A Virtual Event to benefit the United Way of Southwestern Pennsylvania

Featuring Tim Fetter, Executive Chef, Parkhurst Dining at Duquesne University

Watch along as Chef Tim prepares this fabulous menu

@ duq.edu/cooking-united

DU Four-Course Dinner for Four

Virtual Cooking Class

Hors d’Oeuvre
White Bean Crostini with Crispy Prosciutto

Salad
Arugula Salad w/ Ricotta Salata and Pickled Red Onions

Entrée
Risotto Milanese with Veal “Osso Bucco” Meatballs

Dessert
Traditional Tiramisu
Dinner Finishing and Assembly Instructions

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For the Dessert - best to be done a few hours ahead

1. Remove the Mascarpone Cream mixture from the refrigerator for 30 minutes to an hour to soften.
2. Slightly heat the coffee so it is just warmer than room temperature.
3. Dip half of the lady fingers in coffee and place evenly in an 8”×8” pan that has been lined with plastic wrap or parchment to make the first layer. Don’t let them soak as they will fall apart, just a quick dunk in the coffee is enough.
4. Spread half of the whipped cream mixture on top of first layer of lady fingers. Repeat process with second layer of lady fingers and cream mixture.
5. Dust the top of dessert with cocoa powder. Refrigerate for about 2-4 hours.
6. Remove from the pan, cut into even pieces and serve.

For the White Bean Crostini with Crispy Prosciutto

1. Assemble the crostini by taking some of the white bean mixture and spreading it on each baguette slice.
2. Break the prosciutto into pieces and garnish the top of each crostini.

For the Salad

1. In a mixing bowl, toss together the arugula, pickled onions, ricotta, and dressing.
2. Transfer to serving dishes and top with toasted almonds.

For the Entrée

1. Preheat Oven to 350° F.
2. Take the meatball mixture and roll into 12 evenly sized meatballs and place on a greased sheet pan and bake for about 20 minutes until brown and cooked through.
3. While the meatballs are cooking, place the demi-glace in a medium saucepan on low to start heating. Once the meatballs are cooked, pat them with a paper towel and add them to the demi-glace.
4. In a medium saucepan, bring the chicken stock to a simmer and keep warm.
5. In a large, heavy bottomed sauce pan, heat the olive oil over medium high heat, and add the onion and garlic and season with salt and pepper.
6. Stirring with a wooden spoon frequently, cook for 5 minutes or until onions are translucent, then add the rice.
7. Continue to stir thoroughly to lightly toast the rice and make sure that it is coated with the oil.
8. Add the saffron threads and the white wine.
9. Continue stirring constantly and add the chicken stock ½ cup at a time until it is absorbed between additions. Whenever the rice is almost cooked through, add the heavy cream and continue to stir and cook until absorbed.
10. Stir in cheese and parsley and taste for seasonings.
11. Place the risotto in 4 serving bowls or dishes and top each with 3 meatballs and some of the demi-glace.
12. Garnish the meatballs with some of the gremolata.
White Bean Crostini with Crispy Prosciutto

Yield

8 Crostinis

Ingredients

- 4 Slices Thin-sliced Prosciutto
- 1 Small Baguette, sliced on bias in ¼ in. slices
- 2 Tbls. Olive Oil
- 2 Cups Cannellini Beans (one 19-ounce can, drained and rinsed)
- 3 Tbls. Minced Red Onion
- 1 Garlic Clove, minced
- 2 Tbls. Red Wine Vinegar
- 2 Tbls. Olive Oil
- ¾ Tsp. Chopped Fresh Thyme, or ¼ Tsp. Dried Thyme
- 2 Tbls. Chopped Fresh Parsley
- Salt and Pepper to Taste

Instructions

1. Preheat Oven to 400° F.

2. Arrange the Prosciutto Slices on a sheet pan lined with parchment paper or a wire rack and place in oven for 10-12 minutes or until lightly browned and crispy.

3. Take the baguette slices and brush with the 2 Tbls. Olive Oil and lightly season with salt. Place on a sheet pan and bake in the oven for 6-8 minutes until golden brown and crispy.

4. Put the beans in a medium bowl. Using a fork, mash the beans to a coarse puree. Stir in the red onion, garlic, vinegar, oil, thyme, parsley, salt, and pepper. Taste and adjust seasoning as needed. Note: Alternatively, all ingredients could be placed in a food processor and pulsed until combined.

5. Put some of the white bean mixture on each crostini. Take the prosciutto slices and break them into pieces and place on top of the mixture.
Arugula Salad with Ricotta Salata and Pickled Red Onions

Yield
4-6 Servings

Ingredients
- 1/4 Cup plus 2 Tablespoons Extra-Virgin Olive Oil
- 2 Tablespoons Red Wine Vinegar
- 1 Teaspoon Honey
- 1/2 Cup Salted Roasted Almonds, coarsely chopped
- 8 oz. Arugula or 3 Bunches Dandelion Greens, thick stems discarded
- 4 oz. Ricotta Salata Cheese, shaved with a peeler
- 1 Cup Pickled Red Onions
- Salt and Freshly Ground pepper

Instructions
1. In a blender, blend the oil, vinegar, honey and 2 tablespoons of the almonds.
2. In a large bowl, toss the remaining ingredients together with the dressing and season with salt and pepper. Serve right away.
Pickled Red Onions

Ingredients

- 1 ½ C Red Wine Vinegar
- ¼ C Sugar
- 2 tsp Kosher Salt
- 3 Garlic Cloves
- 1 tsp Black Peppercorns
- 2 Bay Leaves
- 1 Large Red Onion, cut in half and sliced into 1/8” slices

Instructions

1. In a small non-reactive saucepan, combine all ingredients except for the onions. Place over medium-high heat and bring to a simmer.

2. Add onions and simmer for about 3 minutes. Remove from heat and let stand for 10-15 minutes at room temperature.

3. Place in a non-reactive container like a Mason jar or plastic container with a tight fitting lid, but leave the lid off and cool in a refrigerator until completely chilled.

4. Once chilled, cover with lid and keep chilled until use for up to four weeks.

Recipe Note:

Red Onions are one of my favorite things to pickle and they can add great color and flavor to a lot of different dishes like salads, tacos, or sandwiches, or use as a condiment with charcuterie or cheese displays.
Risotto Milanese

Yield
4 portions

Ingredients

- 4 Cups Chicken Stock
- 2 Tablespoon Olive Oil
- ½ Small Onion, finely diced
- 2 Cloves Garlic, minced
- Salt and Pepper, to taste
- 1 ¼ Cup Arborio Rice
- Pinch of Saffron Threads
- ½ Cup Dry White Wine
- ½ Cup Heavy Cream
- ½ Cup Shaved Parmesan Cheese
- 2 Tablespoons Chopped Flat-leaf Parsley

Instructions

1. In a medium saucepan, bring the chicken stock to a simmer and keep warm.
2. In a large, heavy bottomed sauce pan, heat the olive oil over medium high heat, and add the onion and garlic and season with salt and pepper.
3. Stirring with a wooden spoon frequently, cook for 5 minutes or until onions are translucent, then add the rice.
4. Continue to stir thoroughly to lightly toast the rice and make sure that it is coated with the oil.
5. Add the saffron threads and the white wine.
6. Continue stirring constantly and add the stock ½ cup at a time until it is absorbed between additions. Whenever the rice is almost cooked through, add the heavy cream and continue to stir and cook until absorbed.
7. Stir in cheese and parsley and taste for seasonings.
**Veal Demi Glace**

*Yield*

1 Quart

**Ingredients**

- 4 Lbs. Veal Bones
- 3 Carrots, roughly chopped
- 3 Celery stalks, roughly chopped
- 1 Onion, roughly chopped
- 4 Garlic cloves
- 2 Tbls. Black Peppercorns
- 1 Bunch Thyme
- 1 Sprig Rosemary
- 2 Bay Leaves
- 2 Cups Red Wine
- 2 Tbls. Tomato Paste

**Instructions**

1. Preheat the oven to 500°F.
2. Place the bones in a roasting pan with sides that are at least an inch high and roast for 45 minutes.
3. Add celery, carrots, onions, garlic, peppercorns, thyme, rosemary, and bay leaves, and roast for another 20 minutes.
4. Deglaze the pan with red wine and add tomato paste.
5. Place the ingredients into a stockpot or pressure cooker, including the red wine and scraps from the bottom of the pan. Add 4 qt of water.
6. If making on the stovetop, let your stock cook on low heat for 5–6 hours. If using a pressure cooker, close and lock the pressure cooker, and cook for 1 hour and 30 minutes, then let sit for 20 minutes.
7. When the stock is done cooking, strain into a large saucepot.
8. Simmer stock uncovered over medium-high heat until it is reduced by half and has the consistency that will coat the back of a spoon.
Veal Meatballs

Yield
4 Servings

Ingredients
• 1 Lb. Ground Veal Mixture (4 part Veal, 1 part Beef, 1 part Pork)
• ½ Cup Bread Crumbs
• 1 Egg, Slightly Beaten
• ¼ Cup Minced Onion
• 2 Tbls. Fresh Chopped Parsley
• ½ Tsp. Garlic Powder
• Salt and Pepper to taste

Instructions
1. Preheat oven to 350°F. Combine ground meat, bread crumbs, egg, onion, parsley, garlic, salt and pepper, mixing lightly but thoroughly.
2. Shape into 12 meatballs; arrange on greased sheet pan. Bake in 350°F oven 20 minutes or until centers are no longer pink, turning once.

Gremolata

Ingredients
• Zest of 1 Lemon
• ¼ Cup Finely Chopped Fresh Parsley
• 3 Garlic Cloves, finely chopped

Instructions
1. Mix all ingredients together and continue to chop until incorporated if necessary.
2. Use on top of braised, grilled, or roasted meats.
Tiramisu

Yield
4-6 Servings

Ingredients
- 1 ½ Cup Heavy Whipping Cream
- ½ Cup Sugar
- 1 Teaspoon Vanilla Extract
- 1 ½ Cup Mascarpone Cheese, room temperature
- 2 Tablespoons Kahlua
- 2 Cups Espresso or STRONG coffee at slightly warmer than room temperature
- 2 Pack Lady Fingers
- Cocoa powder for dusting the top

Instructions
1. Beat whipping cream, sugar, and vanilla until soft peaks form.
2. Add in mascarpone cheese and continue to whip to stiff peaks.
3. Mix the Kahlua together with the Coffee.
4. Dip lady fingers in coffee and place in an 8”×8” pan to make the first layer. Don’t let them soak as they will fall apart, just a quick dunk in the coffee is enough.
5. Spread half of the whipped cream mixture on top of first layer of lady fingers. Repeat process with second layer of lady fingers and cream mixture.
6. Dust the top of dessert with cocoa powder using a sieve. Refrigerate for about 2-4 hours and serve.