

Mesquite Grilled Provimi Veal Flank Steak Sweet Pea Wild Mushroom Tart Pistachio-Candied Ginger “Gremolata” Cabernet Reduction

Serves 30



VEAL FLANK

15# Veal flank, trimmed and marinated in EVOO, garlic, parsley and thyme.

- Grill over Mesquite wood to mid rare. Allow to rest for 5 minutes at least.
- Cut across the grain in about ¼ “ slices.
- Serve in four to five ounce portions.

SAUCE

1½ Bottles Travis Peak Estate Reserve Cabernet Sauvignon 2002
(Reserve ½ bottle for the tarts)
3 Tablespoons Brown sugar
2 Cloves Garlic, smashed

1 Shallot, minced
4 Each Parsley sprigs
4 Each Thyme sprigs
Pinch of salt

- Place all the ingredients in a small, heavy bottomed saucepan and gently bring to a boil. Stir occasionally to dissolve the sugar.
- Reduce heat and simmer for about 1 hour.
- When the bubbles begin to get about the size of a pea and the mixture coats the back of a spoon easily it is ready. You should have around a 3 cups.
- Strain this mixture, season with salt; keep it in a warm place.

(OVER) ►

SWEET PEA WILD MUSHROOM TART

Tart shell: (quality 4" store-bought shell OK)

Ingredients

7½ Cups AP flour

6 Each Eggs

3 Tablespoons Sugar

1 Tablespoon + 1teaspoon Salt

1½ Pound Butter, chilled, diced

Special equipment needed: 30 individual (4-inch) tart pans, pie weights (beans or rice will work)

- Mix the flour with 1 of the eggs in a large bowl. Add the sugar and salt. Using a pastry cutter or your hands, incorporate the butter. Work in the remaining eggs. Gather the dough into a ball, wrap in plastic and refrigerate for at least 1 hour.
- Preheat the oven to 425 degrees F.
- Roll out the dough 1/4-inch thick on a clean, lightly floured work surface. Cut out 30 (4-inch) rounds.
- Fit the disks into the tart pans, then prick each with a fork to prevent puffing. Line each tart shell with aluminum foil, then fill with pie weights.

- Bake until the edges of the tart shells begin to color, about 12 minutes. Remove the weights, foil, and continue baking until the tart shells are golden brown.
- Remove the shells from the oven and reserve in a warm place.

Yield: 30 individual (4-inch) tart shells

TART FILLING

4 Quarts Heavy cream

Thyme sprigs

Parsley sprigs

4" Piece Ginger, cut into very thin coins

1 Cup Veal demi glace

½ lb. Butter

8 Ounces EVOO

5 Each Shallots, minced

5 Each Garlic cloves, minced

4 lbs. Wild Mushrooms, assorted, washed, trimmed

¼ Cup Parsley, chopped

4 Tablespoons Thyme, chopped

½ Bottle Red wine from Sauce for veal

1 Cup Parmesan Reggiano, grated, not powder

4 lbs. Sweet Peas, blanched

Salt and pepper to taste

Lemon juice to taste

- Put heavy cream, ginger, parsley sprigs and thyme sprigs in a heavy bottomed saucepan. Bring to a boil, reduce to a simmer and cook until reduced by ½ and coats the back of a spoon. Add demi and simmer until incorporated.
- Strain and set aside in a warm place.
- Add Butter and EVOO to a large pan over medium heat.
- When butter starts to foam add shallots, cook until fragrant.
- Add garlic, cook until fragrant.
- Add mushrooms, turn heat to medium high and sauté until they begin to give up their liquid.
- Add parsley and thyme.
- Deglaze with the cabernet reserved from the sauce reduction.
- Sauté mushrooms until wine is absorbed.
- Pour in reduced cream-demi mixture.
- Add parmesan and stir to combine.
- Add peas just before service to heat.
- Season with salt and pepper
- Add just enough lemon juice to brighten the sauce but not overpower it. Start with 1 table-spoon then add more if needed. You can always add more but you can't take it out.
- Divide the tart filling evenly among the shells.

PISTACHIO-CANDIED GINGER “GREMOLATA”

¾ lb. Pistachios, rough chopped

¾ lb. Ginger, candied or crystallized, rough chopped

Zest of 1 lemon

½ Cup Parsley, minced

4 Each Garlic cloves, minced

Sel Gris to taste (needs to be a crunchy salt)

EVOO

- Combine all the ingredients in a bowl except the EVOO.
- Add just enough to give a little shine.
- Sprinkle on top of veal for garnish.

PLATING

- Place the tart in the center of a large plate.
- Put about four ounces of sliced veal on top center of tart.
- Use a sauce spoon to drizzle on veal and around the tart,
- Sprinkle “Gremolata” over veal and a little on the plate.