

# BISTRO BRIEFS

FROM M.A.D. FOODS

*[quick inspirations for the intuitive cook]*

## GRILLED STEAK WITH BLACK TRUFFLE BUTTER

Strip or ribeye steak(s)

Salt and pepper

**Aux Délices des Bois Black Truffle Butter**

Preheat the grill. Grill steak on one side until charred, about 6 minutes. Flip and cook until done, minimum 135F. Remove to aluminum foil. Top with a knob of butter and tent for 10 minutes. Slice and serve with additional butter.

## QUICK & ELEGANT BUTTER TOFU

*A shortcut for this silky, comfort food standard. Optional add-ins are peas and sauteed onions.*

2 packages extra firm tofu, cubed

Salt and pepper

2 Tbs. cornstarch

Jar of Tikka Masala or Makhani Sauce (12-16 oz)

½ cup heavy cream

2 Tbs. **Aux Délices des Bois White Truffle Butter**, more for serving

Chopped cilantro

Preheat oven to 400F. Toss the tofu with salt, pepper and cornstarch. Lay out on a parchment-lined baking sheet. Bake until slightly browned, tossing occasionally. Meanwhile, simmer sauce, cream, and butter. Pour over tofu, top with cilantro and an extra knob of Truffle Butter.

## WILD MUSHROOM RAGOUT

*As a side, superlative. As a main, magnificent! Optional go-withs: polenta, pureed potatoes, or egg custard.*

1 ½ lbs. fresh, wild or cultivated mushrooms

Olive oil as needed

2 cloves garlic, minced

½ cup chicken, mushroom or vegetable stock

3 Tbs. **Aux Délices des Bois Red Wine Shallot Butter**

3 Tbs. chopped fresh herbs

Salt and pepper

Clean and trim the mushrooms to approximately 1/2-inch. Separate into firm and delicate varieties. Heat 1 Tbs. oil to sizzling in a skillet. Sauté the firm mushrooms first, turning them when browned on one side. You may need to cook a few batches, because you don't want the mushrooms touching each other. Remove and continue until all are cooked. Return them to the pan, add the garlic for about 1 minute, then pour in the stock. Reduce over a low flame. As the sauce thickens, turn off heat and toss with knobs of Red Wine Shallot Butter and herbs. Season to taste.

## GRILLED SHRIMP SCAMPI

*Great for times when you are gathered around the grill and don't want to do meal prep alone in the kitchen!*

2 lb. peeled Gulf shrimp

Juice of 1 lemon

2 Tbs. olive oil

Salt and pepper

### **Aux Délices des Bois Lemon Herb Garlic Butter**

Marinate the shrimp with lemon, olive oil, salt and pepper for 30 minutes. Place a large cast iron skillet on a preheated grill, away from direct flame. Drop in generous knobs of Lemon Herb Garlic Butter. When sizzling - keep grill at a medium temperature - drop in the shrimp, one layer at a time. They cook quickly. Turn, and when done, set aside. When all the shrimp are cooked, toss with additional butter and seasoning as desired.

### **GREEN BEANS FRENCH STYLE**

*When crunch time comes, adding one special touch is all you need for a healthy, uncomplicated vegetable.*

½ lb. haricots verts or green beans

2 Tbs. unsalted butter

1 tsp. lemon juice

2 Tbs. **Aux Délices des Bois Lemon Herb Garlic Butter**

Salt and pepper to taste

Cook green beans in salted boiling water, drain. In a skillet, melt the butter to bubbling. Add the beans, toss to gloss for 2 minutes. Stir in the lemon juice, Roasted Garlic Butter, and salt and pepper to taste.



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