

Cooking Demonstrations with Mulvaney's

October 22nd, 2020

Recipe Guide: Autumn-Inspired Meal

- Greatest Balsamic Brussel Sprouts & Robuchon's Buttery Potatoes
- Perfect Roasted Chicken with Pan Sauce
- Apple Pie

Shopping List & Kitchen Items



SHOPPING LIST

3 recipes / 4 servings each

1 3-4lb chicken	ground cinnamon
2lb butter	nutmeg/clove/star anise
1.5lb Yukon Gold Potatoes	All-purpose flour (not too much it goes bad)
1.5lb Brussels Sprouts	Sugar (as much as you want, it keeps)
2 Onions	kosher salt (ditto)
A Carrot	Small bottle of economy balsamic vinegar
A Shallot	Cup of white wine (decent, but open for a while is ok)
2 lemons	Olive oil
8 large apples (roughly 4 pounds)	
fresh or powdered ginger	
Bunch of chives and tarragon	
8 ounces brown sugar	
Vanilla, extract or bean	
A bit of tapioca/cornstarch/all-purpose flour	



KITCHEN ITEMS

Large cast iron skillet	Chef's knife
Spatula	Serrated knife
Big pot	Peeler
Wooden spoon	Food processor
Whisk	Saran wrap
Metal spoon with holes	Rolling pin (or use wine bottle)
Tongs	Oven to set 400
Kitchen twine	
Roasting pan	
Strainer	
Cutting board	

You're Set!

Let's
Get Cookin'

Recipe Guide 1

Greatest Balsamic Brussel Sprouts



INGREDIENTS

serves 4

2 cups Brussels sprouts, cut in half lengthwise

3 tablespoons olive oil

1/4 cup balsamic vinegar

Salt and pepper to taste

PROCEDURE

- Preheat the oven to 400°F.
- Gently heat the oil over medium in a cast iron skillet, then add the sprouts, cut-side down. Cook without moving until they brown nicely and develop a crust. This is where the flavor happens.
- Transfer the skillet to the oven and roast until sprouts are cooked through.
- Remove from the oven, add the balsamic vinegar to deglaze, gently shaking and tossing the skillet until there is no excess vinegar in the pan.
- Season to taste with salt and pepper and serve immediately.

Recipe Guide 2

Robuchon's Buttery Potatoes



INGREDIENTS

serves 4

1.5 pounds Yukon gold or golden fingerling potatoes (la ratte is the preferred kind, a little grows in Capay) - all of similar size

12 ounces unsalted butter, cold, cut into small cubes

1-ounce milk

Salt to taste

PROCEDURE

- Place unpeeled potatoes in a pot and cover with water. Bring to a boil, then reduce heat to a rapid simmer and cook for 35 to 40 minutes or until tender.
- Drain and peel. Transfer to a bowl and let potatoes cool slightly. Put potatoes through a food mill on the finest setting and then back into the cooking pot.
- Heat pot over medium heat stirring until heated through and steam begins to come off the bottom of the pot.
- Add butter in 5 additions, allowing each addition of butter to be almost melted before adding the next until it all has been incorporated. Stir in warm milk until combined. Using a whisk, vigorously stir potatoes until fluffy.
- Season with salt.

Recipe Guide 3

Perfect Roasted Chicken with Pan Sauce



INGREDIENTS

serves 4

1 3-4 pound chicken

1 lemon

1 medium onion, quartered

Kosher salt

Baking Soda

PROCEDURE

- The day before cooking your chicken, rinse, dry and sift over it a light sprinkle of baking soda. Store in fridge uncovered (this develops a pellicle and a crispier skin)
- An hour before you are going to cook it bring the chicken out and set it on a plate lined with paper towels.
- Stuff with a cut lemon and onion, maybe some herbs (tarragon, thyme, rosemary) and salt the outside generously.
- Cut the wing tips off, put them along with neck into an oven proof frying pan.
- Truss the chicken and put it into a preheated 450 degree oven (425 if it gets smokey) convection on if you have it.
- After 1 hour, check the color of the juices running from thighs. If they run red/pink, return the chicken to the oven and check it again in 5 minutes.
- Remove the chicken from the oven, transfer to a pan with a rack and let rest for 15 minutes before carving it. Meanwhile you can start your sauce.

Recipe Guide 3

Perfect Roasted Chicken with Pan Sauce



PAN SAUCE INGREDIENTS

serves 4

1/2 Spanish or regular onion, thinly sliced

1 carrot, thinly sliced

1/2 cup white wine

2 Tbsp butter

1 shallot, minced

2 tsp minced fresh tarragon

1 Tbsp minced fresh chives

Squeeze of lemon (optional)

2 tsp Dijon mustard

PROCEDURE

- Put the pan in which you have just roasted a chicken over high heat and cook any remaining skin for 1 minute or so. The juices will cook down and stick to the bottom of the pan. If you must pour off all but 1 or 2 tablespoons of the rendered fat.
- Add the onion and carrot and stir with a wooden spoon coating the vegetables with the fat and cooking until the onion is translucent, 3 to 4 minutes.
- Add the wine and deglaze the pan, scraping up the tasty bits. Cook all the wine until the pan starts to crackle, continue cooking until the onion and carrot are caramelized, 1 to 2 minutes.
- Add 1 cup hot water (you can use stock if you want), deglaze the pan again, and let the water cook down completely.
- Add another 1 cup hot water and cook until reduced by about two-thirds.
- While the wine and water are cooking down, or earlier in the day, melt half the butter in a small saucepan over medium heat, adding the shallot as the butter melts. Cook the shallot gently until translucent.
- Remove the pan from the heat.
- Strain the sauce into the saucepan with the shallots and bring to a gentle simmer.
- Add the remaining butter and mustard swirling it in the pan until completely incorporated into the sauce.
- Stir in the herbs.
- While the sauce is reducing, separate the legs from the chicken. You can add any juices accumulated on the carving board to the pan sauce.
- Carve the chicken. Check the flavor of sauce, adjust seasoning and add lemon if desired. Arrange the chicken on plates. Holding back the solids in the pan, Strain the sauce into a warmed sauce boat and stir in the herbs, or spoon the sauce over the chicken and use the herbs like confetti.

Recipe Guide 4

Apple Pie



PIE CRUST INGREDIENTS

- 2 cups unbleached, all-purpose flour
- 2 Tbsp Sugar
- 2 tsp kosher salt
- 8 ounces unsalted butter, cold and cut into 1/2" cubes
- 1/4 cup ice water

PROCEDURE

- Put the flour, sugar and salt into the large work bowl.
- Pulse a few times to sift, 10 seconds.
- Add butter and pulse until the mixture resembles coarse crumbs.
- Pour in water, 1 tablespoon at a time, and pulse until the mixture just forms a dough—you may not need all of the water.
- Divide the dough equally into 2 pieces and form each into a flat disk.
- Wrap each with plastic wrap and refrigerate for at least 30 minutes or until ready to use, up to 1 week.
- This dough also freezes well, up to 3 months.

Recipe Guide 4

Apple Pie



APPLE PIE FILLING INGREDIENTS

8 large apples (~4 lbs.) Peeled and sliced
8 ounces brown sugar (1C packed)
Vanilla
4 ounces butter, small cubes
0.25C tapioca/cornstarch/all purpose flour
2.5t cinnamon
0.75t salt
0.5t ginger
0.25t nutmeg
0.25t clove

PROCEDURE

- Mix together all ingredients except starch.
- Let macerate for an hour or two, tossing frequently.
- Before filling pie dough/cobbler plate stir in starch evenly.
- Finish assembly and bake in a 350-degree oven (the low temp will allow the crust to brown without over cooking the apples).

About The Restaurant

Mulvaney's Building & Loan

Location: 1215 19th Street, Sacramento, CA 95811

Phone: 916-441-1771

info@culinaryspecialists.com

mulvaneysbl.com