

# Matthew May's

## TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

October 14, 2023 "Autumn Favorites!"

### BAKED BRIE & CRANBERRY ORANGE CRISPS

- 1 sheet puff pastry, thawed and unfolded (approx. 8 3/4" X 8 3/4")  
(Found in your grocer's freezer section.)**
- 1 14-ounce can whole cranberry sauce**
- 1 orange, zested and juiced**
- 1 TBSP. sugar**
- 8-ounces brie, cut into 1/2-inch pieces**

Preheat oven to 400°F. Gently roll out the puff pastry to approx. a 12"X12" square. Be sure to flour your rolling pin and counter to prevent the dough from sticking. Cut the pastry into 12 even squares (about 3"X3"). Using a non-stick mini muffin or tart pan, spray each tart mold modestly with non-stick baking spray. Carefully, place one square of pastry over each of the 12 muffin cups spaces, being sure to lay the corners of the dough up and over the edge and onto the top of the pan. Using your finger, gently press the center of the pastry so that it is touching the bottom of the tart pan. Be careful not to press too hard, as it will make it difficult to remove from the pan later. You may want to use every other cup so that the pastry from one won't stick to another. After the 12 cups have the puff pastry squares, place one piece of brie into the center of each. Bake for 7-10 minutes, then rotate the pan and continue baking for another 7-10 minutes, or until golden brown. When pastry is a golden brown, remove from oven.

While pastry is baking, add the cranberries, sugar, orange zest, and orange juice to a small saucepan and cook about 8-10 minutes, just to fully incorporate the juice and zest with the cranberry sauce. Be sure to stir the sauce, as it may scorch on the bottom of the pan if left as is. Taste, and add a bit more sugar if the cranberries are too tart. After baked pastry is out of the oven, carefully remove the pastry and brie cups from the hot pan (you may want to use a small spoon to do this) and place them on a serving plate or platter. Spoon a small amount of the warm cranberry orange jam onto each brie crisp. Your guests will love this sweet and savory dish!

### PAN SEARED SALMON

### W/ MAPLE BOURBON BROWN BUTTER

- 1 side fresh salmon, pin bones removed, cut into 4-ounce portions (leave skin-on)**
- 1/4-tsp. Barbecues Best Sea Salt (found at [www.eastcoastsaltcompany.com](http://www.eastcoastsaltcompany.com))**

**¼-pound butter, unsalted**  
**½-cup your favorite bourbon**  
**¼-cup pure maple syrup**

Pre-heat cast iron or non-stick skillet on medium heat. Add butter to pan. Once butter has melted and foamed slightly, carefully place salmon fillets into pan, skin-side up (if your salmon still has the skin on it). Do not attempt to move salmon at this point. Allow salmon to sear for about 4-5 minutes, or until you can see that the salmon has cooked 1/3 of the way. The color of the salmon will change to a lighter color as it cooks. Using a spatula, carefully turn salmon over, so that the skin-side is now on the bottom (if your salmon still has the skin on it). Allow salmon to cook another 4-5 minutes, or until you see the salmon is cooked 1/3 of the way on this second side. The very center of the salmon should still be 'raw' or rare. Carefully, remove salmon from the hot pan, and place on serving platter or individual plates. The salmon will continue to finish cooking while it rests on the plate. This is called 'carry-over' cooking. Some people prefer to serve the salmon with the crispy skin facing up. If you do not wish to serve the skin, it will easily peel off prior to serving. While the salmon is resting, add bourbon, maple syrup, and salt to pan. \*Bourbon is extremely flammable, so be sure to turn off your burner BEFORE adding the bourbon if you have a gas stove. Stir or swirl pan around to combine the bourbon, salt, and maple syrup with the browned butter. Taste and salt if needed. Spoon the delicious maple bourbon brown butter over salmon before serving.

## **SOUS VIDE/REVERSE SEARED PORK CHOPS** **w/ SPICED APPLE BOURBON BROWN BUTTER**

**2 6–8-ounce pork chops (bone-in or boneless), about ¾-1-inch thick**  
**1/8-tsp. Steak and Chops Sea Salt (found at [www.eastcoastsaltcompany.com](http://www.eastcoastsaltcompany.com))**  
**1 gallon size zip-lock bag**  
**2 TBSP. unsalted butter**  
**1/8-tsp. ground cinnamon**  
**¼-cup bourbon**  
**1 Granny smith apple, peeled, cored and sliced about ¼" thick**

Using a heat-safe plastic container, soup pot or Dutch oven, fill with water up to the water level line of your sous vide wand. Set your sous vide wand to 130°F for 3-4 hours (more than four hours may result in a 'mushy' chop as the proteins will begin to break down. At this temperature of 130°F, your chops will cook to the low end of medium but will carry over to the higher end of medium rare at 135°F. (Set your sous vide temperature to five degrees below your desired doneness). Evenly spread sea salt over both sides of each chop. Place chops inside plastic bag. With the top of the bag still open, carefully submerge the bag (with the seasoned chops inside) into the water. Gently move bag around the chops to release any air bubbles that may be trapped under them. Continue to submerge the bag all the way up to the top seal of the bag, while allowing the air to escape out the top. Once the air has been removed, being sure to keep the steak below the surface of the water, seal the bag and lay the top flap of the bag over the top of your pan/container. Cook until timer is complete. Preheat your skillet on medium heat, about 375°F - 400°F. Using tongs, remove the chops from the bag and blot dry with paper towels until all surface moisture is removed. Do not squeeze or press the chops! Once moisture is removed, using your tongs lay the chops in your hot pan with the fat cap facing down. You will need to hold the chops with your tongs to do this. Do not move the chops around in the pan at this point. Allow the fat to render and the fat cap from each chop to brown. Once the fat begins to render, you will be able to pick up the chops to look at the coloring you are achieving on

the fat cap. At this point, you may move the chops back and forth along the middle of the pan to complete the rendering and browning along the entire fat cap. Once the fat has browned evenly, NOW you can lay the chops down in the rendered fat. We are now browning the meat, one side at a time. Allow chops to brown for 1-2 minutes on each side, then remove from pan. Add butter, cinnamon, and apples to the hot pan. The water in the butter will pick up any fond on the bottom of the pan. The steam is from the water evaporating from the butter. Stir apples to cook evenly on both sides. Once the water has evaporated, the butter will begin to brown. Allow butter to brown slightly, then carefully add bourbon. Bourbon is flammable, so do this with caution. Allow alcohol to evaporate (1-2 minutes). At this point, turn off heat and remove pan from burner. Slice and serve the boneless pork chops with pan sauce spooned over the tops. You will immediately notice the amount of flavor that has permeated the chops. Because the chops were cooking at a low temperature for a long period of time, "osmosis" was allowed to happen where the salt and herbs have been drawn into the meat, thus seasoning, tenderizing, and cooking the meat at the same time.

## **APPLE or PEACH BOURBON BREAD PUDDING**

### **bourbon sauce**

**¼-cup brown sugar**

**4 TBSP. butter**

**¼-cup bourbon**

**Dash of Matthew's Bourbon & Brown Sugar Sweet Salt (found at [www.eastcoastsaltcompany.com](http://www.eastcoastsaltcompany.com))**

### **bread pudding**

**1 large egg**

**¾-cup heavy cream, light cream, or half and half**

**1 TBSP. sugar**

**¼-tsp. ground cinnamon**

**½-tsp. vanilla**

**2-cups dry, leftover bread, 1" cubes**

**1 Granny Smith apple; peeled, cored, diced OR 1-cup peaches; peeled and sliced**

**Additional butter to grease the baking pan**

**Fresh whipped cream (optional)**

In a heavy-bottomed saucepan, add butter, brown sugar, bourbon, and sweet salt. Stir and allow to simmer slightly. Sauce will become slightly foamy. Remove from heat and set aside.

Preheat oven to 350°F. Thoroughly butter the bottom and sides of a 3X9-inch loaf pan. In a medium sized mixing bowl, whisk together eggs and heavy cream; add sugar, cinnamon, and vanilla. Add the cubed bread and apples or peaches, stir to fully distribute the cream and egg mixture. Allow enough time for the bread to absorb the custard (about 5-7 minutes) before proceeding. You may need to add a little more cream if you notice any bread that has not absorbed the custard. Transfer mixture to the prepared baking dish. Bake on middle/center oven rack for about 20-30 minutes, or until golden brown. Remove from oven, run a knife around the perimeter of the bread pudding to create space around the outer edge. Pour bourbon sauce over the top of the hot bread pudding, being sure to include the outer edges. Sauce will be absorbed into the hot bread pudding. Serve warm with ice cream or whipped cream. This is my absolute favorite! Option: use peaches instead of apples!!! You're welcome!