

Bobby Flay's State Fair Demonstration Recipes

2009-09-02



Wild Mushroom Grits with Poached Eggs & Serrano Chile Sauce & Blue Corn Tortilla Strips

Serves: 4

Poached Eggs

4 cups cold water

1 tablespoon white wine vinegar

4 extra large eggs

Salt and freshly ground pepper

Bring water and vinegar to a simmer in high sided sauté pan. Break the eggs, one at a time, into a ramekin and carefully slide the egg into the simmering water, repeat with remaining eggs. Remove with a slotted spoon to a plate lined with paper towels and season with salt and pepper to taste. Serve immediately.

Mushroom Grits

3 tablespoons pure olive oil

NY State Bacon, diced

1 ½ pounds assorted mushrooms (cremini, shiitake, oyster) coarsely chopped

2 cloves garlic, finely chopped

Salt and freshly ground black pepper

2 tablespoons canola oil

1 small onion, finely chopped

2 cloves garlic, finely chopped

4-5 cups homemade chicken stock or low sodium canned chicken or vegetable broth

1 cup finely ground yellow cornmeal

½ cup mascarpone cheese (NY State Cheddar or perhaps a Camembert can be substituted)

¼ cup plus 2 tablespoons freshly grated cotija cheese

2 tablespoons unsalted butter

- 1. Heat the oil in a large sauté pan over high heat. Saute the bacon until crisp and remove with a slotted spoon to a plate lined with paper towels. Add the mushrooms and cook until golden brown. Add the garlic and cook for 30 seconds, season with salt and pepper.
- 2. Heat the oil in a medium saucepan over medium heat, add the onion and cook until soft. Add the garlic and cook for 30 seconds. Add 4 cups of the stock and bring to a boil. Slowly add the cornmeal, whisking constantly, and continue to whisk until thickened. Reduce the heat to medium and cook until the grits are soft stirring constantly, adding more stock if needed, about 10 minutes. Remove from the heat and stir in the mushrooms, mascarpone, cotija, butter and season with salt and pepper to taste.

Serrano Chile Sauce

2 tablespoons plus ½ cup canola oil

1 small white onion, coarsely chopped

10 roasted serrano chiles, peeled, seeded and chopped

4 cloves garlic, chopped

½ cup dry white wine

1 tablespoon white wine vinegar

1 ½ cup water

1 cup raw spinach

Salt and freshly ground black pepper

1 tablespoon honey

½ cup heavy cream

Chopped cilantro, for garnish

- 1. Heat 2 tablespoons of the oil in a medium saucepan over high heat. Add the onion and serrano chiles and cook until soft. Add the garlic and cook for 1 minute. Add the wine and vinegar and cook until reduced by half. Add the water and cook until reduced by half.
- 2. Transfer the mixture to a blender, add the spinach and blend until coarsely chopped. With the motor running, slowly add the oil and blend until smooth, season with salt, pepper and honey. Transfer the mixture to a bowl and whisk in the heavy cream.
- 3. Spoon some of the grits into a shallow bowl, top with a poached eggs, drizzle with some of the serrano chile sauce, a few tortilla strips and sprinkle with cotija and cilantro.

Blue Corn Tortilla Strips

Vegetable oil

2 blue corn tortillas, cut into very thin strips

Kosher salt

Heat 2 inches of oil in a large high sided sauté pan over medium heat until it reaches 350 degrees on a deep fry thermometer. Add the tortilla strips in batches and fry until just crisp, about 20 seconds. Remove with a slotted spoon to a plate lined with paper towels and season with salt.

Sweet Potato Gratin

Serves: 4-6

This decadent gratin could be your next holiday classic. The slightly spicy and smoky chipotle puree provides a great balance to the sweet potatoes and takes this dish to another level of flavor. It's amazing how good three ingredients can be.

2 cups heavy cream

1 tablespoon chipotle pepper puree

4 large sweet potatoes, peeled and thinly sliced (1/8-inch thick) on a mandoline

Salt and freshly ground pepper

- 1. Preheat oven to 375 degrees F.
- 2. Whisk together cream and chipotle puree until smooth.
- 3. In a 10 x 10 x 2-inch casserole, arrange the potatoes in an even layer on the bottom of the casserole, drizzle with 3 tablespoons of the cream mixture and season with salt and pepper. Repeat with the remaining potatoes, cream, and salt and pepper to form 8-10 layers. Press down on the layers to totally submerge in the cream mixture.
- 4. Cover and bake for 30 minutes, remove cover and continue baking for 30-45 minutes, or until the cream has been absorbed and the potatoes are cooked through and the top is browned.

Brined Roast Rack of Pork with Apple Chutney and Sour Mash Pan Sauce

Serves: 4-6

Apple-Ginger Chutney

1 tablespoon olive oil

1 medium Spanish onion, finely chopped

2 cloves garlic, finely chopped

2 tablespoons finely chopped fresh ginger

1 cup fresh orange juice

3 tablespoons light brown sugar

1 tablespoon honey

5 large Granny Smith apples, peeled, cored and thinly sliced (use variety of NY State apples)

1 teaspoon ground allspice

1 teaspoon ground cinnamon

¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

- 1. Heat the oil in a medium saucepan over medium-high heat. Add the onions and cook until soft, 5 minutes. Add the garlic and ginger and cook for 1 minute. Increase the heat to high then add the orange juice, brown sugar and honey and bring to a simmer. Stir in the apples, allspice, cinnamon and salt and pepper and cover and cook for 5 minutes. Remove the lid and cook until the apples are soft and the liquid has evaporated, about 15 minutes.

Pork

¼ cup molasses

2 tablespoons Dijon mustard

Salt and freshly ground black pepper

1 (1 ½ - 2 lb) pork tenderloin, fat trimmed

2 tablespoons olive oil

2 shallots, finely chopped

1 cup Jack Daniels

2 cups homemade chicken stock

¼ cup light brown sugar

2 tablespoons cold unsalted butter

2 tablespoons finely chopped fresh flat leaf parsley, plus parsley sprigs for garnish

- 1. Preheat oven to 425 degrees F.
- 2. Whisk together the molasses and mustard in a small bowl and season with salt and pepper. Heat the oil in a large sauté pan over high heat. Season the pork on both sides with salt and pepper and cook on both sides until golden brown, about 5-6 minutes. 3. Transfer the pork to a baking sheet and finish cooking in the oven until cooked to an internal temperature of 150 degrees on a meat thermometer, about 10 minutes, brushing with the glaze during the last few minutes of cooking. Remove from the oven, let rest loosely tented with foil for 10 minutes. Slice into ¼-inch thick slices.
- 3. Add a tablespoon of oil the to the sauté pan (that the pork was browned in) add the shallots and cook until soft over high heat. Add the Jack Daniels, scraping the bottom of the pan with a wooden spoon and cook until almost completely reduced. Add the chicken broth and brown sugar and bring to a boil and cook until reduced to a sauce consistency. Whisk in the butter, season with salt and pepper and stir in the parsley.
- 4. Top each chop with some of the apple-ginger chutney and drizzle a little of the sauce around the pork chop and over the chutney. Garnish with parsley sprig.