

**BRENDAN MCDERMOTT'S
RECOMMENDED KNIVES**

Supplies & Recipes



Paring Knife



Boning Knife



Serrated Utility Knife



Chef's Knife

CHICKEN STOCK

Yield: About 2 quarts (1.9 l)

Mirepoix usually consists of 2 parts onion, 1 part carrot, and 1 part celery, though other vegetables, such as parsnip, turnip or leek may be added as well. The general ratio for any stock, whether it be vegetarian or protein based, is 1 part vegetables/bones and 3 parts water. Almost any vegetable can be used for stock, but avoid anything that could become cloudy or stinky, such as asparagus, potato or cabbage.

Ingredients

- Bones from one chicken (about 1 pound/455 g)
- 1 large onion
- 2 medium carrots
- 2 stalks celery
- 4 quarts (3.75 l) cold water
- 1 sachet d'épices (parsley stems, a bay leaf, fresh or dried thyme, and black peppercorns)

Directions

In a large pot, combine the chicken bones, mirepoix, sachet and water.

Bring to a boil over low heat. Reduce the heat to a simmer.

Skim the impurities from the surface as necessary.

Simmer the stock for 2 hours.

Let the stock cool, then strain and store.

**PICO DE GALLO**

Yield: 3 cups (710 ml)

- ½ cup (60 g) red onion, minced (about ½ of a medium onion)
- 2 cups (300 g) plum tomatoes, seeded and diced
- 1 tablespoon jalapeño chiles, stemmed, seeded and minced
- ¼ cup (11 g) minced fresh cilantro
- 2 tablespoons freshly squeezed lime juice (from two limes)
- Salt and pepper to taste

Directions

Combine the onion, tomatoes, chiles, cilantro and lime juice in a small bowl and season well. Adjust the cilantro and lime juice to taste. If not using right away, it can be placed into a sealed plastic container and stored in the refrigerator for about three days.

POMEGRANATE MARTINI

Yield: 2 martinis

- ½ cup (120 ml) of your favorite vodka
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh pomegranate juice
- 2 teaspoons Cointreau
- 6 wedges of kiwi for garnish
- 2 tablespoons pomegranate seeds

Directions

Place the vodka, lemon juice, pomegranate juice, Cointreau and ice in a shaker and mix well. Strain into two chilled martini glasses. Garnish each with three kiwi wedges on a toothpick and 1 tablespoon pomegranate seeds.

ROASTED BUTTERNUT SQUASH SOUP

Yield: 6-8 servings

- 1 tablespoon olive oil
- 1 large butternut squash
- 3 medium carrots
- 1 large Spanish onion
- 3 cloves garlic
- 1 Gala apple
- 1 cup (240 ml) white wine
- 1 quart (950 ml) water/stock
- 1 Idaho potato, peeled and cubed
- 1 can (13.5 ounces/400 ml) coconut milk
- Salt and pepper to taste

Directions

Preheat the oven to 400 F (205 C/gas 6).

Cut the squash in half lengthwise. Rub the cut surfaces with olive oil and place cut side down on a baking sheet. Roast until fork tender, about 45 minutes. Cool, then with a large spoon, scrape out squash from the skins. Reserve squash for later.

Cut the carrots, onions, and apple into medium dice cubes and mince garlic.

Over a medium-high flame, heat a large pot or dutch oven on the stove and add 1 tablespoon olive oil.

Add the carrots and sweat for 3 minutes. Add the onion and garlic and sweat for another 4 minutes, until the carrots and onion begin to brown. Add the apples and sweat for another 2 minutes.

Pour in the white wine and cook until reduced by half.

Stir in the reserved squash, the water or stock and the potato. Lower heat to a light simmer and cook until the potato is fork-tender, about 15 minutes.

Add the coconut milk and season to taste.

Once soup has cooled, using a hand blender or a food processor, puree soup until smooth.

Reheat and serve warm.