



April 2018 Event

Chef Paul Lagrutta

Mulberry Street Restaurant & Bar

First Course: Classic Caprese Salad, Fresh Handmade Mozzarella, Tomato and Basil

Second Course: Ricotta Gnocchi with a Pesto Cream Sauce

Third Course: Classic Chicken Francese with Spaghetti Sauteed Squash

*Dessert: Mulberry's Famous Crepes Stuffed with Impastata Ricotta and Mascarpone
Cheese, Topped with a Mixed Berry Compote*



Les Marmitons
NEW JERSEY

First Course: Classic Caprese Salad with Fresh Handmade Mozzarella, Tomato and Basil

Serves 4

4 Large tomatoes – 1/4” sliced 1 bunch fresh basil - chiffonade	1 pt EVOO
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MOZZARELLA CHEESE MAKING	2 Tablespoon kosher salt
12 oz grande cheese curd	
1/2 gallons water	

Method to Make Mozzarella Cheese

1. Add the curds to SALTED 190-200 degree water and work with a wooden spoon or your hands to stretch and pull the curd. CAUTION: this is near boiling water, BE CAREFUL!!!

2. According to the Mozzarella di Bufala trade association, "The cheese-maker kneads it with his hands, like a baker making bread, until he obtains a smooth, shiny paste, a strand of which he pulls out and lops off, forming the individual mozzarella." It is then typically formed into cylinder shapes or in plait. In Italy, a "rubbery" consistency is generally considered not satisfactory; the cheese is expected to be softer.

3. Serve with fresh sliced tomatoes and chiffonade basil, drizzle with extra virgin olive oil



Les Marmitons
NEW JERSEY

Second Course: Ricotta Gnocchi with a Pesto Cream Sauce

Serves 4

2 large eggs, beaten	minimum of 10% protein (gluten)
8 oz whole milk ricotta cheese	1 bu Fresh cut Italian (flat) Parsley
3 oz mascarpone cheese	Kosher Salt
6 oz grated imported parmesan cheese	coarse black pepper
10 oz all-purpose or full strength flour	Oregano

DIRECTIONS

- 1. In a large bowl, make a volcano shape with the flour. Add beaten eggs into the center of the volcano.**
- 2. Fold flour together with the eggs.**
- 3. Add marscapone, ricotta and grated cheeses to bowl.**
- 4. Add parsley, salt, pepper and oregano to taste.**
- 5. If adding any flavoring ingredients, such as mushrooms, sun dried tomatoes, etc., now would be the time to add to the cheese mixture.**
- 6. If dough is very wet add flour, a tablespoon at a time until dough is sticky and pliable.**
- 7. Transfer dough to a lightly floured surface and dust with flour.**
- 8. Using a rolling pin roll out dough into a flatten 4- to 6-inch disk and cut into quarters.**
- 9. Using hands roll each of the quartered dough until they form a tubular shape.**
- 10. Cut rounded dough strips into 1 inch sections.**
- 11. Transfer to a parchment-lined baking sheet dusted in flour. Shake to lightly coat gnocchi and prevent sticking.**
- 12. Bring a large pot of water to a boil. Gently place gnocchi in pot being sure not to**

crowd the pot. Gnocchi are done when they float to the surface (about 3 mins).

13. Serve immediately with your favorite sauce, produce, or proteins.

<u>PESTO CREAM:</u> 2 bunches of basil (no stem) 2 cups parmesan cheese	3 cups extra virgin olive oil 1 pt heavy cream 1 clove roasted garlic
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1. Place basil in food processor until basil is finely chopped, then add garlic
2. Slowly add in extra virgin olive oil until it becomes a loose paste
3. Add 3 cups of parmesan cheese into processor
4. In a medium sauce pan over medium heat, add heavy cream and heat until slight boil
5. When heavy cream is slightly bubbling add in your pesto mix
6. Slowly whisk in remaining parmesan cheese to emulsify
7. After cheese is added take pesto off heat and add salt and pepper to taste



Third Course: Classic Chicken Francese with Spaghetti Sauteed Squash

Serves 4

1-1/2 cup flour 5 eggs, beaten 2 cups 90/10 oil	2 large chicken breasts, split evenly in 2 & pounded thin
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DIRECTIONS

1. Dredge the thinly pounded chicken breast in flour
2. Place in beaten eggs until covered
3. In a shallow frying pan, place oil and turn on medium heat
4. Cook chicken in oil until crispy on both sides
5. Remove chicken from oil when crispy on both sides and place on paper towels to drain

SAUCE: 1 T chopped garlic 1 pt chicken stock 1/2 stick butter	1/4 cup lemon juice 1/2 cup white wine 1 T roux
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1. Over medium heat sauté butter and garlic until the garlic is translucent
2. Add white wine to deglaze and cook off alcohol
3. Add chicken stock & lemon juice, turn heat to high heat, mixture should reduce by 1/4
4. Slowly mix in roux
5. Add salt and pepper to taste
6. In a baking pan, place chicken and add sauce to cover about 3/4 of the chicken so the top is still showing.
7. Bake in oven at 375 degrees for about 15 min uncovered

SPAGHETTI SQUASH:

1 medium spaghetti squash
2 T unsalted butter
1 C heavy cream
1 clove garlic, crushed

1-1/2 cups freshly grated parmesan
1/4 cup chopped fresh parsley leaves
1/4 bu Fresh basil leaves
2 Plum tomatoes, chopped

1. Slice spaghetti squash in half lengthwise. Scoop out the seeds with a spoon & clean as you would a pumpkin
2. Coat the inside of each half and roast in a 450F oven, cut side up, for 30 minutes or until the inside is just tender to a fork and pulls apart in strands
3. Remove from the oven and cook in the refrigerator for 30 minutes.
4. Scoop out the cooked squash from its skin with a spoon as you would an avocado & discard the skin.
5. Use a fork to fluff and separate the squash into “spaghetti” like strands.
6. Quickly saute' the cooked squash to reheat.
7. Melt half the butter in the medium saucepan over medium-high heat.
8. Add cream and reduce for about 2 min
9. Then add garlic & cheese and whisk quickly heating through
10. Stir in the rest of the butter and parsley
11. Place spaghetti squash in a large serving bowl, pour alfredo sauce over squash and garnish with basil and tomatoes.



Dessert: Mulberry's Famous Crepes Stuffed with Impastata Ricotta and Mascarpone Cheese,. Topped with a Mixed Berry Compote

Serves 4

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