Stuffed mushrooms-

STUFFED MUSHROOMS Yield 1lbs mushroom   
-cream cheese 8ounces   
-parsley 2 tablespoon   
-Breadcrumbs 1/2cup   
-Parmesan cheese 1/2cup   
-green onion 1 tablespoon   
GARLIC BUERRE BLANC   
-Hvy Cream 1 cup  
-whole butter 1/2cup (1stick)  
-garlic cloves 3

Stuff mushrooms and place into a 400 degree oven for approximately 8-10 minutes.

Meanwhile, prepare the cream and butter in a Bain Marie (or Double boiler) until the cream begins to form a skin. Add the garlic. Melt the butter in stages until all is melted. Pour over the mushrooms after they are completed. Bon Appetite!

Clean and de-stem mushrooms. crush stems into the following mix:

Yield 4 (6oz-8oz)   
-Blue cheese crumbles 1table spoon   
-Dijon mustard 2 tablespoon  
-olive oil 3 tablespoon   
-Mayo 2 tablespoon   
-lemon zest 1tablespoon   
-Breadcrumbs (Panko) 2/3 cup   
Mix cream cheese, parsley, breadcrumbs, crab, parmesan, and green onions.  Blend until uniform in mixture.

Blue Cheese Salmon- Stuff mushrooms and place into a 400 degree oven for approximately 8-10 minutes.

In a bowl, combine the mayo, mustard, blue cheese, lemon zest and breadcrumbs (Italian). Pat the Salmon dry and add a dry rub (see our standard meat rub mix) and then the blue cheese mixture. Add some oil to a skillet and saute on top of the stove, until the fish is half cooked, then finish in the oven. In class, we used an olive oil blend, but feel free to experiment with any good high heat oil, like avocado seed, grape seed, or safflower. In class, we also sauteed some green beans in the same pan and finished them with a few tablespoons of water with a lid on.

Chocolate lava cakes-

Lava Cake yields 4 cakes   
-1stick butter   
-2 ounces bitter sweet choc   
-2 ounces semi sweet choc  
-3 egg yolks   
-2 whole eggs   
-1/2 cup All purpose flour   
-1 teaspoon vanilla ext.   
-1 cup cherrys

-1/2 cup sugar

Melt the chocolate in a Bain Marie on medium/low heat. Add the vanilla and let cool a bit.  Run the butter around the rim of the ramekin. Dust with flour and tap out to insure a non stick surface. Combine the egg yolk and egg in a separate bowl, and whisk until frothy.

Cream the remaining butter into 1/2 cup of sugar until fully mixed.

Temper the egg mixture with the melted chocolate, and once completely mixed, add the creamed butter and sugar, mixing to combine.

Bake in a 400 degree oven, 8-12 minutes. Top with Cherries, and Bourbon whipped cream!