



Teddy Smith  
Executive Chef

Stefano's  
ITALIAN-AMERICAN CUISINE

# A Sampling of Stefano's

We have started a monthly wine and food pairing at Stefano's. Dinner includes five courses paired with four wines.

BY TEDDY SMITH

**I HAVE ALWAYS LOVED** cooking for other people. I began at home at an early age, preparing dishes for my mother and to entertain friends. All of my work history has been in the food industry and began with a position as a dishwasher in junior high. I trained in classic French and completed an apprenticeship at Chez Gerard in Hopwood, PA, under Chef William Severac. I worked for three years as a sous chef with Chef William where I refined my French technique. As an apprentice, I received several awards in competitions.



I started at Stefano's in Morgantown when it opened about a year ago. I really enjoy my work here because I am encouraged to create and cook dishes that blend the American and Italian flavors. One of the things I love about Stefano's is that when you walk in, it is like walking into a New York restaurant. Shera Lorenze, the manager and designer, has done a great job with using a modern decor of black, chrome, blue crystal lighting, geometric tables and white dinnerware along with balanced flatware and elegant stemware. One wall is covered with a glass encased wine rack with an extensive selection of fine wines. Recently, Stefano's received recognition for best presentation at the Taste of Morgantown, a Red Cross benefit held at Lakeview Resort.

Our food is a variety of American-Italian fusion. Some of our favorite dishes include crab and artichoke-topped Halibut and prosciutto-wrapped sea bass. We also enjoy some of the Italian classics such as veal romano and chicken piccata. We change the menu with each season and use only the freshest ingredients. Seafood is flown in twice a week and all the steaks are hand-cut, USDA prime beef. We also make all the desserts in-house.

We have started a monthly wine and food pairing at Stefano's. Dinner includes five courses paired with four wines. Previous months have included wines from Southern Italy and France. October's pairing featured wines from California. Visit our Web site for future offerings at [www.stefanosmorgantown.com](http://www.stefanosmorgantown.com).

Ask for the chef and I will do my best to prepare for you your favorite dish!

*Photography by Tracy Toler*





## Pumpkin Crusted Scallops

3 diver scallops

### Pumpkin Gremolata:

1 tbsp toasted pumpkin seeds  
 1 tsp minced garlic  
 Zest and juice from ½ lemon and ½ orange  
 1 tbsp chopped parsley  
 Salt and pepper to taste

### Butternut Squash Purée:

½ cup butternut squash, peeled, seeded and cubed  
 1 tbsp shallots  
 1 tbsp butter  
 1 tbsp brown sugar  
 Pinch of thyme  
 Salt and pepper to taste  
 ¼ cup cream

Sauté shallots in butter and then add remaining ingredients. Cook the butternut squash on low heat for 15 minutes or until tender, then purée.

To assemble: Season and sear scallops in a small amount of olive oil for one minute on each side. Remove them from the heat and top with the pumpkin gremolata. Bake at 350° for four minutes. Spoon the purée onto the plate and place the scallops on top.

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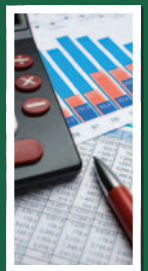


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## Cedar Wrapped Coho Salmon

6 oz. Coho salmon  
Julienned leek and carrot for garnish  
1 piece of cedar paper

### Tomato Risoto

¼ cup Arborio rice  
1 tomato, seeded and diced  
1 tbsp butter  
1 tbsp minced garlic  
1 tbsp minced shallots  
2 cups white wine  
2 cups fish stock  
1 cup cream  
1 tbsp fresh basil  
Salt and pepper to taste

To cook risotto: Heat stock and cream in a pan. Sweat shallots and garlic in pan in one tablespoon of butter. In another pan, add Arborio rice and toast for four minutes. Turn the heat to medium-high, add white wine, reduce and stir constantly. Add one ladle of stock and cream at a time and reduce, stirring constantly. Continue adding stock and cream one ladle at a time until it is all added. Be sure to only add more when the last bit has reduced. Finish with fresh basil and tomato.

### Bourbon Sauce

1 tbsp minced shallot  
1 tbsp butter  
1 tbsp brown sugar  
2 oz. Knob Creek bourbon  
½ vanilla bean, split  
2 tbsp veal demi-glace  
2 tbsp fish stock  
Salt and pepper to taste

To plate: Sear salmon briefly in a hot pan and remove from pan. Wrap salmon, julienned leeks and carrots in cedar paper and tie with butcher's twine. Bake at 350° for seven minutes. Meanwhile, in the same pan add butter, shallots and brown sugar and sauté. Turn off the heat and add bourbon, vanilla bean, demi-glace and fish stock. Turn heat on and reduce until thickened. Place risotto on plate, remove the twine from salmon, open the cedar paper to pour on the bourbon sauce and place along side risotto. Enjoy! ■