

## Page 96 | Wild Rice Pilaf

The sweetness of apple juice and fruit makes this a harmonious accompaniment to poultry or pork entrees



### Ingredients:

- 1 cup chopped onion
- 1 cup chopped celery
- 2 tablespoons butter
- 1/2 cup slivered almonds, toasted
- 1/4 cup dried cherries, cranberries or apricots
- 1/3 cup minced parsley
- 2 1/2 cups wild rice, rinsed & drained    Salt and Pepper
- 1 1/2 cups chicken broth
- 2 1/2 cups apple cider or apple juice.

### Directions:

1. Sauté the onion and celery in the butter in a large saucepan for about 10 minutes or until light brown.
2. Stir in the wild rice, chicken broth and apple cider. Bring to a boil. Cover and reduce the heat. Simmer for 1 1/4 to 1 1/2 hours or until the grains begin to split and the rice is tender. Drain any liquid.
3. Stir almonds, cherries and parsley into the rice. Season with salt and pepper.

Prep Time: 25 minutes    Cook Time: 1 1/4 to 1 1/2 hours

Yield: 8 to 10 servings

## Page 202 | Herbed Green Beans

### A favorite vegetable taken to another level



#### Ingredients:

- 2 cups water
- 1 pound fresh green beans, ends trimmed
- 1/2 teaspoon basil
- 1/2 teaspoon marjoram
- 1/2 teaspoon chives
- 1/4 teaspoon thyme
- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup sunflower seeds or toasted

#### Directions:

1. Bring the water to a boil in a saucepan. Add the beans and cook, tightly covered, for 12 or 15 minutes or until tender-crisp.
2. Mix the basil, marjoram, chives and thyme in a small bowl.
3. Heat the oil in a large skillet over medium heat. Sauté the onion and garlic in the oil for 3 to 5 minutes or until tender, adding the herbs near the end.
4. Drain the beans and add to the onion mixture. Season with salt and pepper and toss lightly. Sprinkle with the sunflower seeds.
5. Serve immediately.

Prep Time: 20 minutes

Cook Time: 15 minutes.

Yield: 6 servings

To purchase the Guild's *Steamboat Seasons* cookbook, email [strings@stringsmusicfestival.com](mailto:strings@stringsmusicfestival.com)

## Page 146 | Teriyaki Salmon

The addition of orange sets this salmon's sauce apart from another teriyaki



### Ingredients:

- 1 (1 pound) salmon, skin removed
- 4 or 5 garlic cloves, slivered
- 1 (1-inch) piece fresh gingerroot, slivered
- Juice of 1 lemon
- 1/4 cup teriyaki marinade
- 2 tablespoons frozen orange juice concentrate

### Directions:

1. Make slits on both sides of the salmon. Insert the garlic slivers alternately with the ginger root slivers.
2. Drench both sides of the salmon with lemon juice. Place in an ungreased baking dish. Pour the teriyaki sauce over the salmon. Spoon the unthawed orange juice concentrate over the salmon.
3. Marinate the salmon in the refrigerator for 1 to 2 hours. Turn the salmon once and let marinate for an additional 1 hour.
4. Preheat the oven to 350 degrees. Remove the salmon from the refrigerator so that the salmon and baking dish can both warm up before baking. Discard the marinade.
5. Bake for 20 to 30 minutes or until the salmon flakes easily with a fork. Do not overcook.

Serving Suggestions: Serve with wild rice and a green vegetable.

Prep Time: 25 minutes

Marinate Time: 2 to 3 hours

Cook Time: 20 to 30 minutes

Yield: 4 servings

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## Page 54 | Key Lime Pie

On a Steamboat summer evening, nothing can be more refreshing than this tart frozen pie.



### Ingredients:

- 1 1/4 cups graham cracker crumbs
- 5 tablespoons unsalted butter, melted
- 1/3 cup granulated sugar
- 3 egg yolks
- Grated zest of 2 Key limes (about 1 1/2 teaspoons)
- 1 can (14 ounces) sweetened condensed milk
- 2/3 cup fresh or bottled Key lime juice
- 1 cup heavy whipping cream, chilled
- 3 tablespoons confectioners' sugar

### Directions:

1. Preheat the oven to 350 degrees. Butter a 9-inch glass pie plate.
2. Place the graham cracker crumbs, butter and granulated sugar in a bowl and mix well.
3. Press the mixture onto the bottom and side of the pie plate, forming a neat border around the edge.
4. Bake for 8 minutes or until golden brown. Set aside to cool.
5. Beat the egg yolks and lime zest in a bowl with an electric mixer at high speed for about 5 minutes or until fluffy. Gradually add the condensed milk and beat for about 3 to 4 minutes or until thick. Reduce the mixer's speed and slowly add the lime juice, mixing just until combined.
6. Pour the mixture into the crust and bake for 10 minutes or until the filling is set.
7. Cool on a wire rack. Freeze for 15 to 20 minutes before serving.

8. Whip the whipping cream with the confectioners' sugar in a bowl until stiff peaks form.
9. Cut the pie into wedges and top with whipped cream.

Prep Time: 40 minutes

Cook Time: 18 minutes

Freeze Time: 15 to 20 minutes

Yield: 6 to 8 servings

## Page 214 | Chocolate Mousse

The epitome of simplicity and elegance, this dessert can be made a few days ahead. Whip the cream, just before serving.



### Ingredients:

1 package (8 ounces) semisweet baking chocolate.

1/4 cup water

5 eggs, separated

1 teaspoon vanilla extract

Cinnamon Whipped Cream (see recipe below)

### Directions:

1. Melt the chocolate with the water in a double boiler, stirring until the chocolate is smooth and glossy. Remove from the heat.
2. Beat in egg yolks one at a time. Stir in the vanilla.
3. Beat the egg whites until stiff peaks form and fold into the chocolate mixture.
4. Divide the mousse equally among 8 stemmed glasses. Cover with plastic wrap and chill in the refrigerator for at least 6 hours or up to 4 days
5. Serve with Cinnamon Whipped Cream.

Prep Time: 15 minutes

Chill Time: 6 hours

Yield: 8 servings

### Cinnamon Whipped Cream

#### Ingredients:

1/2 pint (1 cup) chilled heavy whipping cream

2 tablespoons confectioners' sugar

1/4 teaspoon cinnamon

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**Directions:**

1. Whip the cream at medium-high speed with an electric mixer until the cream begins to thicken.
2. Gradually add the sugar and cinnamon and continue beating until soft peaks form. Do not overbeat.

To obtain maximum volume, have the bowl, beaters and cream well chilled.