

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND

“Valentines in the Teaching Kitchen”

February 14, 2025

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.

PROSCIUTTO-WRAPPED SHRIMP WITH TERIYAKI HONEY

12 shrimp, 16/20 or larger, peeled, cleaned, and de-veined

6 thin slices of prosciutto, sliced in half lengthwise

1/2-cup honey, slightly warmed (warmed in microwave for 30 seconds)

1/4-cup soy sauce

1/4-cup sesame oil

1/4-brown sugar

1/4-cup sesame seeds

1/4-cup chopped fresh chives or green onions (optional)

Preheat grill, skillet or frying pan on medium-high heat. Cut prosciutto in half, lengthwise. Wrap each shrimp with one strip of prosciutto. In a small saucepan, combine honey, sesame oil, brown sugar, and soy sauce; bring to a gentle simmer on low heat. Place shrimp on hot grill or sauté pan and cook on each side for about 1½ - 2 minutes per side. Cook shrimp on each side so that they cook 1/3 of the way through on each side. The shrimp will be slightly raw in the very center but will continue to cook after removing them from the heat. This is called 'carry-over cooking'. If you were to cook the shrimp halfway on each side, they will end up over cooked, tough, and chewy. Prosciutto will brown and become slightly crisp. Remove from heat. Serve on individual plates or platter. Drizzle with warm teriyaki honey and garnish with a sprinkling of sesame seeds. Garnish with optional sliced chives or green onions.

LEMON GARLIC COMPOUND BUTTER

¼-pound unsalted butter, room temperature

1-tsp. chopped fresh garlic

1 lemon, zested and juiced

1-tsp. chopped fresh parsley

In a small mixing bowl, add butter, chopped parsley, lemon zest, and lemon juice. Using a rubber spatula or spoon, begin to stir to combine. It will take a few minutes to incorporate the lemon juice with the butter. Continue to stir until completely combine. *This compound butter does not have salt or pepper in it as it is meant to complement a steak or any other type of protein that has already been seasoned and cooked with salt and pepper. This compound butter has the fat and acid (butter and lemon juice) that will complement the salt and heat (pepper), thus completing the four essentials of savory dishes. (salt, fat, acid, and heat).

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.