



# Valentine's Day Recipes from RoofTop Hot



No-stress recipes to enjoy a romantic organic meal with that special someone in your life!

## Cast-Iron Skillet Bison Filet Mignon

So easy, & it's a classic for a reason! Succulent bison filets are slathered in herbed garlic compound butter & topped with a Portobello mushroom wine sauce. It will melt in your mouth!

### Ingredients:

- 2 bison filet mignons, Delmonicos (rib-eyes), or NY strips
- 4 teaspoons kosher salt
- 4 teaspoons freshly cracked pepper
- 2 tablespoons olive oil, more if needed

#### For the Compound Butter:

- 1/4 stick butter
- 2 cloves garlic, chopped
- 1/2 tablespoon parsley, chopped
- 1/2 tablespoon thyme, chopped
- 1 teaspoon lemon zest, optional

#### For the Sauce:

- 1/2 cup shallots, chopped
- 1/2 cup Portobello mushrooms, chopped
- 3/4 cup Cabernet Sauvignon
- 1 tablespoon Dijon mustard
- 2 garlic cloves, chopped
- 1 slice compound butter

Recipe courtesy *WhitsAmuseBouche.com*

### Directions:

- 1. Make the Compound Butter:** Take 1/4 stick of butter, lightly softened but not melted (in the microwave for 10-20 seconds if needed), & mix well with chopped garlic, herbs, & lemon zest. Stir to combine well. Form into a log (parchment paper or wrap helps shape it) & refrigerate.
- 2. Prep the Steaks:** Preheat oven to 400°F. Lightly coat steaks with olive oil. Generously season meat with salt & pepper, 1 teaspoon of seasoning per side.
- 3. Cook the Steaks:** Heat a cast iron skillet on highest heat until VERY hot and a drop of water dances for a second before vaporizing. Sear the filets 2-3 minutes on one side, reducing heat to medium-high. Use an oven mitt, the pan is hot! Flip steaks and cook another 2-3 minutes, adding more oil if necessary, until both sides develop a golden brown crust. Carefully place the skillet in the oven & cook 6-8 minutes, until a thermometer inserted sideways into the center of the steak reads 135°F. If the steak is browning too quickly, cover with aluminum foil. In the last minute of cooking, add a slice or two of the compound butter on top of the steaks & cover to melt.
- 4. Rest the Steaks:** Very important step to redistribute juice throughout the steak, place steaks on a plate and cover with aluminum foil then let rest 5-6 minutes before serving.
- 5. Make the Sauce:** While the steaks are resting, add the shallots & mushrooms to the skillet over medium-high heat. Cook 3-4 minutes, stirring frequently. Add the remaining sauce ingredients and cook, stirring frequently until reduced & thickened, 5 min. Remove from heat, add a slice of the compound butter & whisk to combine.

## Heart-Shaped Roasted Kohlrabi or Potatoes

Delicious veggies get a romantic makeover with the help of cookie cutters!

### Ingredients:

- 1 large kohlrabi or 1 pound sweet or gold potatoes
- 2 tablespoons extra-virgin olive oil
- 1/2 tablespoon thyme, chopped
- salt & pepper to taste

### Directions:

- 1. Prep the Veggies:** Preheat oven to 400°F. No need to peel veggies since you aren't using the sides. Slice vegetables into 1/4" slices. Use a heart-shaped cookie cutter to stamp out heart shapes. Toss the hearts in a bowl with olive oil, salt, pepper, & herbs to coat evenly.
- 2. Roast the Veggies:** Spread the veggies into an even layer on a baking sheet. Bake for 20-40 minutes until desired doneness, flipping halfway through cooking. You can also broil on a rack close to the broiler in the last 2-5 minutes of cooking for a crunchier crust.

## Heart-Shaped Roasted Beets with Cherry Glen Goat Cheese

### Ingredients:

- 1-2 lbs beets, washed but unpeeled
- 2 tablespoons extra-virgin olive oil
- salt & pepper, to taste
- Cherry Glen Goat Cheese, crumbled
- 2 teaspoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/8 teaspoon pepper
- 1/8 teaspoon salt

### Directions:

- 1. Cook the Beets:** You can either boil beets by covering with cold water and boiling over medium-high heat until tender (30-45 minutes) or roast them. To roast: preheat oven to 425°F. Toss beets with oil & place in a 9x13" baking dish. Cover dish tightly with foil & roast 45-60 min. until tender when pierced with a knife.
- 2. Peel & Shape the Veggies:** When cool enough to handle, rub with a paper towel or use a vegetable peeler to remove skins. Wear gloves to prevent dyeing your hands if using red beets. Slice beets & use a small heart-shaped cookie cutter to stamp out heart shapes.
- 3. Season the Veggies:** Either use the sauce made with the steak, or combine balsamic vinegar, olive oil, mustard, salt, & pepper in bowl & toss with beets. Serve with crumbled goat cheese.

# Panna Cotta with Raspberry Sorbet

So easy to make, this decadently creamy Italian dessert pairs perfectly with Baltimore's Taharka Bros. raspberry sorbet for both beautiful color & delightful taste.

## Ingredients:

1/3 cup fat-free milk  
1 envelope unflavored gelatin  
2-1/2 cups + 4 tablespoons heavy cream, almond milk, or coconut milk  
1/2 cup white sugar or substitute  
1-1/2 teaspoons vanilla extract  
Taharka Brothers raspberry sorbet, slightly melted

*Recipe courtesy AllRecipes.com  
Make up to 2 days ahead!*

## Directions:

**1. Make the Panna Cotta:** Pour milk in a small bowl. Sprinkle on gelatin powder & stir to combine. Set aside for 10 minutes. In a saucepan, stir together the heavy cream & sugar over medium heat until just boiling, about 8 min. Stir very frequently, pull up a stool & relax. Once almost boiling, pour in gelatin & stir to combine for 1 minute until fully dissolved. Remove from heat & stir in vanilla.

**2. Chill the Panna Cotta:** Let panna cotta cool to room temperature. If in a hurry, you can place it in a glass bowl inside an ice bath, stirring occasionally. Once cooled, whisk and pour into 6 ramekins (small glass or ceramic dishes). We made exactly half this recipe and used two heart-shaped ramekins with a little left-over. Chill for at least 2 hours to set.

**3. Plate the Panna Cotta:** You can eat the dessert in the ramekin, or remove it by carefully sliding a thin knife around the edge of the ramekin. Place the dish in a larger bowl of warm water for 10 seconds. Flip the ramekin onto a clean serving plate and jiggle to release the dessert. Spoon melted raspberry sorbet onto and around panna cotta to serve.

## Chocolate Decadence Cake

This legendary dessert was created in the 1970's at Narsai's in Berkely, CA. A near-flourless cake with a rich, mousse-like dark chocolate ganache, this dish is perfect for chocolate lovers. Anyone can make this as long as you have an electric mixer or whisk blender!

## Ingredients:

1-1/3 cup (7 oz) 70% bittersweet chocolate, finely chopped  
1/3 cup unsweetened cocoa powder  
2 tablespoons all-purpose flour  
2/3 cup plus 1/4 cup sugar, divided  
1/8 teaspoon salt  
1 cup nonfat or low-fat milk

2 large egg yolks, at room temperature  
1 teaspoon vanilla extract  
3 large egg whites, at room temperature  
1/8 teaspoon cream of tartar, optional

*Recipe courtesy EatingWell.com. Make up to 2 days ahead!*

## Directions:

**1. Prepare the Ingredients:** Measure out all the ingredients before you begin. To bring eggs to room temperature, cover in warm, not hot, water for 5 min. Preheat the oven to 350°F. Grease an 8-9 inch round cake pan. I used three small heart-shaped springform pans.

**2. Melt the Chocolate:** Place the bittersweet chocolate in a glass bowl. Microwave for 30 seconds then stir. Microwave in 1-2 more 30-second intervals until melted. Add the cocoa powder and stir to combine.

**3. Make the Batter:** Combine flour, 2/3 cup sugar, & salt in a small heavy saucepan. Whisk in just enough of the milk to form a smooth paste. Mix in the remaining milk. Cook over medium heat, stirring constantly with a wooden spoon on the bottom of the pan until the mixture begins to bubble. Boil gently, stirring constantly, for 2 minutes as the batter thickens. Add the chocolate & cocoa, stirring to combine until the chocolate is completely melted and smooth. Stir in egg yolks and vanilla.

**4. Beat the Egg Whites:** Beat egg whites and cream of tartar in a mixing bowl with an electric mixer or immersion blender with whisk attachment 2-3 minutes until soft peaks form. Sprinkle in the remaining 1/4 cup sugar, beating on high speed until the egg whites are stiff but not dry.

**5. Add the Egg Whites:** Gently fold one-fourth of the egg whites into the chocolate batter. Gently fold in the remaining egg whites until no white streaks remain. Scrape the batter into the cake pan, smoothing the top.

**6. Bake the Cake:** Pour the batter into the cake pan(s), smoothing on top. Set the cake pan(s) on a baking sheet & place on the oven rack. Bake 25 minutes, until the surface of the cake is slightly crusted and springs back when gently pressed. The cake will still be gooey inside. Remove the pans from the oven. Transfer the cake pan to a wire rack and cool completely, about 2 hours. Cover with plastic wrap and refrigerate overnight before serving. This is also delicious warm if you don't want to wait for it to chill!

**7. Serve the Cake:** Soak the blade of a thin knife in a cup of very hot water until warm. It pops out of a springform pan. For a regular pan, slide the knife around the sides of the pan to release the cake. Place a piece of wax paper on top of the cake. Place an upside down plate on the wax paper & flip everything over. Remove the pan from the cake. Place a serving plate over upside down over the cake and everything over again then remove the wax paper from the top of the cake. Dip a sharp knife in hot water and wipe it dry before cutting each slice. Pairs nicely with whipped cream or Taharka Brothers raspberry sorbet! To whip cream, beat 1/2 cup heavy cream with electric mixer 2-4 min. until thick.

