

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

“Holiday Celebration in the Teaching Kitchen!”

December 21, 2024

BAKED BRIE CRISPS WITH FRESH BERRY JAM

1 sheet puff pastry, thawed and unfolded (approx. 8 3/4" X 8 3/4")

(Found in your grocer's freezer section.)

1-pint fresh blueberries, rinsed

1-pint fresh strawberries, rinsed, hulled, and quartered

1 TBSP. sugar

1-tsp. corn starch

1/8-cup water

8-ounces brie, cut into 1/2-inch pieces

Preheat oven to 400°F. Gently roll out the puff pastry to approx. a 12"X9" rectangle. Be sure to flour your rolling pin and counter to prevent the dough from sticking. Cut the pastry into 12 even squares (about 3"X3"). Using a non-stick mini muffin/tart pan, spray the pan with non-stick baking spray. Carefully, place one square of pastry into each of the 12 muffin cups spaces, being sure to lay the corners of the dough up and over the edge and onto the top of the pan. You may want to use every other cup so that the pastry from one won't stick to another. After all 12 cups have the puff pastry squares, place one piece of brie into the center of each. Bake for 7-10 minutes, then rotate the pan and continue baking for another 7-10 minutes, or until golden brown. When pastry is a golden brown, remove from oven.

While pastry is baking, cook the berries and sugar over medium high heat in a small saucepan until the juice from the berries is extracted, about 8-10 minutes. In a measuring cup, combine cornstarch and water and stir until cornstarch is dissolved. Add the cornstarch mixture to the hot berries and stir to thicken (approx. 2 minutes). After baked pastry is out of the oven, carefully remove the pastry cups from the hot pan (you may want to use a small spoon to do this) and place them on serving plate. Spoon a small amount of the warm jam onto each brie crisp. Allow to cool slightly before serving.

LEMON-GARLIC BUTTER POACHED SEA SCALLOPS

1-pound dry U-10 dry sea scallops, cleaned, side mussel removed, and patted dry

1/2-pound unsalted butter

1 lemon, juiced

3 cloves garlic, minced

1 TBSP. Italian parsley, chopped

1/2-tsp. Lemon Garlic Sea Salt (found at www.matthewmay.org)

In a medium-size skillet or sauté pan, melt butter over medium heat. Add minced garlic, and juice from half of the lemon. Bring poaching liquid to simmer (light boil). Your pan should be hot enough that you can see steam rising from the pan. Add scallops and poach on this first side about 2-3 minutes, then turn scallops over. By this time, most of

the water should be evaporated and the butter will start to brown. It is on this second side that you will achieve a slight sear (browning). Cook scallops on this second side for only 1 minute and remove from heat. The scallops will finish cooking while you complete the sauce. Add chopped parsley and salt and pepper. Taste the lemon-garlic butter and adjust salt and pepper if needed. You should taste a flavorful balance of fat (butter), acid (lemon juice), and salt.

HERB-CRUSTED BEEF TENDERLOIN

2 TBSP. Garlic & Herb Sea Salt (found at www.eastcoastsaltsaltcompany.com)

1-tsp. cracked black pepper

¼-cup fresh thyme (finely chopped)

¼-cup fresh rosemary (finely chopped)

(Mix the above ingredients until evenly combined)

1 whole beef tenderloin (cleaned and trimmed)

1-tsp. vegetable oil

stem or probe thermometer will be needed

Preheat oven to 350°F. Evenly spread spice mixture on the outside of beef tenderloin, wrap in plastic and refrigerate overnight (at least 12 hours). When ready to cook and serve, preheat oven to 300°F and preheat a large skillet or cast-iron pan (large enough to fit the tenderloin) on medium-high heat. Unwrap tenderloin and pat it dry with paper towels. At this point, you may cut the tenderloin in half to allow for even browning in the size pan you have. Add 1-tsp. of vegetable oil to hot pan (spread oil evenly along the bottom of the pan). Carefully, add beef tenderloin to hot pan, and allow to brown on all sides. This will take 7-9 minutes, depending on the temperature of your pan. After all sides of tenderloin have browned, transfer it to a baking sheet pan/tray and finish cooking in hot oven, uncovered. After 20 minutes, check the internal temperature at the fattest part of the tenderloin (if you cut your tenderloin in half, you will need to check temperature of both pieces). When tenderloin has reached an internal temperature of 125°F, remove it from the oven, cover it with foil and allow to rest for at least 10-15 minutes. The internal temperature will continue to rise to 130°F-133°F (medium rare) (this is called “carry over cooking”) If you prefer your beef medium to medium well, allow to remain in the oven until it reaches an internal temperature of 135°F. Allowing the tenderloin to rest for at least 10 minutes is critical. *If you slice the beef without allowing it to rest, the juices will escape on your cutting board or serving plate and the tenderloin will be dry. After resting for 10-15 minutes, slice the tenderloin and serve!

CHOCOLATE CRÈME BRÛLÉE

¾-cup heavy cream

2-ounces dark or bittersweet chocolate chips

1-tsp. cocoa powder (unsweetened)

4 egg yolks

2 TBSP. sugar (divided)

***Optional fruit/peanut butter on the bottom:**

1 TBSP.: raspberry jam, orange marmalade, or any other jam, jelly, preserve, peanut butter.

2 6 or 8-ounce ramekins or glass dessert dishes

(Makes two desserts)

Preheat oven to 300°F, with rack positioned in center of oven. For custard, add cream to saucepan, along with chocolate chips and cocoa. Bring to a low boil, stirring. In a medium sized bowl, whisk egg yolks and 1 TBSP. sugar together. Slowly whisk in hot chocolate cream, a little at a time, until smooth. (If adding a jam, jelly, or peanut butter: place 1 TBSP. into the bottom of each ramekin before pouring in the custard.) Divide mixture evenly among 2 custard cups (6–8-ounce custard cups or ramekins). Add the filled custard cups to a deep baking dish and pour enough water in baking pan to come halfway up sides of the ramekins. Bake until custards are JUST set, about 40 minutes. (Remember that chocolate is in a liquid state when hot, so it will appear that it is not cooked all the way). Remove from oven and cool on counter before refrigerating. May be prepared 1 day ahead; cooled, tightly wrapped, and stored in refrigerator. When ready to serve, evenly sprinkle sugar on top of each custard. Preheat oven broiler. Place ramekins on baking sheet pan and place 2 inches under broiler, just until the sugar melts and begins to caramelize. Keep a close eye on this process, as the sugar will burn quickly. Rotate sheet pan if needed, to caramelize all the ramekins. Let stand about five minutes before serving.