

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

“Disco Dinner”
April 2024

CLASSIC FRENCH CHEESE FONDUE

1-cup white wine
1/3-pound Gruyere or other soft, mild melting cheese
(Swiss, Gouda, Fontina, Monterey Jack, etc.), shredded
1 TBSP. corn starch
1/8-tsp. cracked black pepper
dash of fresh ground nutmeg
Rustic bread or veggies for dipping

In medium size saucepan, heat wine over medium heat until it's at a low simmer. In a mixing bowl, combine shredded cheese and corn starch; mix until cheese is evenly coated with corn starch. Stir half of the cheese mixture into hot wine. Continue to stir until cheese is thoroughly melted. Slowly, add the remaining cheese and corn starch mixture. Reduce heat to low. Continue stirring until the cheese is melted, and the fondue begins to thicken. Add black pepper and nutmeg; stir to combine. Remove from heat and transfer to a serving bowl. Serve with crusty bread, corn chips, steamed potatoes and/or vegetables. This recipe is great for utilizing leftover wine, cheeses, and bread.

“NOT YOUR MAMMA’S” MEATLOAF

2 pounds 85% lean ground beef
1 rib celery, finely chopped
2 medium carrots, peeled and finely chopped
1 medium onion, peeled and finely chopped
1 TBSP. chopped garlic
3 TBSP. unsalted butter

1-cup breadcrumbs
1 egg
¼-cup ketchup
¼-cup Worcestershire Sauce
½-cup cream or whole milk

1/8-tsp. ground black pepper

1-tsp. salt

sauce:

2-cups ketchup, or catsup

½-cup your favorite hot sauce

½-cup brown sugar

Preheat oven to 350°F. Using a food processor, add the carrots, celery, and onion (already cut into smaller pieces) and pulse in food processor 4-5 times, until finely minced. Over medium-high heat, add butter to a sauté pan or skillet and sauté veggies and garlic until soft and all moisture has evaporated (7-10 minutes). While the veggies are cooking, combine breadcrumbs, ketchup, cream or milk, Worcestershire sauce, egg, salt, and pepper. Allow breadcrumbs to become fully hydrated before moving to the next step. (This is called a 'panade' and will keep the meatloaf moist and tender.) Combine panade, cooked veggies and cold ground beef; mix thoroughly. On a baking sheet pan or cookie sheet, form the mixture into a uniform loaf. Bake for 45 minutes. While meatloaf is baking, combine ketchup, hot sauce and brown sugar in a small bowl. After 45 minutes, remove the meatloaf from the oven and spoon a generous amount of sauce over the top, saving some sauce for serving. Put meatloaf back into oven for an additional 15-20 minutes, or until the interior temperature reaches 160°F. Remove from oven and let rest 10-15 minutes. The interior temperature of the meatloaf will continue to climb to approx. 170°F. This is called "carry-over-cooking". Slice and serve with additional sauce spooned over the top.

GARLIC-PARMESAN SOUS VIDE CHICKEN WINGS

4-pounds chicken wings, tips removed

1 TBSP. Garlic & Herb sea salt (found at www.eastcoastsaltcompany.com)

1 TBSP. fresh garlic, chopped

½-cup grated Parmesan cheese

½-tsp. freshly grated black pepper

Set up your immersion circulator to 160°F for three hours. Meanwhile, place chicken wings into one or two zipper-lock plastic storage bags and season evenly with sea salt and garlic. Squeeze the outside of the bag(s) to move the chicken wings around inside the bag to coat them evenly with the seasoning. Lower bags into the water bath and allow the air to escape through the top of the bag(s) before sealing. Make sure there is space all around each bag (while in the water bath) to allow the water to circulate around them. Cook for 3 hours. Preheat oven to high broiler with the top rack about 6-8 inches below the heating element. After 3 hours of sous vide cooking, remove the bags from the water, open each bag and transfer the wings into a colander or strainer in the sink to drain. Transfer wings to a baking sheet pan or cookie tray. Place the tray about 6-8" under the broiler heating element. Close the oven door, but be sure to keep a close eye on the wings, as they can burn quickly. The heat from the broiler will evaporate any moisture off the wings. Once the moisture has evaporated, they will begin to brown (the Maillard reaction). When wings have browned (after 5-6 minutes), remove pan from oven and turn wings over and return the tray to oven. Broil another 3-5 minutes on this second side. They will brown more quickly on this second side as most of the moisture has already been evaporated. After this second side has browned, remove them from oven and transfer the wings to a large mixing bowl. Add parmesan cheese and black pepper. Stir or toss the wings to coat them evenly with the cheese and pepper. Serve immediately.

VANILLA CRÈME BRÛLÉE

4 egg yolks

1 TBSP. the best pure vanilla extract

1-cup heavy whipping cream

2 TBSP. white sugar (divided)

2 6-ounce glass baking cups or ramekins

Optional fruit-on-the-bottom ingredients: strawberry or raspberry jam, orange marmalade, etc.

(Makes two desserts)

Preheat oven to 300°F. Separate egg yolks from eggs. Save the egg whites for another recipe. In a small mixing bowl, gently stir together the four egg yolks and three tsp. sugar; set aside. Meanwhile, bring cream and vanilla to a very low simmer over medium heat. Very slowly, pour the hot cream into the egg yolk mixture (a little at a time), while stirring the eggs constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 9"x9"-inch pan or loaf pan. Divide the custard mixture into the two ramekins. Pour water into the pan (around the outside of the ramekins) until it's about halfway up the side of the ramekins. Be careful not to pour water into the custard. Bake 40-45 minutes or until centers are just set. (There will be a little 'jiggle' in the centers.) Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: Cover each Brulée with 1-tsp. of white sugar. Using your finger, spread the sugar evenly around the tops of the crème Brulée so it is completely covering the Brulée. Bruleè the tops with a kitchen torch or under the broiler until sugar browns. Wait at least three minutes before eating, as the sugar will be very hot.