



Fresh. Food. Fun.



**Fresh Chef Experiences are the ultimate private Cooking Classes and Parties and it all happens in your home, office, or event space!**

Our private cooking classes and parties are a fresh idea focused on food and fun. We bring the event to you - whether you are hosting a cooking party, teambuilding event, or just want to step up your culinary skills.

Your fun cooking class or party begins when our professionally trained chefs arrive with everything required to have a great cooking event. We provide all the food and all the cooking equipment. With our small chef-to-attendee ratio, we promise to bring out the culinary skills in everyone - whether you and your guests are beginners or advanced foodies. Fresh Chef sets up, entertains, and cleans up - you just have fun!

We offer a wide variety of options, over 150 cooking classes and party ideas, or you can even create your own Fresh Chef cooking event. Your private professionally educated and trained chef will instruct you and your guests how to prepare excellent food with menus ranging from learning basic skills through mastering high-level techniques.

Call or email us to book your cooking class or party at 502-386-5241 or [kathy@freshchefexperience.com](mailto:kathy@freshchefexperience.com).

Fresh Chef Experience participates with Dare to Care in support of Share Our Strength's Cooking Matters/No Kid Hungry Program. We donate our chef instruction time to support this much needed community program. Help us in the fight to end childhood hunger. Volunteers are needed; see how you can help by contacting - [Kimberly@daretocare.org](mailto:Kimberly@daretocare.org)



Fresh Chef Experience Chefs are college educated culinary school graduates and working professionals. With our small chef-to-attendee ratio, we teach you and your guests how to master the latest from the basics through professional techniques. So whether you are a beginner desiring to learn some new skills, to an advanced foodie who loves to cook, our Fresh Chefs are ready to instruct you on how to combine fresh ideas, food, and a lot of fun!

Learn more about Fresh Chef Experience - go to [freshchefexperience.com](http://freshchefexperience.com).

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February 2018

### Cornish Game Hens with Apricot Glacé, Rosemary Wild Rice, Meyer Lemon Beurre Blanc and Pine Nuts

#### Cornish Game Hens with Apricot Glacé

##### INGREDIENTS

2 Cornish hens, approximately 1½ pounds each	¼ teaspoon cayenne pepper
2 cups buttermilk	Olive oil
Kosher salt	Apricot Glacé (recipe below)

##### INGREDIENTS

With a sharp knife or poultry shears, remove the backbones from the hens and slice through the breastbone, cutting the hens in half. Place in a glass dish skin side up. Whisk together the buttermilk, 1 teaspoon salt, and cayenne. Pour over the hens, turn them over skin side down, cover, and marinate refrigerated for 4 hours or overnight.

Set a rack in the center of the oven and heat the oven to 450°F. Wash the buttermilk off the hens and dry thoroughly. Brush the skin of the hens with olive oil and set them, skin side up, on a wire rack set in a foil-lined rimmed baking sheet. Sprinkle the skin with salt. Roast the hens until almost cooked through, about 25 minutes. An instant-read thermometer inserted in the thickest part of the thigh should register 165°F. Brush the hens with the Apricot Glacé and continue to roast until the Glacé has browned in spots and the thermometer registers 170°F in the thigh, about 5 to 7 minutes more. Remove from the oven, and brush again with Apricot Glacé, and serve immediately with extra Apricot Glacé, Meyer Lemon Beurre Blanc, Rosemary Wild Rice, and Buttery Pine Nuts. Makes 4 servings.

#### Apricot Glacé

##### INGREDIENTS

2 tablespoons Meyer Lemon juice	¾ cup Apricot Jam
2 teaspoons cornstarch	

##### INSTRUCTIONS

In a small bowl whisk until smooth the meyer lemon juice and 2 teaspoons cornstarch; set aside. In a small saucepan over low heat melt the apricot jam, then whisk in the lemon/cornstarch mixture. When combined add to a blender, or use an immersion blender, process until very smooth and return to a clean saucepan. Keep warm; cover and hold over very low heat. The sauce can be made the day prior and reheated gently over low heat.

#### Meyer Lemon Beurre Blanc

##### INGREDIENTS

¼ cup Meyer lemon juice	¼ cup butter, diced
¼ cup tablespoons white vinegar	1 teaspoon Meyer lemon zest
3 teaspoons minced shallot, finely diced	Kosher Salt
¼ cup heavy cream	White pepper

##### INSTRUCTIONS

In a small saucepan over medium-low heat, add the lemon juice, vinegar, and shallots and bring to a simmer over medium-high heat. Cook until the liquid is reduced to one-fourth or 2 tablespoons. Add the cream and bring to a simmer, reducing the cream slightly for about one minute.

Take the pan off the heat and swirl in several pieces of diced butter - about a fourth of the butter. When the butter is incorporated, whisk in a few more pieces, about another fourth of the butter. The sauce should begin to feel smooth and look creamy. Place the pan back over medium-low heat and whisk in the remaining butter until the sauce is smooth. Add ¼ teaspoon salt and a pinch of pepper. Strain the sauce through a fine-mesh sieve into a clean saucepan. (continued next column)



Gently stir in the lemon zest and season to taste with more salt and white pepper. Keep warm in a double boiler over low heat. When the hens are ready, drizzle on the plates with the Cornish hens.

#### Rosemary Wild Rice

##### INGREDIENTS

1 tablespoon butter	1½ cups chicken stock
2 tablespoons onion, finely chopped	2 teaspoons Meyer lemon zest
Kosher salt	½ cup chopped parsley
1 cup wild rice	Fresh ground pepper
2 teaspoons chopped fresh rosemary or 1 teaspoon dried and crushed	

##### INSTRUCTIONS

In a large saucepan, melt butter over medium heat. Add onion and ½ teaspoon of salt. Cook while stirring occasionally, until the onions are tender, 3 to 5 minutes. Add rice and rosemary; cook, stirring until the rice smells toasty, about 1 minute. Add the stock and follow the time directions on the package to cook the wild rice. When cooked, stir in the lemon zest and parsley. Season to taste with more salt and pepper. Serve with the Cornish Hens. Makes 4 servings.

#### Buttery Toasted Pine Nuts

##### INGREDIENTS

1 tablespoon unsalted butter	¼ teaspoon kosher salt
¼ cup pine nuts	

##### INSTRUCTIONS

Melt the butter in a small sauté pan. Add the pine nuts, toss often, and cook until golden, about 3-5 minutes. Place in a bowl and add the salt and toss. Arrange on the plates with the Cornish Hens.

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