



Cook Along with Mulvaney's

October 24th, 2020

Recipe Guide: Autumn-Inspired Meal

- Autumnal Salad with Maple Dijon Vinaigrette
- Fettuccini with Walnuts, Winter Squash & Aged Cheddar
- Pork Schnitzel with Braised Red Cabbage
- Strawberry Short Cake

Shopping List & Kitchen Items



SHOPPING LIST

4 recipes / 4 servings each

Head of garlic	1 pint heavy cream
2 onions	4 single cut pork chops
Little thing of pomegranate seeds	Bacon
2 oranges	Olive oil, extra virgin and regular (or canola oil)
An apple	Box of Fettucine pasta
Arugula	1 C toasted walnuts
6 heads of Belgian Endive	Maple Syrup
One medium winter squash (butternut, acorn...)	Vinegar
1 bunch rainbow chard (or other green)	Dijon Mustard (Like Grey Poupon)
1 bunch thyme	Small thing of caraway
2 pints of strawberries	Economy red wine (or just use what you are drinking, you can use port and eliminate the honey)
Head of red cabbage	Honey (keeps forever, literally)
Block of cheddar	Flour
1lb butter	Sugar
Eggs	Breadcrumbs



KITCHEN ITEMS

Chef's knife	Whisk
Serrated knife	Pot for pasta water
Cutting board	4 Sauté pans
Towels	3 large for pasta, chops and cabbage
Mason jar	1 medium for sauté of spaetzle
Bowls -	
3 Medium for salad, biscuits & berries	
3 Large for pasta, spaetzle and cream	

You're Set!

Let's
Get Cookin'

Recipe Guide 1

Autumnal Salad w. Maple Dijon Vinaigrette



INGREDIENTS

Salad:

6 heads of Belgian Endive

1/4 cup pomegranate seeds (cheat and buy the container, we can explain how to clean if you must)

2 oranges, supremed

1 Apple Hill apple sliced

A small mountain of bacon, cooked as lardon (3 slices, maybe 7- I can eat a lot)

Dressing:

3 ounces extra virgin olive oil

1 ounce apple cider vinegar

1 ounce maple syrup (could sub molasses or a little brown sugar)

1 Tablespoon Dijon mustard

salt & pepper to taste

PROCEDURE

Dressing

- Add all the ingredients for the Maple Dijon Vinaigrette to a small mason jar, you can add the juice from the oranges if you like as well. Shake to mix, check for seasoning.

Salad

- Cut endive and put in bowl with arugula, cheese and apple. Dress appropriately, check for seasoning and plate. Decorate with pomegranate seeds.

Recipe Guide 2

Fettuccini w. Walnut Squash & Aged Cheddar



INGREDIENTS

- 12 Ounces fresh fettucine or 8 ounces dry
- 1 Cup toasted, roughly chopped walnuts
- 1 ½ Cups of roasted winter squash, thumbnail dice
- 2 cups loosely packed rainbow chard or other leafy green (spinach, kale)
- 1 teaspoon of fresh thyme leaves
- ½ onion, sliced thinly
- 3 cloves of garlic, sliced
- 4 Tablespoons butter (feel free to use olive oil)
- 6-8 ounces aged cheddar, grated

PROCEDURE

This recipe goes quickly once the squash is cooked, having your Mise en Place ready will help you a lot.

- Peel squash, cut into cubes, toss in a bit of olive oil and roast in a hot oven until soft. Getting brown is a good thing, the caramelization adds great flavor.
- Put on a pot of water, bigger is better, and salt it lightly.
- Pick the thyme, slice the aromatics and set out the greens (if leaves are big cut them down but remember they shrink in the heat)
- Grate your cheddar (probably between 4-6 ounces) and you are ready to cook.
- Melt butter in a large sauté pan, add shallots and garlic and sauté until soft and golden.
- Start cooking the pasta (dry is ok just give yourself 10-12 minutes cooking time)
- Add thyme and squash, stir and taste for salt and pepper, adjust.
- Wilt the greens, throw in ½ the walnuts and toss in pasta and a bit of the cheese, as sauce comes together if it seems dry add some of the pasta water, this part is up to your sense of taste.
- Twirl pasta out onto 4 individual plates or one family style platter, top with remaining walnuts and cheese and serve

Recipe Guide 3

Pork Schnitzel w. Braised Red Cabbage

**INGREDIENTS****Pork Schnitzel**

4 single cut pork chops, about 6 oz

Kosher salt and freshly ground black pepper

1/2 cup all-purpose flour

3 large eggs, beaten

2 cups breadcrumbs (homemade is best but the can or Panko is ok)

Oil for frying

PORK SCHNITZEL PROCEDURE

- Remove any sinew from the chops, a little fat is ok.
- Lay between parchment or plastic and gently pound pork to 1/4-inch thickness, using a meat pounder or the bottom of a heavy 8-inch skillet.
- Season pork cutlets with salt and pepper.
- Fill a wide, shallow bowl or high-rimmed plate with flour
- Fill a second bowl or plate with beaten eggs
- Fill a third bowl or plate with breadcrumbs.
- Working with one cutlet at a time, dredge a cutlet in flour with your left hand, shaking off excess.
- Transfer to egg dish, then turn pork with a pair of tongs to coat both sides.
- Lift out, allowing excess egg to drain off, then transfer to bread crumb bowl.
- With your left hand, scoop breadcrumbs on top of pork, then gently press, turning pork to ensure a good layer of crumbs on both sides.
- Using your right hand, transfer cutlet to a clean parchment-lined baking sheet, then repeat with remaining cutlets. Be careful not to over-bread the cutlets.

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Recipe Guide 3

Pork Schnitzel w. Braised Red Cabbage

PORK SCHNITZEL PROCEDURE cont.

- Heat a good amount of oil in a 12-inch cast iron skillet over medium-high heat until shimmering and just shy of smoking.
- Working with one cutlet at a time, gently lower cutlet into hot fat. Pro tip- lay it down away from you, prevents splattering yourself with oil and keeps the cutlet from sticking to the bottom of the skillet.
- This should also help “waves” develop in the cutlet—the sign of true schnitzel success.
- At this point you might lower the heat to medium until bottom side is browned and crisp.
- Flip cutlet and fry until second side is browned and crisp. Transfer to a wire rack set in a rimmed baking sheet and season lightly with salt.
- Recipes often recommend opening cold beer as you sit down, I usually open it at the beginning of recipe. Also usually make a little pan sauce, easy to do as you will see on the Zoom

Recipe Guide 3

Pork Schnitzel w. Braised Red Cabbage

**INGREDIENTS****Braised Cabbage**

- 1 head of red cabbage, julienned
- 1 onion (yellow, red or white), sliced into thin half moons
- 2 ounces butter
- 2 t toasted caraway, whole or ground
- 1 C Red wine
- Honey (optional)
- Salt

CABBAGE PROCEDURE

- In a large sauté pan or rondo, melt the butter (olive oil good substitute) over medium heat and gently cook onions until translucent.
- Add the cabbage and stir to incorporate. Add red wine and, if desired honey to taste. Simmer until the cabbage is soft and the liquid is reduced.

**INGREDIENTS****Spaetzle**

- 2 Eggs
- 2/3C milk
- 2C AP flour spooned in
- 1t salt
- ½t nutmeg
- 1t baking powder (optional, potentially heretical)

SPAETZLE PROCEDURE

- Combine eggs, water, milk, salt, nutmeg together.
- By hand, incorporate the flour fully with the wet ingredients, but do not overwork.
- Using a perforated pan (or your imagination) work bit of spaetzle into boiling water.
- When the spaetzle rises to the surface, it is finished cooking.
- Spread onto a sheet pan, coating lightly with oil to cool.

For service, melt some butter in a pan, when it begins to brown add spaetzle and sauté until crunchy and brown on the outside. Check for seasoning and serve.

Recipe Guide 4

Strawberry Short Cake



INGREDIENTS

Self-Rising Flour

1C All Purpose flour
1C Cake flour
1T Baking Powder
1t Salt

FLOUR PROCEDURE

- Whisk all together and keep in sealed container
- Using a 1-ounce cookie scoop, scoop balls of dough onto a parchment-lined baking sheet, spacing them 2 inches apart.
- Brush tops with cream and bake until golden brown, about 12 minutes. Remove biscuits and set aside.



INGREDIENTS

Strawberries

1-quart strawberries, sliced
1/2 cup sugar, divided
5 ounces (about 1 cup) self-rising flour

1-pint heavy cream
1/2 teaspoon vanilla extract

STRAWBERRIES PROCEDURE

- Adjust oven rack to center position and preheat oven to 450°F.
- Toss strawberries with 6 tablespoons sugar in a medium bowl and set aside.
- Place flour in a large bowl. Whisk in 1 tablespoon sugar.
- Stirring with a wooden spoon, drizzle in 3/4 cup cream.
- Stir until a lumpy dough is formed. Do not over mix.
- Using a wire- whisk or an electric mixer, whip remaining cream with remaining tablespoon sugar and vanilla extract until stiff peaks form.
- Split biscuits, top with strawberries and cream, close shortcakes, top with more whipped cream, and serve immediately.