

Solstice Sairee Recipes



HUNGER FOUNDATION

OF SOUTHERN OCEAN

Cucumber Watercress Gazpacho

1 Large Seedless English Cucumber Peeled And Chopped
2 Bunches Of Watercress - Thick Stems Removed And Coarsely Chopped
1 Scallion Chopped
1 Quart Vegetable Stock
1 Tablespoon Fresh Dill
2 Tablespoons Of Lemon Juice
Salt And Pepper To Taste

Preparation:

Combine all ingredients except Salt and Pepper
puree in batches in blender or food processor
Salt and Pepper to taste
Refridgerate for at least 2 hrs
Serve Cold

Summer Melon Soup

1 Honeydew Melon Seeds Removed And Cut Into Chunks
1 Cantaloupe Seeds Removed And Cut Into Chunks
4 Cups Of Cut Watermelon
Juice Of 1 Lemon
Salt To Taste

Preparation

In a Blender or food processor puree all melon chunks
add lemon juice and salt to taste
Chil for 30 minutes ~ Serve Cold

Summer Champagne Vinaigrette

Servings ~ 10

Ingredients

- 1 Small Shallot Minced
- 2 Tablespoon Dijon Mustard
- 2 Tablespoons Chardonnay Or Other Dry White Wine
- 1/4 Cup Champagne Vinegar
- 2 Teaspoons Honey ~ Optional To Taste
- 1 Tablespoon Fresh Tarragon Crumbled
- 1 Tablespoon Fresh Thyme Crumbled
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Fresh Ground Black Pepper
- 3/4 Cup Extra Virgin Olive Oil

Preparation

In a small bowl, combine the shallots, mustards, chardonnay, vinegar, honey, tarragon, salt and pepper. Whisk to combine.

Slowly drizzle in the olive oil, whisking constantly to emulsify.

Taste for seasoning and adjust as necessary. (For sweeter add more honey).

Elote Corn Risotto

2 Cups Arborio Rice (Or Carnaroli Or Vialani Nano)
1 Cup White Onion, Diced Small
3 Cloves Garlic, Sliced Thin Or Run On Micro Plane
1 Oz. Corn Oil
1 Tbsp Ground Cumin
1-2 Ea Chipotle Pepper (Optional)
1 Tbsp Smoked Paprika
6 Cup Corn Stock, (Chicken Or Vegetable) Hot
2 Oz. Butter, Cubed Or Broken Up
3 Oz. Cotija Cheese (Substitute Parm) Grated Or Crumbled
1 Tbsp Chives
2.5 Cup Corn Kernels, Charred Or Raw (About 4 Ears)
6-8 Oz Sour Cream
4 Oz Cream
(Allow Roughly 30 Mins From Time Onions Start Until Ready To Serve)

Warm Corn Stock to a simmer then reduce temp so as not to reduce but keep Warm.
Get heavy bottomed pan hot over med/high heat. Add Corn Oil to coat
and saute onion & garlic until transluscent (4-5 mins). Add a small pinch of salt.

Add Cumin and smoked paprika

Add Risotto and stir into even layer.

Allow to sit for a few seconds at a time so as to toast rice a bit in between stirring.

Do not allow rice to get any color. It'll will sizzle and start to become opaque around edges.
About 3 to 4 minutes.

Add 1/3 of hot stock and chipotle pepper. Should just barely cover rice.

It's not necessary to stir constantly.

Allow to sit for a minute or 2 in between stirring. Should be at very light simmer.

Cook until stock is mostly absorbed but do not wait for it to be dry.

Add another 1/3 of stock and repeat.

Add last amount of stock and cook until rice is just barely cooked all the way.

Add butter, cheese, sour cream, and chives. Adjust seasoning. Add cream if desired

Adjust consistency w/ more stock or even hot water and butter if needed.

Garnish w/ additional Cotija or queso fresco. Serve immediately.

Cabernet Braised Short Rib

Ingredients For 8 Servings

8 Large Beef Short Ribs, Trimmed Of Excess Fat

Marinade

2 Stalks Celery, Trimmed And Cut

2 Medium Carrots, Peeled, Trimmed, And Cut

8 Cloves Peeled Garlic

1 Bay Leaf

6 Sprigs Fresh Thyme

Salt & Whole Black Pepper, To Taste

2 Tablespoons All-purpose Flour

1 Bottle Cabernet Sauvignon

Sauce

2 Tablespoons Olive Oil

2 Tablespoons Tomato Paste

2 Qt Unsalted Beef Broth, Or Chicken Broth

Garnish

In a large bowl, add the short ribs, all vegetables, herbs and black pepper to taste for the marinade. Add the wine to cover.

Marinate at least 6 hours in the fridge.

Remove the meat from the marinade and pat dry with a towel or paper towel.

Strain the veggies from the wine. Reserve both the wine and veggies for later.

Season the meat with a generous amount of salt and pepper. Coat each side with flour and set aside.

In a large ovenproof pot, heat the olive oil over medium-high heat on the stovetop.

Preheat the oven to 350F°(180C°).

Sear ribs in oil until well-browned. Transfer ribs to plate.

In the same pot, sauté the veggies from the marinade until lightly caramelized and browned.

Add the wine in the pot, stirring to deglaze. Add tomato paste and stir to dissolve.

Bring the liquid to a boil so the alcohol from the wine evaporates.

Add beef broth and bring it back to a boil. Add the ribs back to your pot.

Spoon the liquid over the ribs to coat them.

Cover the pot and transfer to the middle rack of your oven.

Bake until meat is tender enough to be pierced easily with fork, about 2½ hours, opening the oven every 30 minutes and carefully skimming the fat from surface.