



WILLIAM K. NASSER, MD, DINING A LA HEART 20TH ANNUAL FUNDRAISER

POT ROAST AND PORTOBELLO SLIDERS ON PETITE FRENCH ROLL WITH FRESH HORSERADISH MAYONNAISE

Ingredients

1# well trimmed chuck roast	2 Tbsp. Worcestershire sauce
$\frac{1}{4}$ cup each fine diced celery, carrot and onion	1 tsp. Dijon mustard
3 cups small diced Portobello mushrooms	1 cup low sodium beef broth
2 Tbsp. minced garlic	$\frac{1}{4}$ tsp. ground black pepper
1 bay leaf	Fresh Horseradish Mayonnaise
$\frac{1}{2}$ tsp. thyme leaf	1 cup low fat mayonnaise
1Tbsp. tomato paste	$\frac{1}{4}$ peeled and grated fresh horseradish root
1 cup red wine	24 petit dinner rolls

Directions

Add all ingredients to an oven proof casserole dish or pan with lid and bake at 300* covered for 3.5 hours till meat flakes easily, remove meat and coarse chop add enough liquid from the pan to maintain a nicely moistened product. Spoon beef onto petite rolls and enjoy.

Yield: 24 serving

Executive Chef Bill Campbell, Bub's Café, 220 2nd Avenue Southwest, Carmel, 844-2822

Nutrition Information: 160 Calories, 3 gm fat, 1 gm saturated fat, 0 gm trans fat, 10 mg cholesterol, 20 gm carbohydrate, 1 gm fiber, 7 gm protein, 100 mg sodium

CARMEL DIPPED PROFITEROLES WITH CREAM FILLING

Pate choux (cream puff paste)

6 ounces all purpose flour	4 ounces vegetable shortening
$\frac{1}{8}$ teaspoon salt	4 eggs
8 ounces water	2 egg whites

In a sauce pot bring water, salt and shortening to a boil, when shortening is melted add all the flour at one time and stir on low heat for 2 minutes a thick paste will form transfer to a mixer with whip or by hand beat the eggs in one at a time beat well after each egg is added so it is entirely incorporated into the paste.

Pipe onto a lined baking sheet about a tablespoon size drop and bake at 425 until triple in size and nut brown and crispy. This is a 3 stage recipe you must make the pate choux paste and pipe onto parchment or silicone baking mat and bake.

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

Cream Filling

In a sauce pot combine 1 cup of heavy whipping cream and 1/3 cup granulated sugar and simmer until sugar is dissolved. In a bowl add 8 egg yolks then drizzle hot cream mixture whisking constantly till incorporated, return all the ingredients to the sauce pot and on medium low heat stirring constantly till the mixture thickens enough to coat the back of a spoon about 200* (do not allow to boil) set aside and cool.

In another bowl whip 2 cups of chilled whipping cream to firm peaks then after custard is cooled fold together. Perforate the baked profiterole and fill with the cream using a pastry bag and small plain tube tip.

Caramel Dipping Sauce

In a thick bottomed sauce pot add 1 pound granulated sugar and 3 ounces of light corn syrup. Cook on moderate to low heat till amber in color. Add 8 ounces of butter and 8 ounces of warm whipping cream. Cook to 230, remove from heat and dip filled profiteroles in hot caramel allow excess caramel to drain slightly then place on parchment lined baking sheet or silicone and chill then serve.

Yield: 24 servings

Nutrition Information: 170 Calories, 4 gm fat, 3 gm saturated fat, 1 gm trans fat, 10 mg cholesterol, 20 gm carbohydrate, 0gm fiber, 4 gm protein, 60 mg sodium

Executive Chef Bill Campbell, Bub's Café, 220 2nd Avenue Southwest, Carmel, 844-2822

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**