

# Three Course Dinner I at Well Done Cooking Classes

## Carrot Fusion Soup

Created by Celeste Terrell and Kathryn Herod @ Well Done Cooking Classes in Houston, TX - [www.WellDoneCC.com](http://www.WellDoneCC.com)

4 oz. butter  
1 large onion - finely chopped  
1 shallot - finely chopped  
4 cloves garlic - finely chopped  
1 lb. 4 oz. carrots - finely chopped  
1 bell pepper  
2 jalapenos - finely chopped  
1 pt - qt chicken stock  
1 handful of mint - finely chopped  
salt and white pepper  
4 oz. cream cheese  
1 cup heavy cream  
2 cups cheddar cheese

1. Take your bell pepper (stab it once) and roast it on a range top or place on a cookie sheet and in an oven set broil. Roast your pepper until basically charred and black all over. Remove and place in a bowl and cover with cling film for roughly 20 minutes.
2. While waiting for your pepper, sweat the onions with the butter until almost translucent (about 5 minutes). Add a little salt and pepper, tasting as you're going along.
3. Throw in the shallots until cooked (about 3 minutes) Add the garlic and cook until softened (about 2 minutes)
4. Add the carrots and jalapenos and cook about five minutes. Cover the vegetable mixture with chicken stock and simmer about 20 minutes
7. Next for the cheese sauce, simmer the heavy cream in a saucepan to warm up, being careful not burn or bubble over your cream. After the cream starts to bubble, mix in the cream cheese. Once it is fully incorporated, add the cheddar cheese and stir until smooth. Keep on low heat.
8. Take the pepper out and rinse under running water, trying to pull off as much skin as possible. Dice up the pepper and blend with the cheese mixture. By this point, your carrot mixture should be done. Combine the carrot and cheese mixture and puree. Add the handful of chopped mint and give it a good stir. You may garnish the bowls with fresh whipped cream containing lemon zest and sprinkle with mint. Mint is the secret and KEY ingredient. Don't forget it!

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## Pesto Mashed Potatoes

Serves 4 to 6

### *To Make The Pesto:*

- 1 clove of garlic, chopped
- sea salt and freshly ground black pepper
- 3 good handfuls of fresh basil, leaves picked and chopped
- a handful of pine nuts, very lightly toasted
- a good handful of freshly grated Parmesan cheese
- extra virgin olive oil, optional
- a small squeeze of lemon juice

1. Pound the garlic with a little pinch of salt and the basil leaves in a pestle and mortar, or pulse in a food processor.
2. Add the pine nuts to the mixture and pound again. Turn out into a bowl and add half the Parmesan. Stir gently and add olive oil – you need just enough to bind the sauce and get it to an oozy consistency.
3. Season to taste, then add most of the remaining cheese. Pour in some more oil and taste again. Keep adding a bit more cheese or oil until you are happy with the taste and consistency. You may like to add a squeeze of lemon juice at the end to give it a little twang, but it's not essential. Try it with and without and see which you prefer.

### *To Make the Potatoes*

- 2 lbs. unpeeled red or Yukon Gold potatoes, quartered
  - 1 cup of whole milk, warmed
  - 1 cup grated Parmesan cheese
  - salt and pepper
  - 1 Pesto recipe
  - 4 Tbsp. of butter, melted
1. Boil the potatoes in salted water for 15 minutes, or until tender. Drain, return to the pan and cover.
  2. Meanwhile, warm your whole milk in a pan so that it is not cold when you add it to your potatoes. Once warm, slowly add your milk to the potatoes a little at a time. Depending on the starchiness of the potato, you may have to add more or less liquid so start with about 1/2 cup total of the milk. Start mashing.
  3. Add your Parmesan cheese and stir. Then, your salt and pepper to taste.
  4. Next, add about half of your pesto to the potatoes and mix, but do not mix well. It should have striations of pesto throughout the potatoes.
  5. To serve, place potatoes on plate and drizzle with the melted butter.

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## Pan Seared Steaks

Serves 4

- 4 x 8 oz. well-marbled steaks
- Extra virgin olive oil
- Freshly ground black pepper
- Freshly ground white pepper
- Cayenne Pepper
- Garlic Salt
- one handful of Thyme, leaves picked
- 2 Tbsp. grape seed oil
- 2 Tbsp. butter

1. Take the fillet steaks out of the fridge an hour before they are required to let them come to room temperature. If you don't do this, the steaks will remain cold in the center while the outside burns trying to cook the inside.
2. Put a pan large enough to comfortably hold the 4 fillets on medium high heat. It's important to have a pan hot and ready to go, but careful not to let it go too long.
3. Rub the fillets with a little olive oil and then coat them with fresh ground black and white pepper and some Cayenne. Do this with gay abandon – ideally the fillet should be covered with a fairly thick coat of pepper.
4. Next, rub in your garlic salt and thyme leaves.
5. Put the grape seed oil in the hot fry pan. Quickly add the fillets. Next, if all is well with your pan, slip in the butter. The oil-butter mix should be gently frothing.
6. You must resist the temptation to look at your steaks to see if they're ready to flip. They are ready to turn when you begin to see a grayish color come up all the way around the steak where it's touching the pan. Typically this will take 3 or 4 minutes. The crust should be a warm brown color and not black.
7. Flip your steak, brown the edges of the steaks in the same way for about a minute or so. Cover your steaks with a lid and turn down the heat to low to medium low. For 8 oz steaks, you're looking at a total cooking time of approximately 8–10 minutes for rare fillets (135 F finished temp.), 10–12 for medium rare (140 F finished temp), and 12–14 minutes for medium (145 F finished temp). Once they're cooked, remove from the pan to a warmed serving dish.

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## Bananas Foster

Serves 4

1/4 cup (1/2 stick) butter  
1 cup brown sugar  
1/2 teaspoon cinnamon  
1/4 cup banana liqueur  
4 bananas, cut in half lengthwise, then halved  
1/4 cup dark rum  
4 scoops vanilla ice cream

1. Combine the butter, sugar, and cinnamon in a flambé pan or skillet.
2. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves.
3. Stir in the banana liqueur, then place the bananas in the pan.
4. When the banana sections soften and begin to brown, carefully add the rum.
5. Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum.
6. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream.
7. Generously spoon warm sauce over the top of the ice cream and serve immediately.