

# VERITAGE MIAMI

25  
YEARS

PRESENTED BY  City National Bank  
Bci FINANCIAL GROUP

**Chefs Michael Schwartz & Hedy Goldsmith**  
**Interactive Dinner Menu**  
**Friday, April 24, 2009**

## **First Course**

Wild Salmon Crudo with Hot Citrus Oil, Shaved Garlic  
and Fresh Hearts of Palm

## **Second Course**

Exotic Mushroom Risotto with Herb Salad  
and Shaved Piave Vecchio

## **Third Course**

Pan Roasted N.Y. Strip Steak with a Salad of Fennel, Radish,  
Fregola, Arugula, Orange and Tapenade

## **Dessert**

Key Lime Cake with Coconut Anglaise  
and Drunken Tropical Fruit Salsa with Bacardi Coconut Rum

## First Course

### Wild Salmon Crudo with Hot Citrus Oil, Shaved Garlic and Fresh Hearts of Palm

Serves 8 as appetizer

1 cup extra virgin olive oil  
Zest from 1 orange  
Zest from 1 lemon  
Zest from 1 lime  
1 lb. wild salmon (skin off)  
5 oz. fresh hearts of palm  
½ red onion (peeled)  
3 garlic cloves  
¼ cup cilantro leaves  
2 tablespoon lime juice  
1 tablespoon soy sauce  
3 tablespoon extra virgin olive oil  
Salt and pepper  
2 tablespoon minced chives

Combine the olive oil and the citrus zest in a small sauce pot and heat over medium heat for 4-5 minutes or until just simmering. Remove from heat and let steep at room temperature for 1 hour. Transfer to a glass jar and store with citrus zest in the refrigerator for up to 2 weeks.

Slice salmon into the thinnest possible strips and distribute evenly onto 8 serving plates, cover with plastic wrap and using your fingers press down on the salmon, evenly spreading it onto the plate. Set aside.

Using a mandolin, thinly slice the hearts of palm. Transfer to a small mixing bowl. Use the mandolin to thinly slice the red onion and the garlic. Slice the garlic as thin as possible, watching your fish. Add the red onion to the bowl with the hearts of palm.

Add the cilantro to the hearts of palm, reserving a few leaves for garnish. Add the lime juice, soy sauce and olive oil. Add just a pinch of salt and a twist of fresh black pepper and toss. Set aside. Place 3 or 4 slices of garlic on top of the salmon on each plate.

In a small fry pan heat ¼ cup of the citrus oil over the salmon. Sprinkle with chives, place some of the hearts of palm salad on the plate, top with a cilantro leaf and serve.

## Second Course

### Exotic Mushroom Risotto with Herb Salad and Shaved Piave Vecchio

Serves 8

2 tablespoons olive oil  
2 tablespoons butter  
1 lb. exotic mushroom mix  
2 tablespoons minced shallot  
1 teaspoon chopped garlic  
½ cup parsley (roughly chopped)  
Salt and pepper to taste  
2 cups Arborio rice  
4 cups chicken broth  
1 cup white wine  
1 cup minced onion  
1 tablespoon fresh thyme  
2 tablespoons porcini powder  
4 tablespoons butter  
4 tablespoons olive oil  
1 cup parmigiano  
4 tablespoons butter  
Salt and pepper  
½ cup parsley leaves  
¼ cup chive baton  
¼ cup tarragon leaves  
¼ cup chervil  
¼ cup basil torn  
Wedge of piave vecchio to shave for garnish

Heat a large heavy skillet over high heat. When hot, add olive oil and butter. Add mushrooms, shallots and garlic. Sauté for 3-4 minutes. Adjust with salt and pepper and add parsley. Remove from heat and set aside.

Bring chicken stock to a boil in a small pot. Set aside. Heat 4 tablespoons of butter and 4 tablespoons olive oil. In a large, heavy bottom pot over medium heat. Add onion and sauté until soft, approximately 4 minutes. Add the rice and cook, stirring to coat it with the oil and butter mixture, for 2 minutes. Add the porcini powder, stirring for 20-30 seconds. Add the wine and cook, stirring and scraping the bottom of the pot with a wooden spoon. Cook approximately 3 minutes, or until reduced by two thirds.

Begin to ladle in the hot chicken stock, ½ cup at a time, stirring constantly. Only add the next ladle full when the previous one has been absorbed. After about 20 minutes you should have used most, if not all of the broth. The rice should be softened and creamy with a fish bite in the center of the grain. Stir in the butter until all is incorporated. Then fold in the mushrooms and parmigiano.

Divide evenly onto 8 plates. In a stainless steel bowl combine all the herbs and drizzle with olive oil, seasoning with salt & pepper. Top each plate of risotto with generous amount of herbs. Using a vegetable peel, shave piave vecchio over each plate. Serve immediately.

### Third Course

## Pan Roasted N.Y. Strip Steak with a Salad of Fennel, Radish, Fregola, Arugula, Orange and Tapenade

Serves 8

8 10-ounce N.Y. strip steaks  
4 tablespoon chili powder  
Kosher salt and freshly ground black pepper  
2 cup fregola pasta  
1 large red onion, sliced 1/4-inch thick  
2 fennel bulb, halved, cored and thinly sliced  
16 radishes, ends trimmed and thinly sliced  
6 naval oranges, peeled, pith removed, and sliced into 1/4-inch rounds  
1 lb. arugula  
Juice of 1 lemon  
1/2 cup extra-virgin olive oil  
1 cup green olive tapenade (recipe follows)

Lay the steak flat on a baking pan and season evenly on both sides with chili powder, salt, and pepper. Set aside so the flat can sink in a bit.

Bring a large pot of lightly salted water to a rapid boil over medium-high heat. Add the fregola and stir with a wooden spoon. Cook the pasta for 15 minutes until the pellets are al dente. Drain and cool. Preheat an outdoor grill or grill pan to medium-high heat. Rub the grill with oil to prevent sticking. Grill the onion sliced for 1 minute, turning until charred on both sides. Remove the onion slices from the grill and coarsely chop.

Lay the steaks on the grill and cook, turning with tongs from time to time, to sear well on all sides; this takes about 12 minutes total for medium-rare. Transfer the steaks to a cutting board and let rest for 5 minutes to allow the juices to recirculate. In the meantime, make the salad.

In a large mixing bowl, combine the fregola, grilled onion, fennel, radish, arugula, lemon juice, and olive oil. Toss to combine; season with salt and pepper.

Divide the salad among 4 plates. Arrange 4 or 5 slices of orange on top of each plate. Thinly slice each steak slicing against the grain. Arrange the sliced meat on top of the salad. Spoon some of the tapenade on top and serve immediately.

### **Green olive tapenade**

2 cups pitted picholine green olives  
4 anchovy fillets  
2 garlic cloves, coarsely chopped  
1 teaspoon. finely ground black pepper  
1/2 cup extra-virgin olive oil

Tapenade is a rich olive spread popular in the Mediterranean. The salty earthiness of green olive tapenade is the perfect complement for pasta, spread on crostini, or to top sweet red baked potatoes. It is one of my favorite pantry staples.

Put all ingredients except olive oil in food processor and pulse until thoroughly pureed. Add olive oil and pulse until just incorporated. Be careful not to over process. The tapenade should retain some texture.

Yield 1 cup

## Dessert by Chef Hedy Goldsmith

### Key Lime Cake with Coconut Anglaise and Drunken Tropical Fruit Salsa with Bacardi Coconut Rum

#### Key Lime Cake

4 eggs  
1  $\frac{3}{4}$  cups plus 2 tablespoons sugar  
Zest of 4 limes  
1 teaspoon vanilla extract  
2  $\frac{3}{4}$  cup plus 2 tablespoons flour  
1  $\frac{3}{4}$  teaspoon baking powder  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup milk  
 $\frac{3}{4}$  cup melted butter  
 $\frac{1}{2}$  cup fresh lime juice

Mixing the cake by hand with a whisk. In a bowl add eggs, sugar, lime zest and vanilla extract. Whisk until incorporated. Sift flour, salt, baking powder. Set aside, alternate adding the flour, milk, and butter by 1/3's ending with the milk. Add the key lime juice and mix. Fill your 10-inch cake pan or loaf pan. Bake in a 350 degrees oven for 50-60 minutes. Test the cake with a toothpick. It should come out clean.

#### Key lime syrup

1 cup sugar  
1 cup water  
 $\frac{1}{2}$  cup key lime juice

In a small saucepan bring the sugar and water to a boil. Reduce for 5 minutes. Take the pan off the heat and add the lime juice. Cool slightly. While the cake is warm, brush the syrup generously over the cake, it will be absorbed into the cake giving the cake an extra shot of lime juice. Allow cake to cool and remove it from the pan. Cool completely before slicing.

#### Coconut Anglaise

1 cup coconut milk  
1 cup heavy cream  
5 egg yolks  
Pinch of salt  
 $\frac{1}{2}$  cup of sugar  
1 vanilla bean (split and scrapped)  
Optional  $\frac{1}{4}$  cup shredded coconut

In a heavy sauce pan scald the cream, coconut milk and sugar. In a small stainless bowl, place the egg yolks and whisk slowly. Ladle some of the hot cream into the eggs, whisking. Add the warm yolks back into the milk pot. Over low heat stir constantly (so not to cook the eggs). Cook the mixture until it coats the spoon, this stage is called, nappe. Remove from heat and strain through a fine sieve. Cool the sauce over an ice bath until thick. Optional: Shredded coconut for added texture.

## **Drunken Tropical Fruit Salsa**

1 mango – peeled small dice

1 papaya – peeled seeded small dice

1 pineapple – peeled, cored, small dice

Reserved simple syrup

Add Bacardi Coconut Rum (or a dark rum or tequila) to taste.

Toss all the fruit with the key lime simple syrup add tequila or rum in a bowl. Chill until service.

## **Mint Syrup**

1 bunch of mint

Blanch one bunch of mint in boiling water and quickly drain and put in ice water. Squeeze out all the water and place it in a blender slowly adding agave syrup until desired thickness, strain out the solids save the syrup.

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