp. Red wine vinegar
1 tbsp. Balsamic vinegar
2 tsp. Lemon juice
1 tbsp. Dijon mustard
1 clove Garlic, minced
2 tbsp. Purple onion, chopped
1 ½ tsp. Sugar
¼ tsp. Salt
2 tbsp. Fresh basil, minced
1 ½ Roma tomatoes, seeded and diced
½ Baguette, cut in ½ inch slices

Rinse and drain beans. Juice lemon, mince garlic and basil. Seed tomatoes and dice, dice onion, slice baguette. Mash half the beans with a fork, mix in the whole beans. In a small microwave proof bowl, mix oil, vinegars, lemon, mustard, garlic, sugar, salt and pepper. Heat 30 seconds on high, pour over beans and stir. Preheat oven to 400 F. After beans have cooled to room temperature gently stir in basil, tomatoes and onion. Lightly coat the bread with oil. Place in the oven for 6-7 minutes to toast. Heap bean mixture on bread and serve.

