



CONTEMPORARY MIDWEST CUISINE

John Andres, Executive Chef

Truffled Vegetable Risotto

Yields 4 portions

Creamy Risotto Finished with Fresh Roasted Seasonal Vegetables, Parmesan Cheese, and White Truffle Oil

¼ cup Extra Virgin Olive Oil	½ recipe Roasted Vegetables
½ ea Medium Yellow Onion, Small Diced	½ cup Heavy Cream (substitute vegetable stock for vegan preparation)
1 cup Arborio Rice	To Taste Kosher Salt and Freshly Ground Pepper
1 cup Dry White Wine	Remaining ½ recipe Roasted Vegetables
1 Herb Sachet (4 sprig fresh thyme, 3 stems fresh parsley, 1 bay leaf, 2 cloves crushed garlic)	¼ cup Freshly Grated Parmesan Cheese (omit for vegan)
1 ½ cup Vegetable Stock	Drizzled White Truffle Oil

- 1) Sweat the onions in the oil over medium heat until translucent. Cook the onions slowly so as not to caramelize or burn, about 10 minutes.
- 2) Add the rice and continue cooking, stirring constantly for about a minute to "parch" the rice.
- 3) Add the white wine and sachet, and continue to cook, stirring constantly. Once the wine has reduced, add the stock in small additions (only enough to cover the rice with each addition), continuing to stir constantly so as not to scorch the pan.
- 4) Once stock has been added, add heavy cream and ½ of the roasted vegetables. Continue stirring and season to taste with salt and ground pepper.

Roasted Vegetables

Yields 4 portions

1 ea Red Bell Pepper, Cored & Medium Diced	2 Tbsp Freshly Minced Garlic
1 ea Zucchini, Medium Diced	2 tsp Kosher Salt
1 ea Large Carrot, Peeled & Medium Diced	½ tsp Freshly Ground Black Pepper
1 ea Portobello Mushroom, Gills & Stem Removed, Medium Diced	2 oz ea Fresh Thyme, Rosemary, & Parsley, Stems Removed & Minced
1 ea Red Onion, Peeled & Medium Diced	½ cup Extra Virgin Olive Oil

- 1) Preheat oven to 550°F.
- 2) Toss all ingredients together until well-mixed. Spread onto two baking sheets (with sides) in an even layer so that vegetables lay flat.
- 3) Roast in the oven, stirring every ten minutes until evenly-roasted, about 45 minutes.

Pepper-Seared Strip Steak with Maytag Cream

Yields 2 portions

Au Poivre-Style, Classically Deglazed with Iowa's Templeton Rye Whiskey, Finished with Maytag Blue Cream

2 ea 12oz New York Strip Steaks	1 ea Shallot, Peeled & Minced	½ Tbsp Honey
1½ Tbsp Clarified Butter	2 cloves Garlic, Peeled & Minced	1 oz Maytag Blue Cheese
1 tsp Kosher Salt	½ cup Templeton Rye Whiskey	To Taste Kosher Salt & Freshly Ground Pepper
1 Tbsp Cracked Black Peppercorns	½ cup Heavy Cream	

- 1) Preheat sauté pan on high heat and add butter. Heat the pan and oil to a point where the fat "dances" and looks hazy in the pan, but not smoking.
- 2) Thoroughly dry the steaks with paper towels. Evenly season both sides of the steaks with the salt and pepper, pressing the pepper lightly onto the meat.
- 3) Place the steaks in the pan, sautéing on one side until golden-brown, about 4 minutes.
- 4) Carefully turn the steaks over to sear the raw side of each steak. (At this point, the heat can be lowered and pan covered to cook beyond Medium-Rare. Use a meat thermometer to cook to desired temperature.)
- 5) To cook the steaks to Medium-Rare, allow the steak to cook for an additional 3-4 minutes uncovered.
- 6) Add shallot and garlic to pan with the steaks and stir. Once the shallot and garlic start to caramelize, add the whiskey to the pan (**if cooking over or near an open flame, remove the pan from flame to avoid fire**)
- 7) Once whiskey has reduced by one half, add the heavy cream and allow to reduce by half again.
- 8) Remove pan from heat and add honey and blue cheese. Stir to melt cheese. Adjust seasoning of the sauce by taste with salt and freshly ground pepper. Serve immediately.