



## French Bread

### Ingredients:

- 1 1/4 Cups warm water (105 - 110 degrees)
- 1 Tablespoon sugar
- 1 Tablespoon vegetable or olive oil
- 1 teaspoon salt
- 1 package rapid rise yeast
- 3 - 3 1/2 cups all purpose flour
- 1 large egg, lightly beaten

### Directions:

1. Insert the dough hook attachment into a stand mixer. Combine the water, sugar, oil and salt in the bowl of the mixer. Sprinkle with the yeast and stir to dissolve.
2. Add the flour one cup at a time with the mixer at very low speed until all the flour is incorporated. Increase the speed to medium and knead the dough for about 10 minutes or until smooth and elastic. The dough should be slightly sticky when pinched between your fingers. Add additional flour 1 tablespoon at a time as necessary.
3. Shape the dough into a large ball and place in a greased bowl. Place the bowl in a warm location and cover with a dishtowel. Allow the dough to rise for about 45 minutes or until doubled in bulk.
4. Punch down the dough. Cover and allow it to rise for about 30 - 45 minutes or until doubled in bulk again.
5. Punch down the dough again and divide into halves. Shape into two long loaves (about 12" each) and place in 2 oiled French bread pans. Bread may also be baked on a large oiled baking sheet, but it will spread out more when it rises. Cover the dough with a towel and allow to rise for about 30 minutes or until doubled in bulk. Do not let it over rise or it will collapse.
6. Preheat the oven to 400 degrees.
7. When the bread is ready to bake, lightly brush the tops with a beaten egg. Bake for 20 - 22 minutes or until golden brown.
8. Remove from the pans and cool on a wire rack.



**Helpful Hints:** Put a pan of water on the lower rack in the oven during baking for a crispier crust. A good method for getting the dough to rise is to place the dough in the oven with only the light on. The temperature is about right for rising.

Prep time: 20 minutes

Rise time: ~2 hours

Cook time: 20-22 minutes

Yields: 2 loaves



## Asparagus Salad

Guild Member Pam Mischell declares the Asparagus Salad "easy to make, very pretty, and a winner!"

### **Ingredients:**

1 pound asparagus , tough ends removed

6 - 8 cups od salad greens

2 eggs, hard cooked and slices

1/4 cup finely chopped red bell pepper

White Wine & Dijon Vinaigrette dressing (see below)

### **Directions:**

1. Cook the asparagus in boiling water in a saucepan for 7 minutes. Remove from the heat and plunge into cold water to stop the cooking process and preserve the green color.
2. Place the salad greens on individual plates and arrange the cooled asparagus on top. Arrange the eggs on top of the asparagus and sprinkle with the red bell pepper.
3. Drizzle with vinaigrette

Prep Time: 10 minutes

Yield: 6 - 8 servings

## **WHITE WINE & DIJON VINAIGRETTE**

**Ingredients:** 1/3 cup extra-virgin olive oil

3 tablespoons white wine 6-vinegar

3 tablespoons minced shallots

1 1/4 teaspoon Dijon mustard

1/2 teaspoon salt

Fresh ground pepper to taste

### **Directions:**

Combine. The olive oil, vinegar, shallots, mustard, salt and pepper in a bowl and whisk until blended. OR combine the ingredients in a jar with a tight-fitting lid and shake to blend just before drizzling over the salad.

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## Cassoulet

### **Ingredients:**

- 1 pound dried Great Northern beans
- 12 thick slices of bacon, cut into 1' pieces
- 3 large onions sliced
- 1 can (28 ounces) chopped tomatoes, including juice
- Fresh ground pepper to taste
- 4 garlic cloves, minced
- 1/2 teaspoon thyme
- 5 sprigs of parsley, chopped
- 1 large bay leaf
- 3 cups chicken stock (can use canned)
- 1 pound pork shoulder, trimmed and cubed
- 1 pound lamb shoulder, trimmed and cubed (Can use lamb shoulder chops)
- 1 pound Polish sausage, cut into 1/2" slices (Can use Italian sausage)
- Olive Oil

### **Directions:**

1. Soak beans using the package instructions (either overnight or quick soak)
2. Cook the beans in boiling water in a heavy saucepan for 1 1/2 to 2 hours or until almost done, drain.
3. Cook the bacon in a saute pan, until it just begins to render some fat. Add the onions and saute for at least 20 minutes or until the bacon begins to brown and the onions almost disappear, stirring frequently; drain well.
4. Slowly add the undrained tomatoes, scraping up any browned bits from the bottom of the pan. Stir in the pepper, garlic, thyme, parsley, bay leaf and chicken stock. Simmer for 15 minutes.
5. In a separate skillet brown the pork, lamb and sausage in olive oil in small batches.
6. Preheat the oven to 325 degrees.

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7. Place enough beans to cover the bottom of a Dutch oven. Top with the pork, lamb and sausage. Cover with remaining beans and onion mixture. Stir gently to combine.
8. Cover and bake for 1 to 1 1/2 hours, skimming fat if necessary. Remove the bay leaf before serving.
9. May refrigerate up to 2 days before serving or freezing. Reheat slowly.

Prep Time: 1 1/2 hours

Soak Time: Overnight

Cook Time: 2 1/2 to 3 1/2 hours

Yield: 8 to 12 servings



## Beef Tenderloin with Mushroom and Wine Sauce

### **Ingredients:**

- 1/4 cup (1/2 stick) butter
- 2 garlic cloves, crushed
- 16 ounces fresh mushrooms, sliced
- 2 large onions, peeled and sliced
- 8 slices of bacon, chopped.
- 1/4 cup bottled chili sauce
- 1/2 teaspoon marjoram
- 1/2 teaspoon thyme
- 8 drops Tabasco sauce
- 4 dashes of Worcestershire sauce
- 4 beef bouillon cubes
- 1 1/4 cups dry red wine
- Salt & Pepper to taste
- 2 Tablespoons all-purpose flour
- 1 whole beef tenderloin (4-5 pounds) trimmed & tied

### **Directions:**

1. Preheat oven to 450 degrees
2. Melt the butter in a large skillet. Add the garlic, mushrooms, onions and bacon and saute for 5 - 10 minutes, stirring occasionally.
3. Add the chili sauce, marjoram, thyme, Tabasco sauce, Worcestershire sauce, wine and bouillon cubes. Season with salt & pepper. Sprinkle with flour and stir to combine. Simmer for 20 minutes.
4. Place the tenderloin in a large roasting pan. Pour the onion mixture over the tenderloin and cover with foil.
5. Bake for 35 to 40 minutes, checking the temperature with an instant-read thermometer after 25 minutes. The internal temperature should reach 130 to 135 degrees. Remove from the oven. Keep warm and let stand for 15 minutes.

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6. Slice the tenderloin and serve the sauce on the side.

Prep Time: 40 minutes Cook Time: 35 - 40 minutes Yield: 10 - 12 servings

*Helpful Hint:* This all can be assembled in the morning and chilled. Bring to room temperature before baking.



## Chocolate Souffles

My family thinks each individual soufflé is special. This is a great make ahead dessert.

### **Ingredients:**

2 tablespoons butter

2 tablespoons all-purpose flour

1 cup whole milk

1/4 cup plus two tablespoons sugar, divided

8 ounces bittersweet chocolate, chopped

1 ounce unsweetened chocolate, chopped

4 eggs, separated

1/4 teaspoon salt

Whipped cream

### **Directions:**

1. Butter 8 6-ounce ramekins; dust with sugar.
2. Melt the butter in a heavy saucepan over medium heat. Add the flour and cook for about 1 minute or until the mixture is bubbling, stirring constantly. Increase the heat to medium-high and gradually stir in the milk. Cook 2 - 3 minutes or until mixture thickens and boils, stirring constantly.
3. Remove from the heat. Add 1/4 cup sugar and chocolate, stirring until smooth.
4. Pour the soufflé mixture into a large bowl. Cool to room temperature, stirring occasionally. Stir in egg yolks.
5. Beat the egg whites and salt in medium bowl until soft peaks form. Gradually. Add the remaining 2 tablespoons sugar; beat until stiff. Fold the egg whites into the soufflé 1/3 at a time.
6. Divide the soufflé mixture evenly among the prepared ramekins. Cover tightly and freeze for up to two weeks.
7. Preheat oven to 400 degrees.
8. Unwrap the frozen souffles and place on a baking sheet. Bake for about 22 minutes or until puffed and centers move slightly when shaken gently.
9. Serve immediately with whipped cream.

Prep Time: 30 minutes    Cook Time: 22 minutes    Yields: 8 servings

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