

# The Spoon



The Quarterly Newsletter of Moonlight Kitchens

January 2018

Kitchen Hours: 24/7/365

Office Hours: 10-4 M-F

& by appointment

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## TASTING DINNERS ATTRACT ADVENTUROUS EATERS !

*Moonlight Kitchens' third in our ongoing series of Tasting Dinners will be **January 14<sup>th</sup> from 5-8pm**. The theme for this dinner is "The Elegant Vegetarian" featuring **The Potato**.*

*This is a hearty winter vegetarian meal highlighting the versatility of a root vegetable that grows well in western MT.*

*Meet new friends and enjoy wonderful food in a warm, intimate dining space on a cold winter's night.*



Menu:

Potato/Leek Soup (Vichyssoise)

Fresh & Marinated Salad (Salad Nicoise)

Potato Nests with Creamed Veg Filling

Roast Winter Veg w/ Montana BBQ Glaze

Mashed Potato Chocolate Truffles -----ooyum!

For our last Tasting Dinner we had a waiting list so it's wise to book early. Cost: \$60/guest. Limit 14 - BYOB. Reservations can be made online at [store.moonlightkitchens.com](http://store.moonlightkitchens.com) or by calling (406) 926-2720 during office hours (10-4 M-F).

Our non-profit partner for these dinners is Community Food & Agriculture whose mission is to support new farmers in western Montana. A portion of your reservation goes to fund their programs. Thank you.



## "Back Burner Basics"

### Cooking Classes for Rookies

Do you have a child, friend, or relative who *needs* to learn to cook? Maybe you? Check out our website for our rock-bottom basic cooking classes at:

[moonlightkitchens.com/bbb](http://moonlightkitchens.com/bbb)

This fun, easy series will teach them the tricks behind the magic of cooking - how to measure, cut, plan, organize, and actually put together a meal they will enjoy eating.

BBB 101 runs 5 weeks, Tues. 4-6pm, Feb 6th-Mar 6th. \$100/"chef" - all inclusive. Limit 8. Registration req.

## CROSS-QUARTER DAY POTLUCK

**FREE!** Feb. 3<sup>rd</sup> - 7-9pm - Moonlight Kitchens, 1951 Kensington Ave.

Come help celebrate Ground Hogs Day, the return of Persephone and the real beginning of SPRING!

Bring something to share & meet a farmer, talk gardening, & eat well.



## Elk Tenderloin with Wild Mushrooms

(from "At Mesa's Edge" by Eugenia Bone)

pix of recipe box

- 1 medium onion, coarsely chopped, plus  
½ cup minced onion
- 2 garlic cloves, coarsely chopped
- 3 cups dry red wine
- ¾ cup water
- 3 pounds elk or beef tenderloin
- 4 Tablespoons (½ stick) butter
- 2 cups *sliced* chanterelles or other wild mushrooms
- ½ teaspoon soy sauce (or coconut aminos)
- ½ teaspoon sugar
- Salt & Black pepper, freshly ground
- 1 teaspoon corn starch dissolved in 2 Tablespoons cold water

### Preheat grill or preheat oven to 500°F.

>Make the marinade by combining the chopped onion, garlic, red wine, and ½ cup wine and ½ cup water in a large non-reactive bowl. Add the elk and refrigerate for about 1 hour (not more).

>Melt the butter in a medium saucepan over medium heat. Add the minced onion and sauté until soft (5 mins). Add the mushrooms and remaining and remaining water, cover, cook until the mushrooms release their liquid (15 mins). Remove the cover, add soy sauce, sugar, & salt to taste. Stir until the sugar dissolves (1 min). Add the cornstarch mixture and continue cooking over low heat until it thickens (2 mins). Set aside & keep warm.

>To grill: remove elk from the marinade, season with salt & pepper. Place elk on grill and cook til medium rare (15 mins)

>Oven: Heat a large skillet over medium heat. Remove elk from marinade & sear in the hot skillet 3-4 mins per side. Place the elk in a roasting pan & cook 15-20 mins = internal heat 125°-130° for medium rare.

>Let the elk rest for 5 minutes, then slice. Transfer the mushrooms to a platter and place the sliced elk on top. Serve.

## Focus on Our Chefs:

*Ellie Costello* is a woman of many talents and **Black Bear Soups & Produce** is just one of her projects. Ellie grows vegetables flowers on her ¼ acre farm west of Missoula. She then uses this produce to create amazing soups at Moonlight Kitchens that she then sells at the summer Farmers Market. And while doing that, she is also the Executive Director for MUD – Missoula Urban Demonstration Project, helping organize events, fund-raising, and getting the everyday stuff done. Missoula's lucky to have such a dynamo working here.

### Upcoming Dates:

Jan. 5 – First Friday

Jan. 14 - Elegant Vegetarian Dinner

Jan. 20 – Seed-saving Workshop @  
Winter Market with

Five Valleys Seed Library

Feb. 3- Ground Hogs' Day Potluck

Feb. 9 – AERO Annual Dinner

Feb. 14 – Paleo Pig-out Dinner

Feb. 28 – Edison, Wa.

Annual Chicken Parade

March 3 – Free the Seeds –

Flathead Valley Comm. College



## Stay Tuned!

Next Tasting Dinner (2/14) will be:

**"Paleo Pig-out"** for all you carnivores out there or folks who've blown out their New Year's Resolution – already 😊.

*Moonlight Kitchens is owned by Pat & Anne Little who have lived in Missoula for nine years. The purpose of the operation is to run a triple bottom line business that provides a space for cooks to connect local food with our neighbors while supporting local farmers. Come learn from, work with, and be entertained by people who like real food! Stop in for a tour of the kitchens or our new meeting space. We're available for meetings, small events, & educational opportunities.*