



# *Cook Like a Rebel*

French Onion Soup  
Cornish Game Hen Stuffed with Wild Rice  
and Green Beans  
with Dean Stowe Shoemaker



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HARRAH COLLEGE  
OF HOSPITALITY  
Alumni Chapter

# FRENCH ONION SOUP

## INGREDIENTS

- 1 oz butter
- 2 each yellow onions, thin julienne
- 3 cups beef stock
- Salt and pepper to taste
- 2 oz sherry (optional)
- 2 slices white bread
- 4 slices swiss cheese

## METHOD

1. Pre-heat oven to 400 degrees
2. Heat butter in heavy saucepot
3. Add onions and cook on medium high heat stirring regularly until caramelized. *NOTE: this will take 20 minutes and cannot be rushed. You do not want to burn the onions so do not turn the heat too high. If the bottom of the pot begins to turn dark add a few drops of the stock to deglaze. The goal is to remove all the water from the onions and caramelize the sugars*
4. When the onions are done, add the sherry and deglaze the pan. Be cautious as the alcohol may flame up
5. Add the stock simmer about 10 minutes
6. Season to taste with salt and pepper
7. Cut your croutons and toast in the oven. This can be done ahead of time. Ensure that they are crisp and browned
8. Once your soup is complete, pour it into the bowls and place your croutons covering the top of the soup
9. Place the cheese over the croutons.
10. Place both bowls onto a half sheet pan (lined with foil) and place in the oven to melt the cheese

## WILD RICE PILAF

### INGREDIENTS

- 1 oz butter
- 2 oz onions, finely diced
- 2 oz celery, finely diced
- 2 oz carrots, finely diced
- 1/2 cup wild rice
- 1 cup chicken stock, boiling
- Salt and pepper to taste
- 1 tbsp parsley, minced

### METHOD

1. In a medium sauce pan heat butter and sweat Mirepoix (onion, celery, and carrot) on medium heat, approximately 3 minutes
2. Add Rice and continue cooking for another 1 minute, stirring regularly
3. Add hot chicken stock, bring to a boil and reduce the heat to low
4. Cover with a lid or foil and cook on low heat on the stove top for 20-25 minutes or until stock is absorbed and rice is tender. Monitor occasionally
5. After the rice is cooked, season with salt and pepper to taste and add the parsley

## SAUTEED GREEN BEANS

### INGREDIENTS

- 6 oz green beans, trimmed and halved
- 1 clove garlic, minced
- 1 oz blended oil (75% canola, 25% EVO)
- Salt and pepper to taste

### METHOD

1. Trim and wash green beans
2. Blanch green beans and shock to cool them. Place on paper towels to dry and set aside
3. Add the blended oil to the sauté pan and heat over medium high heat. Add the garlic and cook until fragrant, about 1 minute
4. Add the green beans and cook until heated through
5. Season with salt and pepper

# **WILD RICE STUFFED CORNISH GAME HEN WITH SAUTEED GREEN BEANS**

## **INGREDIENTS**

- 2 each Cornish Game Hens
- Cooked wild rice
- 2 tsp blended oil
- Salt and pepper to taste
- 18 inches butcher's twine
- Sauteed green beans

## **METHOD**

1. Preheat oven to 375 degrees
2. Stuff the cavity of the birds with the wild rice and truss the legs to close
3. Drizzle the blended oil over the birds and season with salt and pepper to lightly coat
4. Place the birds on a sheet pan lined with aluminum foil and place in the oven
5. Roast for 20-25 minutes or until the internal temperature reaches 155°. Remove from oven carefully as the pan will be hot
6. Allow the birds to rest for 5 minutes
7. Remove the trussing twine and serve with sautéed green beans

**FRENCH ONION SOUP  
WILD RICE STUFFED CORNISH GAME HEN WITH  
SAUTEED GREEN BEANS**

**Shopping & Prep List**

**DEAN SHOEMAKER'S SHOPPING LIST**

- 2 oz butter (minimum)
- 3 each yellow onions
- 4 cups beef stock (minimum)
- Kosher Salt
- Black pepper
- Sherry
- Sliced bread
- Sliced Swiss cheese
- 2 each Cornish Game Hens
- Blended Oil (75% canola, 25% EVO)
- Wild Rice
- 1 stalk celery
- 1 each carrot
- 2 sprigs flat leaf parsley
- 6 oz green beans (minimum)
- Garlic
- Butcher's Twine

**PREP LIST - THINGS THAT CAN BE DONE IN ADVANCE**

- Onions for onion soup - slice thin, half moons (julienne)
- Cube sliced bread and toast in over to golden brown
- Dice celery, carrots and onion for wild rice
- Cook the wild rice and cool on sheet pan - season to taste
- Pick parsley leaves - discard stem
- Blanch green beans and shock in cold water
  - Place green beans on salted boiling water for 2.5 minutes and remove.  
Place in cold water to stop cooking
- Mince garlic