



Basics of Cooking 7:

Roasting & Broiling



INDIVIDUAL FENNEL, LEEK, THYME, & SWISS GRATINS

Serves 6-8

Ingredients

2 large	Fennel Bulbs, shaved thinly
2 medium	Leeks, halved lengthwise, sliced thinly
2 clove	Garlic, minced
2 Tbsp	Thyme, minced
2 Tbsp	Olive Oil
2 ½ Tbsp	Butter
2 ½ Tbsp	Flour
2 ¼ cups	½ & ½ or cream, room temperature
½ medium	Onion, remove skin, keep root intact
2	Bay leaf
2	Clove, whole
1 ¼ cups	Swiss Cheese, shredded or grated
¼ cup	Parmesan, grated
3 Tbsp	Parsley, minced
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Cheese grater
- Sauté pan
- Sauce pan
- Baking dishes
- Spatula
- Sheet tray

Directions

1. Preheat oven to 400°F.
2. Without slicing through, make a slit into the onion and insert the bay leaf. Press clove into onion. Set aside.
3. Melt butter in sauce pan on medium heat. Add flour. Stir constantly to form a blonde roux. Continue to stir constantly, slowly add ½ & ½. Add onion, bay leaf, and clove. Bring to a simmer and continue to cook until thickened. Remove from heat. Remove onion, bay leaf, and clove. Add cheese, stir until melted. Season with salt and pepper. Set aside.
4. Heat oil in sauté pan on med-high heat. In batches; add fennel, onions, garlic, and thyme. Sauté, stirring often, for 4-6 minutes until just tender. Season with salt and pepper.
5. Place fennel mixture into individual baking dishes/ramekins. Pour cheese sauce over each dish. Sprinkle with parmesan. Place dishes onto a sheet tray. Bake in oven for 15-25 minutes, until parmesan is golden brown. Let cool slightly. Garnish with parsley.



ROASTED CHICKEN THIGHS WITH ROSEMARY MUSTARD SAUCE

Serves 6 - 8

Ingredients

2 lbs	Chicken Thighs, skin-on, bone-in
1/3 cup	Dijon or Sweet & Spicy Mustard
2 Tbsp	Rosemary, minced
To Taste	Garlic, finely minced or pasted
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Sauce pan
- Sauté pan
- Spatula
- Tongs
- Sheet tray
- Whisk
- Mixing bowl

Directions

1. Preheat oven to 400°F.
2. Pat the chicken thighs dry with towels/paper towels.
3. Heat oil in oven-safe sauté pan on high heat. Sear chicken, a few minutes on each side, until golden brown.
4. Place pan with chicken, skin side up, into oven for 8-10 minutes (depending on thickness of meat and sear time) until done through. Remove from pan (reserve meat juices). Let meat rest on a sheet tray while making the mustard sauce (5 minutes).
5. Whisk mustard, meat juices, and rosemary together until well incorporated. Adjust seasoning with salt and pepper.
6. Slice meat into medallions and serve with mustard sauce.



ROASTED ROOT VEGETABLES, TUBERS OR WINTER SQUASH

Serves 8

Ingredients

1 ½-2 lbs	Vegetable(s)* of choice, peel, cut to desired size
3-4 Tbsp	Oil of choice
2-4 Tbsp	Herb(s) of choice, minced
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Peeler (optional)
- Mixing bowl
- Sheet tray
- Parchment paper
- Spatula or tongs

*Carrots, Brussels sprouts, turnips, parsnips, new potatoes, sweet potatoes, butternut squash, delicata squash, etc.

Directions

1. Preheat oven to 400°F.
2. In a mixing bowl; toss veggies, oil, herbs, salt, and pepper. Transfer to sheet tray lined with baking mat or parchment paper.
3. Roast in oven. Stir occasionally, until tender and golden brown.



ROASTED BRUSSEL SPROUTS

Serves 6-8

Ingredients

3 lbs Brussels Sprouts, halved or quartered
2-3 Tbsp Olive Oil, for roasting
½ cup White Wine, for sprinkling
To taste Salt & Pepper

Equipment

- Chef's knife
- Mixing bowl
- Sheet tray

Directions

1. Preheat the oven to 425°.
2. Toss the sprouts in the olive oil, salt, and pepper.
3. Place the sprouts on an oiled or nonstick sheet tray into the oven for 20-30 minutes until nicely colored. Pull the tray and sprinkle the Brussel sprouts with white wine. Tent loosely with foil and put back for another 15 or so minutes.



STUFFED ZUCCHINI CUPS WITH GOAT CHEESE & SUNDRIED TOMATOES

Serves 6

Ingredients

3-4 small	Zucchini
6 oz	Fresh Goat Cheese
2 Tbsp	Herbs de Provence Mix (or any herb mix you like)
2 Tbsp	Sundried Tomatoes, finely chopped
1-2 Tbsp	Olive Oil
To taste	Salt & Pepper

Equipment

- Chef's knife
- Sheet tray
- Parchment Paper or Aluminum Foil
- Melon baller
- Pastry bag

Directions

1. Preheat the oven to 400°F.
2. Mix the goat cheese, chopped tomatoes and herbs in a bowl with a fork. Season mixture with salt and pepper to taste.
3. Cut zucchinis into 2 inch disks. Using a melon baller, being careful to not go all the way through, create a chamber for the cheese and tomato mixture. Season zucchini cups with salt and pepper.
4. Place the zucchini cups on a sheet tray lined with parchment paper or foil, drizzle with olive oil and bake for 4-5min, until just tender. Remove from the oven.
5. Fill a pastry bag halfway with the cheese and tomato mixture. Pipe mixture into zucchini cups then place zucchinis back in the in oven for 8-12 minutes until cheese mixture is golden brown.