

Auggie's Bistro 2019 – Menu

Blue Cheese and Walnut Spinach Salad with Maple Dressing

Baby spinach with warmed dressing made with maple syrup, cider vinegar, olive oil, and topped with crumbled blue cheese. Haters of blue cheese can have shaved parmesan pieces on top instead.

Roasted Pork Tenderloin with Fig and Port Sauce

Medallions of pork tenderloin rubbed with fresh rosemary served with a warm sauce made of figs and port with the flavours of cinnamon and rosemary.

Ian's Notes:

I made a rub paste from kosher salt, olive oil, and finely-chopped fresh rosemary and put it on the tenderloins before browning them on all sides in a cast iron frying pan. They then went into the oven at 425 and were taken out when the internal temp reached 160. The drippings from the pan were scraped and then boiled down with a bit of chicken stock and then added into the sauce to make it saltier and more savoury.

The recipe for the sauce is:

2½ cups port
1¼ cups chicken broth
8 dried figs
2 sprigs fresh rosemary
2 cinnamon sticks
1 TB honey
3 tablespoons unsalted butter
salt and freshly-ground pepper

In a heavy metal sauce pan, combine the first 6 ingredients. Boil over medium-high heat until reduced by half, about 30 minutes. Discard the herb sprigs and cinnamon sticks (some of the rosemary leaves will remain in the sauce – that's okay). Transfer the port mixture to a blender – after it's cooled somewhat – and puree until smooth. Blend in the butter and season the sauce.

Moroccan Roasted Root Vegetables

Carrots, sweet potatoes, red onions, and dried apricots roasted with fresh lemons and Moroccan seven spice blend (black pepper, ground ginger, cinnamon, turmeric, cardamom, cloves, and nutmeg).

Ian's Notes:

These didn't turn out the way they should have at Auggie's Bistro because we did them in a countertop oven and the moisture didn't evaporate and they didn't dry out and get as roasted as they should have.

Essentially, I just took pieces of carrot, sweet potato, red onions, and dried apricots and combined them with the juice and rind of half lemons (which you discard after cooking, of course!), along with some olive oil and a bit of chicken stock. The secret is the Moroccan Seven Spice Blend, which you toss in with everything else, in whatever quantity you desire.

I baked the whole mess in a hot 425 degrees oven, occasionally stirring everything.

Moroccan Seven Spice Blend

1/3 cup of ground black pepper

4 tsp ground ginger

4 tsp cinnamon

2 tsp turmeric

1 tsp cardamom

½ tsp ground cloves

½ tsp nutmeg

Steamed and Buttered Fresh Green Beans

Chocolate Orange Mousse served in Waffle Cone Bowls

With raspberries and cut orange segments on top

Ian's Notes:

This recipe is relatively easy. I put in some extra orange flavour by adding a bit of concentrated (frozen) orange juice.

2 large eggs, beaten

2 large egg yolks, beaten

1 cup heavy whipping cream

1/4 cup packed brown sugar

3 tablespoons orange juice

1 to 1-1/2 teaspoons grated orange zest

6 ounces semisweet chocolate, melted and cooled – I used President's Choice chocolate chips

Whipped cream and orange peel strips, optional

In a saucepan, combine the eggs, egg yolks, cream, brown sugar, juice and zest until blended. Cook and stir over medium-low heat for 15 minutes or until the mixture is thickened and reached 160°. Remove from the heat; stir in melted chocolate until smooth.

Pour into dessert dishes. Refrigerate for at least 2 hours or until serving. Garnish with whipped cream and orange peel if desired.