

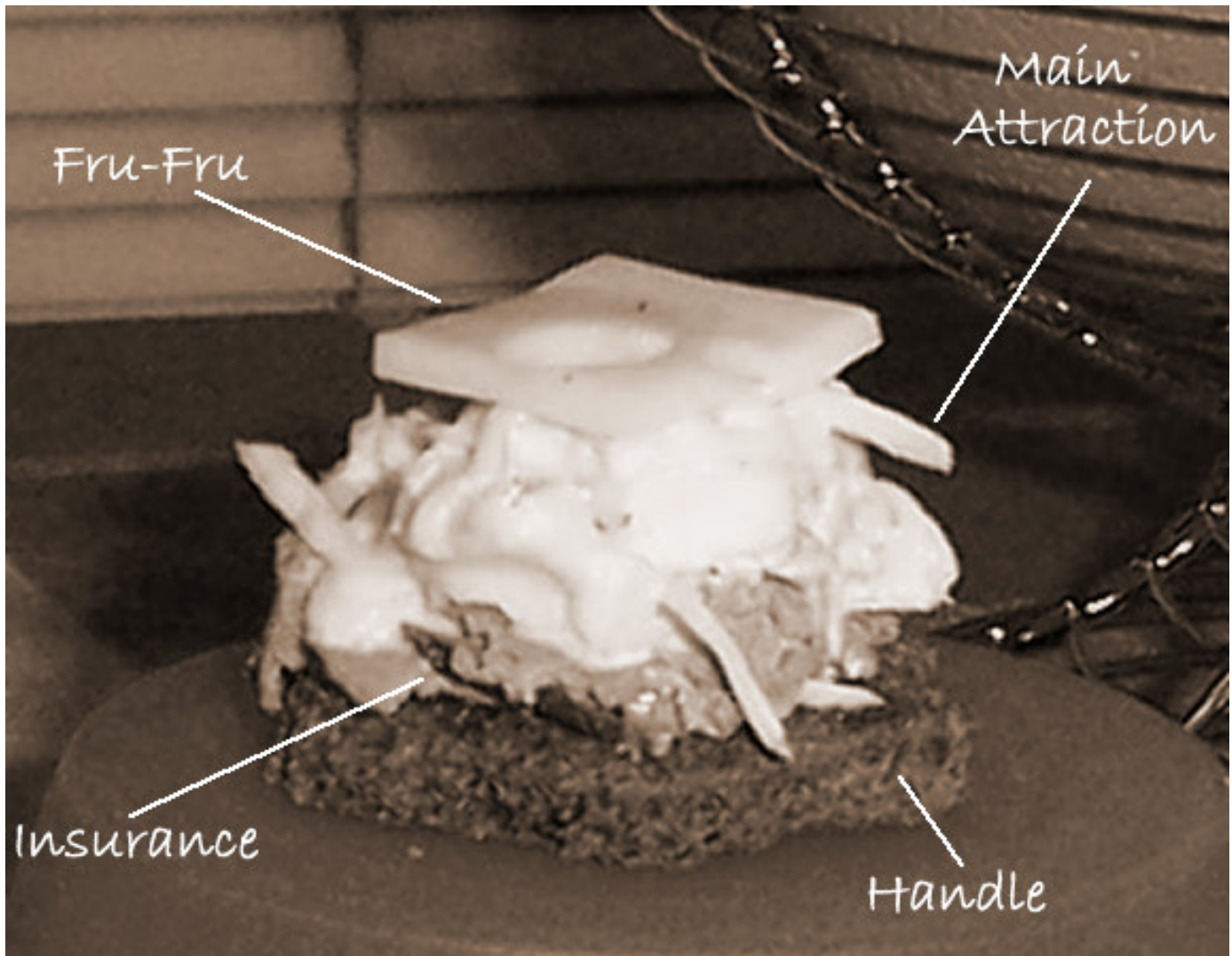
Appetizers in a Rush

April 17, 2004

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

<http://mysecrechef.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

Party Menu Tips

Notes

- 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.

Apricot Coins

4	ounces	goat cheese
1	tablespoon	milk -- more if needed
6	ounces	dried apricots
2	teaspoons	honey
1	tablespoon	fresh thyme leaves
1 ½	ounces	walnuts -- toasted

Using a mixer, beat the cheese and enough milk to make a smooth mixture. (Add additional milk by teaspoons if needed)

To assemble: Spoon the cheese mixture into a plastic bag that has one corner trimmed off. Squeeze out a small dollop of the mixture onto each apricot. Top with a walnut, drizzle with honey and sprinkle with fresh thyme.

Per Serving (excluding unknown items): 31 Calories; 2g Fat (45.5% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Asparagus-Parmesan Pastry Rolls

17 ¼	ounces	frozen puff pastry sheets -- thawed
1	each	egg yolks
5	ounces	parmesan -- finely grated
2	pounds	asparagus -- thick stalks

Unfold pastry sheets and halve each parallel to fold lines. Roll out 1 half (keep remaining 3 halves chilled, covered with plastic wrap) into a 20- by 7-inch rectangle with a floured rolling pin on a well-floured surface. (Pastry will shrink slightly after rolling.) Brush off excess flour from work surface and both sides of pastry, then trim all edges with a sharp knife to make even. Cut crosswise into 6 (6 1/2- by 3-inch) rectangles.

Brush rectangles with some egg wash and sprinkle each evenly with 1 packed tablespoon cheese, leaving a 1/2-inch border on long sides. Lay an asparagus stalk along 1 long side, then roll up asparagus in pastry, pressing seam to seal. Make more rolls with remaining pastry, cheese, and asparagus.

Arrange rolls, seam sides down, about 1 inch apart on lightly oiled baking sheets and brush top and sides lightly with egg wash. Chill rolls until pastry is firm, at least 15 minutes.

Preheat oven to 400°F.

Bake rolls in batches in middle of oven until puffed and golden, about 16 minutes.

Transfer with a metal spatula to a cutting board and trim about 1/2 inch from ends. Halve each roll crosswise, then, starting about 1/2 inch from either end, cut each section diagonally in half (see photo, opposite). Stand asparagus rolls on end, 2 by 2 on platters, and drizzle each with 1 drop of truffle oil (if using). Serve warm.

Per Serving (excluding unknown items): 38 Calories; 3g Fat (60.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Belgian Endive Stuffed with Herbed Cheese

2	heads	belgian endive -- leaves separated, washed and dried
8	ounces	Boursin cheese -- room temperature

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

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

Per Serving (excluding unknown items): 68 Calories; 6g Fat (76.5% calories from fat); 2g Protein; 3g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 109mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Bruschetta

12		french baguette slices
1	clove	garlic
2	tablespoons	extra virgin olive oil
1	medium	tomato -- chopped and seeded
2	tablespoons	fresh basil leaves -- chopped salt and pepper

Cut the garlic clove in half. Rub the cut side of the garlic across each baguette slice.

Place the slices on a foil lined cookie sheet and drizzle with olive oil.

Top with chopped tomato and basil. Season lightly with salt and cracked pepper.

Toast in the oven at 375 until bread is no longer soft - about 8-10 minutes.

Per Serving (excluding unknown items): 182 Calories; 6g Fat (30.1% calories from fat); 5g Protein; 27g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 306mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1 Fat.

Finger Sandwiches - Basic

3	loaves	bread -- giant loaves
16	ounces	cream cheese -- softened
3	tablespoons	raspberry jam
3/4	pound	smoked turkey breast -- thin
12	ounces	pimiento cheese product
2	large	cucumbers -- seeded , sliced
1/4	cup	buttermilk
1	tablespoon	fresh tarragon -- chopped

Trim edges from bread. Cover bread and set aside.

Whip half of the cream cheese with the raspberry jam until smooth. (This mixture will be used with the turkey breast.)

Whip the remaining half of the cream cheese with the tarragon and buttermilk. (This mixture will be used with the cucumbers.)

To assemble:

Smoked Turkey - For each 2 slices of bread, spread a generous amount of the raspberry cream cheese on each slice. Top one slice with a slice of the turkey. Close the sandwich and cut into four triangles or squares. To garnish, dip one end in chopped parsley.

Cucumber - For each 2 slices of bread, spread a generous amount of the buttermilk cream cheese on each slice. Cover one slice with a layer of cucumbers. Close the sandwich and cut into four triangles or squares. To garnish, dip one end in additional chopped tarragon.

Pimento - For each 2 slices of bread, spread a generous amount of pimento cheese on one slice. Close the sandwich and cut into four triangles or squares. To garnish, sprinkle one end with poppy seeds.

Per Serving (excluding unknown items): 87 Calories; 7g Fat (67.6% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Serving Ideas : Serve on a platter with spring greens or baby greens as garnish.

Pear & Brie in Phyllo

2	each	pears -- preferable anjou, peeled and cut into 1/4" dice
1/2	cup	light brown sugar
4	ounces	brie
5	pieces	phyllo dough
1	each	egg white
1	stick	butter

Combine pears, sugar and 1/4 of the butter in a sauce pan over medium-high heat. Cook until pears are just tender.

Remove pears from heat and cool.

Unroll a package of phyllo dough and cover with a damp (not wet) towel. (Note: You will remove and replace this towel as needed as you use each additional layer.)

Remove on sheet and lay on work surface. Using a pastry brush, lightly brush on a coating of melted butter.

Place a second layer on top of the buttered layer. Brush it with butter.

Cut the sheet into 3 long strips.

At the top of each strip, place a small amount of filling and fold over the edge at a 45-degree angle.

Continue folding the strip in a flag-fold fashion until you have folded it all into a triangle. Seal any loose edges with melted butter.

Place in freezer for later use.

To bake: Place on a lined sheet pan and brush with butter or egg wash. Bake at 400 degrees until golden - about 15 to 20 minutes.

Per Serving (excluding unknown items): 98 Calories; 7g Fat (64.6% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 110mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Prosciutto-Wrapped Gorgonzola with Arugula

20 slices prosciutto -- paper-thin
4 ounces arugula -- (baby) about 4 cups
12 ounces Gorgonzola cheese -- crumbled
3/4 cup dried currants or raisins

Working with 1 slice of prosciutto at a time, cut prosciutto crosswise into 3 rectangles.

Space prosciutto pieces 2 inches apart on work surface. Arrange 3 arugula leaves side by side atop each prosciutto piece, allowing tops to extend 1 inch over 1 long side of prosciutto.

Top each with about 1 teaspoon cheese. Press generous 1/2 teaspoon currants into cheese atop each prosciutto piece. Starting at 1 short end of each prosciutto piece, roll up tightly, jelly-roll style. Transfer to platter. (Can be made 4 hours ahead. Cover rolls tightly and refrigerate.)

Per Serving (excluding unknown items): 173 Calories; 8g Fat (43.1% calories from fat); 22g Protein; 2g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 2117mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

NOTES : Makes 60 pieces.

Bon Appétit
June 2003
Adapted from Rozanne Gold

Spring Chicken Salad

1 whole chicken -- cooked and pulled
1 cup grapes -- seedless and halved
1/4 cup mayonnaise
1/2 cup sour cream
2 tablespoons fresh tarragon -- chopped
1 each shallot -- minced
1 clove garlic -- crushed
salt and pepper -- to taste

Pick cooked chicken from the bone, ensuring there are no bones in the chicken that has been pulled.

In a medium-size bowl, combine sour cream, mayonnaise, tarragon, shallot and garlic. Whisk together well.

Taste and adjust seasoning with salt and pepper.

Add chicken and grapes. Serve over salad greens.

Per Serving (excluding unknown items): 655 Calories; 51g Fat (70.3% calories from fat); 44g Protein; 4g Carbohydrate; trace Dietary Fiber; 238mg Cholesterol; 236mg Sodium. Exchanges: 6 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat.

Toast Points

20 each French baguette slices
4 ounces extra virgin olive oil

Slice baguettes on an angle.

Drizzle with olive oil.

Bake on a lined sheet pan at 300 for 8 - 10 minutes.

Per Serving (excluding unknown items): 119 Calories; 6g Fat (48.8% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fat.