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TABLE APPETIZERS:

Shrimp and Crab Salad Rolls

We loved the kick provided by the horseradish. For milder flavor, use one teaspoon horseradish. Look for horseradish in the condiment section near mustards. If you can't find crabmeat, double the amount of coarsely chopped cooked shrimp to three cups.

Ingredients:

- 3 tablespoons chopped green onions
- 3 tablespoons light mayonnaise
- 1 tablespoon prepared horseradish
- 2 teaspoons Dijon mustard
- ¼ teaspoon hot sauce
- 8 ounces coarsely chopped cooked shrimp (about 1 1/2 cups chopped)
- 8 ounces lump crabmeat, drained and shell pieces removed
- 4 small whole wheat hoagie rolls, split and toasted
- 4 small Boston lettuce leaves

Preparation: Combine first 5 ingredients in a large bowl, and stir well. Add chopped cooked shrimp and lump crabmeat, stirring to combine. Line each hoagie roll with 1 lettuce leaf. Place ¾ cup shrimp mixture in each bun.

Yield: 4 servings

Nutritional Information: Calories: 327 (24% from fat); Fat: 8.8g (sat 1.1g, mono 1.8g, poly 4.1g); Protein: 29.7g; Carbohydrate: 35.4g; Fiber: 5.4g; Cholesterol: 172mg; Iron: 4.2mg; Sodium: 766mg; Calcium: 152mg.

End-of-Summer Tomato Salad

The assortment of tomato colors and sizes creates a gorgeous, yet simple, salad. Juicy summer tomatoes don't need much embellishment to shine. Here, they're lightly dressed with a simple vinaigrette that doesn't mask their sweet flavor. To make this ahead, store the tomato mixture and the dressing separately, and toss together shortly before serving.

Ingredients:

- 1 cup cherry tomatoes, halved
- 1 cup grape tomatoes
- 1 cup yellow pear tomatoes
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh mint
- 1 teaspoon minced fresh tarragon
- 1 tablespoon capers
- ¾ pound medium tomatoes, cut into 1/4-inch-thick wedges
- ¾ pound medium yellow tomatoes, cut into 1/4-inch-thick wedges
- 1½ teaspoons extravirgin olive oil
- 1½ teaspoons champagne vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Preparation: Combine first 10 ingredients in a large bowl. Combine oil, vinegar, salt, and pepper, stirring with a whisk. Drizzle oil mixture over tomato mixture; toss gently to coat.

Yield: 10 servings (serving size: about ¾ cup)

Nutritional Information: Calories: 26 (35% from fat); Fat: 1g (sat 0.1g, mono 0.6g, poly 0.2g); Protein: 1.1g; Carbohydrate: 4.2g; Fiber: 1.1g; Cholesterol: 0.0mg; Iron: 0.5mg; Sodium: 99mg; Calcium: 13mg.

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FIRST-COURSE:

Roasted Duck with Roasted Fruit Compote

Roasting the fruit for the compote creates deep, rich flavor that complements the succulent duck. We call for frozen duck here because it's more widely available. If you can find fresh duck, the dish will taste even better. Prick the skin with a fork to help release fat during cooking. Serve with a simple tossed salad.

Ingredients

DUCK:

- 1 (4-pound) frozen dressed domestic duck, thawed
- ½ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground white pepper, divided
- ½ cup coarsely chopped celery
- ½ cup coarsely chopped carrot
- 1 small onion, quartered
- 1 garlic clove, minced
- Cooking spray
- 1 orange, halved and seeded
- ⅓ cup dry red wine

COMPOTE:

- 1 cup pitted cherries
- 1½ teaspoons chopped fresh rosemary
- 1 peach, cut into (1-inch) pieces
- 2 Bartlett or Anjou pears, cut into (1-inch) pieces
- 2 Golden Delicious apples, cut into (1-inch) pieces
- 2 tablespoons dry white wine

Preparation Preheat oven to 375°.

To prepare duck, rinse duck under cold water; pat dry. Sprinkle ¼ teaspoon salt and ⅛ teaspoon pepper in body cavity. Place celery, carrot, onion, and garlic in cavity; tie ends of legs together with string. Lift wing tips up and over back; tuck under duck. Place duck on the rack of a broiler pan or roasting pan coated with cooking spray. Place rack in pan. Rub cut sides of orange halves over duck; pierce skin over breast several times with a fork. Bake at 375° for 1 hour and 45 minutes or until a thermometer registers 180°, basting every 30 minutes with red wine. Let stand 10 minutes. Discard skin; sprinkle duck with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Cover; keep warm. Drain pan drippings. Increase oven temperature to 475°.

To prepare compote, combine cherries and next 4 ingredients (through apple) in bottom of roasting pan coated with cooking spray, tossing gently. Bake at 475° for 25 minutes or until very tender, stirring occasionally. Stir in 2 tablespoons white wine; bake an additional 5 minutes. Serve with duck.

Yield: 4 servings (serving size: 4 ounces duck and about ⅓ cup fruit sauce)

Nutritional Information: Calories: 379 (31% from fat); Fat: 13.4g (sat 4.8g, mono 4.2g, poly 1.7g); Protein: 28.5g; Carbohydrate: 33g; Fiber: 6.1g; Cholesterol: 101mg; Iron: 3.9mg; Sodium: 361mg; Calcium: 45mg.

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NEW YORK MENU

ENTRÉE:

Striped Bass Fillet with Lobster Stock and Aromatic Vegetables

Ingredients:

- 2 medium carrots, peeled and cut into 3-inch pieces
- 2 small leeks, trimmed and cut into 3-inch pieces
- 1 large zucchini, cut crosswise into 3-inch pieces
- 4 cups Lobster Stock
- 1 tablespoon olive oil
- 6 (6-ounce) striped bass fillets
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper, divided
- 1 tablespoon butter
- 16 shiitake mushroom caps

Preparation: Cut carrot, leek, and zucchini pieces lengthwise into julienne strips; set aside.

Bring Lobster Stock to a simmer in a medium saucepan (do not boil); keep warm over low heat.

Heat oil in a large skillet over medium-high heat. Sprinkle fish with ¼ teaspoon salt and ¼ teaspoon black pepper. Add fish to pan; cook 2 minutes on each side. Remove from pan; keep warm. Melt butter in pan over medium-high heat. Add mushrooms and leeks; sauté 2 minutes. Add carrot; sauté 2 minutes. Add zucchini, Lobster Stock, ¼ teaspoon salt, and ¼ teaspoon pepper. Arrange fish over vegetables; cover and cook 3 minutes or until fish flakes easily when tested with a fork.

Place 1/2 cup vegetables into each of 6 bowls; top each serving with 1 fillet. Ladle ½ cup broth over each serving.

Yield: 6 servings (serving size: ½ cup vegetables, 1 fillet, ½ cup broth)

Nutritional Information: Calories: 268 (30% from fat); Fat: 8.8g (sat 2.5g, mono 3.6g, poly 1.8g); Protein: 34.5g; Carbohydrate: 11.1g; Fiber: 2.6g; Cholesterol: 76mg; Iron: 2mg; Sodium: 388mg; Calcium: 56mg.

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SIDE:

Potato and Sun-Dried Tomato au Gratin

This can be assembled and refrigerated up to 24 hours ahead of time. Let stand 30 minutes at room temperature and bake as directed. You can substitute any sharp Italian cheese (such as Romano, provolone, or Asiago) for the Parmesan.

Ingredients

- 1 cup boiling water
- $\frac{3}{4}$ cup sun-dried tomatoes, packed without oil (about 2 ounces)
- 3 pounds peeled baking potato, cut into $\frac{1}{4}$ -inch-thick slices
- Cooking spray
- 1 tablespoon butter or stick margarine
- 1 cup chopped onion
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ cup all-purpose flour
- $2\frac{3}{4}$ cups fat-free milk
- 2 cups (8 ounces) grated fresh Parmesan cheese

Preparation: Combine water and sun-dried tomatoes in a bowl; cover and let stand 30 minutes or until soft. Drain and coarsely chop; set aside.

Preheat oven to 350°.

Place the potato in a large saucepan, and cover with water; bring to a boil. Reduce heat; simmer for 15 minutes or until tender. Drain well. Arrange potato in a 13 x 9-inch baking dish coated with cooking spray.

Melt butter in pan over medium heat. Add onion; cook 3 minutes or until tender. Add sun-dried tomatoes, oregano, salt, and pepper, and cook 2 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Sprinkle tomato mixture with flour; cook 1 minute, stirring constantly. Gradually add milk, stirring with a whisk until blended. Remove from heat; add cheese, stirring until cheese melts. Pour the sauce over the potatoes, tossing gently to coat. Bake at 350° for 20 minutes or until bubbly and golden.

Yield:

10 servings (serving size: about $\frac{3}{4}$ cup)

Nutritional Information: Calories: 279 (25% from fat); Fat: 7.6g (sat 4.6g, mono 2.1g, poly 0.4g); Protein: 13.7g; Carbohydrate: 38g; Fiber: 2.9g.

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DESSERT:

Angel Food Cake Stuffed with Whipped Cream and Berries

Ingredients

BERRIES:

- 2 cups fresh raspberries
- 1½ cups fresh blackberries
- 1½ cups fresh blueberries
- ¼ cup granulated sugar
- 2 tablespoons fresh orange juice

CAKE:

- 1 cup cake flour (about 4 ounces)
- 1 cup powdered sugar, divided
- ½ teaspoon ground ginger
- ¾ cup granulated sugar
- 12 large egg whites
- 1 teaspoon cream of tartar
- ½ teaspoon salt
- 2 tablespoons fresh orange juice

WHIPPED CREAM:

- ¾ cup whipping cream, chilled
- ½ vanilla bean, split lengthwise
- ¾ cup powdered sugar

REMAINING INGREDIENTS:

- 2 tablespoons powdered sugar
- Grated orange rind (optional)

Preparation: To prepare berries, combine first 5 ingredients; toss to combine. Cover and chill 1 hour. Preheat oven to 375°.

To prepare cake, place a rack in the lower third of oven. Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, ½ cup powdered sugar, and ginger in a medium bowl. Sift together remaining ½ cup powdered sugar and ¾ cup granulated sugar in another bowl. Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add powdered and granulated sugar mixture, 1 tablespoon at a time, beating until stiff peaks form. Sift flour mixture over egg white mixture, ¼ cup at a time; fold in. Fold in 2 tablespoons juice. Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife. Bake at 375° for 30 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert the cake onto a plate. Cut 1 inch off top of cake using a serrated knife; set top of cake aside. Hollow out bottom of cake using a small knife, leaving a 1-inch-thick shell; reserve torn cake for another use.

To prepare whipped cream, place cream in a medium bowl; beat with a mixer at high speed until soft peaks form. Scrape seeds from vanilla bean into bowl; discard pod. Gradually add ¾ cup powdered sugar, beating at high speed until stiff peaks form. Spoon all but 1 cup of berry mixture into cake shell; top with whipped cream. Replace top of cake; sprinkle with 2 tablespoons powdered sugar. Serve immediately with additional berry mixture; garnish with orange rind, if desired. For whipped cream basics visit www.CookingLight.com.

Yield: 12 servings (serving size: 1 stuffed cake slice and 4 teaspoons berry mixture)

Nutritional Information: Calories: 269 (20% from fat); Fat: 6g (sat 3.5g, mono 1.6g, poly 0.4g); Protein: 5.2g; Carbohydrate: 50.2g; Fiber: 2.9g; Cholesterol: 20mg; Iron: 1.2mg; Sodium: 149mg; Calcium: 26mg.