Baked Potato

**INGREDIENTS**

1 each Baking Potato  
to taste Salt  
to taste Pepper

**TOPPINGS:**

1 ounce Sour Cream, (optional)  
1 teaspoon Bacon, Cooked Crisp and Chopped (optional)  
1 teaspoon Chives, Chopped Fine (optional)

**METHOD**

Wash potato well and pierce the skin several times with a fork to form an "X" on one side.

Bake potato for 90 minutes at 325°F or until soft to touch. Remove from the oven and open the "X" with a knife. Push in the sides of the potato to "fluff" the potato and allow excess steam to vent from the potato.

Season to taste, add with any toppings and serve.

**Source:** --

(1 servings)
Caesar Salad

**INGREDIENTS**

2 heads romaine lettuce hearts  
2 cloves garlic  
1 teaspoon salt, course  
4 each anchovy fillets, rinsed and patted dry  
1 each egg yolk  
1 teaspoon dijon mustard  
½ each lemon, juiced  
1 teaspoon black pepper  
1 dash tabasco hot sauce  
¼ teaspoon worcestershire sauce  
¼ cup extra-virgin olive oil  
¼ cup parsley leaves, loosely packed  
½ cup parmesan reggiano, freshly grated  

**CROUTONS:**  
½ loaf crusty Italian bread  
¼ cup extra-virgin olive oil  
¼ cup parmesan cheese, grated  
2 tablespoons thyme, fresh  
to taste salt, course  
to taste black pepper, freshly ground  

**METHOD**

Separate the leaves of the heart and tear them into pieces about 3” long (leave the smallest leaves whole). Rinse and dry very thoroughly.

Put the garlic and a pinch of coarse salt in a large (3- to 4-cup) mortar. Using a pestle, pound the garlic into a creamy, juicy paste. Add the anchovies, mashing until they’re broken down into bits. Add the yolk, working the mixture into a paste. Work in the mustard and then the lemon juice. Blend in a pinch of black pepper, the Tabasco, and the Worcestershire. Switch to a whisk and drizzle in the olive oil, whisking continuously until blended and creamy.

Put the lettuce, and croutons in a large bowl. Season with salt and pepper and toss. Add the dressing and toss to coat thoroughly. Sprinkle with 2 to 3 Tbsp of the Parmesan and toss again. Serve immediately.

**Source:** --

(4 servings)
Caramelized Onions

**INGREDIENTS**
- ¼ cup butter, (1/2 stick)
- ¼ cup oil
- 8 cups onions, thinly sliced
- 6 shallots, sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup sugar, Optional (for onion jam)

**METHOD**
Melt butter and oil in saucepan. Sauté onions and shallots until they begin to brown, about 10 minutes. Reduce heat and stir in salt and pepper. Cook partly covered, stirring frequently, until onions are very soft and caramel-colored, about 30 minutes. Do not burn. Stir in sugar and cook until sugar is completely dissolved. Serve warm or at room temperature.

**Source:** --

(3 cups)
Creamed Spinach

**INGREDIENTS**

- 4 pounds spinach
- 1 each onion, diced
- 4 tablespoons butter
- ½ cup sour cream
- 1 pound cream cheese
- ½ cup parmesan cheese, grated
- to taste salt
- to taste black pepper
- 1 pinch nutmeg
- ½ cup bread crumbs

**METHOD**

Preheat oven to 325 degrees

Trim and wash the spinach. In a large pot of salted, boiling water add spinach. Simmer the spinach, stirring occasionally, for 10 minutes. Then drain, refresh, and squeeze dry.

Saute the onions in the butter until tender. Add the cooked spinach, sour cream, cream cheese, grated Parmesan cheese, salt, pepper and nutmeg to taste. Transfer mixture to a buttered baking dish.

Saute 1/2 cup bread crumbs in 2 tablespoons of butter until browned. Sprinkle bread crumbs on spinach. Put it in the oven and bake for 20 minutes, then serve.

**Source:** --

(6 servings)
Duchesse Potatoes

**INGREDIENTS**

2 pounds russet potatoes
1 ounce butter
to taste nutmeg
to taste salt
to taste white pepper
1 each egg
2 each egg yolks
as needed butter, clarified, melted

**METHOD**

Boil potatoes in salted water until tender. Drain, dry and peel.
While potatoes are still warm, press potatoes through a ricer or food mill.
Fold in whole butter, salt, pepper and nutmeg.

Mix in eggs and blend well.

Transfer the mixture to a piping bag fitted with a large star tip. Pipe single portion spirals onto a parchment-lined sheet pan. Brush with clarified butter and bake at 375 degrees until edges are golden brown, about 8-10 minutes. Serve.

**Source:** --

(12 servings)
Filet Mignon with Mushrooms and Sauce Pinot Noir

**INGREDIENTS**

2 each 8 oz. filet mignon steaks  
to taste kosher salt  
to taste black pepper, freshly ground  
2 tablespoons vegetable oil  
1 pound mushrooms, assorted, (shiitake, crimini, and chanterelle, stemmed and halved)  
1 tablespoon garlic, chopped  
2 cups pinot noir  
2 tablespoons demi-glace  
2 tablespoons unsalted butter

**METHOD**

Preheat oven to 375° F.

Season both sides of the filet mignon generously with salt and pepper. In a large heavy, ovenproof skillet, heat oil over medium-high heat until almost smoking. Place the steaks in the hot pan and cook until well seared on 1 side, about 3 minutes. Turn the steaks over, there should be a nice crust on top. Add the mushrooms, garlic, and rosemary. Transfer the pan to the oven. Roast for 10 to 12 minutes or until the steaks are cooked medium-rare.

Remove the steaks, mushrooms, and rosemary to a platter; loosely cover to keep warm. Return the pan to the stove over medium-high heat. Deglaze with the wine, scraping up all the fond in the bottom of the pan. Mix in the demi-glace, stirring to combine. Put the steaks and mushrooms back in the pan and coat in the pan sauce. Finish with a couple of tablespoons of butter. Put the steak and mushrooms on 2 warm serving plates. Pour the wine sauce on top.

**Source:**

(2 servings)
Mushroom Pommes Anna

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
</tr>
</thead>
</table>

**MUSHROOM DUXELLE**
- 3 tablespoons olive oil
- 2 each shallots, finely chopped
- 3 cloves garlic, finely chopped
- 1 cup dry white wine
- 2 pounds cremini mushrooms, finely chopped
- 3 tablespoons finely-chopped fresh thyme
- to taste salt
- to taste black pepper, freshly ground

**POTATOES**
- 8 ounces butter, clarified
- 4 each large potatoes, peeled, and sliced thinly on a mandoline
- to taste salt
- to taste black pepper, freshly ground

<table>
<thead>
<tr>
<th>METHOD</th>
</tr>
</thead>
</table>

For the Mushroom Duxelle: Heat olive oil in a large saute pan over high heat until almost smoking; add the mushrooms and cook until golden brown and dry. Add the shallots and garlic and cook until soft. Add the wine and cook until reduced. Add the thyme and season with salt and pepper to taste.

For the Potatoes: Preheat oven to 400 degrees. Pour 2 tablespoons of the clarified butter into an iron skillet and heat over high heat. Arrange potatoes slices in the pan in concentric circles, overlapping the slices, drizzle each layer with butter, season with salt and pepper and spread some of the mushroom duxelle over the entire surface. Repeat to make 4 to 5 layers. Heat the pan on top of the stove until the butter bubbles. Transfer the pan to the oven and bake until the potatoes are golden brown and soft, 20 to 25 minutes. Press the potatoes with a pot lid during the baking once or twice to keep them flat. Remove from the oven and pour out excess butter. Let sit 10 minutes before inverting onto a round platter.

**Source:**

(8 servings)
Pommes Frites

**INGREDIENTS**

8 ea. russet potatoes, peeled
to taste salt

**METHOD**

Heat fryer to 325 degrees. While the oil is heating, peel the skin off the potatoes and cut them into uniform 1/4-inch sticks batonnets. Dry the potato sticks.

Cook the pomme frites for 3 minutes, until soft but not browned. Remove the fries with a long-handled metal strainer and drain.

Increase the oil temperature to 375 degrees. Return the par-fried potatoes to the oil and cook a second time for 2 minutes, or until golden and crispy. Drain on fresh brown paper bags then place in a serving bowl. Salt the fries while they're still hot.

**Source:** --

(8 servings)
Potato Gnocchi

**INGREDIENTS**

- 4 each russet potatoes
- 1 teaspoon salt
- 2 each eggs
- 1 teaspoon white pepper
- 3 cups flour, AP

**METHOD**

Boil potatoes whole and skin-on. Cook until tender. Peel and rice hot potatoes. Spread riced potatoes out on a sheet pan to cool.

While the potatoes are cooling, bring 6 quarts of salted water to a boil in an 8-quart pot over high heat.

On a cool, work surface, gather the cold riced potatoes into a loose mound with a well in the center. Beat the eggs, 1 teaspoon salt and the white pepper together in a small bowl until blended and pour into the well.

Work the potatoes and egg together with both hands, gradually adding as much flour as necessary to form a firm but moist dough. Stop frequently as you mix to scrape up the dough that sticks to the work surface and reincorporate it into the dough. Forming the dough should take no longer than 10 minutes from start to end.

Cut the dough into six equal portions. Roll each piece of dough into a rope about ½-inch thick. Cut the rope crosswise into ½-inch pieces. Sprinkle the pieces with flour, then roll each piece between your palms into a rough ball. Re-flour your hands as necessary to prevent sticking.

Hold a fork at an angle to your work surface. Dip the tip of your thumb in flour. Take a dough ball and, with the tip of your floured thumb, press it lightly but firmly against the tines of the fork while, at the same time, rolling it downward along the tines. The dough will wrap around the tip of your thumb, forming a dumpling with a deep indentation on one side and a ridged surface on the other. At this point the gnocchi must be cooked or frozen immediately.

**Source:** --

(4 servings)
Potato Rosti

**INGREDIENTS**
1 pound yellow-fleshed potatoes, (Yukon gold)  
to taste salt  
to taste pepper  
2 tablespoons unsalted butter  
1 tablespoon vegetable oil

**METHOD**

Wash and peel the potatoes. Use a box grater to grate the potatoes and set aside in a large bowl. Season with salt and pepper. Stir to blend.

Set a 10-inch, nonstick saute pan over medium-low heat. Add 1 tablespoon of the butter, and 1/2 tablespoon of the vegetable oil to the saute pan. Once the butter stops foaming, lay the potatoes in the pan and press to form an even cake. Cook the potatoes undisturbed until well caramelized, about 10 to 12 minutes. Place a large plate over the saute pan and invert the potato cake onto the plate. Return the saute pan to the stove top and add the remaining butter and vegetable oil. Once the butter stops foaming, slide the potato cake back into the pan with the cooked side facing up. Continue to cook the rosti until well caramelized and browned on the second side, about 10 to 12 minutes.

Remove the pan from heat and slide the rosti onto a cutting board. Slice the rosti into 4 servings and place on appetizer plates.

**Source:** --

(4 servings  
1/2 cup)
**Potatoes Lyonnaise**

### INGREDIENTS
- 2 pounds potatoes, waxy
- 2 ounces butter
- to taste salt
- to taste pepper
- 8 ounces onion, thinly sliced
- 1 tablespoon parsley, finely chopped

### METHOD
Par-cook potatoes and cool. Cut potatoes into 1/4" slices.

In heavy skillet, heat 2 tablespoons butter. Saute onions in butter over medium heat until tender and slightly browned. Remove onions from pan and brown potatoes in remaining butter. Add onions to potatoes and saute to combine. Season with salt and pepper to taste. Add parsley and serve.

**Source:** --

(6 servings)
CHRM 1110

Recipes Day 2
Bananas Foster

**INGREDIENTS**

- 1 tablespoon butter
- ¾ cup brown sugar, packed
- 1 dash cinnamon
- 2 tablespoons banana liqueur
- 6 each bananas, halved lengthwise and crosswise
- ¼ cup dark rum
- 1 quart vanilla ice cream

**METHOD**

Melt butter in saute pan. Add brown sugar, cinnamon and banana liqueur and stir to mix. Heat few minutes. Place halved bananas in sauce. Saute lightly until tender and lightly browned. Add rum and allow to heat well. Ignite and allow sauce to flame until flames die out, tipping pan in circular motion to prolong flaming. Serve over vanilla ice cream, placing 4 banana pieces over each ice cream scoop, then spooning hot sauce over top. Makes 6 servings.

**Source:** --

(6 servings)
Basic Rice

**INGREDIENTS**
1 cup long-grain rice
1 ¾ cups water
pinch salt

**METHOD**
In a heavy sauce pot, rinse the rice twice and drain. Over medium-high heat bring to a boil, reduce heat, cover and simmer for 15 minutes. Check to see that all the water has evaporated and formed vents in the rice. Leave covered off heat for 10-30 minutes. Fluff just prior to service.

or...

Rinse the rise and drain and set into a oven proof dish. Add 1 3/4-2 times BOILING liquid plus salt, stir, cover tightly and bake for 15 minutes at 400 F.

**Source:** --

(4 servings)
Blackened Catfish

**INGREDIENTS**

- 6 each catfish fillets
- ½ lb. butter, melted

**SEASONING MIX:**

- ¾ teaspoons white pepper
- ½ teaspoon thyme
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¾ teaspoons black pepper
- ½ teaspoon oregano
- 2 ½ teaspoons salt
- 1 teaspoon red pepper (cayenne)

**METHOD**

Thoroughly combine seasoning mix in a small bowl. Preheat cast iron skillet on to white hot. Dip fillets in melted butter so that both sides are well coated. Then sprinkle seasoning mix generously and evenly on both sides of fillets.

Place in hot skillet and add 1 tablespoon of butter over the top of fillets. (Caution - butter will flame.) Cook 2 to 3 minutes on each side until charred. Serve with a squeeze of fresh lemon juice.

**Source:** --

(6 servings)
Collard Greens

**INGREDIENTS**
- 2 bunches collard greens
- 3 tablespoons olive oil
- 1 each onion, sliced
- 2 cloves garlic, smashed
- 2 each bay leaves
- 1 each smoked ham hock
- 2 quarts chicken broth, warm
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- to taste salt
- to taste black pepper

**METHOD**
To prepare the greens, cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, and sugar.

Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes. Remove the bay leaves and serve.

**Source:** --

(8 servings)
Jambalaya

**INGREDIENTS**

- ¾ pounds andouille sausage
- as needed olive oil
- 6 each chicken drumettes
- ¾ pounds shrimp, peeled and deveined
- ½ each green bell pepper, chopped fine
- ½ each onion, chopped fine
- ½ cup parsley, chopped fine
- 1 clove garlic, chopped fine
- ¼ cup tomato sauce
- 3 each bay leaves
- 1 teaspoon thyme
- to taste salt, to taste
- to taste black pepper, freshly ground, to taste
- 1 dash cayenne pepper
- 3 cups water
- 1 ½ cups rice

**METHOD**

Halve sausage lengthwise and then slice crosswise. Saute sausage in large skillet with 1 teaspoon olive oil and remove. Without washing pan, saute chicken drumettes in additional 1 teaspoon olive oil and remove. Repeat with shrimp and remove.

Without washing pan, add 1 teaspoon oil and saute bell pepper, onion, parsley and garlic until lightly browned. Add tomato sauce, bay leaves, thyme and salt, pepper and cayenne to taste, then bring to simmer.

Add 1 1/2 cups water, rice and sauteed sausage, chicken and shrimp and bring to boil. Reduce heat and simmer, covered, 15 to 20 minutes, stirring occasionally. Add 1 1/2 more cups water and continue to simmer, covered, until water is absorbed and rice is cooked, 45 to 60 minutes, stirring occasionally. Discard bay leaves.

**Source:**

(6 servings)
Red Beans and Rice

**INGREDIENTS**
- 1 pound dried red beans, picked over and rinsed
- 2 each smoked ham hocks
- 1 each yellow onion, chopped
- 2 each celery stalks, chopped
- 1 each green bell pepper, chopped
- 1 teaspoon cayenne
- ¼ bunch fresh flat-leaf parsley, chopped
- 2 sprigs thyme
- 3 each bay leaves
- 4 clove garlic, chopped
- 2 each green onions, green part only, chopped, plus more for garnish
to taste tabasco sauce
- 2 pounds andouille sausages, cut into 3” chunks
- 4 cups white rice, cooked

**METHOD**

Place the dried beans in a large bowl and cover with cold water. Soak the beans overnight in the refrigerator.

Drain the beans and put them in a large heavy pot with the ham hocks, adding just enough cold water to cover (ab 2 quarts). Add the onion, celery, green pepper, cayenne, parsley, thyme, bay leaves, garlic, green onions, and several shakes of red pepper sauce; give everything a good stir to combine. Simmer, uncovered, until the beans are tender and starting to thicken, about 2 1/2 hours. You want the beans to be almost overcooked, like they are getting ready to burst. Stir the beans occasionally to prevent scorching on the bottom of the pot. Add about 1 cup of water toward the end of cooking if the mixture appears too thick or dry.

Mash about 1 cup of the cooked beans against the side of the pot with a wooden spoon, this makes the broth thick and creamy. Toss in the sausages and cook for another 30 minutes to heat them through. Adjust the seasoning, if needed. Serve the red beans in a wide bowl over some steamed white rice and garnished with chopped green onion.

**Source:** --

(6 servings)
Rice Pilaf

**INGREDIENTS**
- 1 each onion, small, minced
- 1 tablespoons vegetable oil
- 2 cups long-grain white rice
- 4 cups chicken stock
- 1 tablespoon parsley, chopped fine

**METHOD**

Rinse rice until water runs clear.

Sweat onion in a large heavy saucepan over medium-high heat. Add rice and saute until rice is fragrant. Add stock. stir, cover, and bring to a simmer. Reduce to very low heat. Cook covered about 18-20 minutes.

At service, fluff rice and fold in butter and parsley.

**Source:** --

(6 servings)
CHRM 1110

Recipes Day 3
Arancini Di Riso

INGREDIENTS
2 each eggs
2 cups risotto (prepared)
½ cup parmesan cheese, grated
1 ½ cups bread crumbs
2 ounces mozzarella cheese, cut into 1/2" cubes

METHOD
Stir the eggs, risotto, parmesan, and 1/2 cup of the bread crumbs in a large bowl to combine. Place the remaining breadcrumbs in a medium bowl. Using about 2 tablespoons of the risotto mixture for each, form the risotto mixture into 1 3/4-inch-diameter balls. Insert 1 cube of mozzarella into the center of each ball. Roll the balls in the bread crumbs to coat.

Deep fry until golden brown. Season and serve.

Source: --

(8 servings)
Bacon-Herb Wrapped Pork Tenderloin

**INGREDIENTS**
1 head garlic, top sliced off  
2 tablespoons olive oil  
2 each pork tenderloins (ab 1 to 1 1/2 lb each) trimmed of excess fat to taste salt  
1 tablespoon rosemary, chopped  
12 each sage leaves, chopped  
1 tablespoon thyme, chopped  
1 pound thick slice bacon  
2 tablesspons olive oil

**METHOD**
Preheat oven to 300° F. Place garlic in a small ramekin, drizzle with 1-Tbsp olive oil, and wrap in foil. Bake until soft, about 45 minutes. When cool enough to handle, squeeze garlic flesh from head into a small bowl.

Arrange tenderloins on work surface. Rub the top each tenderloin with 1/2 of the roasted garlic and season with salt and pepper. Mix together the herbs and scatter half of the mix over the garlic on each tenderloin. Wrap 6 strips of bacon around each tenderloin and tie bacon in place with kitchen twine.

Heat oven to 375° F. Heat oil in a medium, skillet over medium-high heat. Sear the tenderloins until golden brown on all sides. Transfer seared tenderloins to medium roasting pan; place in the oven and cook to medium doneness about 8 to10 minutes. Transfer tenderloins to cutting board and let stand 10 minutes. Remove twine before carving.

Source: --

(4 servings)
Edamame and Corn Succotash

**INGREDIENTS**

1 ½ cups edamame, frozen or fresh shelled  
2 ounces bacon, cut into lardons  
½ cup red bell pepper, chopped  
¼ cup onion, chopped  
2 cloves garlic, minced  
2 cups corn kernels, fresh or frozen  
3 tablespoons white wine  
2 tablespoons rice vinegar  
2 tablespoons parsley, chopped  
2 tablespoons basil, chopped  
½ teaspoon salt  
to taste black pepper

**METHOD**

If using frozen edamame, prepare first by simmering the beans in water for 5 minutes and draining.  
Cook the bacon in a large nonstick skillet over medium heat. Add the onions and bell pepper and cook for 1 minute, stirring as needed. Add the garlic and cook an additional minute continuing to stir. Deglaze with wine and vinegar.  
Stir in the corn, and edamame. Cook 4 minutes, still stirring.  
Remove pan from heat and add in the parsley, basil, salt and pepper. Adjust seasonings.

**Source:** --

(6 servings)
Wild Mushroom Risotto

**INGREDIENTS**

- 2 ounces olive oil
- 6 ounces morels, coarsely chopped
- 8 ounces carmaroli rice, (1 cup)
- 2 ounces white wine
- as needed stock, hot
- 1 head garlic, roasted and pureed
- 2 ounces Parmigiano-Reggiano cheese
- to taste salt
- to taste pepper

**METHOD**

In a sauté pan, heat one tablespoon oil over high heat. Add mushrooms and sauté until browned and tender. Set aside. In saucepan, heat remaining oil over medium heat and cook onions until softened. Stir in rice. Add wine, stirring until wine is absorbed and rice is "al-dente." Stir in garlic, cheese and reserved mushrooms. Season with salt and pepper.

**Source:** --

(4 servings)
Blackberry Gelato

**INGREDIENTS**
2 pints blackberries
1 ¼ cups half-and-half
1 cup sugar
¼ cup nonfat dry milk
6 large egg yolks
2 cups heavy cream
2 teaspoons pure vanilla extract

**METHOD**
Puree the blackberries in a food processor or blender. Strain the puree through a fine sieve, pressing hard on the solids to extract as much puree as possible; discard the seeds.

In a large heavy saucepan, combine the half-and-half with the sugar and cook over moderate heat, stirring, until warm to the touch and the sugar has dissolved. Remove from the heat and stir in the dry milk.

In a medium bowl, lightly whisk the egg yolks. slowly whisk in 1/2 cup of the warm half-and-half mixture to temper the eggs, then gradually whisk in the rest. Return the mixture to the saucepan and cook over moderate heat, stirring constantly until it thickens to a runny custard and registers 180°F on an instant-read thermometer, about 6 minutes. remove the saucepan from the heat and stir in the heavy cream, blackberry puree and vanilla. Strain the custard through a fine sieve into a medium bowl set over ice water. Stir occasionally until the custard is completely chilled.

Freeze the custard in an ice cream maker, in 2 batches if necessary, according to the manufacturer's instructions. Transfer the gelato to an airtight container and press a layer of plastic wrap directly on the surface, then seal with a tight-fitting lid and freeze for at least 2 hours before serving.

*Make ahead: The Gelato can be frozen for up to 2 days. Let it soften for 15 minutes in the refrigerator before serving.*

**Source:** --

(2 Quarts)
Fettuccine Alfredo

**INGREDIENTS**

- Kosher salt
- 1 pound fettuccine
- ½ cup butter
- 2 cups heavy cream
- 2 pinches freshly grated nutmeg
- 1 ½ cups freshly grated Parmigiano-Reggiano cheese
to taste black pepper

**METHOD**

Bring a large pot of water to a boil and salt generously. Boil the pasta until al dente, tender but still slightly firm.

In a large skillet over medium heat melt the butter and whisk in the cream and nutmeg and bring just to a simmer. Lower the heat to keep the mixture just warm.

Drain the pasta in a colander and reserve some of the cooking water. Add the pasta to the cream mixture, toss with the cheese, and season with salt and pepper to taste. If the pasta mixture has become thick and tight, thin it with some of the reserved cooking water. Serve immediately in heated bowls.

**Source:** --

(6 servings)
Garlic Bread

**INGREDIENTS**

8 ounces butter
to taste salt

**ITALIAN HERB SPICES**

- 4 cloves garlic, made into a paste
- 2 teaspoons basil, dried
- 2 teaspoons marjoram, dried
- 2 teaspoons oregano, dried
- 2 teaspoons parsley, dried
- 1 teaspoon sage, dried

**METHOD**

Heat oven to 350 degrees.

Combine all dry spices, store in an airtight container.

Make a compound butter by combining softened butter, garlic and salt.

Slice bread lengthwise almost all the way though, leaving one side uncut. Open the baguette like a book and evenly brush or spoon the butter mixture over the bread.

Season with spice mixture.

Close baguette and slice bread diagonally into 2-inch pieces, leaving the bread still intact at the back of the loaf.

Transfer bread to a baking sheet. Bake bread until heated through and crisp on the outside, about 10 minutes.

**Source:** --

(4 servings)
Lamb Shish Kabob

**INGREDIENTS**

- ½ cup olive oil
- ¼ cup lemon juice
- 3 cloves garlic, crushed
- 4 sprigs parsley, chopped
- to taste salt, to taste
- to taste black pepper, to taste
- 1 teaspoon dried marjoram
- 3 pounds leg of lamb, cut 1 1/2" cubes

**METHOD**

Combine wine, olive oil, lemon juice, garlic and parsley. Add lamb and toss to coat well. Cover and set aside to marinate, refrigerated, for 8 hours.

Preheat grill or broiler to high. Drain lamb, reserving marinade in a small bowl. Pat meat dry with paper towels and spear 5 pieces on each metal skewer. Season generously with salt, pepper and marjoram and grill 10 to 15 minutes, basting several times with marinade, until well-browned and tender.

**Source:** --

(6 servings)

Updated: 08/17/09
Meatballs

**INGREDIENTS**

⅓ cup chicken stock  
¼ each yellow onion  
1 cloves garlic  
¼ cup parsley, chopped fine  
½ pound ground beef  
½ pound ground pork  
½ pound ground veal  
⅓ cup breadcrumbs  
2 each eggs  
¼ cup Parmigiano-Reggiano, grated  
1 teaspoon red pepper flakes  
1 teaspoon salt  
3-6 c. Mama's Marinara, or your favorite marinara  
¼ cup extra virgin olive oil

**METHOD**

Sweat the onion, and garlic.

Combine the onion, garlic, stock, meat, bread crumbs, eggs, Parmigiano-Reggiano, red pepper flakes and salt. Do not over mix.

Form the meat into 1/4 cup balls, about the size of a golf ball. Pour about 1/2-inch of oil into a straight-sided, 10-inch-wide sauté pan and heat over medium-high flame. Add the meatballs to the pan (working in batches if necessary) and brown meatballs, turning once. This will take about 10-15 minutes.

Alternatively, place meatballs on an oiled rack over a sheet pan and brown under a broiler.

_Source: --_

(4 servings)
Mediterranean Chopped Salad

**INGREDIENTS**

- 1 teaspoon extra virgin olive oil
- 1 clove garlic, minced
- 1 teaspoon fresh thyme
- 3 tablespoons cider vinegar
- 16 ounces cannelini beans, (canned)
- 1 cup tomatoes, diced
- 1 tablespoon green onion, sliced, white and pale green parts only
- 1 each yellow bell pepper, diced
- 1 cup cucumber, peeled and diced
- ¼ cup parsley, chopped
- 1 tablespoon lemon juice
- 1 teaspoon honey
- to taste salt
- to taste black pepper, freshly ground
- 2 tablespoons crumbled feta cheese
- 2 heads romaine lettuce, chopped

**METHOD**

Heat 1 teaspoon oil in small skillet over medium heat. Add thyme and garlic and sauté 30 seconds. Add vinegar and remove from heat. Combine vinegar mixture and beans in a bowl. Cover and chill 30 minutes. Combine next 7 ingredients in a bowl. Toss with bean mixture. Salt and pepper to taste.

**Source:** --

(6 servings)
Pasta Dough for Ravioli

**INGREDIENTS**

- 2 cups flour, AP
- 1 teaspoon salt
- 3 eggs
- 2 tablespoons olive oil

**METHOD**

Combine the flour and salt on a flat work surface; shape into a mound and make a well in the center. Add the eggs and 1 tablespoon of the olive oil to the well and lightly beat with a fork. Gradually draw in the flour from the inside wall of the well in a circular motion. Use 1 hand for mixing and the other to protect the outer wall. Continue to incorporate all the flour until it forms a ball. Sprinkle some flour on work surface, knead and fold the dough until elastic and smooth, this should take about 10 minutes. Brush the surface with olive oil and wrap the dough in plastic wrap; let rest for 30 minutes to allow the gluten to relax.

Cut the ball of dough in 1/2, cover and reserve the other piece. Dust the counter and dough with a flour. Press the dough into a rectangle and roll it through a pasta machine, 2 or 3 times, at widest setting. Pull and stretch the sheet of dough with the palm of your hand as it emerges from the rollers. Reduce the setting and crank the dough through again, 2 or 3 times. Continue tightening until the machine is at the narrowest setting; the dough should be paper-thin, about 1/8-inch thick (you should be able to see your hand through it.). Dust the sheets of dough with flour as needed.

Beat 1 egg with 1 tablespoon of water to make an egg wash. Dust the counter and sheet of dough with flour, lay out the long sheet of pasta, and brush the top surface with the egg wash, which acts as a glue. Drop tablespoons filling on 1/2 of the pasta sheet, about 2-inches apart. Fold the other 1/2 over the filling like a blanket. With an espresso cup or fingers, gently press out air pockets around each mound of filling. Use a sharp knife to cut each pillow into squares and crimp the 4 edges with the tins of a fork to make a tight seal. Dust the ravioli and a sheet pan with cornmeal to prevent the pasta from sticking and lay them out to dry slightly while assembling the rest.

Cook the ravioli in boiling salted water for until they'll float to the top (3-4 minutes). Lift the ravioli from water with a large strainer or slotted spoon.

**Source:** --
(24 ravioli)
Sausage, Peppers, and Onions

**INGREDIENTS**

- ¼ cup extra-virgin olive oil
- 1 pound sweet Italian sausage
- 2 each red bell peppers, sliced
- 2 each yellow onions, sliced
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon dried oregano
- ½ cup chopped fresh basil leaves
- 4 cloves garlic, chopped
- 2 tablespoons tomato paste
- 1 cup Marsala wine
- 15 ounces canned tomatoes, diced
- ¼ teaspoon red pepper flakes, optional

**METHOD**

Heat the oil in a heavy large skillet over medium heat. Add the sausages and cook until brown on both sides, about 7 to 10 minutes. Remove from the pan and drain.

Keeping the pan over medium heat, add the peppers, onions, salt, and pepper and cook until golden brown, about 5 minutes. Add the oregano, basil, and garlic and cook 2 more minutes.

Add the tomato paste and stir. Add the Marsala wine, tomatoes, and chili flakes, if using. Stir to combine, scraping the bottom of the pan with a wooden spoon to release all the browned bits. Bring to a simmer.

Cut the sausages into 4 to 6 pieces each, about 1-inch cubes. Add the sausage back to the pan and stir to combine. Cook until the sauce has thickened, about 20 minutes.

Serve in bowls. Or, if serving as a sandwich, split the rolls in half lengthwise. Hollow out the bread from the bottom side of each roll, being careful not to puncture the crust. Fill the bottom half of the roll with sausage mixture. Top and serve sandwiches immediately.

**Source:** --

(6 servings)
Tomato Sauce

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 each onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 cans plum tomatoes - (28 oz ea), with their juice, pureed in a blender
- 1 each bay leaf
- 1 bunch small parsley
- 1 pinch pinch red pepper flakes
- to taste salt
- to taste black pepper
- 6 basil leaves, torn
- Salt, to taste

**METHOD**
Heat olive oil in a medium saucepan. Add onions, garlic and carrot and cook until soft. Add pureed tomatoes and juice, bay leaf and parsley, pepper flakes and salt and pepper and bring to a boil. Reduce heat, add meatballs and let simmer for 30 to 40 minutes, until the sauce has thickened. Remove the bay leaf and parsley, add the basil and serve.

**Source:** --

(4 servings)
CHRM 1110

Recipes Day 5
Apple Crisp with Oatmeal Crumb Topping

**INGREDIENTS**

**FILLING:**
- 5-6 granny smith apples, peeled, cored, and cut into 3/4-inch-thick slices (if you use sweet apples instead, squeeze in approx. 1/2 t. of lemon juice to cut down the sweetness)
- 2 T. sugar
- 2 T. brown sugar, lightly packed
- 1 ½ t. cinnamon
- ¼ t. nutmeg
- 2 T. butter, melted

**TOPPING:**
- ¼ c. flour, plus 2 T.
- ¼ c. oatmeal, plus 2 T.
- ¼ c. sugar, plus 3 T.
- ¼ c. brown sugar, plus 3 T.
- 12 T. butter, cut into small pieces and slightly softened

**METHOD**

Preheat oven to 375° F.

In a large bowl, toss apple slices with both sugars and the spices. Let sit for 20 minutes, or until the apples release some juice and the sugar is moist.

Meanwhile, combine flour, oatmeal, and both sugars for the topping in a bowl and mix well with your fingertips, crumbling any lumps. Add the butter and work the mixture gently until it resembles coarse crumbs. Cover and refrigerate until ready to use.

Transfer the apples, with their juices, to a 1 1/2 quart casserole. Pour the melted butter over the apples. Sprinkle the topping evenly over them.

Bake for 30 to 40 minutes, until the topping is golden brown and the filling is bubbling. Serve warm.

**Source:** --

(6 servings)
Barley Risotto

**INGREDIENTS**

- 4 cups low-sodium chicken broth
- 4 cups water
- 1 medium onion, chopped fine
- 1 medium carrot, peeled and chopped fine
- 1 teaspoon olive oil
- Salt
- 1 ½ cups pearl barley, rinsed
- 1 cup dry white wine
- 1 teaspoon minced fresh thyme leaves
- 2 ounces grated Parmesan cheese (about 1 cup)
- 1 tablespoon unsalted butter
- Ground black pepper

**METHOD**

1. Bring the broth and water to a simmer in a medium saucepan; reduce the heat to the lowest possible setting and cover to keep warm.
2. Meanwhile, combine the onion, carrot, oil, and 1/2 teaspoon salt in a large saucepan. Cover and cook over medium-low heat, stirring occasionally, until the vegetables are softened, 8 to 10 minutes. Increase the heat to medium, add the barley, and cook, stirring frequently, until lightly browned and aromatic, about 4 minutes. Stir in the wine and continue to cook, stirring frequently, until the wine has been completely absorbed by the barley, about 3 minutes.
3. Stir in the thyme and 3 cups of the warm broth and simmer, stirring occasionally, until the liquid is absorbed and the bottom of the pan is dry, 20 to 22 minutes. Stir in 2 more cups of the warm broth and continue to simmer, stirring occasionally, until the liquid is absorbed and the bottom of the pan is dry, 15 to 20 minutes longer.
4. Continue to cook the risotto, stirring frequently and adding 1/2 cup of the remaining broth at a time as needed to keep the pan bottom from becoming dry (about every 5 to 6 minutes), until the grains of barley are cooked through but still somewhat firm in the center, about 25 minutes. Off the heat, stir in the Parmesan and butter, and season with salt and pepper to taste. Serve immediately in warmed shallow bowls, with wedges of lemon and/or fresh parsley.

**Source:** --

(6 servings)
Herbed Couscous

**INGREDIENTS**

1 ½ teaspoons salt  
1 tablespoon olive oil  
½ cup parsley, finely chopped  
4 tablespoons cilantro, finely chopped  
3 tablespoons fennel tips, finely chopped  
1 tablespoon fresh dill, finely chopped  
4 each scallions, green parts only finely sliced  
½ cup arugula, finely chopped  
2 cups instant couscous

**METHOD**

Bring 2½ cups of water to a boil in a medium saucepan. Add the salt, oil, parsley, cilantro, fennel tips, dill, scallions and arugula. Cover, turn the heat down to low, and simmer gently for 10 minutes. Add the couscous, stir and cover. Remove the pan from the heat and let it sit in a warm place for 5 minutes. Uncover, and fluff thoroughly with a fork.

Serve immediately.

**Source:** --

(8 servings)
Quinoa Pilaf

**INGREDIENTS**

- 2 cups vegetable broth
- 1 cup quinoa, rinsed well
- 1 each bay leaf
- ½ teaspoon turmeric
- 1 teaspoon salt
to taste black pepper
- 1 tablespoon olive oil
- 1 teaspoon lemon zest, finely diced
- 1 each tomato, finely chopped
- 1 can artichoke hearts in water - (15 oz), drained, quartered
- ½ each red onion, diced
- ¼ cup black olives, pitted
- ¼ cup currants
- 1 sprig mint leaves, for garnish

**METHOD**

In a small saucepan, combine broth, quinoa, bay leaf, turmeric, salt, pepper and olive oil in a saucepan. Stir in preserved lemon and cover. Simmer until water is absorbed, about 15 to 20 minutes. Turn off heat. Add tomato, artichokes, onion, olives and currants, mix well to combine. Top with mint and serve.

**Source:** --

(4 servings)
Ratatouille

INGREDIENTS

¼ cup olive oil
2 each large onions, thinly sliced
7 each small zucchini, cut 3/4” dice
2 tablespoons garlic, finely-minced
1 ½ teaspoons salt
1 each red bell pepper, cut 3/4” squares
1 each yellow bell pepper, cut 3/4” squares
1 each green bell pepper, cut 3/4” squares
2 pounds Roma tomatoes, seeded and cut 3/4” chunks
3 each bay leaves
2 teaspoons dried thyme
1 pinch dried red pepper flakes
1 each eggplant, peeled and cut 3/4” dice
1 tablespoon balsamic vinegar - (to 2 tbspns)
1 tablespoon tomato paste
2 tablespoons parsley, chopped
1 tablespoons basil, chopped
1 tablespoons chives, chopped
1 tablespoons oregano, chopped

METHOD

Heat 1 tablespoon oil in 12-inch wide pot over medium heat. When very hot, add onions. Cook, until onions turn a light brown, about 20 minutes or more. Be sure to keep the onions from browning too much, but caramelizing them is key to great all-around flavor.
Add zucchini, garlic (reserve 1 teaspoon for finish) and 1 teaspoon salt. Stir well. Cook 5 minutes, shaking pan occasionally to mix. Add peppers, tomatoes, bay leaves, thyme and red pepper flakes. Cook, uncovered, shaking pan often to prevent sticking, until just tender, about 20 to 25 minutes.
Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until very hot. Add 1/2 eggplant, sprinkled with 1/4 teaspoon salt. Brown quickly, shaking pan, about 2 minutes. Set aside. Repeat with 1 tablespoon oil and remaining eggplant.
Add eggplant to cooked vegetables. Bring to simmer; stir well. Add remaining oil, garlic, vinegar, tomato paste and herbs (start with 1 tablespoon vinegar and tomato paste). Stir well; cook 1 more minute. Remove from heat.
Taste and adjust seasoning as needed with vinegar, tomato paste, salt, herbs.

Source: --

(12 servings)
Tabouli

**INGREDIENTS**

- ½ cup dry bulgar wheat
- 1 ½ cups parsley, finely-chopped
- 2 tablespoons mint, finely-chopped
- ¼ cup tomato, seeded and diced
- ½ cup red onion, diced
- 1 teaspoon garlic, minced
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

**METHOD**

Wash the bulgar in several changes of cold water, pouring it back and forth between a large bowl and a very fine sieve, until the water is clear. Drain the bulgar in the fine sieve. Return bulgar to the bowl, cover it with 1-inch of cold water, and let it soak for 1 hour.

Place bulgar, parsley, mint, tomato, and red onion together in a medium bowl and stir well to mix.

Whisk together the garlic, lemon juice, olive oil, salt, and pepper, and pour over other ingredients. Stir well.

**Source:** --

(4 servings)
Apple Tart

INGREDIENTS
1 pound puff pastry dough, thawed
7 each granny smith apples
¾ cup lemon juice
1 each egg yolk
4 ounces frangipane
½ cup granulated sugar
2 ounces caramel sauce
1 scoop vanilla ice cream

METHOD
Heat oven to 400°F. Roll the puff pastry to a thickness of 1/4 inch (the store-bought variety will most likely already be this thickness). With a 5-inch cookie cutter, or using a dish and a knife, cut the dough into 8 circles, 5 inches in diameter, and place on a baking sheet lined with parchment paper. Poke a few holes in each pastry round with a fork, and place the baking sheets in the refrigerator so that the dough can rest. Peel and core the apples. Cut each apple in half and slice very thinly with a knife. Brush each slice with lemon juice and set aside. Make an egg wash by whisking together the egg yolk and 2 teaspoons of water in a small bowl.
Remove the pastry rounds from the fridge and brush the surface of each with egg wash. Roll a teaspoon of almond paste into a ball, flatten it like a coin, and place it in the center of a pastry round; repeat with the other rounds. Using about three-quarters of an apple per tart, layer apple slices around the almond paste, creating a circular fan of apples around the tart and leaving most of the almond paste center exposed. Place tarts in the fridge to rest for 20 minutes.
Remove the tarts from the refrigerator and sprinkle each with 1 tablespoon granulated sugar. Bake 15 minutes or until golden brown. Dust each tart with powdered sugar and drizzle with Caramel Sauce. Serve some Apple Ice with each tart.

Source: --

(8)
Artichoke Barigoule

**INGREDIENTS**

2 each lemons, halved  
4 each artichokes  
1 each white onion, large, small dice  
4 each carrots, medium, small dice  
4 cloves garlic, halved  
2 each bay leaves  
4 sprigs thyme  
1 teaspoon coriander seeds  
1 ½ cups dry white wine  
1 ½ cups water  
1 cups cauliflower, cut into 1-inch florets (4 cups)  
1 cups white mushrooms, quartered if large  
to taste salt  
to taste pepper

**METHOD**

Trim artichokes and hold in lemon water.

In a large deep skillet add the onion and carrots and cook over moderate heat, stirring, until softened but not browned, about 7 minutes.

Add the garlic, bay leaves, thyme and coriander seeds and cook for 1 minute.

Add the wine, water and the 3 tablespoons of lemon juice and bring to a boil over high heat.

Cook until the carrots are barely tender, about 3 minutes.

Drain the artichokes and add them to the skillet along with the cauliflower and mushrooms.

Season with salt and pepper and bring to a boil over high heat.

Cover and cook over low heat until tender, about 20 minutes. Uncover and let cool to room temperature, about 30 minutes.

Transfer the vegetables and broth to shallow bowls and serve.

**Source:** --

(4 servings)
Caramel Sauce

**INGREDIENTS**

2 cups sugar  
¼ cup water  
½ cup heavy cream

**METHOD**

Combine the sugar and water in a large heavy saucepan over medium heat. Cook, swirling the pot around, until the mixture is a deep caramel color and looks like syrup, about 8 minutes. Carefully pour in the cream (it will bubble up) and continue to cook for another minute. Cool to room temperature.

**Source:** --

(2 cups)
Pan-seared Duck Breast with Berry Compote

**INGREDIENTS**

- 4 each duck breasts, boneless
- 1 teaspoon salt
- 3 teaspoons black pepper
- 4 each shallots, minced
- ¼ cup creme de Cassis
- ¼ cup black currant jam (unsweetened if possible), or black cherry, boysenberry, or similar preserve
- ¼ cup balsamic vinegar or red wine vinegar

**METHOD**

Preheat oven to 350 degrees F.

Place the duck skin side up. Using a sharp knife, score 4-6 (1/4-inch-deep) cuts across the skin at a 45 degree angle and then 4-6 more cuts to create a cross-hatch cuts. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over the meat side of each duck breast.

Heat a well-seasoned skillet or nonstick pan over high heat. When pan is hot, add duck breasts, skin side down, and cook for 5 minutes, or until skin is brown and crispy. Flip and cook for 2 more minutes.

Remove pan from heat (save the drippings) and transfer duck breasts, skin side up, to a cooking sheet lined with aluminum foil. Bake on the top rack of the oven for 6 minutes.

Carefully discard all but 2 tablespoons of duck drippings from the pan. Return pan to medium heat and add shallot. Stir occasionally for 3 minutes, or until shallot begins to turn golden. Add Cassis to the pan and stir with a wooden spoon to loosen up the browned bits left by the duck. Add jam, vinegar, and remaining teaspoon of black pepper, and stir occasionally for 3 minutes. Remove from heat.

Remove duck from the oven and slice each breast at a 45 degree angle into 1/4-inch-thick strips (properly cooked duck should resemble medium-rare steak). Arrange in a fanlike pattern on a warmed plates and spoon Cassis compote overtop. Serve immediately.

Source: --

(4 servings)
Parsnip Puree

**INGREDIENTS**
- 4 pounds parsnips
- 6 ounces cream
- 1 teaspoon nutmeg
- ½ teaspoon white pepper
- to taste salt
- 1 ounces butter

**METHOD**
Top, tail & peel the parsnips

De-core (large parsnips) them & roughly chop

Steam them till tender and drain

Place them in a blender & puree adding the cream, nutmeg, butter & pepper
Puree for 3-4 minuets then add salt. It should be smooth & thick

**Source:** --

(8 servings)
Wine Poached Pears

**INGREDIENTS**
4 each Bosc pears, peeled with stems intact
1 pint white wine
1 pint water
4 tablespoons sugar
1 each vanilla bean, halved lengthwise
4 each whole star anise pods
2 each cinnamon stick
1 each lemon peel, (no white parts)
1 each orange peel, (no white parts)

**METHOD**
Peel and core pears.

Pour the wine and water into the pot, and turn the flame to high heat. Add sugar and dissolve. Add vanilla bean, star anise, cinnamon stick, and lemon and orange peels. Add pears.

Bring to a boil; reduce heat to medium low, and simmer 20 to 25 minutes.

Remove pot from stove, and let cool completely.

**Source:** --

(4 servings)
Black Bean Soup

**INGREDIENTS**

- 1 1/2 pounds dried black beans
- as needed water
- 1/4 pound bacon, chopped
- 1 1/2 each onions, chopped
- 1 each carrot, diced
- 2 each celery stalks, thinly sliced
- 2 cloves garlic, minced
- 2 each jalapeno pepper, chopped
- 1/4 cup white wine
- 3 quarts chicken stock
- 1 cup whipping cream
- 1 tablespoon lime juice
- 1/2 sprig thyme
- 1 cup dry Sherry
- 1 tablespoon olive oil
- 6 each tomatoes, seeded, chopped
- 1/2 tablespoon ground cumin
- pico de gallo, for serving
- sour cream, for serving

**METHOD**

Place beans in bowl and cover with water. Soak overnight, then drain and set aside.

Saute bacon in large skillet over medium heat until cooked, 5 to 8 minutes. Drain bacon on paper towels, reserving 2 tablespoons fat from skillet.

Place reserved bacon fat, bacon, onions, carrot, celery, garlic and chiles in stock pot. Saute over medium heat until onions are tender, 5 minutes. Add wine, drained beans and stock. Bring to boil, reduce heat and simmer over medium-low heat until beans are soft, about 1 hour.

Add cream, lime juice, thyme, Sherry and oil. Return to boil. Add tomatoes and cumin. Remove soup from stove and puree in batches, then strain. Serve with salsa and sour cream.

**Source:**

(10 servings)
Couscous and Lentil Salad

**INGREDIENTS**

- 1 cup French green lentils, or brown lentils
- 3 tablespoons white-wine vinegar
- 1 ¼ cup water
- 1 cup couscous
- ¼ teaspoon salt
- ¼ cup extra-virgin olive oil
- 1 clove garlic, worked to a paste with 1/4 teaspoon salt
- ½ cup mint leaves, finely chopped
- 1 bunch arugula, stems discarded and leaves washed well, spun dry, and chopped
- 2 cups cherry tomatoes, halved
- ¼ pound feta cheese, crumbled (about 1 cup)

**METHOD**

In a small saucepan simmer lentils in water to cover by 2 inches until tender but not falling apart, 15 to 20 minutes, and drain well.

Transfer hot lentils to a bowl and stir in 1 tablespoon vinegar and salt and pepper to taste. Cool lentils completely, stirring occasionally.

In a saucepan bring water to a boil and add couscous and salt. Remove pan from heat and let couscous stand, covered, 5 minutes. Fluff couscous with a fork and transfer to a large bowl. Stir in 1 tablespoon oil and cool completely, stirring occasionally.

In a small bowl whisk together garlic paste, remaining 2 tablespoons vinegar, remaining 3 tablespoons oil, and salt and pepper to taste. Stir lentils and dressing into couscous.

Chill salad, covered, at least 3 hours and up to 24.

Just before serving, stir in remaining ingredients and season with salt and pepper.

**Source:** --

(6 servings)
Creole Seasoning

**INGREDIENTS**
- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

**METHOD**
Combine all ingredients thoroughly and store in an airtight jar or container.

*Source: --*

(6 ounces)
Hummus with Pita Chips

**INGREDIENTS**
- 1 can 16oz. chick peas
- 3-5 cloves garlic
- ¾ cup water.
- 1 cup sesame paste (tahini)
- 1 cup olive oil
- ¼ cup lemon juice
- 2 teaspoons salt
- 1 package pita bread

**METHOD**

Mix in blender chick peas, garlic cloves and water. Blend well. Add sesame paste (tahini), olive oil, lemon juice, salt. Blend well and chill.

For Pita Chips:
Preheat oven to 400 degrees F.
Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet. Brush each triangle with oil mixture. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy.

**Source:** --

(8 servings)
Oatmeal & Dried Fruit Cookies

**INGREDIENTS**

- 14 tablespoons butter, softened
- ¾ cup brown sugar
- ½ cup sugar
- 2 each eggs
- 1 teaspoon vanilla
- 1-½ cups flour, AP
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 3 cups Oats , (not instant or quick)
- ½ cup golden raisins
- ½ cup dates
- ½ cup walnuts

**METHOD**

Heat oven to 350°F.
Using a stand mixer, cream butter and sugars on medium speed. Add eggs and vanilla; combine well. Add combined flour, baking soda, cinnamon and salt; mix well. Add oats and raisins, dates & nuts; mix well.

Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
(Chill or freeze dough until ready to bake.)

Bake 8 to 10 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

**Source:** --

(24 cookies)
Pico De Gallo

**INGREDIENTS**

- 8 each tomatoes, plum, diced
- 1 each red onion, red, diced
- 4 each green onions, white and green parts, sliced
- 2 each serrano chile, seeded and minced
- 1 bunch cilantro, fresh, chopped
- 6 cloves garlic, minced
- 2 each lime, juiced
- ½ cups olive oil
- 2 teaspoons salt, kosher

**METHOD**

In a mixing bowl, combine all ingredients together. Toss thoroughly. Let it sit for 15 minutes hour to allow the flavors to marry.

**Source:**

(8 servings
2 cups)
Quinoa Tabbouleh

**INGREDIENTS**
- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- ¼ cup olive oil
- ½ teaspoon sea salt
- ¼ cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup fresh parsley, chopped

**METHOD**
In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.

**Source:** --

(8 servings)
Tofu And Spinach Salad With Miso Dressing

**INGREDIENTS**

- ¼ cup rice wine vinegar
- 1 tablespoon thin soy sauce
- 2 tablespoons light miso paste
- 1 tablespoon sambal oelek
- ½ tablespoon sugar
- 2 tablespoons pickled ginger, save 4 pieces for garnish
- 1 teaspoon sesame oil
- ½ cup canola oil
- ½ cup chopped scallion greens
- to taste salt
- to taste black pepper
- 3 cups spinach, chiffonade
- 1 package soft tofu, cut 1/4” slices
- 1 tablespoon sesame seeds, toasted, for garnish

**METHOD**

In a blender cup, add vinegar, soy sauce, miso, sambal oelek, sugar and gari. Blend until smooth. Slowly drizzle in both oils. Check for seasoning. Pour dressing into a bowl and fold in scallions. Toss the spinach with the dressing.

Plating: Place a ring mold in the center of a plate. Make a napoleon by alternating layers of tofu and spinach. Remove ring and drizzle with more dressing. Garnish with gari and sesame seeds.

**Source:** --

(4 servings)
Veggie Burger

INGREDIENTS
1 cup portobello mushrooms, minced
1 cup bulgar wheat
2 cloves garlic, roasted and pureed
1 cup whole wheat bread crumbs
1 tablespoon worcestershire sauce
2 tablespoons walnut oil
¼ teaspoon tarragon, minced
to taste salt
to taste black pepper
4 each hamburger buns
1 head iceberg lettuce
1 each tomato
1 tablespoon mayonnaise

METHOD
In a large mixing bowl, mash lentils until smooth. Add all other ingredients and mix until thoroughly combined. Refrigerate for at least 2 hours.
Form into burgers. Brush the burgers with olive oil and grill for 6 minutes on each side or until done.

Source:

(4 servings)
Achiote Oil

**INGREDIENTS**
1 cup vegetable oil
2 tablespoons achiote/annatto seeds

**METHOD**
To make the achiote oil, pour the oil and achiote seeds in a pot or skillet. Cook over medium-low heat for 5 to 10 minutes; the oil will be reddish-orange from the achiote.

Strain the oil, discard the achiote seeds and set aside to cool.

Source: --

(1 cup)
Coleslaw

**INGREDIENTS**

1 head cabbage, julienned  
2-3 each carrots, julienned  
1 each onion, medium, grated  
1 each golden delicious apples (secret ingredient), grated  
1 teaspoon celery seeds  
2 tablespoons sugar  
1 tablespoons apple cider vinegar  
½ cup mayonnaise  
to taste salt  
to taste pepper

**METHOD**

Combine cabbage, carrots, onion and apple in large mixing bowl. Add celery seed, sugar, vinegar and mayonnaise to bowl. Salt and pepper to taste. Stir until well blended. Refrigerate until chilled and ready to serve.

**Source:** --

(8 servings)
Creole Seasoning

**INGREDIENTS**

- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

**METHOD**

Combine all ingredients thoroughly and store in an airtight jar or container.

**Source:** --

(6 ounces)
Grilled Mahi Mahi Lemon and Garlic Butter

**INGREDIENTS**
- ¼ cup oil
- ¼ cup butter
- 8 cloves garlic, minced
- ¼ cup lemon juice
- 4 each mahi mahi filets
- 1 teaspoon oil

**METHOD**
Lemon Garlic Butter: In a sauté pan over medium heat, add the oil and butter and stir until butter melts. Add the garlic and lemon juice, bring to the boil and then turn off heat and set aside.

Preheat grill to high (about 550 to 600°F).

Season the fish with salt and pepper. Grill for about 4 to 6 minutes per side, basting liberally with lemon garlic butter until butter is browned and nutty in flavor and the fish is cooked through and easily flakes with a fork. Be careful not to overcook the fish.

**Source:** --

(4 servings)
Hushpuppies

**INGREDIENTS**

1 cup Corn Meal  
1 cup All Purpose Flour  
2 tablespoons Green Onions, finely sliced  
2 teaspoons Kosher Salt  
1 pinch Cayenne  
2 teaspoons Baking Powder  
1/2 cup Buttermilk

**METHOD**

Combine all of the ingredients and mix together thoroughly. Form into balls and fry in 360 degree oil as described above for the Catfish.

**Source:** --

(4 servings)
Mushroom Garlic Parmesan Grits

**INGREDIENTS**
4 tablespoons butter  
1 clove garlic, pressed or minced  
¼ teaspoon dried thyme  
1 pint shiitake mushrooms  
1 cup quick grits  
2 cups chicken stock  
½ cup heavy cream  
to taste salt  
to taste black pepper  
4 tablespoons parmigiano reggiano cheese, finely grated

**METHOD**
In a sauce pan, melt 2 tablespoons of butter, add the garlic and thyme. Saute for about 3 minutes, add the mushrooms. Saute until golden. Stir in grits, add chicken stock, reduce heat and simmer until the grits thicken. Add the heavy cream, 2 tablespoons butter, salt and pepper.

Transfer to baking dish and sprinkle with parmesan cheese. Bake at 400 degrees until golden brown and bubbly about 20 minutes.

**Source:** --

(4 servings)
Pan Seared Sea Bass and Spinach

**INGREDIENTS**
- 1 each sea bass filets
- to taste salt
- to taste pepper
- 2 tablespoons canola oil
- 6 ounces spinach, washed
- 2 tablespoons butter

**METHOD**

Season the sea bass on both sides with salt and pepper. Place a heavy skillet over medium heat, add the canola oil and bring it to a very slight smoke. Add the sea bass and cook for 7 minutes (Don't move it). Carefully turn the fish and cook the other side for the same time. The beautiful golden color and crispy skin is your reward. Remove the sea bass and hold in a warm location.

In the same skillet, add the spinach. To the wilted spinach add the butter and season with salt and pepper.

Layer the plate with a square of the grits, a small amount of the spinach on the grits and place the sea bass on an angle.

**Source:** --

(1 servings)
Pigeon Pea Rice

**INGREDIENTS**

- 1 pound dried pigeon peas, picked through, and rinsed
- 2 each bay leaves
- ¼ cup achiote oil, (see recipe)
- 1 each white onion, medium, diced
- 2 cloves garlic, minced
- 1 each green bell pepper, cored, diced
- 1 each cubanella or Italian green pepper, cored, diced
- ½ cup chicken broth
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon cayenne
- 2 cups long-grain rice
- ½ each lime, juiced
- 1 tablespoon salt

**METHOD**

Put the pigeon peas and bay leaves in a large pot, cover with 3 quarts of cold water, and place over medium heat. Cover and cook the beans until tender, about 1 1/2 hours. Check the water periodically; add more, if necessary, to keep the peas covered. Drain the pigeon peas and reserve 4 cups of the cooking liquid.

Preheat the oven to 350 degrees.

Coat a large Dutch oven or other ovenproof pot with the achiote oil and place over medium heat. When the oil begins to smoke, add the onion, garlic, and peppers. Cook, stirring, for 10 minutes, until the vegetables have softened, without letting them brown.

Pour in the chicken broth and continue to cook until the liquid is evaporated. Stir in the cumin, coriander, and cayenne. Mix in the rice and reserved pigeon peas.

Pour in the reserved 4 cups of pigeon pea cooking liquid, lime juice, and salt; stir everything together. Cover and bake for 20 to 30 minutes, until the rice is tender and the liquid is absorbed.

**Source:** --

**Categories:** Side Dish

(6 servings)
Southern Fried Catfish

**INGREDIENTS**

- 3 ¼ pounds catfish fillets, cut into fingers
- 1 cup corn meal
- ½ cup flour, AP
- 3 tablespoons creole seasoning
- 2 ½ teaspoons salt
- as needed peanut oil

**METHOD**

Shallow Fry:

Heat 2 inches of peanut oil to 350 degrees in a dutch oven or deep-sided saute pan.
Season the catfish with salt and some creole seasoning.

Combine the corn meal, flour, and creole seasoning in a shallow dish. Dredge the catfish in the mixture until well coated. Set aside for 10-15 minutes.
When the oil is to temperature, fry the catfish fingers in batches until golden brown and cooked through.

Serve with lemon wedges, hushpuppies and creole tartar sauce

**Source:** --

(8 servings)
Braised Rabbit with Pearl Onions, Bacon and Hominy

**INGREDIENTS**

- 4 each rabbits, quartered
- 1 cup pearl onions, peeled
- 1 cup bacon, cut into lardons
- 1 cup diced carrots
- ½ cup dry white wine
- 1 ½ cups chicken stock
- ½ cup canned tomatoes, crushed
- 3 T. dried tarragon

**HOMINY GRITS**

- 2 cups coarse hominy
- 6 cups water
- 3 T. unsalted butter
- 2 t. salt
- 1 t. black pepper

**METHOD**

Render the bacon fat in a large deep skillet or Dutch oven. Remove the bacon bits and reserve on a paper towel, leaving the bacon fat in the skillet. Sauté the pearl onions in the bacon grease until caramelize, being careful not to let them burn, then remove the onions and reserve.

Season the rabbit with salt and pepper and sauté in the same skillet until crispy and brown on both sides. Pour off any excess grease and return the onions to the pan along with the rabbit. Add the carrots, wine, and tomatoes, and cook together for 5 minutes at low heat before adding the stock.

Bring just to a boil, reduce the heat to a simmer, put a lid on the pan, and braise the rabbit for 45 minutes, or until fork tender and the meat is beginning to fall off the bone.

While the rabbit is cooking, combine the grits ingredients in a pot. Bring to a boil, reduce to a low simmer, and cook uncovered for 30 to 35 minutes, until the grits are fully cooked and absorb all of the liquid. Remove from the heat, cover the pot to keep warm, and set aside while the rabbit finishes cooking. When the rabbit is done, return the bacon to the pan, add the tarragon, and cook 5 minutes more before serving on a bed of hominy grits.

**Source:** --

(4 servings)
Roasted Squab with Corn and Chili Sauce

**INGREDIENTS**

- 2 tablespoons crushed juniper berries
- ¼ cup olive oil
- 4 each squab
- salt
- black pepper

**CORN AND CHILI SAUCE**

- 3 each ears fresh corn
- 3 tablespoons chili paste
- 1 cup dry red wine
- 2 tablespoons maple syrup
- 2 tablespoons red wine vinegar
- 1 tablespoon ground cumin
- 4 ounces bacon, cut into lardons
- 1 each onion, large, peeled and diced
- 1 each tomato, seeds removed, diced
- 1 cup chicken stock

**METHOD**

Preheat the oven to 425 degrees F for 20 minutes. Season the squab inside and out with salt and pepper. Place the juniper berries into the cavity of the squab and brush the squab with olive oil. Place breast side down in a roasting pan and roast in the hot oven for 20 minutes for rare.

Meanwhile, in a heavy bottom sauce pot, over low heat, cook bacon until fully browned. Remove the bacon bits, leaving the bacon fat in the sauce pot. Add the diced onion to the bacon fat and slowly sauté until translucent.

While the onion is cooking, cut the corn from the cob, and set the kernels aside. Cut or break the cobs to a size that they will fit the pot, and add them to the cooking onions. The cobs will contribute a wonderful flavor to the finished sauce.

Add the chili paste to the onion corn cob mixture and cook for 2 or 3 minutes. Add the maple syrup, vinegar, and red wine, and reduce by half. Add the remaining ingredients, except for the reserved kernels of corn. Cook another 15 minutes, then remove the corn cobs and add the corn kernels. Cook for 2 minutes longer, then remove from heat and pour over the squab to serve.

**Source:** --

(4 servings)
Roasted Tomato Soup

**INGREDIENTS**

- 10 each plum tomatoes, halved
- 1 each white onion, thinly sliced
- 2 cloves garlic, halved
- 2 sprigs thyme
- 1 teaspoon sugar
- 2 bunches basil
- 1 quart chicken or vegetable stock
to taste salt
to taste black pepper, freshly ground

**TO SERVE**

- 2 tablespoon olive oil
- 4 cherry tomatoes
- 4 each basil leaves

**METHOD**

Combine the tomatoes, onion and garlic in a mixing bowl and season with olive oil, salt and pepper. Lay out on a baking tray and sprinkle with the thyme, basil and sugar. Roast in the oven at 425 degrees until caramelized.

Pour the tomatoes into a blender and puree. While the blender is running, ladle in hot stock to smooth the soup. You may not use all of the stock.

For garnish, heat olive oil, lightly sauté the tomato clusters on the vine. Serve on top of the soup with thin sliced basil.

**Source:** --

(4 servings)
Tart Dough

**INGREDIENTS**

- 2 cups all purpose flour
- 1 teaspoon coarse kosher salt
- ¾ cup (1 1/2 sticks) chilled unsalted butter, cut into 1/2-inch cubes
- 3 tablespoons (or more) ice water
- 2 tablespoons chilled whipping cream

**METHOD**

Blend flour and salt in processor. Add butter; using on/off turns, cut in until mixture resembles coarse meal. Add 3 tablespoons ice water and cream. Process just until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill 1 hour. (Can be made 2 days ahead. Keep chilled. Soften slightly at room temperature before rolling out.)

Bake at 375 for 20-25 minutes

**Source:** --

(1 tart)
Tarte Au Citron Meringuée

INGREDIENTS

1 recipe tart dough, standard

LEMON FILLING:
- 1 ea. lemon zest, grated
- 200 grams granulated sugar
- 124 grams lemon juice, fresh, strained
- 4 each large eggs
- 1 each large egg yolk
- 150 grams butter, cut into 6 pieces

MERINGUE:
- 6 each ring molds, 2 to 3-inches in diameter, 1 to 1½-inches high
- as needed Canola or vegetable oil for the rings
- 3 each large egg whites, at room temperature
- 1.5 grams cream of tartar
- 100 grams granulated sugar

METHOD

Lemon Filling:
In a medium bowl, combine lemon zest and sugar. Rub together between your hands until well combined.

In a stainless steel (or non-reactive) saucepan, combine lemon juice, eggs, egg yolk, butter, and lemon-sugar. Whisk until combined, and heat over medium heat to cook for 3 to 5 minutes, whisking constantly.

Remove the saucepan from heat as soon as it boils. Strain the mixture into a medium bowl.

Use a ladle to fill the baked tart shells with the lemon mixture. Chill tarts for 30 minutes or until set.

Meringue:
Lightly oil the inside of a 2 or 3-inch ring mold. Place one mold at the centre of each tart.

Using an electric mixer, whip the egg whites for two minutes on low speed. Add cream of tartar, and whip on medium speed. When soft peaks have formed, add the sugar and continue to whip until firm and glossy.

Spoon the meringue evenly into the ring molds. Dip a spoon into the meringue and quickly remove to create a peak on each tart. Place tarts in freezer for at least 20 minutes.

Before serving, carefully remove ring molds, and let tarts sit at room temperature for 10 to 15 minutes before serving.

Source: --

(6 servings)