

DAVE ESAU RECIPES

Each year Chalet hosts a spring celebration event called Garden Faire. Among the many activities are recipes created by our friend, Dave Esau from Dave's Specialty Foods and Catering in Arlington Heights, IL. Here are this year's easy-to-make and tasty-to-eat treats from the garden.

Vanilla Pudding

Ingredients:

- 2 cups Milk
- 2 Egg yolks
- ½ cup Sugar
- 2 Tbsp. Cornstarch
- 1 ½ tsp. Vanilla
- 2 Tbsp. Butter



Method:

Bring milk to boil in sauce pan. Place yolks, sugar, cornstarch and vanilla in bowl and whisk together very well. Pour ½ boiled milk over yolk mixture. Whisk well and return mixture to hot pan of milk. Cook over medium heat until boiling. Remove from heat and whisk in butter. EAT !!!! Keep in refrigerator up to one week.

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Lemon Curd with Fresh Thyme and Raspberries

Ingredients:

- 6 Eggs
- 5 Yolks
- 12 oz. Sugar
- 1 ½ cups Lemon Juice
- 1 Tbsp Butter
- 1 sprig Fresh Thyme-stemmed and chopped



Method:

Place eggs, yolks, sugar and lemon juice in stainless steel saucepan and whisk very well. Bring mixture to boil over medium heat while whisking constantly. When boiled, remove from heat and whisk in butter and thyme. Pour mixture into bowl and chill in cooler up to 1 week. Serve warm or chilled with fresh berries.

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Sweet Potato Salad

Ingredients:

- 3 Sweet potatoes – peeled, cut into 1" cubes
- ¼ Onion – peeled, julienne cut
- 1/3 cup Olive oil
- ¼ cup Red wine vinegar
- 1 TBSP Pure vanilla extract, top quality
- 1 TBSP Herbs de Provence
- 1 TBSP Sugar
- 1 pinch Salt and Pepper



Method:

Simmer sweet potatoes in water until tender – do not overcook. Drain and set aside. Place rest of the ingredients in large bowl and whisk very well. Toss with sweet potatoes. Enjoy! The salad will keep chilled up to one week. Bon Appetit!

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Bowtie Pasta Salad with Citrus

Ingredients:

- 1 lb Bowtie pasta-cooked al dente, rinsed and chilled
- 10 stalks Asparagus-trimmed
- 1 Eggplant-peeled and sliced into rounds-1/2 inch thick
- Olive oil
- Salt and pepper
- 1 Orange
- 1 Lemon
- 1 Lime
- ¼ cup Feta cheese-good quality
- 1/8 cup Red wine vinegar
- Fresh herbs-basil, thyme or mint-chopped



Method:

Preheat grill. Toss asparagus and eggplant in 3 Tbsp. olive oil and grill until marked and cooked through. Set aside. Zest all 3 citrus into bowl. Add feta, vinegar, herbs and 1/3 cup olive oil to citrus in bowl. Mix well. Toss in pasta and mix well. Check seasoning and add salt and pepper. Slice grilled veggies into large pieces and add to pasta. Toss well to coat and EAT!!

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Quinoa with Corn and Dried Fruits

Ingredients:

- splash Extra virgin olive oil
- pinch Salt
- 1 Shallot - minced
- 2 c. Quinoa - uncooked
- 1 c. Corn – fresh or frozen
- 1 ½ c. Spinach
- ¼ cup Dried apricots
- ¼ cup Dried cranberries
- 3 Tbsp Mayonnaise-good quality



Method:

First, rinse 2 cups quinoa in a fine-meshed strainer. In a medium saucepan, heat the quinoa and 4 cups of water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when you can see the curlicue in each grain, and it is tender with a bit of a pop to each bite. Drain any extra water and set aside.

In a big skillet or pot, heat the olive oil and salt over medium-high heat. Stir in the shallot and cook for a minute or two. Stir in the quinoa and corn and cook until hot and sizzling. Stir in the spinach. Remove from the heat and stir in rest of ingredients. Mix well and serve warm or chilled as side dish or main salad!

Serves 4-6.