

## *Cooking @ Millie's with Chef Kendell J Sheppard*

### **Black & Blue Kale Salad Recipe**

#### Salad

- 3 cups baby kale
- ⅓ cup halved blackberries
- ⅓ thinly sliced red onions
- ½ cup blue cheese
- 3 Tbsp crushed pistachios

#### Mixed-Berry Vinaigrette

- ¼ cup blackberries
- ¼ cup strawberries
- ¼ cup blueberries
- ½ cup sugar
- 2 Tbsp honey
- 1 cup apple cider vinegar
- 1-pint vegetable oil
- ½ Tbsp Dijon mustard
- 2 tsp salt

Method of preparation:

### **Steak Diane Recipe**

- 2 (5-6-ounces) beef tenderloin or Flat Iron steak
- Salt and Pepper to taste
- 1/2 cup beef broth
- 4 teaspoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons tomato paste
- 2 Tbsp butter
- 1 Tbsp finely minced shallots
- 1 Tbsp finely minced garlic
- 4 Tbsp Coppers & Kings Brandy
- 1/3 cup heavy cream
- ground black pepper
- 1-2 Tbsp chives, finely chopped

Method of cooking:

1 Season all sides of steak

2 1-2 TB of oil in a medium-hot pan, wait until the pan is nice a hot then sear both sides of 1-4 minutes depending on what temperature you would like your steak.

- 3 Put steaks aside then bring the pan down the medium heat, and then add the shallots and garlic then deglaze the pan with the brandy.
- 4 Add the rest of the ingredients except butter and chives and reduce until sauce consistency
- 5 Melt butter into sauce add chives and salt and pepper to taste
- 6 Pour Diane sauce over steaks enjoy!!

### **Summer Vegetables Recipe**

- 3 Tbs. chopped fresh basil
- 3 Tbs. extra-virgin olive oil
- 2 Tbs. balsamic vinegar
- 1 Tbs. chopped fresh flat-leaf parsley
- 2 medium cloves garlic, minced
- Kosher salt and freshly ground black pepper
- 2 red bell peppers, seeded and quartered
- 2 small yellow summer squash, sliced on a sharp diagonal 1/2 inch thick
- 2 small zucchini, sliced on a sharp diagonal 1/2 inch thick
- 1 cup cherry tomatoes, preferably a mix of colors, halved

Method of Cooking:

### **Roasted Red Potatoes Recipe**

- 2 pounds red potatoes, cut into 1-inch pieces
- 2 Tablespoons olive oil
- ½ cup grated parmesan cheese
- 3 garlic cloves, minced
- ½ teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper
- chopped parsley for garnish

Method of cooking:

- 1 Preheat oven to 400 degrees. Lightly spray a baking sheet with non-stick cooking spray.
- 2 In a large bowl add the olive oil, parmesan cheese, garlic, and oregano. Toss with the potatoes until coated and lay in a single layer on your baking sheet. Salt and pepper to taste. I also like to sprinkle additional parmesan on top.
- 3 Roast for 30-35 minutes or until golden brown and crisp. Serve with parsley sprinkled on top.

### **Shortbread Recipe**

- 1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan
- 1 1/2 cups all-purpose flour, spooned and leveled, plus more for pressing in the dough
- 2 tablespoons cornstarch
- 1/2 teaspoon fine salt

- 3/4 cup confectioners' sugar
- 2 teaspoons pure vanilla extract
- 3 tablespoons finely ground espresso
- ¼ granulated sugar

Method of preparation:

1 Heat oven to 325° F. Butter a 9-inch springform pan and line with parchment; butter the parchment. Whisk together the flour, cornstarch, and salt in a large bowl; set aside.

2 In a separate bowl, beat the butter, confectioners' sugar and vanilla with an electric mixer on medium-high until light and fluffy, 2 to 3 minutes. Add the espresso and beat to combine. Reduce the mixer speed to low and gradually add the flour mixture, mixing just until combined (do not overmix).

3 With floured fingers, press the dough into the prepared pan and prick all over with a fork. Sprinkle with 2 tablespoons of the granulated sugar.

4 Bake until golden and firm around the edges, 35 to 40 minutes. Cool for 15 minutes in the pan then sprinkle with the remaining 2 tablespoons of granulated sugar. Tilt the pan so that the sugar evenly coats the shortbread, then tip out the excess sugar. Remove the shortbread from the pan and, using a serrated knife, cut into 12 wedges. Transfer to a wire rack to cool completely

### **Foster Recipe**

- 4 large firm, medium-ripe bananas
- 3 Tbsp unsalted butter
- 6 Tbsp light brown sugar
- 2 bourbon
- 1 cup heavy cream
- pinch salt
- 1-pint Vanilla Ice Cream

1 peel the bananas and cut each in half crosswise, then cut each half in half lengthwise.

2 Heat a large nonstick skillet over medium-high heat. Add 2 tablespoons butter and heat until it's melted and nutty brown. Add the bananas and quickly sauté until lightly browned and just tender, about 1 minute, turning once halfway through with a spatula. Sprinkle 1 tablespoon sugar over the butter and gently shake the skillet until the sugar has dissolved

3 Add the remaining sugar and butter, reduced cream, bourbon, and salt to the skillet and simmer until saucy. Drizzle the sauce over the bananas and Shortbread. Add a scoop of Vanilla ice cream then add pecan crumbles.

### **Pecan Crumble Recipe**

- 1 cup all-purpose flour
- ⅓ cup firmly packed brown sugar

- ½ tsp cinnamon
- ½ tsp ground ginger
- ½ cup chopped pecans
- ½ cup butter melted

Method of preparation:

1 In a medium bowl, combine flour, brown sugar, ground ginger, and cinnamon. Stir in pecans. Add melted butter, stirring to combine. Spread mixture into an ungreased baking pan. Bake for 15 to 20 minutes, or until lightly browned, stirring occasionally to crumble. Let cool completely.