

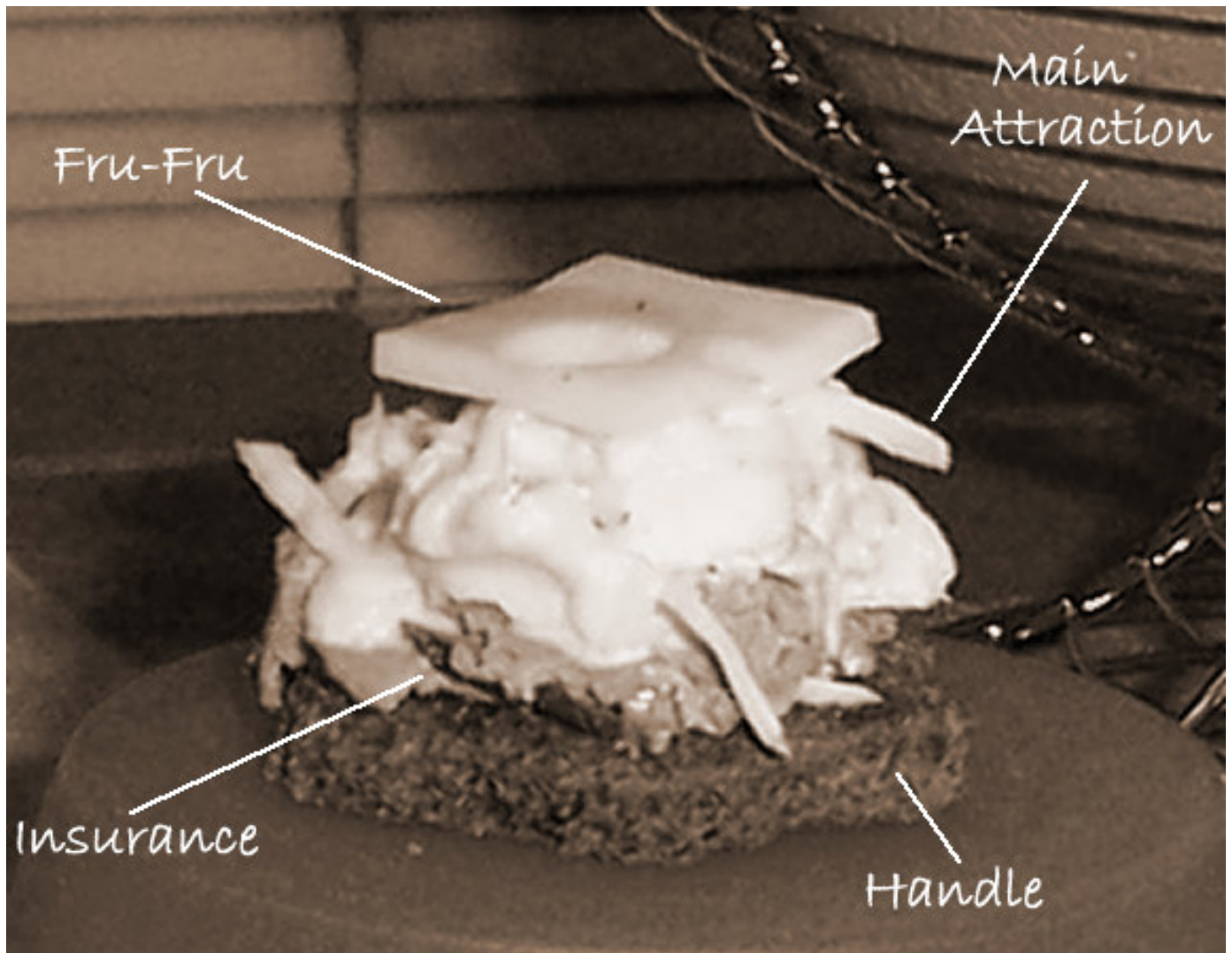
The Anatomy of the Appetizer

March 17, 2004

Presented by My Secret Chef!
at Brown's Home Kitchen Center

<http://mysecreetchef.info/learn>

Anatomy of an Appetizer



The Fru

The final touch for eye appeal. Commonly known as the garnish, the fru can range from herbs, to cheese to fruit

Main Attraction

Primary flavor of the bite; Often a protein, salad or forcemeat. This is the prominent taste in the hors d'oeuvre

Insurance

This will keep your filling from seeping into your base and dissolving it; can consist of a spread or slice of just about anything

Handle

The transport device for your guest to consume the creation; Provides a foundation for the rest of the goodies as well as a taste accent

Apricots with Goat Cheese

40 pieces

4	ounces	goat cheese
1	package	dried apricots (whole)
		honey (as needed)
		milk (as needed)

Suggested Garnish:

- Walnuts
- Fresh thyme leaves

Using an electric mixer, whip the cheese until smooth. If the cheese seems dry, add milk by teaspoonfuls.

Assembly:

Using the apricot as a base, place a small dollop of cheese onto the fruit. Drizzle with honey and sprinkle with thyme leaves. Top with a walnut or pecan piece.

Asian Dumplings

28 pieces

1	package	vegetable dumplings
1	cup	teriyaki sauce
1	head	Bibb lettuce

Suggested Garnish:

- Green onions (cut on diagonal)
- Grated carrot

Bring a large pot of water to a boil.

Add 1/2 of dumplings. Cook until tender and hot in the center. (About 5 minutes) Remove and drain.

Assembly:

Immediately place each dumpling on a leaf of Bibb lettuce and place in a baking dish with 2" sides.

Cover and keep warm. Repeat with remaining dumplings.

Serve with teriyaki sauce.

Asparagus-Parmesan Pastry Rolls

60 pieces

1	package	puff pastry sheets, thawed
2	large	eggs
5	oz	parmesan, finely grated
2	pounds	asparagus, thick

Take pastry sheets out of the box and set on the counter. (Do not attempt to unfold them yet.) Let sit for about 10 minutes.

Meanwhile, trim and clean the asparagus. Stalks should be approximately 4" with tips reserved.) Blanche in salted, boiling water until the color begins to brighten. (About 1 minute for thin stalks, about 3 minutes for thicker stalks.)

Once asparagus has been removed from the water, run under cold water or place in an ice bath to stop the cooking. Remove from water within a minute. (Asparagus will continue to soak up water once it has been blanched.)

Clean a countertop area (and line with plastic – optional) and dust lightly with all-purpose flour. On this surface, lay out the first pastry sheet and unfold. Lightly dust the sheet with flour.

Using a rolling pin, roll the sheet to a thickness of approximately 1/8".

Using a pizza wheel or paring knife, cut the dough into 3 equal pieces.

On the first third, brush the lower half with egg wash. Lay a stalk of asparagus across the bottom of the half and sprinkle with parmesan. Roll the dough over the filling, just until it is completely covered and will make a seal. Cut the dough up to the edge of the roll and remove. Pinch the ends of the roll and place on a parchment lined baking sheet.

Continue this process until all the dough has been used. Brush the tops and sides of the rolls with egg wash and sprinkle with remaining cheese. Chill rolls in the freezer for 10 minutes.

Bake at 400 degrees for approximately 18-20 minutes, or until golden brown.

Transfer rolls to a cutting board and cut off the ends. With the remaining roll, cut in half, on the diagonal.

Serve immediately. Reserved tips can be used to garnish the plate.

Belgian Endive Stuffed with Herbed Cheese

24 pieces

2	heads	belgian endive, cleaned
4	ounces	Boursin cheese, room temp

Assembly:

In the cup of each leaf, spoon approximately 1 teaspoon of cheese.

Garnish with a small sliver of fruit, vegetable or herb.

Pear & Brie in Phyllo

12 pieces

2	each	pears -- preferable Anjou
1/2	cup	light brown sugar
1	tablespoon	butter
1/4	cup	butter, melted
4	ounces	brie
6	pieces	phyllo dough
1		egg white

Peel and cut pears into a rough 1/4" dice.

Heat a sauté pan, over medium heat, and add butter and pears. Sauté for one minute. Add sugar and sauté until just tender. Remove from heat and set aside to cool.

Trim the brie of its rind. Cut small 1" slices and lay on parchment. Set aside.

Unfold the phyllo dough. Cover immediately with a damp (not wet) towel or it will dry out and become crumbly. Take a piece from the top and place on a clean countertop. Brush with melted butter. Add another piece of dough directly on top and brush with butter.

Cut the dough into 2" strips. At the bottom of each strip, place a piece of cheese and a tablespoon of pears. Then, in a flag-folding fashion, fold the bottom edge over the filling at an angle to make a triangle. Continue to fold until the strip has been folded into a complete triangle. Set aside. Continue until all dough has been used.

Place the filled dough on a parchment lined baking sheet. Brush with egg white.

Bake at 400 for 15 minutes or until golden.

Prosciutto with Gorgonzola & Arugula

30 pieces

15	slices	prosciutto, paper-thin
4	ounces	arugula -- about 4 cups
8	ounces	Gorgonzola, crumbled
1/2	cup	dried cranberries

Cut each slice of Prosciutto into thirds, lengthwise. Set each slice on a lined pan, a couple of inches apart.

Assembly:

Place 2-3 arugula leaves on each the end of a slice of Prosciutto, allowing the leaves to drape off the side.

Top the leaves with a large crumble of gorgonzola and a couple of dried cranberries.

Starting at the filling end, roll the Prosciutto up in a jelly roll fashion. Once all the Prosciutto has been filled and rolled on the sheet, cover with plastic and chill until service.

Reuben Wafers

20 pieces

1/2	pound	pastrami -- sliced thin
20	slices	pumpernickel bread
1/4	cup	butter
1	cup	coleslaw
8	slices	swiss cheese

Butter pumpernickel and toast at 375 until crisp. Remove from oven and set aside.

Chop or tear pastrami into pieces small enough to stack on bread slices.

Drain excess liquid from coleslaw. Set aside.

Cut swiss slices into small 1" pieces.

Assembly:

On each piece of toast pile enough pastrami to cover. Follow with a spoonful of slaw and top with a small slice of cheese.

Party Menu Tips

- Know your audience and your event. Will they be expecting finger sandwiches and brie? Or will they be looking for the chip and dip?
- For a hors d'oeuvre party, you can estimate 10-12 pieces per guest.
- Decide what dishes can be done ahead and what has to wait until the day of the party. Prepare everything that you can the day before so you will be less stressed the day of.
- Plate all of your hors d'oeuvres on the trays that they will be served in before the final garnish. This way, there will be less to "fall apart" during the transfer and the excess garnish can occupy space on your tray as well.
- Pay attention to foods that will be served hot. Will you need to employ the use of chaffing dishes to keep them warm?
- Is there a menu item that can be left to guests to assemble? i.e., cheese and crackers.
- Do you have a list for each of the following?
 - Groceries
 - Serving dishes & utensils
 - Game Plan
 - Beverages
 - "Flair" – linens, décor, flowers, etc.

Notes

