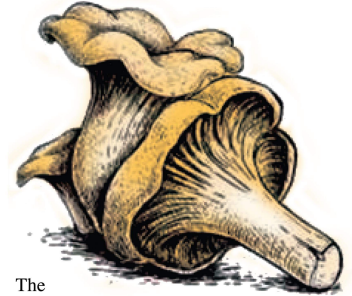


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The
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St-Germain Cocktail



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St-Germain, a French elderflower liqueur, is a newcomer in the bar-craft world yet has made a huge splash so to speak. The cocktail is a floral blend of St-Germain, crisp and dry white wine (or a sparkling variety of similar character), club soda and a garnish of lemon peel.

1 1/2 ounces St-Germain
2 ounces dry white wine or Champagne
club soda, to top

Optional Ingredients

(add one of the following items to make this your own cocktail)

1 ounce lime juice
1 ounce cranberry juice
1 ounce maple syrup
1 ounce honey

1. Add the St-Germain and wine into a glass over ice and stir. Top with club soda.
2. Garnish with a lemon twist.

Salad Saison

seasonal vegetables in vinaigrette

I have taught this salad in several classical cuisine classes at culinary schools. The backbone of this salad is a technique known as blanching, basically partially cooking something and allowing it to cool. Here we blanch the vegetables and air cool them rather than use an ice bath, preserving the natural flavors and texture.



1/2 cup sliced carrots
1/2 cup diced zucchini
1/2 cup diced summer squash
1/2 cup corn kernels
1/2 cup cut green beans

1/2 cup diced cucumber
1/2 cup sliced radishes
1/4 cup minced chives

1/4 extra virgin olive oil
1 tablespoons fresh lemon juice
3 tablespoons red wine vinegar
2 tablespoons dijon mustard
1 pinch kosher salt
1 pinch black pepper

1/2 cup fresh herb leaves (parsely, basil, thyme, chervil, etc)

1. In a large pot of boiling salted water blanch the carrots, zucchini, summer squash, corn and green beans separately for 1 minute or until the pigment sets. Remove from water and shock "au naturel" in a single, non-crowded layer on a lined sheet tray.
2. Once the vegetables are cooled, pat them dry with a paper towel and combine them in a large mixing bowl with the cucumber, radishes and chives.
3. Add to the mixing bowl the olive oil, lemon juice, vinegar, mustard, salt and pepper. Gently mix to coat the vegetables the dressing.
4. Add the herb leaves to the bowl and gently mix again. Taste and adjust seasoning with salt and pepper.
5. Serve on a platter garnished with a bell pepper lily and a few sprigs of chervil.

Seared Salmon

a la plancha style

I use the a la plancha technique often, especially with fish and shellfish.

- 4 6 oz salmon filets (steelhead trout works too)
- 1 tablespoon extra virgin olive oil
- 1 pinch kosher salt
- 1 pinch freshly ground black pepper

1. Set a large skillet or griddle over medium to medium high heat. Brush the salmon with the olive oil and season with the salt and pepper. Set the salmon on the skillet (if using salmon with skin on set the skin side down). Cook for 5 minutes then turn and finish cooking for an additional 1 minute. Remove the salmon and place on a plate with the crisped side up.



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