

**FOREVER PANS
PRO™**

EMERIL'S FAVORITE RECIPES



A Collection of Emeril's
Most Iconic Recipes

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EMERIL'S SEASONINGS

You can make these seasonings and store them in small airtight containers. These recipes yield about $\frac{1}{2}$ – $\frac{3}{4}$ cup. Making extra seasonings saves time and money, and you will enjoy having some versatile flavors at the ready in your cooking arsenal.

EMERIL'S ORIGINAL ESSENCE

3 tbsp. dried oregano
3 tbsp. dried basil
2 tbsp. dried parsley
1 tbsp. dried rosemary, marjoram, or sage, rubbed between your fingers
1 tsp. crushed red pepper
2 tsp. onion powder
2 tsp. garlic powder

EMERIL'S CREOLE SEASONING

2 $\frac{1}{2}$ tbsp. paprika
2 tbsp. salt
2 tbsp. garlic powder
1 tbsp. black pepper
1 tbsp. onion powder
1 tbsp. cayenne pepper
1 tbsp. dried leaf oregano
1 tbsp. dried thyme

CREOLE FRIED CHICKEN

SERVES: 4



INGREDIENTS

1 5-lb whole chicken,
cut into 8 pieces

Emeril's Original Essence
seasoning, to taste

2 cups Creole mustard

2 cups all-purpose flour

2 eggs, beaten

2 tbsp. milk

canola or vegetable oil, for frying

DIRECTIONS

1. Season the chicken with the Essence seasoning. Smear the mustard over each piece of chicken thoroughly.
2. Season the flour with the Essence seasoning. Whisk the eggs and milk together. Season the mixture with the salt and black pepper.
3. Fill the High-Sided Fry Pan one third full with the oil and preheat the oil to 325° F/163° C.
4. Dredge the chicken pieces in the seasoned flour and then dip each piece in the egg wash, letting the excess drip off. Dredge the chicken in the seasoned flour again, coating the chicken completely.
5. When the oil is hot, pan-fry the chicken until golden brown (about 6–8 minutes per side). Cook until an instant-read thermometer inserted into the thickest part of the chicken reads 165° F/74° C.
6. Remove the chicken from the oil and drain on paper towels. Season the chicken with Essence seasoning and serve warm with French fries.

MASHED CAULIFLOWER

SERVES: 4-6

INGREDIENTS

1 head cauliflower,
cut into florets
1 cup water
½ cup buttermilk
½ stick butter
½ tsp. salt
¼ tsp. ground white pepper

DIRECTIONS

1. In the Stock Pot on the stove top, add the cauliflower and water over high heat. Cover the pot with its lid and steam until very tender.
2. Drain out any excess liquid and dry over medium heat until all the liquid is evaporated.
3. Add the butter, buttermilk, salt, and white pepper.
4. Mash with a potato masher or a blender before serving.

CARAMELIZED SWEET POTATOES

SERVES: 4

INGREDIENTS

4 medium sweet potatoes,
scrubbed
2 tbsp. olive oil
½ tsp. salt
1 tbsp. butter
1 tbsp. brown sugar

DIRECTIONS

1. Preheat the oven to 400° F/204° C. Rub the skins of the potatoes with the olive oil and sprinkle with the salt. Place the potatoes on a baking sheet and roast in the oven until just tender (25-30 minutes).
2. Peel the potatoes while still warm and cut each into several pieces.
3. In the Fry Pan on the stove top, melt the butter over medium heat.
4. Add the sweet potatoes in one layer and cook until caramelized.
5. Sprinkle the potatoes with the brown sugar and sauté.

SKILLET CORNBREAD

SERVES: 6

INGREDIENTS

2 cups yellow cornmeal
1 cup flour
1 tbsp. sugar
1 tsp. baking powder
¼ tsp. ground cayenne pepper (optional)
1 ½ tsp. salt, divided
1 large egg, beaten
1 ½ cups milk
½ cup whole-kernel corn, canned or frozen
½ cup chopped onions
3 tbsp. lard or solid vegetable shortening



DIRECTIONS

1. Preheat the oven to 400° F/204° C.
2. In a mixing bowl, combine the the cornmeal, flour, sugar, baking powder, cayenne (if using), and 1 tsp. salt. Add the egg and milk and mix well but do not beat. Fold in the corn and onions to finish the batter.
3. In the Fry Pan on the stove top, heat the lard/shortening over medium-high heat until almost smoking. Pour in the batter and cook until the edges begin to turn golden (3–4 minutes).
4. Transfer the pan to the oven and cook until the top is golden (20–25 minutes).
5. Top with ½ tsp. salt and let cool for about 5 minutes.
6. Slice into wedges before serving.

Tip: The cornbread can be stored (wrapped in plastic wrap or foil) for up to three days in the refrigerator. To reheat, sprinkle the cornbread with a little water and place in the oven.

GRILLED CHICKEN BREASTS

SERVES: 2

INGREDIENTS

2 6-oz chicken breasts, trimmed
juice of 1 lime
1 tsp. salt
½ tsp. ground black pepper
2 cloves garlic, minced
2 tbsp. olive oil
1 tsp. paprika
2 tbsp. cilantro, chopped

DIRECTIONS

1. Place all the ingredients in a shallow dish and coat the chicken well. Refrigerate the chicken in the pan for at least 4 hours.
2. In the High-Sided Fry Pan on the stove top, place the Grill Plate. Preheat the pan on high heat for 5 minutes.
3. When the grill plate is hot, reduce the heat to medium. Remove the chicken from the marinade and grill on the Grill Plate for 5–7 minutes per side. Cook until an instant-read thermometer inserted into the thickest part of the chicken reads 165° F/74° C.
4. Serving suggestion: Slice the chicken and serve over greens.

STICKY BBQ RIBS

SERVES: 6

INGREDIENTS

3 racks ribs, cut into 3 pieces
per rack
12 oz beer
½ cup molasses
½ cup honey
½ cup ketchup
1 tsp. minced garlic

DIRECTIONS

1. In the Stock Pot on the stove top, add all the ingredients. Cover the pot with its lid. Bring to a boil and then reduce to a simmer for 30 minutes.
2. Preheat the oven 350° F/177° C.
3. Transfer the pot to the oven and cook until tender (about 30 minutes).
4. Serve with the sauce from the pot.

SEAFOOD BOUILLABAISSE

SERVES: 4 TO 6

INGREDIENTS

1 tbsp. olive oil
½ lb chorizo, cut into 1-inch pieces
1 cup julienned onions
1 cup julienned red peppers
1 cup julienned yellow peppers
¼ cup minced garlic
salt, to taste
ground black pepper, to taste
4 cups chopped,
peeled & seeded tomatoes
2 bay leaves
¼ lb shrimp, peeled & tail on
Emeril's Original Essence
seasoning
¼ lb mussels, cleaned
¼ lb littleneck clams
1 cup white wine
a few saffron threads
¼ cup finely chopped parsley



DIRECTIONS

1. In the High-Sided Fry Pan on the stove top, heat the olive oil. When the oil is hot, render the chorizo for 2 minutes. Remove and reserve the chorizo.
2. In a mixing bowl, toss all the vegetables with the garlic. Season with the salt and black pepper. Place one third of the vegetables evenly on the bottom of the pot.
3. Place one third of the tomatoes and the bay leaves on the vegetables. Place half of the chorizo on top of the vegetables.
4. Season the shrimp with the Essence seasoning. Lay the shrimp over the chorizo. Layer the remaining third of the vegetables and tomatoes over the shrimp. Layer the last half of the chorizo over the shrimp. Lay the mussels and clams over the tomatoes.
5. Add the wine, saffron, and parsley. Cover the pot and cook for 30 minutes over medium heat.
6. Ladle the bouillabaisse onto an oversized platter to serve.

SPAGHETTI & MEATBALLS

SERVES: 4

INGREDIENTS

3 slices thick-cut bacon
1 cup diced onions
1 ½ tsp. chopped garlic
¼ tsp. crushed red pepper flakes
2 tbsp. tomato paste
1 28-oz can diced tomatoes
1 15-oz can crushed tomatoes
½ tsp. dried basil leaves
¼ tsp. dried oregano leaves
salt, to taste
freshly ground black pepper,
to taste
2 slices white bread
4 oz evaporated milk
12 oz ground chuck
8 oz ground pork sausage
2 tbsp. red wine
1 large egg, lightly beaten
½ cup minced green onions,
white parts only
1 tsp. minced garlic
2 tbsp. chopped fresh
parsley leaves
3 tbsp. grated Parmesan
½ tsp. kosher salt
¼ tsp. freshly ground
black pepper
1 tsp. Emeril's Original
Essence seasoning
1 lb spaghetti, cooked

DIRECTIONS

1. In the Stock Pot over medium-high heat, cook the bacon until crisp. Remove and reserve the bacon on a paper towel-lined plate.
2. Add the onions to the Stock Pot and cook until softened and translucent (about 8 minutes).
3. Add the garlic and crushed red pepper and cook while stirring for 1 minute.
4. Add the tomato paste and cook until it begins to brown (about 2 minutes).
5. Add the diced tomatoes and crushed tomatoes. Season the sauce with the basil, oregano, salt, and black pepper. Bring to a simmer while stirring occasionally over medium-high heat.
6. In a small bowl, soak the bread in the evaporated milk. Once all the milk has been absorbed, use a fork to mash the bread into a paste.
7. Place the bread and the remaining ingredients except the spaghetti in a large mixing bowl. Mix together just until combined.
8. Form meatballs by rolling the meat mixture into 2 tbsp. balls. Place the meatballs on a plate as they are formed. (Hint: If your hands are slightly damp, the meatballs will roll more easily without sticking.)
9. Place the balls one at a time into the simmering sauce. Allow the sauce to return to a simmer and cook with the Stock Pot partially covered.
10. Let the meatballs to rest undisturbed for 25 minutes before stirring. When the meatballs rise to the top, stir gently.
11. Simmer, covered, for an additional hour, stirring occasionally to prevent the sauce from sticking to the bottom of the pot. Remove the sauce from the heat and serve immediately over the cooked spaghetti.

PORK MEDALLIONS WITH BACON, ONIONS & APPLES

SERVES: 4

INGREDIENTS

water

salt, to taste, divided

8 oz red pearl onions, peeled

3 slices thick-cut bacon,
chopped

1 2-lb pork tenderloin,
cut into 8 pieces

ground black pepper, to taste

2 tbsp. butter

2 tsp. light brown sugar

2 cups julienned apple, such as
honeycrisp or Pink Lady®

½ cup dry vermouth

¼ cup heavy cream

½ tsp. fresh thyme leaves

DIRECTIONS

1. In the Sauce Pot, fill the pan with water and bring to a boil over high heat. Add salt, to taste. Drop the pearl onions in the water and cook until tender (for 2–3 minutes).
2. Shock the onions in a bowl of ice water. To remove the peel, cut the top off and squeeze the onion out from the bottom. Cut the onions in half (or into quarters if large) and set aside.
3. In the High-Sided Fry Pan over medium heat, cook the bacon until crisp. Transfer the bacon to a paper towel-lined plate.
4. Rinse the pork in cool water and pat dry with paper towels. Season both sides with salt and pepper.
5. Preheat the oven to 400° F/204° C.
6. In the High-Sided Fry Pan over medium heat, heat the butter. Add the pork and brown evenly on all sides.
7. Transfer the pork to the Fry Pan and cook in the oven for 10–12 minutes.
8. Add the brown sugar and the onion to the High-Sided Fry Pan. Cook while stirring until just soft.
9. Add the apple and continue to cook for 2–3 minutes.
10. Add the vermouth and cook until reduced by half (about 3 minutes).
11. Add the heavy cream and thyme leaves and cook for 2 minutes.
12. Remove the pork from the oven. Cover the pork and let rest for 5 minutes.
13. Pour the pan juices into the Chicken Pan. Stir over medium heat.
14. Place two pork pieces each on four individual dinner plates and top each plate with one quarter of the onion-apple mixture.

GRILLED SKIRT STEAK WITH GRILLED BABY BELLAS

SERVES: 2

INGREDIENTS

1 1-lb skirt steak, trimmed

1 shallot, diced small

½ tbsp. salt

1 tsp. coarsely ground
black pepper

2 tbsp. balsamic vinegar

¼ cup extra virgin olive oil

1 8-oz container
baby bella mushrooms

2 tbsp. butter

Doneness Temperatures:

- **Rare:** 125° F/52° C
- **Medium-rare:** 135° F/57° C
- **Medium:** 145° F/63° C
- **Medium-well:** 155° F/68° C
- **Well:** 165° F/74° C

DIRECTIONS

- 1.** In a bowl, toss the shallot, salt, black pepper, vinegar, and extra virgin olive oil to make a marinade. Pour half of the marinade over the steak and toss the mushrooms with the other half of the marinade. Refrigerate the steak and mushrooms for at least 4 hours.
- 2.** In the High-Sided Fry Pan on the stove top, place the Grill Plate. Preheat the pan on high heat for 5 minutes.
- 3.** When the grill plate is hot, reduce the heat to medium. Remove the steak and the mushrooms from the marinade and grill until the steak reaches the desired doneness is reached (5–7 minutes per side). When you flip the steak, add the butter to the mushrooms and grill until the mushrooms are tender.
- 4.** Let the steak rest for 10 minutes before serving.

MACARONI & CHEESE

SERVES: 4

INGREDIENTS

1 ½ cups heavy cream

1 cup shredded cheddar

1 tsp cornstarch

¼ grated Asiago

2 cups elbow macaroni,
cooked

½ tsp salt

¼ tsp ground white pepper



DIRECTIONS

1. Preheat the oven to 350° F/177° C.
2. In the Sauce Pan on the stove top, add the cream. Bring the cream to a boil over high heat. When boiling, add the cheddar.
3. Toss cornstarch and Asiago and add to the Sauce Pan. Add the macaroni, season with the salt and white pepper, and stir.
4. Transfer the Sauce Pan to the oven and bake for 20 minutes.

PAN-SEARED SALMON WITH LEMON SAUCE

SERVES: 3



INGREDIENTS

- 3 5-oz salmon fillets
- 1 tsp. salt
- ½ tsp. ground black pepper
- 2 tbsp. olive oil
- 1 shallot, chopped
- 1 cup tricolor cherry tomatoes
- ½ cup white wine
- ½ lemon, sliced
- ½ stick butter
- 3-4 sprigs dill

DIRECTIONS

1. Season the salmon with the salt and black pepper.
2. Heat the Fry Pan over high heat. Add the olive oil and sear the salmon on both sides (about 4 minutes).
3. Add the shallot and tomatoes and cook for about 1 minute.
4. Add the wine and lemon and cook until reduced by two thirds.
5. Add the butter and melt to finish the sauce.
6. Serve the salmon with the sauce and garnish with the dill.

STEAK AU POIVRE

SERVES: 4

INGREDIENTS

4 12-oz sirloin steaks
½ tsp. salt
1 cup whole black peppercorns
½ cup plus 1 tbsp.
Dijon mustard
2 tbsp. olive oil
½ cup minced shallots
1 garlic clove, peeled
¼ cup brandy
1 cup demi-glace
¼ cup heavy cream
1 tbsp. finely chopped fresh
parsley leaves

DIRECTIONS

1. Season the steaks with the salt. Coarsely grind the peppercorns in a coffee grinder. With a small knife, spread 1 tbsp. mustard on one side of each steak.
2. Pack the peppercorns onto the steaks. Turn the steaks over and spread another 1 tbsp. mustard. Pack the peppercorns onto the second side of the steaks.
3. In the High-Sided Fry Pan over medium heat, heat the olive oil. Add the steaks and sear for 4–5 minutes per side. Remove and reserve the steaks.
4. Add the shallots and garlic and cook while stirring for 15 seconds.
5. Carefully add the brandy and flame. Add the demi-glace, cream, and mustard. Mix well. Bring the liquid to a simmer and cook for 1 minute.
6. Add the steaks back into the pan and cook for 1 minute per side. Remove the steaks and place one in the center of each plate.
7. Stir the parsley into the sauce and spoon on top of each steak.

CHICKEN & ANDOUILLE GUMBO

SERVES: 8-10

INGREDIENTS

RICH CHICKEN STOCK

1 4–5-lb chicken
2 qt. store-bought chicken stock
or low-sodium chicken broth
2 qt. water
2 medium onions, quartered
2 carrots, chopped roughly
2 ribs celery, chopped roughly
4 cloves garlic, smashed
4 sprigs fresh thyme
5–6 fresh parsley stems
2 bay leaves
½ tsp. salt
¼ tsp. freshly ground black pepper

GUMBO

1 cup vegetable oil
1 cup all-purpose flour
3 medium onions, chopped
2 ribs celery, chopped finely
3 tbsp. minced garlic
1 green bell pepper, seeded & chopped finely
½ tsp. ground cayenne pepper, plus more to taste
1 ½ lb Andouille sausage,
cut into ½ inch-thick rounds
1 ½ tsp. salt, plus more to taste
¾ tsp. freshly ground black pepper
1 bay leaf
1 bunch green onions, thinly sliced
½ cup chopped fresh flat-leaf parsley
cooked white rice, for serving
Louisiana hot sauce, for serving

DIRECTIONS

1. Rinse the chicken well under cool running water and remove the neck, gizzard, heart, and liver from the cavity if present.
2. In the Stock Pot on the stove top, add the chicken along with any parts (except the liver; it can give the stock a bitter taste) and cover with the stock and water. Add the remaining Rich Chicken Stock ingredients. Bring to a boil, partially cover, and reduce the heat to a simmer. Cook for 1 hour, after which the chicken should easily pull away from the bones.
3. Use tongs to remove the chicken from the stock and set aside until cool enough to handle. Strain the cooking liquid through a fine-mesh strainer lined with cheesecloth, discarding the vegetables. Pull the chicken meat off the bones, discarding the bones, skin, and any fat. Shred and reserve the meat in the refrigerator. Let the broth cool for 45 minutes at room temperature.
4. Clean out the Stock Pot. Add the vegetable oil and flour to the Stock Pot and cook over medium heat until the mixture is the color of milk chocolate.

5. Immediately add the onions, celery, garlic, bell pepper, cayenne, and sausage and cook while stirring until the vegetables are softened (5–7 minutes).
6. Add 1 qt. Rich Chicken Stock to the roux mixture along with the salt, black pepper, and bay leaf and bring to a gentle simmer.
7. Continue to simmer, skimming any foam or excess oil that comes to the top, until the sauce is flavorful and thickened to the desired consistency and any trace of floury taste is gone (about 2 hours).
8. Add the chicken, green onions, and parsley to the gumbo and continue to simmer for about 30 minutes longer. Do not stir too much or the chicken will fall apart.
9. Adjust the thickness if necessary by adding water or more broth. Adjust the seasoning with salt and cayenne as needed.
10. Serve the gumbo in shallow bowls over hot white rice. Have the hot sauce at the table for guests to use to their liking.



PORTUGUESE CLAM STEW

SERVES: 4

INGREDIENTS

2 tbsp. olive oil
1 lb (about 2 links) chorizo sausage, each link cut into 3–4 slices
 $\frac{2}{3}$ cup chopped onion
 $\frac{1}{4}$ cup chopped cilantro
2 tbsp. minced garlic
2 tbsp. minced shallots
2 cups quartered new potatoes, cooked
2 tsp. salt
 $\frac{1}{2}$ tsp. crushed red pepper
1 tsp. ground black pepper
4 cups shrimp stock
4 dozen littleneck clams, scrubbed
1 cup peeled, seeded & chopped Italian plum tomatoes
 $\frac{1}{2}$ cup chopped green onions
2 tsp. Emeril's Original Essence seasoning
2 tbsp. chopped parsley

DIRECTIONS

- 1.** In the Stock Pot on the stove top, heat the olive oil over medium-high heat. When the pan is smoking hot, add the chorizo. Brown the sausage for 2–3 minutes.
- 2.** Add the onion, cilantro, garlic, shallots, potatoes, salt, crushed red pepper, black pepper, shrimp stock, clams, tomatoes, green onions, and Original Essence seasoning and raise the heat to high. Cover with the lid and cook all the clams are open (about 5 minutes).
- 3.** Remove from the heat. Garnish with the chopped parsley.

CHICKEN PARMIGIANA

SERVES: 4

INGREDIENTS

4 6-oz chicken cutlets
1 tsp. salt
½ tsp. freshly ground black pepper
¼ cup all-purpose flour
1 large egg
2 tbsp. milk
1 cup fine dry unseasoned breadcrumbs
½ cup finely grated Parmigiano-Reggiano cheese
1 tbsp. plus 1 tsp. Emeril's Original Essence or Emeril's Creole Seasoning
½ cup olive oil
1 cup jarred marinara sauce, plus more (heated) for serving with pasta if desired
2 cups grated mozzarella cheese
cooked pasta, for serving (optional)

DIRECTIONS

1. Season the chicken on both sides with the salt and black pepper.
2. Set three shallow pans side by side. Place the flour in one, the egg and milk in the second, and the breadcrumbs and Parmigiano-Reggiano in the third. Season the flour with 1 ½ tsp. Essence seasoning, the egg-milk mixture with 1 ½ tsp. Essence seasoning, and the breadcrumbs with 1 tsp. Essence seasoning. Stir the flour to incorporate the Essence seasoning; beat the eggs, milk, and Essence seasoning to blend; and toss the breadcrumbs with the cheese and Essence seasoning to combine.
3. Dredge the chicken in the flour and shake to remove any excess. Working with one at a time, dip the chicken cutlets in the egg wash to coat. Then, transfer them to the breadcrumb mixture and coat evenly, shaking to remove any excess.
4. In the Fry Pan pan over medium-high heat, add the olive oil. When the oil is hot, place half of the breaded chicken cutlets in the pan and cook until golden brown (1 ½–2 minutes per side).
5. Transfer the browned chicken to the High-Sided Fry Pan. Repeat with the remaining chicken.
6. Spread 2 tbsp. marinara sauce over each of the chicken cutlets and top each with ¼ cup grated mozzarella.
7. Place the High-Sided Fry Pan under the broiler and cook until the cheese is bubbly and lightly browned in spots and the chicken is just cooked through (2–2 ½ minutes).
8. Remove from the oven and, if desired, serve over cooked pasta with additional marinara sauce.

BRAISED SHORT RIB

SERVES: 6

INGREDIENTS

2 tbsp. vegetable oil
3 ½ lb short ribs, cut into individual ribs
2 tbsp. Emeril's Creole seasoning
1 cup chopped onions
½ cup chopped celery
½ cup chopped carrot
1 cup peeled, seeded & chopped fresh or canned tomatoes
2 tbsp. chopped garlic
½ cup red wine vinegar
2 tbsp. Worcestershire sauce
3 bay leaves
1 tsp. black pepper
1 qt. beef broth
¼ cup chopped scallion (green part only), for sprinkling

DIRECTIONS

- 1.** In the Stock Pot on the stove top, heat the vegetable oil over medium-high heat.
- 2.** Season the ribs with the Creole seasoning, patting the seasoning in well with your hands. When the pot is nearly smoking, add the ribs without crowding them and sear on all sides until they form a brown crust. Do this in batches if necessary.
- 3.** When all the ribs have browned, remove and reserve on a baking sheet or platter.
- 4.** Reduce the heat and add the onions, celery, and carrot and cook for 4–5 minutes to brown lightly.
- 5.** Stir in the tomatoes, garlic, vinegar, Worcestershire sauce, bay leaves, black pepper, and enough broth to just cover the ribs. Bring to a boil and then reduce the heat to simmer gently.
- 6.** Transfer the ribs back to the pot, cover the pot with its lid, and simmer until very tender (about 2 ½ hours).
- 7.** To serve, mound the ribs in the center of four plates, spoon the sauce over the ribs, and garnish with the chopped scallion.

ONE-PAN SEARED NY STRIP STEAK DINNER

SERVES: 2

INGREDIENTS

- 1 lb baby potatoes
- 1 1-lb New York strip steak
- ½ tsp. sea salt
- ½ tsp. coarsely ground black pepper
- 12 oz asparagus
- 6 cloves garlic
- ½ stick butter
- 4 sprig rosemary
- 4 sprig thyme
- 2 tbsp. olive oil

Doneness Temperatures:

- **Rare:** 125° F/52° C
- **Medium-rare:** 135° F/57° C
- **Medium:** 145° F/63° C
- **Medium-well:** 155° F/68° C
- **Well:** 165° F/74° C



DIRECTIONS

1. In the Sauce Pot, blanch the potatoes for 5 minutes in boiling water. Remove and reserve the potatoes.
2. Preheat the oven on 450° F/232° C.
3. Place the High-Sided Fry Pan on the stove top over high heat. Heat the pan.
4. Season the steak with the salt and black pepper. Place the steak in the High-Sided Fry Pan and cook each side for about 5 minutes. When you flip the steak, add the potatoes, garlic, butter, and rosemary.
5. After the steak is seared, add the asparagus and transfer the pan to the oven. Cook until the steak reaches your desired doneness.
6. When the steak is done cooking, remove and let rest for 10 minutes before slicing and serving with the asparagus and potatoes.

COQ AU VIN

SERVES: 4

INGREDIENTS

1 3-lb chicken, cut into 10 pieces

salt

½ tsp. freshly ground black pepper, plus more to taste

flour, for dredging

3 tbsp. extra virgin olive oil, plus more as needed

1 large carrot, peeled & diced large

1 clove garlic, minced

1 shallot, minced

8 oz white mushrooms, quartered

1 tsp. tomato paste

¾ cup pearl onions

3 cups hearty red wine, preferably from Burgundy

2 tbsp. brandy

1 cup chicken stock

1 bay leaf

4 sprigs thyme leaves

2 tbsp. chopped parsley, for serving

DIRECTIONS

1. Preheat the oven 375° F/191° C.
2. Season the chicken with salt and black pepper.
3. Lightly flour the chicken.
4. In the High-Sided Fry Pan on the stove top, add the extra virgin olive oil and heat the oil over medium-high heat. When the oil is hot, brown the chicken on all sides. Remove and reserve the chicken.
5. Add the carrot, garlic, shallot, mushrooms, tomato paste, and pearl onion and cook for 5 minutes. Then, deglaze with the red wine.
6. Add the chicken, brandy, chicken stock, bay leaf, and thyme and bring the mixture to a boil over high heat.
7. Cover the High-Sided Fry Pan with its lid; and bake in the oven for 45 minutes (ensure that an instant-read thermometer inserted into the thickest part of the chicken reads 165° F/74° C).
8. Before serving, sprinkle the chicken with the parsley.

CHICKEN POT PIE

SERVES: 6

INGREDIENTS

2 lb boneless, skinless chicken thighs, cut into 1-inch pieces
1 ½ tsp. salt, divided
¾ tsp. freshly ground black pepper, divided
1 tbsp. olive oil
¼ cup unsalted butter
3 tbsp. butter, melted
1 lb button mushrooms, stemmed & quartered
1 ½ cups small-diced onion
¾ cup small-diced carrot
¾ cup small-diced celery
1 tbsp. minced garlic
¼ cup all-purpose flour

6 cups chicken stock or canned low-sodium chicken broth
8 oz Yukon Gold potatoes, scrubbed & diced
1 tbsp. fresh thyme leaves
½ cup fresh or frozen green peas

BISCUITS

1 ½ cups all-purpose flour, plus more for dusting
1 cup cake flour
1 ¼ tsp. baking powder
½ tsp. baking soda
2 tsp. sugar
1 ½ tsp. salt
¼ cup plus 1 tbsp. cold unsalted butter, cubed
1 ½ cups buttermilk

DIRECTIONS

1. In a large bowl, coat the chicken thighs with 1 tsp. salt, ½ tsp. black pepper, and the olive oil.
2. In the Stock Pot on the stove top, add half of the chicken and sear, stirring occasionally, until the chicken begins to brown (3–4 minutes). Remove and reserve the chicken in a bowl, cook the rest of the chicken, and reserve the rest of the chicken in the bowl.
3. Add the unmelted butter to the Stock Pot and, when melted, add the mushrooms and the remaining salt and black pepper. Cook until the mushrooms are well caramelized (3–4 minutes).
4. Add the onion, carrot, celery, and garlic and cook while stirring occasionally until lightly caramelized (4–5 minutes).
5. Add the flour and cook while stirring for 1 minute.
6. Add the stock, browned chicken, potatoes, and thyme.
7. Preheat the oven to 375° F/191° C.
8. Bring the liquid to a boil, reduce the heat so that the sauce just simmers, and cook while stirring occasionally until the chicken and potatoes are tender (about 35 minutes).
9. Gently stir in the peas and then remove the pan from the heat.
10. Sift the all-purpose flour, cake flour, baking powder, baking soda, sugar, and salt into a large bowl.
11. Use your fingers or a pastry cutter to work the cold butter into the flour until the pieces of butter are pea sized. Add the buttermilk and use your hands or a rubber spatula to stir just until the milk and flour come together to form a dough.
12. Sprinkle some of the extra all-purpose flour on a work surface and place the dough on top of the flour. Use your hands to press the dough into a ½ inch-thick disk about 9 inches in diameter. Using a 2-inch round cutter dusted with flour, cut out 12 dough rounds. Be sure to press straight down when cutting the dough; a twisting motion will prevent the dough from rising.
13. Place the biscuits on top of the pot pie and bake in the oven until golden brown (about 20 minutes).

DOUBLE-CUT PORK CHOPS WITH TAMARIND GLAZE & CARAMELIZED SWEET POTATOES

SERVES: 4

INGREDIENTS

TAMARIND GLAZE

2 tbsp. seeded tamarind paste
1 tbsp. minced garlic
3 tbsp. dark corn syrup
3 tbsp. dark molasses
2 tbsp. ketchup
2 tbsp. water
3 turns ground black pepper
1 tbsp. Emeril's Original Essence
Seasoning, divided

4 12-oz loin pork chops
4 tsp. Emeril's Original Essence
Seasoning, divided
1 tbsp. olive oil
2 shallots, quartered
4 sweet mini peppers
1 sprig parsley

DIRECTIONS

1. In a food processor, combine the tamarind paste, garlic, corn syrup, molasses, ketchup, water, black pepper and 1 tbsp. Original Essence seasoning in a food processor. Blend until the mixture forms a paste (makes $\frac{3}{4}$ cup). Reserve the Tamarind Glaze.
2. Rub both sides of the pork chops with 4 tsp. Original Essence seasoning.
3. In the High-Sided Fry Pan on the stove top, add the olive oil and heat the oil. Add the pork chops and sear for 4 minutes per side and 2 minutes on the fatty edge.
4. Remove the pan from heat and drain the oil from the pan.
5. Preheat the oven's broiler.
6. Arrange the pork chops in the High-Sided Fry Pan and place the pan in the broiler 5 inches from the heat. Broil for 5 minutes on one side.
7. Brush both sides of the pork chops with the Tamarind Glaze. Add the shallots, mini peppers, and parsley. Turn the chops to the second side and broil for 5 minutes.
8. Baste the chops with the Tamarind Glaze again, turn, and broil until the glaze turns brown and sticky (about 5 minutes longer for a total cooking time of 15 minutes).



PAN-FRIED SNAPPER WITH SAUTÉED VEGETABLES & LEMON BUTTER SAUCE

SERVES: 4

INGREDIENTS

4 6–8-oz red snapper fillets
Emeril's Original Essence seasoning, to taste
½ cup flour
¼ cup vegetable oil
1 cup dry white wine
3 lemons, peeled & quartered
2 tbsp. minced garlic
1 tbsp. minced shallots
1 tsp. salt, plus more to taste, divided
3 turns freshly ground black pepper, plus more to taste, divided
1 dash Worcestershire sauce
1 dash hot pepper sauce
½ cup heavy cream
2 sticks unsalted butter, room temperature, cut up
1 tbsp. finely chopped fresh parsley, plus more for garnish
2 tbsp. olive oil
4 cups julienned assorted vegetables, such as zucchini, yellow squash, red cabbage, red onions, carrots, and shiitake mushrooms

DIRECTIONS

1. Season the flour with the Original Essence seasoning. Dredge the snapper in the seasoned flour, coating completely.
2. In the High-Sided Fry Pan over medium-high heat, heat the vegetable oil.
3. Add the snapper to the pan and fry for 3–4 minutes per side. Remove and reserve the snapper. Remove the excess oil and bits in the pan.
4. Reheat the High-Sided Fry Pan over high heat.
5. When the pan is hot, add the wine, lemons, garlic, and shallots. Cook for 3 minutes, breaking up and mashing the lemons with a wire whisk.
6. Stir in the salt, black pepper, Worcestershire sauce, and hot sauce and cook until the mixture is somewhat syrupy (about 3 minutes).
7. Stir in the cream and cook for 1 minute.
8. Over low heat, whisk in the butter a few pats at a time. When all of the butter has been added, remove from the heat but continue whisking until all the butter is incorporated into the sauce.
9. Strain the sauce, pressing all the liquid into a bowl. Stir in the parsley. Serve immediately or keep warm for a few minutes until ready to use.
10. In the Fry Pan over medium heat, heat the olive oil. Add the vegetables. Season with salt and black pepper. Sauté for 3–4 minutes.
11. To serve, spoon ¼ cup of the sauce in the center of each plate. Spoon the vegetables in the center of the sauce. Lay the fillets on top of the vegetables. Garnish with the parsley.

MUSSELS FRITES

SERVES: 2

INGREDIENTS

FRITES

3–4 cups vegetable oil,
for frying

1 lb Idaho potatoes

MUSSELS

2 tbsp. olive oil

¼ cup minced shallots

3 tbsp. chopped garlic

2 bay leaves

2 sprigs fresh thyme

2 cups white wine

1 stick butter, cut into cubes

24 live mussels,
scrubbed & de-bearded

3 tbsp. chopped parsley leaves

salt

ground black pepper

DIRECTIONS

FRITES

1. In the High-Sided Fry Pan on the stove top, add enough vegetable oil to fill one third of the pan. Heat the oil to 325° F/163° C.
2. Cut the potatoes into thin sticks about ¼ inch wide and 3–4 inches long. Dry all the pieces thoroughly in a clean kitchen towel. Divide the potato sticks into small batches (about 1 cup each).
3. Fry the potatoes in batches (one batch at a time) until lightly colored but not browned (3–4 minutes per batch). Remove from the oil using a skimmer and transfer to paper-lined baking sheet to rest while you cook the remaining potato sticks. Repeat with the remaining potato sticks, making sure to allow the oil to return to 325° F/163° C between batches.
4. When you are ready to serve, increase the temperature of the oil to 375° F. Fry the potatoes (in small batches as before) until golden brown and crispy (1–2 minutes). As the potatoes finish cooking, transfer to fresh paper towels to drain and season with salt, to taste. Serve immediately.

MUSSELS

1. In the Stock Pot on the stove top, heat the olive oil over medium-high heat. When the oil is hot, sauté the shallots and garlic.
2. Add the bay leaves, thyme, wine, and butter. Bring up to a boil and then reduce to a simmer.
3. Add the mussels to the wine and cover the pan with its lid. Simmer the mussels for until the shells open (5–8 minutes). Discard any shells that do not open.
4. Stir in the parsley and season with the salt and black pepper. Divide the mussels between two bowls and serve with the Frites and crusty bread.

SPICY MEATLOAF SANDWICHES

SERVES: 4

INGREDIENTS

3 oz bacon, diced
2 cups finely chopped onion
2 cups finely chopped celery
¼ cup finely chopped green bell pepper
¼ cup seeded & minced jalapeño (about 2 medium jalapeños)
3 tbsp. minced garlic
½ tsp. dried thyme
1 tbsp. Emeril's Original Essence seasoning
1 tsp. salt
2 tsp. freshly ground black pepper
½ tsp. ground cayenne pepper
¼ cup chopped green onion
2 tbsp. minced parsley
1 ½ lb ground beef chuck
¾ lb fresh pork hot sausage
1 ½ cups panko breadcrumbs
2 eggs, beaten
¾ cup heavy cream
1 cup chili sauce
2 tbsp. dark brown sugar
2 tsp. Worcestershire sauce

DIRECTIONS

- 1.** In the Sauté Pan on the stove top, cook the bacon over medium heat until very crisp and the fat has rendered (8–10 minutes).
- 2.** Preheat the oven to 375° F/191° C.
- 3.** Add onion, celery, bell pepper, and jalapeño and cook while stirring frequently until the vegetables are very soft and lightly caramelized (about 10 minutes).
- 4.** Add the garlic, thyme, Essence seasoning, salt, black pepper, and cayenne and cook for 2 minutes.
- 5.** Add the green onion and parsley, stir to combine, and transfer to a plate to cool.
- 6.** In a large bowl, use your hands to gently crumble the beef and sausage into small pieces. Then, add the cooled vegetable mixture and breadcrumbs.
- 7.** In a separate bowl, combine the eggs and cream and pour over the meat. Working very gently and taking care not to overwork the meat, fold the ingredients together until thoroughly blended.
- 8.** Place the meat mixture in to a small, low-sided baking dish or 1 ½-qt. low-sided oval gratin dish and shape into a wide loaf shape.
- 9.** In a small bowl, combine the chili sauce, dark brown sugar, and Worcestershire sauce and stir to blend. Pour the chili sauce mixture over the meatloaf and spread to coat evenly.

10. Transfer the meatloaf to the oven and bake uncovered until an instant-read thermometer inserted into the center of the meatloaf reads 160° F/71° C (about 1 hour).
11. Remove from the oven and allow to cool before slicing. Spoon off any accumulated fat drippings before serving if desired.

12. To make into a meatloaf sandwich: Slice a ciabatta roll in half, brush with butter, and toast in the Sauté pan. Smear the roll with mayonnaise and top with spinach leaves and a thick slice of meatloaf. Place the top of the bread on and slice in half.
13. Serve with French fries.



STRAWBERRY WITH CHOCOLATE HAZELNUT SPREAD CREPES

SERVES: 6

INGREDIENTS

CREPE BATTER

$\frac{3}{4}$ cup all-purpose flour

3 large eggs, beaten

$\frac{1}{4}$ cup plus 3 tbsp. whole milk

1 tbsp. sugar

1 pinch salt

6 tsp. melted unsalted butter,
divided

FILLING

3 tbsp. butter

1 $\frac{1}{2}$ cups chocolate hazelnut spread

3 tbsp. sugar

3 cups sliced strawberries

DIRECTIONS

- 1.** In a bowl, whisk together the flour, eggs, milk, sugar, salt, and 4 $\frac{1}{2}$ tsp. melted butter to form a smooth, thin batter. Refrigerate for at least 1 hour.
- 2.** Heat the Fry Pan on the stove top over medium-high heat. When hot, brush with a light coating of the rest of the melted butter.
- 3.** Ladle about $\frac{1}{4}$ cup crepe batter into the pan, tilting the pan to coat the pan evenly with batter. Cook until golden brown on the bottom and the top begins to look dry (1-2 minutes).
- 4.** Use a spatula to turn the crepe carefully and cook on the second side until the bottom colors slightly (about 30 seconds).
- 5.** Transfer to a plate and cover loosely to keep warm. Repeat with the remaining batter.
- 6.** In the High-Sided Fry Pan on the stove top, melt the butter over medium-high heat. Then, add the chocolate hazelnut spread and sugar. Cook for about 4 minutes and then stir gently.
- 7.** Assemble the crepes: Place a crepe on a plate and spread 3 tbsp. Filling in the middle, place some strawberries on top, and fold over. Repeat until all the crepes are assembled.
- 8.** Serving suggestion: Sprinkle with powdered sugar.



CHOCOLATE CREPE CAKE

SERVES: 8

INGREDIENTS

1 ½ cups all-purpose flour
5 large eggs, beaten
1 ¾ cups milk
2 tbsp. sugar
1 pinch salt
¼ cup melted unsalted butter

CHOCOLATE BUTTERCREAM

10 oz semisweet chocolate chips
½ cup heavy whipping cream
2 cups sugar
1 tsp. cream of tartar
8 large egg whites
2 cups unsalted butter, softened
2 tsp. vanilla extract

CHOCOLATE GANACHE

¾ cup heavy whipping cream
6 oz semisweet chocolate,
chopped

GARNISH

whipped cream
mint leaves

DIRECTIONS

- 1.** In a large bowl, whisk together the eggs, milk, and vanilla. In a separate bowl, combine the flour, sugar, and salt. Add the flour mixture to the egg mixture and mix well. Add the melted butter and mix well.
- 2.** To make the Chocolate Buttercream: In the Sauce Pot on the stove top, melt the chocolate with the cream and stir until smooth. Set aside to cool.
- 3.** In a small bowl, combine sugar and cream of tartar.
- 4.** Place the egg whites in a double boiler or metal bowl over simmering water and stir in the sugar mixture. Constantly whisk until mixture reaches 120° F–130° F (49° C–54° C), being careful not to overheat. Stirring gently, keep at this temperature for 2 minutes and then immediately transfer to a mixing bowl.
- 5.** With a whisk attachment, beat on high speed for 5 minutes. Reduce the speed and beat for 5 additional minutes or until cool and stiff. Transfer to a large bowl.

- 6.** In the same mixing bowl with the whisk attachment, beat the butter and vanilla until light and fluffy. Beat in the cooled chocolate mixture. Use a spatula to fold the egg white mixture into the butter mixture until no white streaks remain. Fold in the remaining egg white mixture. Cover and refrigerate.
- 7.** In the Sauté Pan on the stove top, pour 2 tbsp. crepe batter into center of the skillet over medium heat. Lift and tilt the pan to coat the bottom evenly.
- 8.** Cook until the top appears dry (about 2 minutes). Turn and cook for 15–20 seconds longer. Transfer to a wire rack. Repeat with remaining batter, greasing the pan as needed.
- 9.** When cool, stack the crepes with waxed paper or paper towels between them.
- 10.** To assemble the cake, place one crepe on a cake plate. Spread with 3 tbsp. buttercream. Repeat layers until ten crepes are used.
- 11.** Refrigerate for 15 minutes. Repeat layering and chilling until 20 crepes are used, topping the final layer with a crepe.
- 12.** To make the Chocolate Ganache: In the Sauce Pot on the stove top, bring the cream to a boil, pour in the chocolate, and then remove from heat. Cool while stirring occasionally until the Chocolate Ganache reaches a spreading consistency.
- 13.** Spread the Chocolate Ganache over the top and sides of the cake. Refrigerate for 1 hour before serving.
- 14.** Garnish with the mint leaves and whipped cream.

CRÈME BRÛLÉE

SERVES: 10

INGREDIENTS

1 qt. heavy cream
1 cup granulated sugar, divided
1 vanilla bean, split & scraped*
8 large egg yolks
8 tsp. raw sugar

* Vanilla beans are long and thin. To get the essence of the bean, it must be split lengthwise, then scraped to remove the resinous, pasty insides. Lay the bean on a flat surface with its seam as the center and split to one end. Place the point back at the center and split it to the other end. Use the blade of the knife to scrape the pasty seeds out.

DIRECTIONS

- 1.** In the Sauce Pot on the stove top, combine the cream, ½ cup granulated sugar, and the vanilla bean and pulp over medium heat. Bring to a gentle boil, whisking to dissolve the sugar.
- 2.** In a small mixing bowl, whisk the egg yolks and the remaining ½ cup of granulated sugar together.
- 3.** Whisk 1 cup of the hot cream mixture into the egg yolk mixture until smooth. Slowly pour this mixture into the hot cream mixture, whisk for 2 minutes, and remove from the heat. Strain the mixture through a fine-mesh sieve. Let cool completely.
- 4.** Preheat the oven to 325° F/163° C.
- 5.** Fill ten 4-oz glass jars with equal portions of the cream mixture. Place the cups in a deep baking dish large enough to accommodate them comfortably without touching.
- 6.** Fill the baking dish with enough hot water to come halfway up the sides of the cups. Bake in the lower third of the oven until lightly golden brown and just set (about 1 hour).
- 7.** Remove from the oven and let cool. Cover and refrigerate for at least 4 hours (up to 12 hours).
- 8.** About 2 hours before serving, sprinkle 1 tsp. raw sugar on the top of each custard. One at a time, using a kitchen blowtorch, approach the sugar with the torch at a low angle until the inner blue flame is ¼ inch above the surface and move the flame in a continuous motion over the surface until the sugar has caramelized.



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