



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

On one of our trips to New York, we ate at Food Network star Bobby Flay's Mesa Grill and left the restaurant with a copy of the *Mesa Grill Cookbook*. Mary Ann made a recipe from the cookbook recently: Roasted Asparagus and Mushroom Salad with Toasted Pecans, Blue Cheese and Red Chili-Mustard Vinaigrette. Her presentation looked just like the colored photograph with whole stalks of roasted asparagus resting on mesclun green-roasted mushroom mixture. It was delicious but a little on the labor intensive side to fix. Instead, I cut the spears in thirds to roast. Vinaigrette called for ancho chile powder but I used regular chili powder to save money although McCormick ancho chile powder is available at Chief and Rays. Original recipe called for several kinds of mushrooms that add to the cost so I limited the kind I used in my adapted version.

BOBBY FLAY'S ROASTED ASPARAGUS AND MUSHROOM SALAD WITH TOASTED PECANS, BLUE CHEESE AND RED CHILI-MUSTARD VINAIGRETTE

- 20 medium spears fresh asparagus, trimmed and cut into thirds
- 1 lb. cremini and button mushrooms, cleaned and coarsely chopped
- 1/4 cup olive oil
- Kosher salt and freshly ground pepper to taste
- 4 oz. mesclun or baby greens torn into bite-size pieces
- Red Chili-Mustard Vinaigrette
- 4-oz. crumbled blue cheese
- 1/4 cup pecans, toasted and coarsely chopped

Preheat oven to 425°F. Spread out the asparagus and mushrooms on separate baking sheets and drizzle each with 2 tablespoons oil and season with salt and pepper. Place the mushrooms on bottom rack of the oven and the asparagus on the top rack. Roast asparagus until crisp cooked, about 8 minutes, depending on size of stalk (medium stalk preferred instead of thin). Roast mushrooms, stirring once, until golden brown, 20 to 25 minutes. Remove from the oven and let cool slightly. Combine mesclun greens, asparagus and mushrooms in a large bowl. Toss gently with enough of the vinaigrette to moisten. Sprinkle with cheese and toasted pecans.

Red Chili-Mustard Vinaigrette:

- 1/4 cup red wine vinegar
- 1 heaping Tbsp. Dijon mustard

- 1 Tbsp. chili powder
- 2 tsp. honey
- Kosher salt and freshly ground pepper
- 1/2 cup canola oil

Whisk together the vinegar, mustard, chili powder, honey, salt and pepper. Slowly whisk in the oil until emulsified or very thick. Dressing can be made ahead of time and refrigerated.

SOURCE: Bobby Flay's *Mesa Grill Cookbook* recipe.

SAY YUM TO THIS CHICKEN ENTRÉE!

I don't know what I did before rotisserie chickens because they do save a lot of time when I need cooked chicken for a recipe. Remember that it's easier to strip a rotisserie chicken as soon as you bring it home if you're planning to use it in a recipe.

If you don't imbibe replace wine with 1 cup of apple juice or chicken broth.

CHICKEN COBBLER CASSEROLE

- 6 Tbsp. melted butter, divided
- 4 cups cubed sourdough bread (Pepperidge Farm preferred)
- 1/3 cup Parmesan cheese
- 2 Tbsp. fresh chopped flat leaf parsley
- 2 medium sweet onions, sliced thin
- (1) 8-oz. package sliced mushrooms
- 1 cup white wine (same amount of apple juice or chicken broth can be used)
- (1) 10-3/4-oz. can Healthy Request cream of mushroom soup
- 4-oz. jar chopped pimiento, well drained
- 2-1/2 cups cubed rotisserie chicken

Toss 4 tablespoons melted butter with sourdough bread cubes, parsley and Parmesan cheese; set aside. Sauté onions in remaining butter in large skillet over medium-high heat. Cook 15 minutes or until golden brown, stirring frequently. Add mushrooms and sauté for 5 minutes. Whisk together wine, mushroom soup and pimientos and add with chicken to onion-mushroom mixture. Cook 5 minutes, stirring constantly. Spoon into lightly buttered 9-inch square baking dish. Top with croutons. Bake in preheated 400°F oven for 15 minutes or until croutons are golden brown. Recipe makes 4 servings.

SOURCE: Adapted from January 2006 *Southern Living* recipe.