



Vestor Capital

February 22, 2018

5:30pm-8:30pm

THE CHOPPING BLOCK WELCOMES YOU!

California Wine Country Menu:

- Artichoke Focaccia
- Arugula, Avocado and Orange Salad with Pistachio Vinaigrette
- Roasted Chicken with Fig Balsamic Glaze
- Fennel and New Potato Salad with Whole Grain Mustard
- Pecan Bourbon Bread Pudding

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Artichoke Focaccia

Yield: One 1/2 sheet tray; 16 pieces

Active time: 15 minutes

Start to finish: 1 hour, 10 minutes

For the dough:

2 tablespoons active dry yeast
2 1/2 cups lukewarm water (110° to 115°)
1/4 cup extra virgin olive oil
2 2/3 cup bread flour
2 2/3 cup all-purpose flour
2 teaspoons fine sea salt

For the assembly and topping:

4 tablespoons extra virgin olive oil (divided use)
2 cups marinated artichokes, quartered
Coarse sea salt to taste
1 cup goat cheese, crumbled
1/2 cup fresh basil leaves, torn

1. Sprinkle the yeast on top of water in the bowl of a stand mixer and stir gently until dissolved. Allow to proof until creamy and aromatic to ensure the yeast is alive, about 5 minutes.
2. Add the 2 tablespoons of olive oil, 1/2 of each flour and salt. Mix on medium-low speed with a dough hook until incorporated, scraping down the sides as necessary.
3. Add the remaining flour, and knead on low speed until the dough is smooth and elastic, about 5 minutes. The dough will be very sticky.
4. Place the dough in an oiled bowl and cover with plastic wrap. Let dough rise at room temperature until doubled, about an hour. The dough can also be proofed in the refrigerator overnight.
5. Pour 2 tablespoons of the olive oil onto a sheet tray, and use your hands to spread the oil evenly. With your oiled hands, gently punch down the dough to deflate. Scrape the dough from the bowl onto the sheet tray, and use your fingertips to gently spread the dough to the edges of the pan.
6. Allow to proof for 20 to 30 minutes at room temperature.
7. Preheat the oven to 400°.
8. Dimple the dough with your fingertips. Drizzle on the remaining 2 tablespoons of extra virgin olive oil followed by the artichokes, coarse sea salt and goat cheese.
9. Bake until light golden brown, about 25 minutes.
10. Top with the torn basil, cut and serve immediately. ■

Arugula, Avocado and Orange Salad with Pistachio Vinaigrette

Yield: 4 servings

Active time: 25 minutes

Start to finish: 25 minutes

4 cups arugula
2 oranges, cut into segments
1/2 jicama, peeled and cut into julienne
1/4 cup pistachios, toasted
2 tablespoons fresh mint leaves, torn into small pieces
1/2 to 2/3 cup **Pistachio Vinaigrette** (recipe follows)
1 ripe avocado, medium dice

1. In a large salad bowl toss together the arugula, orange segments, jicama, pistachios and mint leaves.
2. Dress with just enough vinaigrette to coat, and top with the diced avocado. ▣

Pistachio Vinaigrette

Yield: About 1 cup; 6-8 servings

Active time: 5 minutes

Start to finish: 5 minutes

1 small shallot, minced
1/4 cup red wine or apple cider vinegar
1 teaspoon Dijon mustard
1/4 cup extra virgin olive oil
1/4 cup pistachio oil
Salt and pepper to taste

1. In a medium-size bowl, whisk together the shallot, vinegar and Dijon mustard.
2. Slowly drizzle in the oils while whisking quickly to form an emulsion.
3. Season with salt and pepper to taste. ▣

Roasted Chicken with Fig Balsamic Glaze

Yield: 4 servings

Active time: 25 minutes

Start to finish: 1 hour

1 stick butter, room temperature
2 tablespoons fresh rosemary, minced
2 tablespoons fresh parsley, minced
2 cloves garlic, minced
1 teaspoon orange zest
4 chicken breasts, bone in and skin on
Salt and pepper to taste

3/4 cup fig balsamic vinegar
3/4 cup chicken stock
1/4 cup honey
1 sprig fresh rosemary
1/2 teaspoon orange zest

1. Preheat the oven to 375°.
2. In a small bowl, mix together the butter, rosemary, parsley, garlic and orange zest.
3. Season the breasts with salt and pepper to taste. Rub the butter under the skin of the chicken and all over the outside. Place the breasts on a parchment-lined sheet tray.
4. Roast the chicken until the internal temperature reads 155°, about 25 minutes. Transfer to a cutting board with a juice groove, and allow to rest for about 10 minutes.
5. While the chicken is roasting, prepare the glaze. In a wide saucepan, whisk together the fig vinegar, chicken stock, honey, rosemary and orange zest. Bring to a boil.
6. Boil until reduced by about two thirds; the glaze should be thick and syrupy enough to coat a spoon. Remove the rosemary sprig.
7. Once the chicken has rested, cut into slices and drizzle with the fig glaze. ■

Fennel and New Potato Salad with Whole Grain Mustard

Yield: 4-6 servings as a side

Active time: 20 minutes

Start to finish: 40 minutes

1 1/2 pounds small new potatoes
Sea salt

For the dressing:

1/4 cup red wine vinegar
3 cloves roasted garlic (see note, below)
1 tablespoon whole-grain mustard
1 tablespoon honey
1/2 cup extra virgin olive oil
Salt and pepper to taste

1/2 bulb fennel, cored and thinly sliced
Zest of 1 lemon
1 tablespoon fresh tarragon, rough chopped
1/4 cup fresh parsley, rough chopped
1/4 cup sliced almonds, toasted

1. Place the potatoes in a large saucepan, and cover with cold water. Add a generous pinch of salt. Bring to a boil and reduce the heat to a simmer. Cook the potatoes until they are knife-tender. Drain, and set aside to cool.
2. While the potatoes are cooking, prepare the vinaigrette. In a food processor or blender, combine the vinegar, roasted garlic, mustard and honey. Puree until smooth.
3. While the motor is running, slowly drizzle in the oil to make an emulsion. Season with salt and pepper to taste.
4. Cut the cooled potatoes into quarters, and place in a clean, dry bowl.
5. Add the fennel, lemon zest, tarragon and parsley.
6. Dress with enough vinaigrette to lightly coat, and allow to marinate for about 30 minutes.
7. Right before serving, top with toasted almonds. ■

Note:

To roast garlic, slice the top off a whole head of garlic to expose the cloves. Place it in a small ovenproof dish, drizzle with olive oil and cover with foil. Bake at 350° for 40 to 50 minutes, until the cloves are soft and a light golden color.

Pecan-Bourbon Bread Pudding

Yield: 6-8 servings

Active time: 25 minutes

Start to finish: 1 hour, 15 minutes

4 cups French bread, brioche or croissants, cut into approximately 1-inch cubes
1 1/2 cups whole milk
1 1/2 cups heavy cream
4 eggs
4 egg yolks
3/4 cup brown sugar
Pinch fine sea salt
1 tablespoon vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
Dash of freshly grated nutmeg
1/4 cup bourbon
1/2 cup pecans, toasted and rough chopped
3 ripe bananas, diced

Vanilla ice cream

1. Preheat the oven to 350°. Butter a ceramic baking dish.
2. Place the cubed bread in a large bowl. Set aside.
3. Heat milk and cream in a saucepan over medium-low heat until tiny bubbles appear.
4. In a large bowl whisk together the eggs, yolks, brown sugar, salt, vanilla, cinnamon, allspice, nutmeg and bourbon. Gradually add the warm milk and cream, whisking constantly.
5. Pour the custard over the bread. Fold in the pecans and bananas and allow the bread to absorb the custard for about 15 minutes. Pour the bread pudding into the prepared baking dish.
6. Bake until the custard is set and the bread in middle of dish is only slightly jiggly, 35 to 40 minutes.
7. Serve warm with a scoop of vanilla ice cream, if desired. ▣