



RACK OF LAMB DIJON

Servings: 1-2

Notes: You may use any size of rack of lamb. 18-24 ounce has larger meat eye.

INGREDIENTS

- 1 whole rack of lamb, 18-20 ounce
- 2 fluid ounces Dijon sauce (see recipe)
- 1/4 cup herb bread crumb mix (see recipe)
- 2 tablespoons sun-dried fruit compote (see recipe)
- 2 tablespoons elephant garlic mint sauce (see recipe)

DIRECTIONS:

Remove most of the fat from the rack of lamb and french the bones (remove the meat and fat between bones, scraping bones free from all meat) Cover bones of lamb with a small piece of aluminum foil.

Grill rack of lamb to rare, 4-5 minutes on each side on medium heat. Drippings of the lamb fat might create flames— keep moving rack of lamb away from flames. Refrigerate rack for 30-40 minutes to stop additional cooking and for the juices to escape.

With a small pastry brush cover the meat of rack of lamb with the Dijon sauce and then cover with the herb bread crumbs

Bake at 350 F in pre-heated oven until done to your likeness:

- 15 minutes for rare
- 20 minutes for medium rare
- 25 minutes for medium
- 30 minutes for medium well
- 35 minutes or more for well done

When rack is cooked let it stand for 7-10 minutes in a warm place for juices to settle before slicing. Serve Sun-Driven Fruit Compote and Elephant Garlic Mint Sauce on the side as an accompaniment.

SUN DRIED FRUIT COMPOTE

Serves: 6

INGREDIENTS

- 1 7/8 teaspoons ginger, minced
- 1 7/8 teaspoons orange rind, from 5 medium oranges, minced
- juice from the five oranges
- 1 teaspoon sugar
- 1/2 teaspoon sherry wine
- 1 7/8 tablespoons cranberry juice
- 3 7/8 tablespoons honey
- 2 drops pepper
- 1 drop cayenne
- dash salt
- 1/2 cup green onions, whole, chopped
- 1/2 cup sun-dried apricots, pitted
- 1/2 cup sun-dried figs, black mission, steam removed
- 1/2 cup sun-dried dates, pitted
- 1/2 cup sun-dried prunes, pitted
- 1/3 cup walnuts, halved
- 2 1/2 tablespoons almond, slivered
- 2 1/2 tablespoons sun-dried cherries, pitted
- 2 1/2 tablespoons sun-dried cranberries
- 2 1/2 tablespoons white raisins

DIRECTIONS:

In a large pot, put ginger, orange rind, juice from the oranges, sugar and the first wine. Bring to boil over high heat, lower the heat and caramelize to light blond. Add the second wine and cranberry juice. Bring to boil and add the chopped green onions. Bring to boil and simmer for two minutes. Add the honey, pepper, cayenne and salt and bring to boil. Remove from heat.

In a large mixing bowl put all sun-dried fruit and nuts, add the honey mixture and fold gently until all ingredients are mixed well. Refrigerate and use as needed.



ELEPHANT GARLIC AND SERRANO PEPPER MINT SAUCE

Servings: 6

INGREDIENTS

- 3/4 cup mint jelly
- 1 1/3 pieces elephant garlic, cleaned, quartered
- 2/3 whole Serrano pepper
- 1 1/3 whole mint leaf
- 1 1/3 tablespoons cream de menthe
- 1 1/16 tablespoons sherry wine
- 3/8 teaspoon salad oil

DIRECTIONS:

In a large, pot sauté garlic for 2-3 minutes, add the wine and cook for 5 minutes. Add the rest of the ingredients and bring to boil over medium heat. Turn heat to low and simmer for 5-7 minutes. Remove from heat. Cool and refrigerate. Sauce can be refrigerated for up to 4 weeks.

HERB BREAD CRUMBS

Servings: 6

INGREDIENTS

- 3/4 loaf white bread, sliced
- 3 1/4 ounces butter, drawn
- 1 1/16 tablespoons garlic, minced
- 3/8 cup paprika
- 5/8 teaspoon pepper
- 7/8 teaspoon salt
- 7/8 teaspoon thyme, dry
- 7/8 teaspoon rosemary, dry
- 2 2/3 tablespoons parsley, chopped
- 1 5/8 tablespoons grated parmesan cheese

DIRECTIONS:

Spread bread slices on sheet pans, brush with butter and toast in oven to light brown. In buffalo chopper process all ingredients until bread crumbs are very fine. Keep refrigerated and covered until use.

POTATOES AU GRATIN

Servings: 6

INGREDIENTS

Serving ideas: You may add other types of shredded cheeses to have more cheesy potatoes—such as gouda, Swiss, Gruyere, provolone.

- 6 medium potatoes, skin on
- 2 cups heavy cream
- 3/8 cup onions, minced
- 1 1/4 teaspoon butter, clarified
- 2 3/8 tablespoons roux, blond
- 3/8 cup Parmesan cheese, grated
- 5/8 teaspoon nutmeg
- 3/8 teaspoon ground black pepper
- 1 1/4 teaspoons kosher salt

DIRECTIONS:

Steam or boil potatoes with skin on. Cook until fork gives some resistance. Do not overcook. When potatoes are cooked, cool until they are good to handle, then peel and cube to small bite size. Place in a bowl. Bring heavy cream to a simmer. Add roux and mix with a whip until very thick. Sauté the onions with the butter until soft. In a large bowl, put potatoes, cream sauce, sautéed onions, nutmeg, Parmesan cheese, pepper and salt. Mix with a plastic spatula—without breaking the potatoes—until all ingredients are combined. Place potato mixture in 2-inch deep baking pan, sprinkle with more Parmesan cheese and little butter and bake at 350 F oven until golden brown. Serve hot.



BREAD PUDDING

Servings: 6

INGREDIENTS

- 3/4 loaf french bread, fresh
- 3/4 cup sugar
- 1 1/2 teaspoons vanilla
- 1 1/2 pints heavy cream
- 1/4 package golden raisins
- 1/2 cup pecans, chopped
- 4 1/2 whole eggs
- 1/2 teaspoon cinnamon, ground
- 3/4 teaspoon orange zest
- 1/4 cup maple syrup
- Raspberry sauce or melba sauce, as needed

DIRECTIONS

Cut bread into large cubes and put in a bowl. Mix together sugar, vanilla, heavy cream, pecans, raisins, eggs, cinnamon and orange zest. Add bread to the egg mixture and fold gently, without mashing the bread. Let it stand for 45 minutes mixing gently every so often until all liquid has been absorbed. Put mixture into a buttered pan. With a spatula, press down the bread pudding mixture until the top is even. Spray with butter. Cover with aluminum foil. Place a sheet pan in oven with 4 cups water. Put bread pudding pan in sheet pan. Bake at 350 F for 60 minutes or until center is firm. Remove aluminum foil and spread the maple syrup over the bread pudding; put aside to let the syrup be absorbed before serving.

To serve, cut bread pudding to the desired portions. In the center of plate, put 2 ounces of Vanilla Sauce, top with the bread pudding, sprinkle with chopped pecans and drizzle with raspberry sauce or melba sauce.

VANILLA BOURBON CREAM SAUCE

Servings: 6

INGREDIENTS

- 1 1/2 pints heavy cream
- 3/8 cup granulated sugar
- 1 1/8 fluid ounce water
- 1 1/8 tablespoons cornstarch
- 1 2/3 teaspoon pure vanilla extract
- 1 1/8 teaspoons bourbon, optional

DIRECTIONS

In a pot, bring the heavy cream to almost boiling stage. Dissolve cornstarch into the water and add to the simmering heavy cream. In slow streams, add little at a time, mixing with a wire whip until it reaches the desired consistency. Add more or less cornstarch for thicker or thinner sauce. Add sugar, mix well while it simmers for the sugar to be dissolved, 2-3 minutes. Remove from heat and add the vanilla extract and bourbon. Serve hot with hot dessert or cold with cold dessert.

BUTTERNUT SQUASH MASHER

Serves: 6

INGREDIENTS

- 1 7/8 quarts butternut squash, peeled and cubed
- 2 1/4 tablespoons light brown sugar
- 3 tablespoons butter, room temperature
- 2 1/4 tablespoons maple syrup
- 1 1/2 dashes of salt
- 2 drops cayenne pepper
- 1/2 teaspoon ground nutmeg

DIRECTIONS:

Peel and cut butternut squash into large cubes. Place on perforated pan and steam for 15 minutes. (Butternut squash must be steamed and not boiled. By boiling they will absorb too much water.)

When squash is done steaming and the cubes are very tender, take the pan out of the steamer and place the perforated pan in 250° F hot oven for 15-20 minutes to dry some of the liquid that has been absorbed by steaming.

Take squash out of the oven and put in a mixing bowl along with the brown sugar, butter, maple syrup, nutmeg, salt and cayenne pepper. Mix well and puree until smooth.



EXECUTIVE CHEF
ERNEST O. PROKOS

Chef Ernest O. Prokos trained in Europe and is an expert on multiple cuisines. He has been an executive chef for more than 40 years in various hotels and well-known restaurants. Prokos has participated in various culinary Olympics, competitions and salons. During his long career, he has been awarded more than 30 gold, silver and bronze medals, plaques and trophies. He is a two-time national grand prize winner for a recipe competition. In addition, early in his career, he was a Holiday Award winner for three years in a row.

Chef Prokos has cooked for many dignitaries including President and Nancy Regan, Frank Sinatra, Dean Martin, Sammy Davies Jr., Donald Trump, Muhammad Ali, Paul "Bear" Bryant, Bo and Millie Schembechler, Mitch McConnell and many more.

Chef Prokos is a certified executive chef and certified food and beverage executive; he is registered in the book of records of Who is Who of the American Chefs since 1988. He is Honorable Captain of Bell of Louisville and a Kentucky Colonel. He is a Member of the American Culinary Federation, the American Martial Arts Association and the US Chess Federation.

Chef Prokos believes in quality and creativity. Currently, he offers themed Sunday brunches and a Taste Around the World, featuring a cuisine from a different country each week. He is in process of writing a cookbook highlighting his unique culinary talent and his worldwide travel experiences.

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