

FOOD

Ring in New Year with simple, stylish meal

Little in the way of preparation and easy to find ingredients a great combination

ALISON LADMAN
THE ASSOCIATED PRESS

You're ready to kick off the new year, and you want to do it with a stylishly delicious meal. But you probably don't have time to master fancy new kitchen skills. Or to shop for a million ingredients.

We've got you covered. We created a simple, elegant

meal that won't tax your time or your kitchen cred. We offer up classic French flavour in easy recipes just right for a winter meal.

Start with a spiced carrot soup, then move on to a perfectly roasted filet. Finish the evening with chocolate sorbet sandwiches, the perfect partner for the sparkling wine you'll be drinking.



PHOTOS: MATTHEW MEAD/THE ASSOCIATED PRESS

This spread to ring in the new year features peppered Chateau Briand filet roast, with Parmesan roasted cauliflower.

Chocolate Sorbet Sandwiches

Start to finish: 10 minutes
Makes: 12 sandwiches

- 24 chocolate wafer cookies
- 1½ cups (375 mL) sorbet (any flavour)

1. Scoop 2 tbsp (30 mL) of

sorbet onto the underside of 1 chocolate cookie. Press a second chocolate cookie onto the top to form a sandwich. Repeat with remaining cookies to make 12 sandwiches. Freeze in an airtight container for up to 3 days.



Chocolate sorbet sandwiches are easy to prepare, can be stored and make a great finish to a special holiday meal.

Peppered Filet Roast with Parmesan Roasted Cauliflower

Start to finish: 45 minutes
Makes: 6 servings

- 3-lb (1.4-kg) Chateau Briand (centre cut filet mignon roast), trimmed
- Salt and ground black pepper
- 3 tbsp (45 mL) olive oil, divided

- 2 heads cauliflower, trimmed into 1-in. (2.5-cm) florets
- 1 cup (250 mL) grated Parmesan cheese
- Heat the oven to 425 F (220 C).

1. Generously season the roast with salt and pepper.
2. In a large oven-safe skillet

over medium-high, heat 1 tbsp (15 mL) of the oil. Add the roast and sear for 3 minutes per side. Place the roast in the oven and cook for 30 minutes for medium-rare.

3. Meanwhile, in a large bowl toss the cauliflower florets with the remaining 2 tbsp (30 mL) of olive oil, the Parme-

san and a bit each of salt and pepper. Spread the florets on a rimmed baking sheet and roast for 30 minutes, or until tender and browned.

4. Remove the roast from the oven, cover with foil and allow it to rest for 10 minutes before slicing. Serve with the roasted cauliflower.

Elegant pear dessert sparkles

LAURA BREHAUT
POSTMEDIA NEWS

Celebrate the new year with a classic dessert showcasing seasonal flavours: Ripe pear, fortified wine, cinnamon and star anise. Quebec-born executive chef Marc-André Choquette (a.k.a. Chef MAC) specializes in French bistro-style cooking, which he showcases at his Vancouver restaurants, Tableau Bar Bistro and Homer St. Cafe and Bar.

In the spirit of sharing well-loved holiday traditions, this is Chef MAC's favourite poached pear recipe "with its beautiful presentation, touches of simple elegance, and emphasis on decadence."



TABLEAU BAR BISTRO

Chef Marc-André Choquette's Port Wine Poached Pears is a classic dessert showcase, elegant and also decadent.

Port Wine Poached Pears

Makes: 6 servings

- 6 whole Anjou pears
- 2½ cups (625 mL) sugar
- 2½ cups (625 mL) water
- 1 bottle (750 mL) port wine
- ½ cinnamon stick
- 1 pod star anise
- 1 whole lemon, quartered
- 1 bunch mint leaves (for garnish)
- ½ cup (125 mL) sliced almonds (for garnish)
- ¼ cup (60 mL) icing sugar (for garnish)

1. Peel and core pears; set aside in water with lemon or lime drops added to prevent browning.
2. Bring the sugar & water to a boil. Carefully pour in the port wine, and simmer for 10 minutes to make a syrup. Add the cinnamon stick, star anise and lemons. Then add the peeled & cored whole pears to the port sauce and simmer until tender, approximately 20 minutes. Once cooked, carefully remove the pears and set them aside in a bowl to cool. Continue to reduce the sauce over low heat until it becomes nice and thick, but still able to be drizzled. Be careful not to over-reduce or burn the sauce.
3. To serve, reheat the pears in a microwave until warm and place on serving plates. Drizzle the port sauce over the pears, ensuring the sauce covers the bottom of the plate. For that extra holiday touch, garnish with mint leaves and sliced almonds, and dust with icing sugar. Enjoy with your favourite ice cream.

Spiced Carrot Soup

Start to finish: 30 minutes
Makes: 6 servings

- 1 tbsp (15 mL) olive oil
- 1 medium yellow onion, diced
- 2 lb (907 g) carrots, peeled and diced
- 1 tsp (5 mL) five-spice powder
- 1 quart (1 L) low-sodium chicken broth or stock
- Heavy cream
- Salt and ground black pepper



1. In a large stockpot over medium-high, heat the olive oil. Add the onion and carrots, and cook until browned, about

10 minutes. Add the five-spice powder and the chicken broth, then bring the pot to a boil. Reduce the heat to simmer and cook until the carrots are tender, about another 10 minutes.

2. Working in batches if necessary, carefully transfer the soup to a blender and purée until smooth. Return the soup to the pot. Stir in a bit of heavy cream, just enough to thin to desired consistency. Season with salt and pepper, then heat until hot.

KEN KEN

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EASY

2÷	3+		3
	3	3-	
2-	3-	2÷	
		6X	

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WORKSPACE:

CHALLENGING

2÷	5-	2÷	2-	
		2-	10X	4-
10X	8+		1	2÷
			3÷	4
	11+	11+	2÷	
				5-

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PREVIOUS ANSWERS

4	2	9X	3	1
5+	3-			
2	4	1	3	
3	1	4	2	
4+	1	3	2	4

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RULES

1 Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.

2 The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.

3 Freebies: Fill in single-box cages with the number in the top-left corner.

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