

LA Food Works

presents a
Special Culinary Event
for



Thursday, January 24, 2019

Menu and Recipes



Cornish Game Hen with Lemongrass and Chiles
Roasted Kale, Coconut, and Tomato Salad
Green Beans with Mustard Seeds and Thai Basil
Indonesian Fried Rice



Brownie Pudding Cake with White Chocolate Ganache
and Candy Cane Brittle



323-229-1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Cornish Game Hens with Lemongrass and Chiles

adapted from a recipe on foodandwine.com

Servings: 6

2 1 1/2 pound game hens
salt and pepper, to taste
2 tablespoons canola oil
5 small dried chiles, such as chiles arbol
4 small shallots, peeled and smashed
3 large garlic cloves, peeled and smashed
3 inch piece ginger, peeled and thinly sliced
2 stalks lemon grass, tender inner white bulb only, cut into 3 inch pieces and smashed
1 teaspoon turmeric
2 cups water
1 tablespoon Asian fish sauce
2 scallions, thinly sliced on the diagonal
1/2 cup cilantro leaves, roughly chopped

Using poultry shears, remove the backbones and wingtips from the hens and reserve for another use. Cut the hen down the middle through the breast bones so you have 4 halves. From there, separate the legs and thighs from the breasts. (A butcher can do all this for you if you ask.)

Season the hen pieces with salt and black pepper. In a large pot, heat the oil until shimmering. Add half of the hen pieces and cook over high heat, turning once, until browned, about 4 minutes each side; transfer to a plate. Repeat with the remaining hen pieces and when finished cooking remove all the hen pieces from the pot.

To the now empty pot with canola oil, add the chiles, shallots, garlic, ginger, lemongrass and turmeric to the pot and cook, stirring, until fragrant, 1 minute. Add the water and return the browned hen pieces. Bring to a boil, then reduce heat, cover and simmer until the chicken is cooked through, about 15-20 minutes. Transfer the hen to a serving platter and cover lightly with foil to keep in heat.

With a slotted spoon, remove aromatics (ginger, garlic, shallots, lemongrass, chiles) and increase heat. Bring sauce to a boil and reduce the liquid to half. Sauce should thicken up a bit.

Remove from heat and stir in the fish sauce, scallions, lime zest and cilantro. Ladle some sauce over the hen and reserve the extra to serve on the side with steamed rice.

Per Serving (excluding unknown items): 173 Calories; 8g Fat (42.5% calories from fat); 20g Protein; 4g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 72mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat.



323-229-1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Roasted Kale, Coconut, and Tomato Salad

cooking.nytimes.com

Servings: 4

12 ounces cherry tomatoes
4 tablespoons canola oil, divided
salt and pepper, to taste
3 limes
8 ounces kale, tough center stalks removed and torn into large pieces
1/2 cup coconut flakes, larger shaved dehydrated pieces work best
1 tablespoon soy sauce
1 tablespoon grated ginger root
1 tablespoon miso paste
1 tablespoon tahini
1 tablespoon honey
1 jalapeno pepper, seeded and finely chopped
1/2 head romaine lettuce, chopped into bite-sized pieces
2 scallions, sliced thin on a diagonal

Heat oven to 425. Cut tomatoes in half and place them on a sheet pan. Toss with 1 to 2 tablespoons of oil, salt, pepper, the zest of 2 limes and the juice of 1 of them. Roast the tomatoes until just blistered and beginning to take on color, approximately 15 to 20 minutes.

Meanwhile, mix together the kale, coconut shavings and soy sauce, and place on another sheet pan (it's ok if the kale is piled a little high). Roast with the tomatoes for approximately 5 to 10 minutes, or until the kale has begun wilt and some of the edges start to crisp up at edges.

Make the dressing in a small bowl, combining the grated ginger root, the miso, the tahini, the honey, the finely chopped jalapeno pepper, the juice of the second lime and the remaining oil. Adjust seasonings, adding more lime juice to thin the dressing, if desired.

Remove the tomatoes and kale from the oven. Let cool to room temperature. Place the tomatoes, kale, chopped romaine and scallions into a large serving bowl, and drizzle the dressing over the top, a few tablespoons at a time; you may not need all the dressing if the tomatoes are particularly juicy.

Per Serving (excluding unknown items): 283 Calories; 20g Fat (56.7% calories from fat); 6g Protein; 28g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 327mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.



323-229-1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Green Beans with Mustard Seeds and Thai Basil

nytimes.com/cooking

Servings: 4

1/3 cup unsweetened coconut flakes
2 tablespoons coconut oil
2 cloves garlic, finely chopped
1 tablespoon minced ginger
1 teaspoon mustard seeds
1 teaspoon turmeric
pinch red pepper flakes, more or less to taste
1 bay leaf
5 large Thai Basil leaves, sliced in thin ribbons
1 pound green beans, trimmed
1/2 teaspoon salt
1/2 cup water
1/2 lime, juiced
2 tablespoons chopped roasted cashews

Place a large, dry skillet over medium-high heat. Add coconut flakes and toast, shaking pan occasionally, until golden, about 5 minutes. Transfer flakes to a bowl.

In the same skillet, heat coconut oil. Add garlic, ginger, mustard seed, turmeric, red pepper flakes and bay leaf. Cook, stirring, 1 minute.

Stir in basil, green beans and salt. Toss well to coat in oil and seasonings.

Add water, cover partly and reduce heat to medium. Cook until beans are tender, about 8 minutes. Uncover and continue cooking until most of the liquid has evaporated and the beans are wilted and lightly colored.

Squeeze lime juice and toss green beans with cashews and coconut flakes.

Per Serving (excluding unknown items): 98 Calories; 7g Fat (58.6% calories from fat); 2g Protein; 9g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.



323.229.1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Indonesian Fried Rice

Servings: 8

3 Thai chiles, stemmed
7 large shallots
4 cloves garlic, peeled
2 tablespoons brown sugar
2 tablespoons mild molasses
2 tablespoons soy sauce
2 tablespoons fish sauce
4 eggs
1/2 cup canola oil
6 cups cooked rice, day old, at room temperature
4 scallions, sliced thinly on a diagonal
1 lime, juiced

Pulse chiles, 4 shallots and garlic in a food processor until coarse paste is formed, scraping down side of bowl as necessary. Transfer mixture to a bowl and set aside.

In another bowl combine brown sugar, molasses, soy sauce, fish sauce, and 1 teaspoon salt.

In yet another bowl, whisk together the eggs with a pinch of salt.

Thinly slice the remaining shallots and place in a nonstick skillet with the oil. Fry onions over medium-low heat, stirring often, until shallots are golden and crisp, about 3-5 minutes being careful not to let the shallots burn. Using a slotted spoon, transfer shallots to a paper towel lined plate and season to taste with salt. Pour off oil and reserve. Wipe out skillet with paper towels.

Heat 2 teaspoons of reserved oil in the now empty skillet over medium heat until shimmering. Add the egg to the skillet, and gently cook the egg scrambling it into medium sized bites. Remove from pan and reserve.

Heat the remaining oil to the again empty skillet. Add the chile mixture and cook until mixture turns golden, about 3-5 minutes. Stir in molasses mixture and bring to a bubble. Add the rice and cook, stirring constantly, until rice is heated through and mixture is evenly coated. About 3 minutes. Stir in scallions, remove from heat. Toss in egg.

Transfer to a serving platter. Garnish with fried shallots and drizzle with lime juice.

Per Serving (excluding unknown items): 366 Calories; 17g Fat (41.5% calories from fat); 7g Protein; 46g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 291mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.



323-229-1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Brownie Pudding Cakes with White Chocolate Ganache and Candy Cane Brittle

Servings: 8

For the White Choc Ganache

4 ounces white chocolate
1 cup chilled heavy cream
1/4 teaspoon vanilla extract
pinch kosher salt

For the Candy Cane Brittle

1/2 pound bittersweet chocolate
1/2 cup chopped candy canes, divided
1/2 cup chocolate wafer cookies, lightly crushed
1 ounce white chocolate, melted

For the Brownie Pudding Cakes

1/2 pound butter, plus more for buttering ramekins
5 eggs, at room temperature
2 cups sugar
3/4 cup cocoa powder
1/2 cup flour
1 vanilla bean, seeds scraped out



323-229-1966 www.lafoodworks.com
rose.leboeuf@gmail.com

Preheat oven to 350F. Lightly butter 8 six ounce ramekins

For the White Chocolate Ganache: Stir chocolate in a medium metal bowl set over a saucepan of simmering hot water until melted and smooth. Remove from heat and whisk in cream, vanilla, and salt. Cover; chill until cold, about 2 hours.

For the Candy Cane Brittle: Line a large baking sheet with foil. Stir bittersweet chocolate in a medium metal bowl set over a saucepan of simmering water until melted. Stir in 1/3 cup chopped candy canes and all the crushed cookies. Spread the chocolate mixture over foil then sprinkle the remaining chopped candy cane over the chocolate. Drizzle with melted white chocolate. Chill until set, about 30 minutes, then break into shards.

For the Brownie Pudding Cakes: Melt butter and set aside to cool.

In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs and sugar on medium-high speed for about 8-10 minutes, until the mixture is very thick and light yellow.

Meanwhile, sift together the cocoa powder and the flour together. Set aside.

When egg and sugar mixture is ready, lower the speed to low and add the vanilla seeds, the cocoa powder and flour mixture. Mix only until combined.

With the mixer still on slow, slowly pour in the cooled butter and mix again just until combined (over mixing will make your batter, and subsequently your cakes, tough).

Pour the brownie mixture into the prepared ramekins. Arrange on a large sheet tray and bake for 30 minutes, rotating the tray about half-way through the cooking time. The center will appear to be under baked, but that's ok. This is pudding cake, so you want it to be a little jiggly. Allow to cool a bit.

When ready to serve, using an electric mixer, beat white chocolate ganache until firm peaks form. Spoon a dollop of ganache over each pudding cake and garnish with a piece of brittle.

Per Serving (excluding unknown items): 787 Calories; 51g Fat (53.2% calories from fat); 11g Protein; 90g Carbohydrate; 9g Dietary Fiber; 179mg Cholesterol; 364mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 10 Fat; 4 1/2 Other Carbohydrates.