

*CAULIFLOWER SOUP*

*curried tri color cauliflower, pistachio pesto*

*CAULIFLOWER SOUP*

1 head of cauliflower  
3 tbsp olive oil  
Kosher salt  
1 medium onion (chopped)  
2 peeled garlic cloves  
4 cups vegetable broth  
2 cups coconut milk  
2 tbsp unsalted butter (can use cashew butter for vegan)  
1 tbsp lemon juice  
¼ tsp ground nutmeg  
vegan parmesan

1. Cut cauliflower into florets, toss in olive oil and season with salt.
2. Arrange cauliflower florets on a sheet pan and bake at 425 degrees until cauliflower just begins to caramelize and is tender.
3. In a sauce pot melt butter over medium heat.
4. Add onions and garlic into saucepot.
5. Cook onions and garlic while stirring until onions are translucent and garlic is very fragrant.
6. Add cauliflower florets, lemon juice and ground nutmeg into sauce pot, stir to incorporate.
7. Remove sauce pot from heat and transfer ingredients to a blender, blend until smooth.

# *From The Kitchen of* **TODD ENGLISH**



## *CURRIED TRI COLOR CAULIFLOWER*

1 head of orange cauliflower  
1 head of purple cauliflower  
1 head of green cauliflower  
¼ cup olive oil  
Curry powder  
Kosher salt

1. Cut all heads of cauliflower into florets
2. Toss cauliflower florets with olive oil, sprinkle with curry powder and season with kosher salt.
3. Arrange cauliflower florets onto a sheetpan and bake at 425 degrees until cauliflower florets are caramelized and tender about 25 minutes.

## *PISTACHIO PESTO*

1 cup packed basil leaves  
1 cup baby spinach leaves  
1 cup arugula leaves  
½ cup grated parmesan  
1/3 cup shelled pistachios  
3 peeled garlic cloves  
1 tsp kosher salt  
½ tsp black pepper  
½ cup olive oil

1. Combine all ingredients into a food processor and process until all ingredients are incorporated but still chunky.

*SEARED FILLET OF BEEF*

*fancy mushroom risotto, fungi gremolata*

*ROASTED FANCY MUSHROOMS*

1 lb maitake mushrooms  
1 lb stemmed shiitake mushrooms  
1 lb oyster mushrooms  
1 lb cremini mushrooms  
½ cup olive oil  
Kosher salt  
Ground black pepper

1. Pre heat oven to 375 degrees.
2. In a mixing bowl toss together mushrooms with olive oil and season with salt and pepper.
3. Spread tossed mushrooms onto a lined sheet pan in a single layer and place in pre heated oven.
4. Cook until mushrooms are tender and edges become golden brown.
5. Portion roasted mushrooms in 3 separate mixing bowls.
6. Place 1 third of mushrooms in a food processor and pulse until smooth, set aside.

# *From The Kitchen of* **TODD ENGLISH**



## *WILD MUSHROOM FONDUTA RISOTTO*

9 tbsp butter (can use cashew butter for vegan)

Roasted wild mushrooms (see above)

Roasted wild mushroom puree (see above)

7 cups vegetable stock

1 tbsp olive oil

$\frac{3}{4}$  cup leek (rinsed and sliced)

1  $\frac{1}{2}$  cup arborio rice

$\frac{1}{4}$  cup white wine

$\frac{1}{4}$  cup grated parmesan cheese

$\frac{1}{4}$  cup grated fontina cheese

1. In a sauce pot over medium heat olive oil.
2. Add leeks to hot pan and cook until translucent and very fragrant.
3. Add white wine to pot and continue to cook until wine is reduced by  $\frac{1}{2}$ .
4. Add rice to pot and cook while constantly stirring with a wooden spoon until edges become translucent.
5. Add vegetable stock and continue to stir until mixture comes to a simmer.
6. Allow rice to simmer for 10 minutes without stirring.
7. Stir in wild mushroom puree from above recipe and continue to cook while stirring for 5 minutes.
8. Fold in roasted mushrooms from recipe above, grated parmesan and butter.

# *From The Kitchen of* **TODD ENGLISH**



## *CASHEW BUTTER*

2 cups raw unsalted cashews

1. Add raw unsalted cashews into the bowl of a food processor and attach lid.
2. Process cashews to a soft, creamy, whipped butter consistency (about 10 – 15 minutes) stopping every 3 minutes to scrape down sides.
3. Store refrigerated in an airtight container.

## *SEARED FILLET OF BEEF*

8 oz beef center cut tenderloin

Kosher salt

Black pepper

½ tbsp olive oil

2 tbsp unsalted butter

1. Thoroughly pat beef tenderloin dry with paper towels.
2. Preheat a skillet over high heat.
3. Season beef tenderloin with kosher salt and black pepper.
4. Add olive oil to hot skillet, it should just begin to smoke.
5. Place beef tenderloin into hot skillet.
6. Cook beef tenderloin for 4 minutes on one side.
7. Using a pair of tongs flip beef tenderloin and after two minutes add butter to skillet.
8. Let beef tenderloin cook for one more minute while basting with the butter.
9. Remove beef tenderloin from skillet and allow to rest at least 6 minutes before serving.

*TOFU FILLET (VEGAN OPTION)*

1 ea block extra firm tofu  
2 tbsp olive oil  
Kosher salt  
Ground black pepper

1. Lightly weigh down tofu in between paper towels for 1 hour.
2. Remove weight and paper towels from tofu, pat tofu with paper towels to remove and extra moisture.
3. Using a 4" ring cutter or pint glass, carefully cut tofu into circles.
4. Heat olive oil in a saute pan over medium high heat until oil just begins to smoke.
5. Season tofu "fillet" on both sides with salt and pepper.
6. Carefully place tofu "fillet" into saute pan and cook until bottom edges become golden brown and crispy.
7. Carefully turn fillet over and cook until bottom edges become golden brown and crispy.
8. Carefully remove tofu "fillet" from saute pan and place onto a paper towel lined plate.

*WILD MUSHROOM VINAIGRETTE*

1 bunch parsley (leaves only)  
1 peeled garlic clove  
2 whole lemons (zest and juice)  
¼ cup olive oil  
1 tsp truffle oil  
Kosher salt

1. Arrange parsley leaves, garlic and lemon zest on a chopping board.
2. Chop ingredients together until fully incorporated.
3. Transfer ingredients into a mixing bowl and stir in both oils and lemon juice.
4. Season with kosher salt to taste.

*WHITE CHOCOLATE BANANA PUDDING*  
*vanilla whipped cream, nilla wafers*

*WHITE CHOCOLATE PUDDING*

2 cups granulated sugar

$\frac{3}{4}$  cup cornstarch

2  $\frac{3}{4}$  qt whole milk (can substitute with almond, coconut or oat milk)

10 ea egg yolks (omit for vegan option)

5 tbsp butter (cashew butter for vegan)

2  $\frac{1}{2}$  tbsp vanilla extract

$\frac{1}{2}$  cup white chocolate chips

1 cup white chocolate chips

1. In a mixing bowl whisk together sugar and cornstarch and set aside.
2. In a separate mixing bowl whisk together egg yolks and set aside.
3. In a saucepot over medium heat slowly bring milk to a simmer.
4. Whisk cornstarch and sugar mixture into simmering milk and continue to cook while whisking until mixture has thickened.
5. Turn off heat and slowly add hot mixture little by little into egg yolks while constantly whisking.
6. When all mixture is incorporated, pour back into sauce pot and turn on heat to medium.
7. Continue to cook while whisking until mixture comes to a simmer.
8. Turn off heat and stir in butter, vanilla and  $\frac{1}{2}$  cup white chocolate chips.
9. Remove from heat and cool.
10. When pudding is cooled stir in remaining 1 cup of white chocolate chips.

*From The Kitchen of*  
**TODD ENGLISH**



*VANILLA WHIPPED CREAM*

1 ½ cups heavy cream (can substitute with coconut milk for vegan see note below)

2 tbsp powdered sugar

1 tsp vanilla extract

1. Combine all ingredients into bowl of a stand mixer.
2. Using a whisk attachment, mix on medium speed until stiff peaks are formed.

To assemble puddings place crumbled nilla wafers in the bottom of a mason jar or bowl. Next place a layer of sliced bananas over the nilla wafers. Spoon white chocolate pudding over sliced bananas and top with vanilla whipped cream.

Note – to use coconut milk, chill then scoop solids out and treat as heavy cream

