



Iron Gourmet
Secret Ingredient-Honey
Hosted by Chef Scott Rossen
March 27, 2007

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

**Smoked Mozzarella Salad with
Honey Balsamic Dressing**

Ingredients

Dressing:

- 1 ¼ cup balsamic vinegar
- 4 tbsp honey
- 1 tbsp extra virgin olive oil

Salad:

- 2 hearts of romaine, rinsed and cut into bite-size strips
- ½ head curly endive, rinsed and cut into bite-size pieces
- 8 oz smoked mozzarella, cut into 2 in slices
- 4 vine-ripened tomatoes, chopped into wedges

Instructions

Dressing:

Heat vinegar in pot and reduce to ¼ cup. Remove from heat and chill in refrigerator. Once cooled, stir in honey. Finish by stirring in olive oil.

Salad:

Add all ingredients to salad bowl. Pour salad dressing over salad and toss just before serving.

Sweet Mushroom Soup

Ingredients

2 oz extra virgin olive oil
1 cup sherry
1 8 oz package portabella mushrooms, stems separate from caps
1 tbsp minced garlic
16 oz button mushrooms, sliced
½ cup diced white onion
6 oz honeycomb
32 oz chicken broth

Instructions

Heat soup pot over medium heat. Add olive oil. Sauté onions, garlic, button mushrooms and portabella stems in olive oil. Next, add honeycomb and then sherry. Reduce down to half size, stirring occasionally. Meanwhile, sauté sliced portabella caps in pan with olive oil. In soup pot, add ½ cup flour and stir into ingredients to make a roux. Next, add chicken broth and stir. Bring to boil, then reduce to a simmer for 15-20 minutes. Puree in blender until smooth. Return to soup pot and add sliced portabellas and serve!

Honey Baked Brie

Ingredients

1 wheel of brie cheese
1 sheet puff pastry
2-3 tsp honey
2tbsp almonds (or to taste)
1 tbsp orange marmalade
3 tbsp raspberry jam
4 tbsp peach jam

Instructions

Preheat oven to 425F. Cut wheel in half. Drizzle honey on 1 lay. Sprinkle almonds over honey. On top of this, add orange marmalade in the middle of the circle. Spread raspberry jam in a circle around the marmalade. Next, spread peach jam around the raspberry. The jams should have a bulls-eye look to them. Add second layer of brie (should look like a sandwich). Spread more honey and almonds on top of the brie. Wrap in puff pastry and put on cookie sheet seam-side down. Lightly scrape fork over top of pastry to make striped design. Top pastry with egg wash before baking in oven for 14-16 minutes. Rest 30 minutes before serving.

Honey Bacon Shrimp

Ingredients

1 lb thick slice pepper bacon
1 lb 16-20 peeled and deveined shrimp, uncooked
Honey

Ingredients

Preheat oven to 375F. Cut bacon in half. Coat in honey. Bake bacon on a parchment lined baking sheet for 10 minutes. Wrap shrimp in bacon and return to oven for another 10 minutes. Serve with toothpick.

Parmesan Crusted Chicken with Honey Mustard

Ingredients

Chicken breasts cut into strips
Flour seasoned with salt and pepper
Egg wash (2 eggs, ¼ cup milk)
Breading:
1 cup grated parmesan cheese
1 cup quick oats
Honey Mustard:
1 cup heavy cream
1 cup honey

4 tbsp Dijon mustard

Instructions

Dip chicken in flour, then egg wash, then breading. Pan fry in 2 oz olive oil on medium-high heat. Fry each side 1-2 minutes until golden brown. Put chicken in an oven safe pan and put in oven for 10-15 minutes at 375F.

For Sauce:

Add heavy cream to pan that was used to fry chicken and deglaze pan. Reduce cream by $\frac{1}{4}$. Add honey and mustard. Reduce at a low roar until thickened.

Honeycomb Cheesecake

Ingredients

1 No-Bake Cheesecake mix

$\frac{1}{2}$ honeycomb, chopped

1 cup sliced strawberries

Instructions

Make cheesecake according to recipe. Mix filling and add honeycomb. Blend together. Add strawberries and fold in. Put in crust. Garnish with assorted berries and chill until ready to serve.