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# BREAKFAST

## *Lemon Blueberry Bread*

5 tbsp melted butter	1 tsp baking powder
1 cup sugar	1 tsp kosher salt
1 lemon, zested and juiced	1/2 cup whole milk
2 eggs	1 cup blueberries
1 1/2 cups all-purpose flour	

1. Preheat the oven to 350 degrees. Spray a loaf pan with baking/nonstick spray.
2. In a stand mixer fitted with the paddle attachment or large bowl with a wooden spoon, combine the butter, sugar, lemon zest and juice then mix in the eggs.
3. In a separate small bowl, sift together 1 1/2 cups of flour, baking powder and salt.
4. Add 1/3 of the dry ingredients to the wet ingredients. Once combined, mix in half of the milk followed by another 1/3 of dry ingredients, the other half of the milk and then the rest of the dry ingredients.
5. Toss the blueberries in the remaining 2 tbsp of flour then gently fold into the batter.
6. Pour the batter into your prepared loaf pan and bake for about one hour, until the top is golden brown, the sides start to pull away from the pan and when a toothpick inserted into the center of the loaf comes out clean.
7. Let cool in the pan for 20 minutes before transferring to a wire rack to cool completely.
8. If desired, top with a glaze made with 1/4 cup powdered sugar and some lemon juice.

### ***Mike's Monkey Bread***

makes a bundt pan or a 9" X 9" casserole dish

4 tins Pillsbury biscuits or 2 tins of  
Pillsbury Grands  
½ cup white sugar  
½ tsp ground cinnamon

1½ sticks of butter  
1 cup brown sugar  
1 tbsp ground cinnamon

Preheat oven to 350 degrees. Grease up a bundt pan or a 9" X 9" casserole dish. Pam will do, but butter is better. Just pop open tins and cut biscuits them into quarters. Put those quarter pieces into a bag or bowl with white sugar and 1 tsp of cinnamon, shake it all about, and transfer to your dish.

Put ¾-cup butter (about 1½ sticks), brown sugar, and 1 tbs of cinnamon into a sauce pan and melt them down into a smooth, uniform caramel sauce. Pour your sauce over the biscuits; it will be a lot of sauce. Bake for about 30 minutes (or until it stops expanding and the caramel sets on the outside). Wait at least 10 minutes, then dump out of your dish onto a plate and serve! If you don't wait, you'll have monkey mess on your hands.

## ***Pamela Salzman Granola***

3 cups old fashioned rolled oats (not instant or quick-cooking)  
½ cup unsweetened, dried coconut flakes  
⅓ cup raw pumpkin seeds  
⅓ cup raw sunflower seeds  
2 tbsp sesame seeds

1 tsp ground cinnamon  
¼ tsp fine grain sea salt  
¼ cup melted unrefined coconut oil  
⅓ cup 100% pure maple syrup  
¼ cup honey  
1 tsp pure vanilla extract  
1 cup raw almonds

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with unbleached parchment paper.
2. In a large bowl stir together the oats, coconut flakes, seeds, cinnamon and salt.
3. In a small bowl, whisk together the melted coconut oil, maple syrup, brown rice syrup and vanilla. It is really important to mix the oil and syrups so that everything is well blended otherwise the syrups may burn. Add the oil and syrup mixture to the oats and stir to coat well.
4. Transfer the oat mixture to the prepared pan. Bake for 25-35 minutes (ovens vary), stirring occasionally until golden brown. The mixture will not be crunchy yet. Add the chopped nuts and dried fruit to the pan and allow to cool. Transfer granola to an airtight container and store at room temperature or freeze.

## BEVERAGES

### ***Angry and Bitter (aka Pegu)***

Serves 1

1.5 oz Gin

1.5 oz Cointreau

0.5 oz Fresh lime juice

2-3 dashes of bitters

Shake with ice, strain into cocktail glass. Garnish with thin slice of lime

### ***Sidecar***

Serves 2

3.0 oz Cognac

2.0 oz Cointreau

1.5 oz Fresh lemon juice

Shake with ice, strain into Nick & Nora glass. Garnish with tan orange twist.

### ***Paper plane***

Serves 2

2 oz bourbon

2 oz lemon juice

2 oz Amaro Nonino Quintessentia

2 oz Aperol

Mix in cocktail shaker and pour in coupe glass

### ***Manhattan***

Serves 1

2 oz Rittenhouse rye

1 oz Cocchi Vermouth di Torino

2 dashes Angostura bitters

Garnish: 1 brandied cherry

Mix in cocktail shaker and pour in coupe or Nick & Nora glass

## **Refreshing Gin Lemonade**

Serves 2

1.5 oz gin

1.5 oz lemon juice

1.5 oz rosemary simple syrup

*For the rosemary simple syrup:* 1 c of water and 1 c of honey. Add a couple sprigs of rosemary and steep

*For the cocktail:* add all to a glass with ice.

## **Northern Lights**

Serves 2

3 oz Grant and Sons Scotch

1.5 oz St. Germain elderflower liqueur

0.5 oz Clear Creek Douglas fir Eau de Vie

1.0 oz Fresh lemon juice

0.5 oz Fresh orange juice

0.5 oz Demerara syrup

4 dashes of bitters

*For the demerara syrup:* combine two parts demerara (raw) sugar with one part water in a saucepan over median heat, and stir until sugar is completely dissolved.

*For the cocktail:* shake over ice, strain into coupe glasses, and garnish with lemon twist.

## **Vieux Carré**

Serves 8

1 c Few Rye

1 c Camus cognac

1 c Sweet vermouth

2/3 c Benedictine Liqueur

Peychaud **and** Angostura bitters

Mix in mason jar and place in fridge



## ***Spicy Tequila***

Serves 12

1 c sugar  
4 tsp red pepper  
1/4 tsp salt  
2 3" pieces of fresh ginger

Lots of limes  
Soda Water  
Tequila

*For the spiced ginger syrup:* Combine sugar, red pepper, salt, ginger and 2 c of water in a saucepan. Bring to boil, reduce heat to low, and simmer for 15 min. Remove pan from heat, cover, and steep for 30 min. Strain syrup into jar and chill.

*For the cocktail:* 2 shots of tequila, 1 oz lime juice, 1 oz of spiced ginger simple syrup, top with club soda, serve with lime wedge and ice.

## ***Barrel-aged Old Fashion***

Serves Many

1.75 L Bourbon  
1/4 c Bitters  
2/3 c sugar

Place all ingredients in a growler with an American oak infusion spiral. Let sit for 3 weeks. When ready, put 3 oz in a low ball glass with ice and top with sparkling water.

## SOUPS

### *Chicken Tortilla Soup*

3-4 chicken breasts  
6 cups chicken broth  
1 cup chopped green onions (greens and whites)  
1 small onion (chopped)  
2-3 jalapeños (chopped, I remove the seeds so it's not too spicy)  
2 Roma tomatoes (seeded and diced)  
3 cloves of garlic (smashed)  
2 cobs of corn (or 1 cup frozen)  
3 tbsps olive oil  
1 tsp cumin  
3 Tbsp (or more) fresh squeezed lime juice  
1/4 cup cilantro (roughly chopped)  
Salt and pepper to taste  
3 ripe avocados (diced)  
Queso Fresco, tortilla strips or chips, halved cherry tomatoes for garnish

In a large soup pot, heat 1.5 tbsps olive oil over medium. Once hot, add green onions, chopped onion, and jalapeños. Cook until tender, approx. 3-4 minutes. Add garlic and saute for an additional 30 seconds or so, without burning. Next, add chicken broth, chicken breasts, tomatoes, cumin, salt, and pepper. Bring to a boil. Reduce heat to medium and cover for 15 minutes. Remove chicken breasts from pot and set aside for a few minutes. Add cilantro and lime juice to the broth mixture. In a cast iron skillet, heat the other 1.5 tbsps olive oil. Roast freshly cut corn kernels or frozen corn, stirring often until heavily browned. Meanwhile, shred chicken breasts with two forks and transfer chicken back into the pot. To serve, ladle soup into bowls. Top with a hefty serving of roasted corn, diced avocado (1/2 avocado per bowl), queso fresco crumbles, and a few halved cherry tomatoes. Garnish with lime wedges and tortilla strips or serve with chips, if desired.

## ***Bleubird Carrot Soup***

8-10 unpeeled carrots, washed and sliced

1 large yellow onion, diced

2 cloves of garlic, minced

6 cups of chicken stock (*you can substitute vegetable stock but i prefer using the chicken*)

4 tbsp grape seed oil or butter

1 ½ tsp marjoram

1 ½ tsp parsley

1 tsp thyme

1 ½ tsp dill

½ cup of heavy cream

salt & pepper to taste

Heat grape seed oil or butter. Add onion, stirring occasionally until golden. Add garlic and cook for approx. one to two minutes making sure it does not burn. Add carrots, chicken stock and spices. bring to a low boil and then simmer on low heat for 45 minutes. add heavy cream and let simmer for an additional 15 minutes. Using an immersion blender, puree. salt and pepper to taste. serve hot. Enjoy!

## ***Curried Lentil Soup***

2 tbsp olive oil	3/4 cup lentils, sorted and rinsed
1 brown/yellow onion, diced	1 (14.5 oz) can crushed tomatoes
2 large garlic cloves, minced	1/2 cup chopped cilantro
1 (2 1/2") piece of ginger, peeled and grated	1 (14 oz) can of coconut milk
1 tbsp curry powder	Lime wedges (to serve)
	kosher salt and pepper, to taste

In a large dutch oven, heat the olive oil over medium-low heat. Add the onion with a pinch of salt and cook until soft and translucent, about 10 minutes. Stir in the garlic, ginger and curry powder. Cook until fragrant, about a minute more, before stirring in the lentils to coat with the spices.

Stir in 2 1/2 cups water, the tomatoes, cilantro, coconut milk, a healthy pinch of salt and some freshly ground pepper. Bring to a simmer over medium heat. Reduce the heat to low, cover, and simmer for about 25 minutes, stirring occasionally, until the lentils are soft but not mushy. Taste and adjust seasonings if needed before serving with the lime wedges.

## SIDES, SAUCES, AND APPETIZERS

### *Corn and Bean Salad*

2 corn	1 tsp olive oil
1 avocado	salt & pepper
1 can black beans	Optional: chopped bell peppers or
1 lime	shallot, cayenne pepper

Grill the corn. Rinse and drain the beans. Chop the avocado. Mix in a bowl. Zest and squeeze the lime, add a splash of oil and season with salt & pepper.

### *Squashed Cannellini Beans*

Rosemary	Red Wine Vinegar
Olive Oil	1 can Cannellini Beans
Garlic	

Pick the leaves off a couple of sprigs of rosemary and pound them gently in a mortar and pestle with a little salt. Add a glug of extra-virgin olive oil and stir, then put to one side. Fry two sliced cloves of garlic in a little olive oil until lightly golden. Add 1 ¾ cups of drained and rinsed cannellini beans and continue to simmer gently for seven minutes. Season the beans well with salt and pepper and a swig of red wine vinegar, then mash them up using the back of a fork until you have a coarse purée. Smear crostini with the bean purée and spoon your rosemary oil over the top.

### *Quick Pickled Onions*

1/2 c apple cider	1 c water
1 tbsp sugar or maple syrup	1 red onion, thinly sliced
1 1/2 tsp kosher salt	

Whisk first four ingredients in pot and warm. Pour over onion in mason jar and let sit until room temperature, then put in fridge. Good for 2 weeks.

## ***Quick Pickled Vegetables***

Cucumbers, Carrots, Green Beans, Cauliflower, Asparagus

Wash 1 lb of vegetables and cut into 1-to-2 inch pieces. Place in large mason jar. Add 1 tsp peppercorns, fresh or dried herbs. Combine 1 cup white vinegar, 1 cup of water, and 1 tbsp kosher salt in a small saucepan. Bring to simmer, stir to dissolve salt. Pour over vegetables in jars and let cool. Good for ~4 weeks.

## ***Spiced Mixed Nuts***

1/2 c raw pecans	1 tbsp pure maple syrup
1/2 c raw almonds	1/2 tsp curry powder
1/3 c shelled raw pistachios	1/4 tsp cayenne pepper
1/3 c raw cashews	1/2 tsp dried rosemary
1/3 c shelled raw pepitas (or pumpkin seeds)	1/2 tsp salt
	cooking spray

Preheat oven to 325°F. Combine the nuts and seeds in a medium bowl. Add the maple syrup, spices, rosemary, and salt and toss to combine.

Coat baking sheet with cooking spray, transfer nuts and spread evenly. Bake stirring once, until nuts are fragrant and toasted, 15-20 minutes. Remove from oven and let cool. Keep nuts in airtight container in the refrigerator for up to 2 weeks.

## ***Roasted Dijon Cauliflower***

1 head cauliflower, cut into small florets	2 tbsp Dijon mustard
1 lemon	fresh tarragon
4 tsp olive oil	salt & pepper

Preheat oven to 500°F. Pick tarragon leaves off stem and finely chop. Place cauliflower on sheet pan and drizzle with olive oil, season with salt and pepper, and toss to coat. Roast in the oven for 14 to 16 minutes, stirring halfway through. In a small bowl, combine tarragon, Dijon, and juice of lemon. Slowly whisk in 4 tbsp of olive oil; season with salt and pepper to taste. Allow cauliflower to cool for 2 minutes, drizzle mixture and toss.

## **Cornbread**

1 cup cornmeal  
1/3 cup all-purpose flour  
¼ tsp baking soda  
1 tsp baking powder  
1 tsp salt

1 egg, beaten  
1 cup buttermilk  
optional: 1/2 can corn kernels  
optional: 2 tbsps poppy seeds

Preheat oven to 400°. Heat skillet (9") in oven with pat of butter. Combine dry ingredients; add beaten egg and buttermilk, mixing well. Pour into greased, heated 8-inch or 9-inch iron skillet. Bake at 400° for 20 minutes, or until lightly browned. Alternatively, bake for 12-15 minutes in mini muffin tin.

## **Tarragon Salad Dressing**

*Taste of Home*

1/2 cup olive oil  
1/3 cup red wine vinegar  
2 tbsp minced fresh tarragon or 2  
tsp dried tarragon  
1 tsp Dijon mustard

1 garlic clove, minced  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp minced chives  
1/2 tsp minced fresh parsley

In a jar with a tight-fitting lid, combine the first 9 ingredients; shake well. Serve over salad greens.

## **Blender Balsamic Vinaigrette**

*Food52*

1 medium shallot, chopped  
1/2 cup balsamic vinegar  
2 tbsp honey, maple syrup, or  
granulated sugar

2 tsp Dijon mustard  
1 tsp Diamond Crystal kosher salt  
2/3 cup extra-virgin olive oil

Add the shallot, vinegar, honey, mustard, and salt to a blender. Blend until smooth, scraping down as needed. While blending, slowly drizzle in the olive oil to emulsify. Taste and adjust if you'd like (say, more mustard for more spice). Sealed in a jar, this keeps well in the fridge for up to 2 weeks.

## **Generic & Easy Dressing**

*Epicurious*

½ cup extra-virgin olive oil

¼ cup red wine vinegar

1 tbsp Dijon mustard

1 tbsp pure maple syrup

1¼ tsp Diamond Crystal or ¾ tsp.

Morton kosher salt

½ tsp freshly ground black pepper

¼ tsp garlic powder

Combine in a jar and shake. Sealed in a jar, this keeps well in the fridge for up to 2 weeks.



# PIZZA and PASTA

## *Easy Homemade Pizza Dough*

Bless this Mess Blog

2 1/2 cups warm water  
1 tbsp yeast  
1 tbsp sugar

1 tsp salt  
1/4 cup olive oil  
6 to 6 1/2 cups flour

1. In a large mixing bowl, add the water, yeast, sugar, salt, and olive oil. Allow mixture to stand for 5 minutes.
2. Add one cup of flour, and mix to combine. Add another cup of flour and mix through. Mix by hand for 1 or 2 minutes. The dough should be the consistency of cake batter. Add another cup of flour and mix until well combined. Add flour until you can't mix it by hand very well.
3. Sprinkle some flour on your table and turn the dough onto the table. Knead the dough by hand until it is smooth and elastic, adding flour as needed. This should take 6 to 10 minutes of kneading. You can also do this part in a stand mixer if you have one.
4. Place the dough back in the bowl, cover it with a towel, and let it rise in a warm place for 15 to 60 minutes (This time varies a lot for me – I just let it rise according to how long it is until dinner time).

## *Half Easy Homemade Pizza Dough*

300 ml warm water  
1.5 tsp yeast  
1.5 tsp sugar

1/2 tsp salt  
1/8 cup olive oil  
400 grams flour

## ***Easy Spaghetti With Meat Sauce***

*Makes: 4 Servings | 30 min | New York Times*

Kosher salt and black pepper

2 tbsp olive oil

1 medium yellow onion, finely chopped

2 garlic cloves, finely chopped

½ lb ground beef (preferably 20 percent fat), pork or dark meat turkey

12 oz spaghetti, pappardelle or other long pasta

¼ cup tomato paste

2 tsp Worcestershire sauce

Grated Parmesan, for serving

Bring a large pot of salted water to a boil. Heat oil in a large skillet over medium-high. Add onion, garlic and ½ tsp salt and cook, stirring often, until beginning to soften, 3 minutes. Add beef and cook, breaking up with a wooden spoon, until no longer pink, about 3 minutes.

Add pasta to the pot and cook according to package instructions until al dente.

Meanwhile, add tomato paste to skillet and cook, stirring, until darkened, about 1 minute. Add 1 cup water, Worcestershire, ½ tsp pepper and ½ tsp salt and simmer until slightly reduced, about 5 minutes.

Using tongs, transfer pasta directly from the pot to the skillet along with 1 cup pasta water. Increase heat to high and simmer vigorously, tossing, until sauce reduces and coats the pasta, about 2 minutes. Season to taste with salt and pepper. Serve with Parmesan.

## ***Roasted Red Pepper Pasta***

2 red bell peppers (~119 g each)

2-3 tbsp (30-45 ml) olive oil

2 shallots, finely chopped (~1/4 c or 40 g)

4 cloves garlic, finely chopped (2 tbsp or 12 g)

Sea salt and ground black pepper

1 1/2 cups (360 ml) cream

Pinch red pepper flake (optional, for heat)

12 oz (340 g) linguini or spaghetti

1. Heat oven to 500 degrees F and roast red peppers on a baking sheet until charred - about 25-30 minutes. Cover in foil for 10 minutes to steam, and then remove (peel away) charred skin, seeds and stems. Set aside. While the red peppers are roasting, bring a large skillet over medium heat and sauté onion and garlic in 2-3 Tbsp olive oil until golden brown and soft - about 4-5 minutes. Season with a generous pinch of salt and pepper and stir. Remove from heat and set aside.
2. Cook pasta according to package instructions; drain, toss in a touch of olive oil, cover with a towel and set aside.
3. Transfer sautéed shallot and garlic to blender with roasted peppers, cream, and red pepper flake. Season with desired amount of salt, pepper and red pepper flake. Blend until creamy and smooth, taste and adjust seasonings as needed.
4. Once blended, place sauce back in the skillet over medium heat to thicken. Once it reaches a simmer, reduce heat to low and continue simmering. Once sauce is thickened to desired consistency, add noodles. However, before tossing add a touch more olive oil, salt and pepper to the un-tossed noodles for added flavor. Then, toss to coat. Serve with (generous amounts of) Parmesan, red pepper flake and fresh chopped parsley or basil.

## ***Orecchiette with Peas & Pancetta***

~30 min total

1 tbsp olive oil	1 cup heavy cream
1 (4-ounce) packages diced pancetta	1 cup freshly grated Parmesan cheese
4-6 cloves garlic, minced	1 lbs box orecchiette pasta
1 cup frozen peas, thawed	

1. Bring a large pot of water with a tbsp of salt to a boil over high heat.
2. While the water comes to a boil, heat a large skillet over medium-low heat. Add the olive oil and diced pancetta. Cook, stirring every couple of minutes, until the fat renders and the pancetta gets crispy and golden brown, about 10 minutes.
3. Once crispy, add the minced garlic and cook until fragrant, about a minute.
4. Add the peas and cook until they turn bright green, about a minute more. (If you notice the garlic starting to turn more than light golden brown, don't wait and add the cream now to avoid burning the garlic!)
5. Your water should be boiling by now, so add the pasta, give it a good stir to ensure it doesn't stick to the bottom of the pot and cook according to the package directions. I like to use orecchiette as the peas and pancetta cling to these "little ears" beautifully.
6. Next, if you haven't done so already, add the cream to your skillet and bring to a simmer. Once little bubbles start to form around the edges of the skillet, stir in the Parmesan cheese. Add some freshly ground pepper and adjust seasonings to taste. Remember, the pancetta and cheese are both salty, so you may or may not need to add more salt.
7. Once your pasta is al dente, use a spider or slotted spoon to transfer the soaking wet pasta to the sauce. You want this extra pasta cooking liquid to help thin the sauce and continue cooking the pasta.
8. Stir well to coat the pasta in the sauce. Taste and adjust seasonings to your liking. I usually add some more salt and freshly ground pepper. Let the pasta soak up the sauce a couple minutes before serving.

## ***Fusilli alla Vodka with Basil and Parmesan***

*Jon and Vinny's*

1/4 cup olive oil	Kosher salt and freshly ground pepper
1 small shallot, finely minced	1 lbs fusilli
1 garlic clove, finely minced	2 tbsp butter
1/2 cup tomato paste	1 ounce freshly ground Parmesan
2 tbsp vodka	cheese, plus more for serving
1 cup heavy cream	1/4 cup chopped fresh basil
1 tsp red pepper flakes, or to taste	

1. Heat the olive oil in a large skillet over medium heat. Add the shallot and a pinch of salt and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook for 1 minute more, until fragrant. Add the tomato paste and cook, stirring occasionally, until thick, brick-red and starting to caramelize, about 5 minutes. Add the vodka and cook, stirring constantly, until the liquid is mostly evaporated, about 2 minutes. Add the cream and red pepper flakes, stirring to fully combine. Season with salt and pepper to taste.
2. While the sauce is cooking, bring a large pot of salted water to a boil over high heat; once boiling, add the fusilli and cook, stirring occasionally, until just shy of al dente according to package directions. Reserve 1 cup of pasta water before draining the pasta.
3. Transfer the drained pasta to the skillet with the sauce; add the butter and enough pasta water to thin the sauce slightly. Cook over medium-low heat, stirring constantly, until the sauce thickens and the pasta is al dente, about 2 minutes. Add more pasta water if needed to thin the sauce. Season with salt and pepper and add the 1 ounce of Parmesan cheese, tossing to coat. Serve with additional ground Parmesan and chopped fresh basil.

## ***Chef John's Mascarpone and Sausage Pasta***

4 Hot Italian sausage  
1 Brown onion, diced  
3 garlic cloves  
Fennel or Fennel seed  
White wine

Broth or Pasta Water  
Rosemary or Sage  
Mascarpone cheese  
Red pepper flakes  
Parmesan cheese

1. Sweat onion for 10-15 minutes.
2. Add sausage and sauté til browned
3. Add fennel, garlic and sauté 2 minutes
4. Add wine and cook until evaporated
5. Add mascarpone and mix
6. Add pasta, and thin with pasta water as needed
7. Make with Rigatoni

## ***Bucatini with Shiitake Cream Sauce***

45 min | serves 6

1 tbsp olive oil  
1/4 lb fresh oyster mushrooms,  
roughly chopped (about 3/4 cup)  
1/4 lb fresh shiitake mushrooms,  
stems removed and roughly chopped  
(about 3/4 cup)  
1/4 cup chopped fresh garlic (about  
16 cloves)  
1 medium shallot, roughly chopped  
1/4 tsp crushed red pepper  
1/4 cup (2 ounces) dry white wine  
2 cups heavy cream

### **Pasta**

12 ounces bucatini  
3 tbsp olive oil  
1 lb mild or spicy Italian sausage,  
casings removed

1/4 lb fresh oyster mushrooms, sliced  
(about 2 cups)  
1/4 lb fresh shiitake mushrooms,  
stems removed and sliced (about 2  
cups)  
1 medium shallot, finely chopped  
(about 1/4 cup)  
4 large garlic cloves, minced (about 3  
tbsp)  
1/4 cup (2 ounces) dry white wine  
1/2 cup chicken stock  
1/2 tsp kosher salt  
1/2 tsp black pepper  
2 tsps grated lemon zest, plus 2 tbsp  
fresh lemon juice, divided

1. Make the shiitake cream sauce: Heat oil in a large skillet over medium. Add oyster mushrooms, shiitake mushrooms, garlic, shallot, and crushed red pepper; cook, stirring often, until fragrant and softened, about 4 minutes. Add wine; cook, stirring constantly, until liquid is almost completely reduced, 1 to 2 min. Stir in cream, and bring to a simmer over medium (do not boil). Reduce heat to low, and cook, stirring often, until mushrooms are tender and cream is slightly reduced, about 10 min.
2. Transfer mushroom mixture to a blender. Secure lid, and remove center piece to allow steam to escape. Place a clean towel over opening; process until smooth, about 1 minute. Pour mixture through a fine wire-mesh strainer set over a medium heatproof bowl; discard solids. Cover and set aside.
3. Make the pasta: Bring a large pot of salted water to a boil over high. Add pasta, and cook according to package directions for al dente. Drain pasta, reserving 3/4 cup cooking liquid.

4. Meanwhile, heat oil in a large skillet over medium. Add sausage, and cook, stirring often to break into small crumbles, until browned, 4 to 5 minutes. Using a slotted spoon, transfer sausage to a medium bowl; reserve drippings in skillet.
5. Heat skillet with drippings over medium-high. Add oyster and shiitake mushrooms; cook until golden brown on both sides, about 6 minutes, flipping halfway through. Stir in shallot and garlic; cook, stirring constantly, until fragrant and softened, about 2 minutes. Stir in reserved sausage. Add wine, scraping up browned bits from bottom of skillet. Stir in stock, salt, and pepper; bring to a simmer over medium-high. Reduce heat to medium, and cook until liquid is slightly reduced, 1 to 2 minutes.
6. Stir shiitake cream sauce into sausage mixture in skillet; bring to a gentle simmer over medium. Add pasta, and toss until sauce coats noodles, adding reserved pasta water, 1/4 cup at a time, as needed to reach desired consistency. Stir in lemon juice. Divide pasta evenly among 4 bowls; top with lemon zest and additional black pepper. Serve immediately.



## ***Creamy Swiss Chard Pasta With Leeks, Tarragon and Lemon Zest***

¾ lbs green Swiss chard (1 large bunch), washed and trimmed	2 tsp fresh thyme leaves
2 large leeks (10 to 12 ounces each)	2 cups chicken or vegetable stock
5 tbsp unsalted butter	1 cup heavy cream
½ cup panko bread crumbs	16 oz linguine or fettuccine
Kosher salt and black pepper	¾ cup finely grated Parmesan
3 tbsp nutritional yeast	Fresh tarragon leaves, for garnish
3 garlic cloves, thinly sliced	1 lemon, for garnish

1. Bring a large pot of salted water to a boil. Prepare the chard: Tear the leaves off the stems, separating the leaves and stems. Thinly slice the stems, then coarsely tear the leaves into bite-size pieces. Set both aside in separate bowls.
2. Prepare the leeks: Trim off the bottom and the dark green portion at the top, halve the remaining white and pale green portion lengthwise, then thinly slice them crosswise. Wash and drain the sliced leeks. Set aside.
3. Prepare the bread crumbs: In a large skillet, melt 2 tbsps butter over medium. Add the panko, season lightly with salt and generously with pepper, and cook, stirring occasionally, until golden and toasted, 3 to 4 minutes. Stir in nutritional yeast, then transfer to a paper towel-lined plate.
4. Wipe out the skillet. Add the remaining 3 tbsps butter and melt over medium-high. Add the leeks, chard stems, garlic and thyme, season with salt and pepper, and cook, stirring occasionally, until leeks start to wilt and soften, about 5 minutes. Add the torn chard, season with salt and pepper, and cook, stirring, until just wilted, 2 minutes.
5. Add the stock and heavy cream, and boil over high until thickened, about 10 minutes.
6. Once the mixture is simmering, add the pasta to the pot of boiling water and cook until al dente. Drain pasta.
7. Transfer chard mixture to the empty pasta pot. Stir in the cooked pasta, then sprinkle with the Parmesan, stirring vigorously to melt it into the sauce. Season to taste with salt and pepper.
8. Divide among shallow bowls or plates. Sprinkle generously with the prepared bread crumbs, top with tarragon and grate fresh lemon zest on top. Serve immediately.

## ***Ina's Turkey Lasagna***

Serves 8 | Total: 1 hr 20 min | Prep: 50 min | Cook: 30 min

2 tablespoons olive oil	2 teaspoons kosher salt
1 cup chopped yellow onion (1 onion)	3/4 tsp freshly ground black pepper
2 garlic cloves, minced	1/2 pound lasagna noodles
1 1/2 lbs sweet Italian turkey sausage, casings removed	15 ounces ricotta cheese
One 28-oz can crushed tomatoes	3 to 4 oz creamy goat cheese, crumbled
One 6-ounce can tomato paste	1 cup grated Parmesan, plus 1/4 cup for sprinkling
1/4 cup chopped fresh flat-leaf parsley, divided	1 extra-large egg, lightly beaten
1/2 cup chopped fresh basil leaves	1 pound fresh mozzarella, thinly sliced

1. Preheat the oven to 400 degrees F.
2. Heat the olive oil in a large (10 to 12-inch) skillet. Add the onion and cook for 5 minutes over medium-low heat, until translucent. Add the garlic and cook for 1 more minute. Add the sausage and cook over medium-low heat, breaking it up with a fork, for 8 to 10 minutes, or until no longer pink. Add the tomatoes, tomato paste, 2 tablespoons of the parsley, the basil, 1 1/2 teaspoons of the salt, and 1/2 teaspoon pepper. Simmer, uncovered, over medium-low heat, for 15 to 20 minutes, until thickened.
3. Meanwhile, fill a large bowl with the hottest tap water. Add the noodles and allow them to sit in the water for 20 minutes. Drain.
4. In a medium bowl, combine the ricotta, goat cheese, 1 cup of Parmesan, the egg, the remaining 2 tablespoons of parsley, remaining 1/2 teaspoon salt, and 1/4 teaspoon pepper. Set aside.
5. Ladle 1/3 of the sauce into a 9 by 12 by 2-inch rectangular baking dish, spreading the sauce over the bottom of the dish. Then add the layers as follows: half the pasta, half the mozzarella, half the ricotta, and one 1/3 of the sauce. Add the rest of the pasta, mozzarella, ricotta, and finally, sauce. Sprinkle with 1/4 cup of Parmesan. Bake for 30 minutes, until the sauce is bubbling.

## ***Hearty Tomato & Beef Lasagna***

1 tbsp Olive Oil	15 oz Ricotta Cheese
1 Yellow Onion, Finely chopped	1 1/2 cups Freshly Grated Parmesan Cheese, Divided
6 Large Garlic Cloves, Minced	1 cup Fresh Basil Leaves, Chopped
1 lbs Ground Beef	1 egg
1/2 cup Heavy Cream	12 No-Boil Lasagna Noodles
28 oz Crushed Tomatoes (San Marzano)	1 lbs Shredded Mozzarella Cheese
28 oz Diced Tomatoes (San Marzano), drained	

1. Preheat the oven to 375 degrees.
2. In a large skillet, sweat the onion in the olive oil over medium low heat until translucent and buttery soft, about 10 minutes. Add in the garlic and cook until fragrant, about a minute more.
3. Add the ground beef with about a tsp of salt and freshly ground pepper to the onion mixture and cook, stirring often and breaking up large chunks, until no longer pink. Add in the cream and simmer until the liquid evaporates.
4. Stir in the crushed and diced tomatoes and bring to a simmer.
5. In a bowl, combine the ricotta, 1 cup of parmesan cheese, basil and egg.
6. In a 9 x 13 glass dish, evenly spread one cup of the meat sauce along the bottom. Top with three noodles then 1/3 of the cheese mixture. Sprinkle 1/2 cup mozzarella cheese on top. Repeat this step two more times.
7. Top with the final three noodles then spread the remaining meat sauce on top. Sprinkle the rest mozzarella and 1/2 cup of Parmesan cheese on top.
8. Spray a piece of foil with nonstick spray and cover the casserole dish. If you plan to freeze the lasagna, stop at this step and allow the lasagna to cool 30 minutes before freezing.
9. If enjoying right away, bake covered, for 30 minutes. Remove the foil and bake about 20-25 minutes more until the top layer of cheese is golden brown, the sauce is bubbling hot and the internal temp is 165 at center. Let the lasagna cool for 15 minutes before slicing and serving.
10. If frozen, thaw in the refrigerator for 24-36 hours before baking. Bake covered in a 375 degree oven for 40-60 minutes depending on how long you thawed the lasagna. Uncover and bake about 20 minutes more until the sauce is bubbling hot, cheese is golden brown and the temp at the center of the lasagna is at least 165 degrees when taken with a meat thermometer.

## VEGETARIAN

### *Emmentaler on Rye with Sweet and Sour Red Onion*

*Servings: 2 sandwiches | Smitten Kitchen*

#### **Onions**

1 tbsp olive oil  
1 tbsp unsalted butter  
1 large red onion, halved and thinly sliced (about 2 cups)  
2 tsp brown sugar  
¼ tsp salt, plus more to taste  
1 tbsp balsamic vinegar

Freshly ground black pepper

#### **Sandwiches (Serves 2)**

Four ½ inch-thick slices rye bread  
2 tbsps butter, salted or unsalted, softened  
¾ cup (about 3 oz) Emmentaler or another Swiss cheese (e.g., Gruyere), grated

1. **Cook onions:** Heat the olive oil and 1 tbsp butter in a large skillet over medium-high heat. Add the onion, and sauté for 5 minutes. Add the brown sugar and salt, lower the heat to medium-low, and cook another 10 minutes, stirring occasionally. Add the vinegar, and scrape and stuck onion bits from the bottom of pan with a spoon. Simmer for 1 to 2 minutes, until the onion mixture thickens, and season to taste with black pepper. Cool to lukewarm, or store in an airtight container in the refrigerator until needed, up to 5 days.
2. **Make sandwiches:** Generously butter 1 side of each slice of bread. Arrange one slice, buttered side down, on a plate. Spread thickly with jammy onions (about 2 tbsps per sandwich; you'll have extra). Sprinkle with half the grated cheese. Arrange a second slice of bread on top of the cheese, buttered side facing up. Repeat with the remaining slices. Heat a heavy 12-inch skillet to medium-low. Once it's hot, place the sandwiches on the griddle, and cook them until crisp and deep golden brown, about 5 minutes per side. Slice the sandwiches in half and serve immediately.

## **Leek Fritters with Garlic and Lemon**

*Servings: 10 fritters | Smitten Kitchen*

### **Fritters**

4 large leeks, pale green and white parts only  
2 scallions, trimmed, halved lengthwise and thinly sliced  
1/4 cup all-purpose flour  
1 tsp baking powder  
Freshly ground black pepper  
Pinch of cayenne

1 egg

Olive or vegetable oil, for frying

### **Garlic Lemon Cream**

1/2 cup sour cream  
1 garlic clove, minced  
1 tbsp freshly squeezed lemon juice  
Pinch freshly grated lemon zest  
Salt

1. Fill a bowl with cold water. Cut the leeks in half lengthwise and plunge them in the water, fanning the layers to get rid of any grit. Once they are clean, cut crosswise into 1/4-inch strips.
2. Bring a pot of salted water to a boil and cook the leeks for 3 to 4 minutes, until they are softened but not limp.
3. While they are cooking, whisk together the flour, baking powder, a few grinds of black pepper, ginger, and cayenne.
4. Drain the leeks and dry in a towel or cheesecloth. Make sure to get rid of as much water as possible.
5. Transfer the leeks to a large mixing bowl and add scallions. Add the flour mixture to the leeks and toss to coat. Add the egg and stir until it is incorporated with the mixture.
6. Line a baking sheet with aluminum foil and place in the oven. Heat the oven to 200 degrees.
7. In a large skillet, heat the oil over medium heat until it begins to shimmer. Scoop heaping tbsps of the batter into the skillet (I made 3 fritters at a time). Using a spatula, gently flatten the fritter. Cook for approximately 3 minutes, or until it is golden brown. If they are cooking too quickly, lower the heat. Flip fritters and cook until the other side is golden. Drain on paper towels and transfer to oven.
8. Repeat with remaining batter.
9. While they are in the oven, make the cream by whisking together all the ingredients and seasoning with a little salt.
10. Serve fritters immediately and top with a dollop of cream and a little additional lemon zest.

## **Potato Leek Gratin**

*Servings: 6 | NY Times | 1 hour 30 min*

2 tbsp unsalted butter, more for greasing the pan	2 thyme sprigs
2 large leeks, trimmed and halved lengthwise	1 cup heavy cream
1½ lbs peeled Yukon Gold potatoes	1 fat garlic clove, finely chopped
1 tsp kosher salt	1 bay leaf
½ tsp ground black pepper	¼ tsp freshly ground nutmeg
	¾ cup Gruyère, grated

1. Heat oven to 350 degrees and butter a 2-quart gratin dish. Wash the leeks to remove any grit and slice thinly crosswise.
2. Using a mandolin or sharp knife, slice the potatoes into rounds, ⅛-inch thick. Toss with ¾ tsp salt and ¼ tsp pepper. Layer the rounds in the gratin dish.
3. Melt the 2 tbsp butter in a large skillet over medium heat. Add leeks, remaining salt and pepper, and thyme. Cook, stirring, until leeks are tender and golden, 5 to 7 minutes. Discard thyme and scatter the leeks over the potatoes.
4. Add cream, garlic and bay leaf to the skillet, scraping up browned bits of leeks from the bottom of the pan. Simmer gently for 5 minutes. Stir in nutmeg.
5. Pour the cream over the leeks and potatoes and top with the Gruyère. Cover with aluminum foil and transfer to the oven. Bake for 40 minutes, uncover and bake until the cheese is bubbling and golden, 15 to 20 minutes longer. Let cool slightly before serving.

## POULTRY

### ***Pulled BBQ Chicken Sandwiches with Slaw and Potato Salad***

*Servings: 4 | Calories: About 700 Per Serving*

3 Boneless, Skinless Chicken Breasts	1 lb Fingerling Potatoes
4 Potato Buns	2 tbsp Red Wine Vinegar
½ Cup Barbecue Sauce	2 tbsp Sugar
3 Ounces Radishes	1 tbsp Dijon Mustard
2 Scallions	¼ Cup Mayonnaise
1 lb Green Cabbage	3 tbsp Sweet Pickle Relish

1. Preheat the toaster oven to 425°F. Boil a large pot of salted water. Once boiling, add the chicken. Cook 13-15 minutes, or until cooked through. Transfer the cooked chicken to a clean work surface. Using 2 forks, shred into bite-sized pieces. Wash and dry the pot.
2. While the chicken cooks, boil a medium pot of salted water. Halve the buns. Thinly slice the scallions, separating the white bottoms and green tops. Cut out and discard the cabbage core; thinly slice the leaves. Halve and thinly slice the radishes. Cut the potatoes into ¼-inch-thick rounds. In a medium bowl, combine the mayonnaise and mustard.
3. Add the potatoes to the medium pot of boiling water. Cook 12-14 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Stir in the white bottoms of the scallions, sweet pickle relish and half the mayonnaise-mustard mixture; season with salt and pepper to taste. Transfer to a serving dish.
4. While potatoes cook, in a large bowl, combine the cabbage, radishes, vinegar, sugar, remaining mayonnaise-mustard mixture and all but a big pinch of the green tops of scallions; toss to combine and season with S&P.
5. Toast buns in the oven 2-3 minutes, or until lightly crispy and warmed through. Remove from the oven. In the pot used to cook the chicken, combine the shredded chicken and barbecue sauce. Cook on medium-low, stirring occasionally, 6 to 8 minutes, or until the chicken is thoroughly coated; season with salt and pepper to taste. Remove from heat.
6. Divide the finished chicken between the bun bottoms; top with some of the coleslaw (you will have extra coleslaw) and the bun tops. Serve with the potato salad and remaining coleslaw on the side; garnish with the remaining green tops of the scallions. Enjoy!

## ***Ground Turkey Taco Meat***

1 lb Ground turkey

3/4 c water

Splash of cider vinegar

Packet of McCormick taco seasoning

1. Brown meat in large nonstick skillet over medium heat, stirring to break up clumps, until no longer pink (3 — 5 min)
2. Stir in seasoning mix and water. Reduce heat and simmer, stirring occasionally, until most of the liquid has been absorbed, about 10 min
3. Stir in vinegar into the skillet. Simmer until flavors combine. Transfer to serving bowl.



## ***Buttermilk Fried Chicken Sliders***

Time: 20 min marinade and 20 min cook

6 Potato Slider Buns  
2 lbs Chicken Breasts

¼ cup Buttermilk  
½ cup Panko Breadcrumbs

1. Preheat the toaster oven to 350°F. Wash and dry the fresh produce. Slice each slider bun in half lengthwise. Cut each chicken breast into thirds.
2. Place the chicken pieces in a small bowl with the buttermilk. Set aside to marinate.
3. Place the panko breadcrumbs in a small bowl; then, working one piece of chicken at a time, remove the marinated chicken from the buttermilk (letting any excess buttermilk drip off) and completely cover in the breadcrumbs. Place the breaded chicken on a plate.
4. In a large pan (nonstick, if you have one), heat a 1/4-inch layer of oil on medium-high until hot. When the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the breaded chicken. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Remove the chicken from the pan, letting any excess oil drip off. Transfer to a paper towel-lined plate; season with salt and pepper immediately.
5. Place the slider buns on a sheet pan and toast in the oven for 2 to 3 minutes, or until lightly golden and warmed through. To plate your dish, divide the fried chicken between the slider buns. Top with as much Tabasco as you'd like. Serve with the coleslaw on the side. Enjoy!

## ***Mustard Milanese with an Arugula Fennel Salad***

Time: 75 min | Smitten Kitchen

### **For the chicken:**

2 boneless, skinless chicken breasts  
salt and pepper  
1/2 cup all purpose flour  
1 large egg white  
2 tbsp Dijon mustard (smooth)  
2 garlic cloves (minced)  
1 tsp dried oregano  
1/2 tsp grated lemon zest (fresh)  
1 1/2 cups panko

Mix of vegetable/olive oil, for frying

### **For the salad:**

3 tbsp lemon juice (freshly  
squeezed, from 1 large lemon)  
2 Tbsp. seed (whole-, or coarse  
Dijon mustard)  
1 tbsp Dijon mustard (smooth)  
1/4 cup olive oil  
5 oz baby arugula  
Small fennel bulb

1. Butterfly your chicken breasts, so that you end up with four thin cutlets. Lbs your cutlets out between two pieces of plastic wrap to 1/4-inch thickness. Season the chicken on both sides with salt and pepper.
2. Grab three big plates, and line them up on your counter. Pour the flour into the first one. In a small dish, whisk together the egg white, smooth Dijon, garlic, oregano, and lemon zest. Pour half of this mixture into the bottom of the second plate. In the third plate, spread out the breadcrumbs. Dredge each piece of chicken lightly in flour, then heavily in the egg-white–mustard mixture, and generously in the breadcrumbs.
3. Repeat with second piece of chicken, then refill egg-white–mustard plate, and repeat with final two pieces of chicken. Arrange cutlets on a tray, and chill them in the fridge for 1 hour, or up to 1 day (covered with plastic wrap).
4. Preheat your oven to 175. Pour 1/2 inch of oil in a large pan and heat over medium-high heat. Test with a flick of water—if it hisses, you’re good to go. Cook the chicken until golden brown (about 3-4 minutes on first and 2-3 minutes on second). Remove the chicken from heat, and salt and pepper on both sides while draining on paper towels. Once it’s drained, transfer to a tray to keep in the warm oven. Repeat with more oil and remaining chicken.
5. In a small bowl, whisk lemon juice and mustards together, then whisk in olive oil in a thin stream. Pour three-quarters of this into a large bowl. Add arugula to bowl. Thinly shave your fennel bulb on a mandoline, or cut it as thinly as you can with a sharp knife, and add this to the arugula.
6. When you’re ready to serve it, toss the salad. Arrange one piece of chicken from the warm oven on a plate. Drizzle a few drops of the reserved salad dressing directly onto the chicken, and pile the salad on top. Season with salt and pepper, and eat immediately.

## Maple BBQ Drumsticks

8 chicken drumsticks (about  
2 lbs total), patted  
dry

Salt and pepper  
Maple Barbecue Sauce  
(recipe follows)

1. Preheat the oven to 425°F, with one rack in the middle and another so that the chicken will be 3 to 4 inches from the broiler. Put the chicken on a sheet pan (lined with foil for easier cleanup, if you like). Season with salt and pepper and arrange top-side up and in alternating directions. Roast on the middle rack until golden brown, about 20 minutes.
2. Brush some of the Maple Barbecue Sauce on the drumsticks, then flip them over and brush the other side. Roast until cooked through, about 10 minutes more. Remove from the oven and preheat the broiler. Flip the drumsticks over again, brush with more sauce, and broil on the upper rack until the sauce caramelizes, keeping a close eye on them to prevent burning, about 1 minute. Serve hot or at room temperature.

1 tbsp olive oil  
1 small yellow onion, finely  
chopped  
1 garlic clove, minced  
1 tsp salt  
Pinch of cayenne pepper  
½ tsp turmeric  
⅔ cup ketchup

2 tbsp maple syrup  
½ cup apple cider vinegar  
2 tbsp whole-grain  
mustard  
1 tbsp Worcestershire  
sauce  
Grated zest and juice of 1 lime  
Pepper

3. In a medium saucepan, heat the oil over medium-low heat. Add the onion, garlic, and salt and cook until the onion is softened, about 8 minutes. Add the cayenne and turmeric and cook, stirring, until fragrant, about 30 seconds. Add the ketchup, maple syrup, vinegar, mustard, Worcestershire sauce, and lime zest and stir to combine.
4. Bring the sauce to a simmer, then season with lime juice, salt, and pepper. If the sauce needs more acid, add more vinegar or lime juice; if it needs more sweetness, add more maple syrup. If you're not using the sauce right away, let cool and transfer to a covered container. The Maple Barbecue Sauce will keep, covered in the refrigerator, for about 4 days. If serving as a dipping sauce, warm before using.

## Chicken Shawarma

Pamela Saltzman

¼ cup extra-virgin olive oil	more if you want it to be spicy
¼ cup lemon juice (~2 lemons)	Several grinds of black pepper
2 tsp kosher salt	4 garlic cloves, minced
2 tsp ground cumin	2 lbs boneless, skinless chicken
2 tsp paprika	thighs, trimmed of excess fat
½ tsp ground turmeric	White sauce (recipe follows)
⅛ tsp ground cinnamon, or	Lavash/Pita
more to taste	Romaine hearts
⅛ tsp cayenne pepper, or	

1. Prepare the marinade: Combine all the marinade ingredients in a nonreactive bowl (e.g., glass). Add the chicken and toss to coat. Marinate at room temperature for 1 hour or in the refrigerator for several hours or up to overnight.
2. Remove the chicken from the refrigerator 30 minutes before cooking. Preheat the oven to 400F or a heat a grill to medium heat. If you are baking, line a baking sheet with parchment paper.
3. Grill until cooked through, about 7 minutes on each side, or bake on the prepared baking sheet for 35 minutes, or until cooked through. If the chicken was baked, you may slice it thinly and sauté the slices in a skillet in coconut oil or olive oil, to get some crispy edges. You don't have to do this step since the chicken is already cooked, but the crispy edges somewhat mimic traditional shawarma shaved off the spit. I also like to sprinkle with a pinch of sea salt, too.
4. Slice thinly and serve with your desired accompaniments like lavash, lettuce, tomato, pickled vegetables, onion, olives

⅔ cup plain whole Greek yogurt	lemon juice
½ cup good-quality mayonnaise	⅛ tsp sea salt
3 garlic cloves, minced	⅛ tsp paprika
1 tbsp freshly squeezed	Freshly ground black pepper

5. Mix all the ingredients together in a bowl, adding black pepper to taste. Refrigerate until ready to serve. Can be made 1 day in advance. Stir before serving.

## **Greek Chicken with Cucumber-Feta Salad**

*Time: 30 minutes | New York Times*

1½ cups plain Greek yogurt	1½ lb Persian cucumbers
3 garlic cloves, finely grated	1 lb ripe tomatoes
Kosher salt (Diamond Crystal)	2 tbsps extra-virgin olive oil
Black pepper	4 oz feta, crumbled (about ¾ cup)
1 tsp dried oregano or mint	½ cup Kalamata olives, pitted and halved
2 lb boneless, skinless chicken thighs, patted dry	

1. In a large bowl, stir together the yogurt and garlic; season to taste with salt and pepper. Transfer ½ cup of the yogurt to a medium bowl and reserve for Step 5.
2. Coat the chicken: To the large bowl, add the oregano and stir to combine. Season the chicken all over with 1½ tsps salt and a few grinds of pepper. Add the chicken to the large bowl and turn to coat; set aside.
3. Start the salad: Smash the cucumbers with the side of your knife until craggy and split. Rip into ½- to 1-inch pieces and transfer to a colander placed in the sink. Slice or chop the tomatoes into bite-size pieces. Add to the cucumbers along with 1 ½ tsps salt. (It may seem like a lot of salt, but most will drain away.) Toss to combine and leave to drain.
4. In a large nonstick or well-seasoned cast-iron skillet, heat the olive oil over medium. Scrape excess marinade off the chicken, then cook the chicken in batches, adding oil to the pan if necessary, until it's well browned and releases from the pan, 5 to 7 minutes. Flip and cook until cooked through, another 5 to 7 minutes. Transfer to plates to rest.
  - a. To grill the chicken: Heat a grill to medium and clean and grease the grates. Grill the chicken over direct heat until it's well browned and releases from the grates, 5 to 7 minutes. Flip and cook until cooked through, another 5 to 7 minutes. (For a gas grill, close the lid between flips.)
5. To the medium bowl of yogurt, add the feta and mash with a fork until a chunky paste forms. Shake the cucumbers and tomatoes to get rid of any excess moisture. Add to the feta yogurt along with the olives and stir until coated. The balance is dependent on your produce and feta, so season to taste with salt and pepper until flavors are vivid. Eat alongside the chicken.

## **Ginger-Lime Chicken**

*Time: 15 minutes | New York Times*

1½ to 2 lb boneless, skinless chicken thighs or breasts  
Kosher salt (such as Diamond Crystal) and black pepper  
⅓ cup mayonnaise

1 tbsp lime zest (2 limes), plus lime wedges, for serving  
1 tbsp finely grated fresh ginger (~3-inch piece of peeled ginger)

Pat the chicken dry and season all over with 1½ tsps salt. In a medium bowl, stir together the mayonnaise, lime zest and ginger; season with salt and pepper. Add the chicken to the mayonnaise mixture and stir to coat. (The chicken can sit in the marinade for up to 8 hours in the fridge. Let come to room temperature before cooking.)

To grill: Heat a grill to medium-high. Grill the chicken over direct heat until cooked through and juices run clear, about 5 minutes per side for thighs and about 4 minutes per side for breasts, turning as necessary to avoid burning.

To cook in a skillet: Heat a large skillet over medium-high. Cook the chicken until juices run clear, about 5 minutes per side for thighs and about 4 minutes per side for breasts.

Serve chicken with lime wedges, for squeezing on top.

## ***Salsa Verde Chicken Tacos***

*Time: 25 minutes | Real Simple*

1 1/4 lb boneless skinless chicken thighs	12 corn tortillas
1/4 tsp kosher salt	1 avocado, sliced
1/4 tsp freshly ground black pepper	1/2 cup finely chopped red onion
2 tbsp olive oil	1/2 cup fresh cilantro, chopped
16 oz salsa verde	2 oz cotija cheese, crumbled
	Lime wedges, for serving

Sprinkle chicken with salt and pepper. Heat oil in a large pot or Dutch oven over medium until shimmering. Add chicken; cook until golden brown, about 3 minutes per side. Add salsa verde. Reduce heat to medium-low; cook, partially covered, stirring occasionally and flipping chicken halfway through, until a thermometer inserted in thickest part of a chicken thigh reads 165°F, 6 to 8 minutes. Remove from heat and let cool for 5 minutes.

Transfer chicken to a large bowl and shred with 2 forks. Return chicken to pot and toss with salsa verde until well coated.

Warm tortillas in microwave, over a gas flame on stove, or in a dry skillet. Top tortillas with chicken, avocado, onion, cilantro, and cheese. Serve with lime wedges, if desired.

## *Miso-Honey Chicken and Asparagus*

3 tbsp white miso	1 tbsp plus 2 tsps neutral oil
3 tbsp mild honey	1½ to 2 lbs boneless, skinless
3 tbsp soy sauce or tamari	chicken thighs
1 tbsp rice vinegar	2 large bunch asparagus, trimmed
2 tsp finely grated fresh ginger	Salt and pepper
2 tsp finely grated garlic	2 scallions, thinly sliced
2 tsp chile-garlic sauce or other hot sauce	Cooked rice (optional), for serving

Make the marinade: In a bowl, whisk together the miso, honey, soy sauce, rice vinegar, ginger, garlic, chile-garlic sauce, 1 tablespoon oil and 1 tablespoon water. Refrigerate half the marinade for serving.

Place the chicken in a shallow dish or zip-top bag and pour the remaining marinade over the top. Toss the chicken until coated and let marinate in the refrigerator for up to 30 minutes. (A longer marinade may dry out the chicken.)

When you are ready to cook, heat the broiler with a rack set 6 inches below it. Line a large baking sheet with aluminum foil.

Remove the chicken from the marinade, scraping off and discarding any excess. Place the chicken in a single layer on one side of the baking sheet, with the flatter side up. Place the asparagus on the other side. Drizzle the asparagus with remaining oil, then season the asparagus; toss to coat.

Broil until the chicken is cooked through with some charred spots and the asparagus is browned, about 10 minutes.

To serve, top the chicken with a drizzle of the reserved marinade and a sprinkle of scallions. Serve with rice, if desired.



## ***Pad Krapow Gai***

2-4 servings | NY Times | 15 min

¼ cup vegetable oil	3 tbsp oyster sauce
1 lb ground chicken	2 tbsp fish sauce
2 tsp minced garlic (from 2 cloves)	1 tbsp Thai light soy sauce
2 tsp granulated sugar	Splash of rice vinegar
1 tsp minced fresh chile	1 cup loosely packed basil leaves
8 oz green beans, trimmed and cut into ½-inch pieces (about 1½ cups)	Ground pepper, to taste
	Steamed jasmine rice, for serving

Heat a wok or large nonstick skillet over medium-high, then swirl in the oil. Once the oil is shimmering, add the ground chicken and cook, actively breaking the chicken up into small pieces, until it is mostly cooked, about 6 minutes.

Stir in the garlic, sugar and chile until evenly distributed and fragrant, about 2 minutes, then add the green beans, oyster sauce, fish sauce and Thai seasoning, and cook, stirring constantly, until the chicken is fully cooked, the green beans are crisp-tender and the krapow is glossy, about 2 minutes.

Remove from heat, add the basil and a dash of white pepper and toss to combine. If the sauce seems to cling too tightly to the mixture, add 1 to 2 tbsp of water to make it loose and glossy.

Serve over rice, and top with a crispy fried egg, if desired. Serve with additional Thai seasoning to sprinkle on top, according to taste.

## MEAT

### *Grilled Marinated Skirt Steak*

Serves 4-8

4 tbsp lime juice	1 tsp sugar
2 tbsp soy sauce	salt & pepper
1 tsp minced garlic	1 flank steak (2-2.5 lbs)
2 tsp fresh minced ginger	

Preheat oven to 500 °F.

Marinate steak about 30 minutes (if longer than 1 hr, refrigerate). Remove from marinade; dry well with paper towels. Grill or broil 3-4 minutes per side or until nicely brown. (If in oven place skillet on stove heat until almost smoking 4-5 minutes on med-hi heat, sprinkle surface with coarse salt and then put on steaks and place skillet at the very bottom of oven.) Move meat to cooler part of grill or oven for another 2 minutes per side (125 °F meat temp). Let rest five minutes before cutting.

## ***Stir-Fried Beef and Sugar Snap Peas***

*Makes: 4 Servings | 30 min | New York Times*

1 lb lean beef, cut into ¼-inch strips	1 tbsp cornstarch
3 tbsp tamari	3 tbsp peanut or olive oil
2 tsp toasted sesame oil	4 garlic cloves, minced
¼ tsp kosher salt	Rice, for serving
½ tsp freshly ground black pepper	2 tbsp toasted sesame seeds
1 lb sugar snap peas, trimmed	Sriracha or other hot sauce, or rice
3 fat scallions	wine vinegar for garnish
⅔ cup chicken broth	chili oil, for garnish
2½ tbsp Madeira or sweet sherry	

In a medium bowl, mix beef, 2 tbsps tamari, sesame oil, salt and pepper. Set aside.

Thinly slice sugar snap peas crosswise into disks. Thinly slice scallions, reserving dark green parts for garnish.

In a small bowl, mix chicken broth, Madeira, 2 tbsps water, remaining 1 tbsp tamari and cornstarch.

Heat a large skillet over high heat. Add 2 tbsps oil. When pan is hot, stir-fry beef until browned, about 2 minutes. Transfer beef and any liquid to a plate.

Add remaining tbsp oil to skillet and when hot, add garlic and white and light green scallion parts until lightly browned, about 1 minute. Add sugar snap peas and chicken broth mixture, lower heat to medium and cover. Let cook for 2 minutes. Transfer beef and juices to skillet and stir-fry 2 minutes. Serve over rice, garnished with more sesame oil, sesame seeds, dark parts of scallions, and hot sauce or vinegar and chili oil.

## ***Skirt Steak With Salsa Verde Salad***

*Makes: 4 Servings | 35 min, plus marinating | New York Times*

1½ lbs skirt steak	½ tsp black pepper
½ c extra-virgin olive oil	2 tbsp chopped fresh flat-leaf parsley
¼ c red-wine vinegar	2 tbsp chopped fresh mint
¼ c thinly sliced scallions (about 2)	¼ cup toasted pine nuts
2 tbsp capers, drained & roughly chopped	2 romaine hearts
1 tbsp minced garlic (2 large cloves)	½ c crumbled feta (about 3 oz)
½ tsp kosher salt, plus more to taste	

If necessary, cut the steak crosswise into large pieces that will fit into a shallow, nonreactive dish. Transfer the steaks to the dish. In a glass measuring cup or bowl, whisk together the olive oil, vinegar, scallions, capers, garlic, ½ tsp salt and ½ tsp pepper. Pour about ⅓ of the dressing (about ⅓ cup) over the steak and turn to coat both sides.

Add the parsley and 1 tbsp mint to the reserved dressing, stir, and set aside until ready to use. Cover and refrigerate the steak for at least 30 minutes or up to 24 hours. (If marinating the steak overnight, cover and refrigerate the reserved dressing.)

In a small sauté pan set over medium heat, toast the pine nuts, tossing often, until golden brown, about 3 minutes. Set aside.

Set the grill to medium-high heat, or heat a grill pan on the stovetop over medium-high. Pat the steaks dry with a paper towel and grill for 3 to 5 minutes on each side for medium-rare. Transfer to a plate, sprinkle with salt, and allow to rest for 10 minutes.

While the steak rests, cut the romaine hearts lengthwise into quarters. Arrange the romaine hearts in one layer on a large platter, leaving room on one side for the steak. Sprinkle the feta, pine nuts and the remaining 1 tbsp mint over the romaine. Slice the steak crosswise into 3-inch pieces, then slice against the grain to cut the steak into wide strips. Arrange the sliced steak on the platter, then drizzle the reserved dressing over the romaine and steak. Serve immediately.

## ***Balsamic-Herb Flank Steak***

1½ lb grass-fed beef flank  
steak or skirt steak  
1 tbsp fresh thyme leaves, chopped  
Ground black pepper  
Olive oil, for brushing the steak  
Sea salt, for seasoning steak

### **Post-Marinade**

2 tbsp balsamic vinegar (not  
aged balsamic)  
2 tbsp extra-virgin olive oil  
2 large garlic cloves, minced  
Sea salt

1. Season the flank steaks with the thyme and black pepper. Cover and refrigerate overnight or all day.
2. Prepare the post-marinade: Whisk together vinegar, olive oil, garlic, and a pinch of sea salt and set aside at room temperature.
3. Preheat a grill to medium heat, about 400 F. Brush both sides of meat with olive oil and sprinkle with sea salt.
4. Grill the meat until desired the doneness is achieved, 3 to 4 minutes on each side for medium, turning with tongs, not a fork. Transfer to a serving platter and pour the post-marinade (below) over the meat. Cover with aluminum foil and allow to rest for 5 to 10 minutes.
5. Very important: Transfer the meat to a cutting board and slice thinly against the grain, which means you are cutting in the opposite direction of the lines in the meat. If you cut with the grain. Place back on the platter and serve.

## PORK

### *Pork and Soba Noodle Salad*

Salt and pepper	3 carrots, peeled & shredded
6 oz soba noodles	1 red bell pepper, cut into strips
3 tbsp hoisin sauce	3 scallions, sliced
2 tbsp fresh lime juice	Cooked pork tenderloin (see below)
1 tbsp olive oil	Red pepper flakes

1. Large pot of boiling salted water, cook noodles according to package; drain.
2. In large bowl, whisk together hoisin, lime juice, and oil; season with salt and pepper and scallion; toss.
3. Thinly slice pork; cut each slice in half. Add to bowl with noodles; toss well. Serve at room temperature or chilled, garnished with pepper flakes and lime wedges, if desired.

3 pork tenderloins	1/4 cup vegetable oil
1/2 cup soy sauce	2 tbsp fresh orange juice
1/2 cup dry sherry	1 1/2 tbsp minced fresh rosemary
1/2 cup honey	1 tbsp minced shallot
1/4 cup rice wine vinegar	1 tsp minced fresh ginger

4. Trim tenderloin of fat and silver skin. Place in shallow baking dish. Combine soy sauce, sherry, honey, vinegar, oil, and OJ in medium bowl. Whisk until well blended. Stir in rosemary, shallots & ginger.
5. Pour mixture over tenderloin. Cover with plastic wrap and marinate for 2 hours.
6. Preheat outdoor grill or indoor grill pan. Remove pork from marinade, shake off excess. Put on grill and cook, turning frequently for about 18 min or until thermometer in thickest part reads 145 degrees.
7. Transfer to platter and cool for 10 min until carving
8. Optional: meanwhile place marinade in small saucepan over medium heat and bring to simmer. Simmer for 10 min or until slightly thickened. Slice pork and spoon marinade over pork.

## ***Sausage and White Bean Gratin***

½ cup panko breadcrumbs	1 scant tbsp fresh thyme or 1 scant
2 tbsp unsalted butter, melted	tsp dried
2 tbsp olive oil	½ cup dry white wine
1 lb sweet Italian sausages, casings	1½ cups chicken broth
removed	2x 15.5-oz cans white beans, such as
1 small yellow onion, chopped	cannellini or Great Northern, drained
4 garlic cloves, minced	and rinsed
1 heaping tbsp tomato paste	Salt & Pepper
	4 large handfuls of baby spinach

1. Preheat the oven to 425°F, with a rack in the middle position. In a small bowl, combine the panko and butter, season with salt, and set aside.
2. In a large skillet, heat the oil over high heat until it shimmers. Add the sausages and cook, stirring often and breaking up the meat, until browned about 4 minutes. Leaving as much oil in the pan as possible, transfer the sausage to a medium bowl and set aside.
3. Reduce the heat to medium-low, add the onions and garlic and cook, stirring occasionally, until the onions are softened, about 8 minutes. Add the tomato paste and thyme and stir for about 30 seconds. Add the wine and briskly simmer, scraping up any caramelized bits from the bottom of the pan, until almost evaporated, about 2 minutes.
4. Add the broth and bring to a simmer, then add the beans, cooked sausage, and any juices. Season with salt and pepper and simmer, stirring occasionally, until heated through and some of the liquid is absorbed, about 5 minutes. The mixture should be wet, but not drowning in liquid. Off the heat, stir in the spinach (if using). Check the seasonings, then transfer the mixture to a 3-quart baking or gratin dish.
5. Top evenly with the panko mixture and bake until bubbling and the top is golden brown, about 15 minutes. Let rest for 5 to 10 minutes before serving.

## ***Tonkatsu***

1 hour | NY Times

### ***For the tonkatsu sauce:***

⅓ cup ketchup  
¼ cup plus 1 tbsp Worcestershire  
sauce

2 tbsps granulated sugar  
1 tbsp oyster sauce

### ***For the cabbage:***

4 tbsps Kewpie mayonnaise  
2 tbsps rice vinegar  
1 tbsps soy sauce

1 tsp toasted sesame oil  
3 cups shredded green cabbage

### ***For the tonkasu:***

9 (usually 3 per package) boneless  
pork loin chops, trimmed of excess fat  
Kosher salt (such as Diamond Crystal)  
Black pepper  
1 tbsp vegetable oil, plus more for  
frying (about 7 cups)

1 cup all-purpose flour  
3 large eggs  
1 box panko  
Steamed rice, for serving

1. Make the tonkatsu sauce and dressing: In a small bowl, combine the ketchup, Worcestershire, sugar and oyster sauce. In another small bowl, whisk the mayonnaise, rice vinegar, soy sauce and sesame oil. Taste and adjust seasonings, if needed.
2. Prepare the tonkatsu: Using a sharp knife, make shallow slits on the pork loin, along the connective tissue, the white thick strip between the fat and the meat. Flip the pork and repeat on the other side. Using a meat mallet, lbs the pork until it's ¼-inch thick. Lightly season the pork with salt and pepper, being mindful that the tonkatsu sauce is well seasoned.
3. In a deep, heavy-bottomed pot, add 2 inches of oil. Heat over medium-high until the temperature reaches 350 degrees. Heat the oven to 200 degrees. Place a wire rack on a sheet pan for the fried pork. (If desired, line the sheet pan with parchment for easier cleanup.)
4. Place the flour on a plate. In a shallow dish, like a pie plate, whisk the eggs and 1 tbsp of oil until combined. To a similar size dish, add the panko. Place a second sheet pan or a large plate nearby for the coated pork.
5. Coat each piece of pork in the flour, shaking off any excess. Dip in the egg mixture, allowing any excess to drip back into the dish. Finally, coat in the



panko, gently pressing down to make sure it sticks to the pork. Place on the sheet pan and set aside for 10 minutes at room temperature to allow the crust to adhere to the meat.

6. When the oil is at temperature, transfer the pork loins, one at a time to avoid overcrowding, to the hot oil. Fry for 1 minute, turn pork and fry the other side for 1 minute. Using tongs, remove the pork from the oil, holding it over the pot to allow any excess oil to drip off. Place on the wire rack and let it rest for 4 minutes. While the first pork loin rests, fry the second loin. After the 4 minute rest, return the first pork loin to the pot and fry for a second time, until golden brown, about 30 seconds per side. Lift the pork out, as before, and hold it on its side over the pot to allow any excess oil to drip off. (If you'd like, transfer to a separate wire rack on a sheet pan in a warm oven.) Repeat frying and resting with the remaining pork loins. In between each fry, use a mesh sieve or slotted spoon to skim off and discard any crumbs floating in the oil, and adjust the heat as necessary to maintain the temperature.
7. Slice the pork into  $\frac{3}{4}$ -inch-thick strips and drizzle with the tonkatsu sauce. Serve alongside rice, and the shredded cabbage drizzled with the dressing, if you'd like.

## ***Seriously Kick-ass Carnitas***

One 4 to 5 lb bone-in pork shoulder (Boston butt) —works fine w/o bone	1 white/yellow onion, quartered
Kosher salt	1 tbsp dried oregano
3 cups chicken broth or water	1 tbsp cumin seed
	1 tsp paprika

1 hr before starting to cook, remove the meat from the fridge, rinse, and pat dry with paper towels. Sprinkle with salt. Preheat oven to 350 degrees F.

Place pork in 5—7 qt Dutch oven. Add broth, onion, oregano, cumin, and paprika. Add a generous pinch of salt. Place over high heat, cover, and bring to a boil; spoon some hot liquid over the top of the meat, then cover again and transfer to the oven.

Cook until meat is literally falling apart, about 4 hours, spooning liquid over meat once or twice during cooking.

Remove pot from oven and place on stove top. Transfer meat to platter (we don't do this part). With large spoon, push meat off the bone in chunks, discard the bone and any large pieces of fat. Put meat back in pot and turn on heat to medium-high, cook, stirring to break it up with a spoon, until liquid in pot has almost entirely evaporated and meat begins to sizzle, 5 to 10 minutes. Serve.

## FISH

### ***Grilled Lemon-Herb Shrimp***

Serves 6-8

¼ cup freshly squeezed lemon juice  
¼ cup extra-virgin olive oil  
4 garlic cloves, thinly sliced  
¼ cup chopped mixed fresh herbs  
(mint, parsley, and thyme is a  
good combo)

1 tsp sea salt  
Freshly ground black pepper  
1½ lbs large wild-caught, peeled and  
deveined shrimp, rinsed and patted  
dry

1. Mix together all the ingredients, except the shrimp, in a shallow, nonreactive container (e.g., glass), adding pepper to taste. Add the shrimp and toss to coat well. Cover and refrigerate for 30 minutes.
2. Have ready eight skewers. If using wooden or bamboo skewers, soak them in water while the shrimp marinate.
3. Thread four or five shrimp on each skewer.
4. Preheat the grill to medium heat. Grill the shrimp about 3 minutes on each side, or until cooked through.

### ***Roast Salmon Glazed with Brown Sugar and Mustard***

Salmon fillets, preferably wild or  
farmed organically  
Dijon mustard

Brown sugar  
Salt and black pepper

1. Heat your oven to 400 degrees.
2. Make a mixture of Dijon mustard and brown sugar to the degree of spicy-sweetness that pleases you. Salt and pepper the salmon fillets.
3. Place the salmon fillets skin-side down on a lightly oiled, foil-lined baking sheet. Slather the tops of the fillets with the mustard and brown sugar glaze and slide them into the top half of your oven. Roast for about 12 minutes, then serve.

## ***Foolproof Cold Oven Salmon***

Fresh Salmon

1 tbsp olive oil

1 tbsp Lemon pepper seasoning

2 Lemons

1. Drizzle olive oil on top of parchment lined baking tray, place the salmon on top and sprinkle a little more oil on top of the salmon and then shake the lemon pepper seasoning, just cover salmon evenly.
2. Slice the lemons and place on top.
3. Place in a cold oven and then turn the heat to 400 degrees and timer to 25 min
4. When the timer goes off after 25 minutes, it's done!

## ***Sheet-Pan Salmon and Broccoli With Sesame and Ginger***

4 tbsp toasted sesame oil (3 for glaze and 1 for broccoli)	2 scallions, trimmed and cut diagonally into 1½-inch segments, plus thinly sliced scallions for garnish
2 tbsp soy sauce or tamari	1 tbsp olive oil
1 tbsp rice vinegar	Kosher salt and black pepper
1 tbsp honey	4 (6-ounce) skin-on salmon fillets
1 (2-inch) piece fresh ginger, peeled and finely grated (about 1 tbsp)	½ lime, for serving
1 garlic clove, finely grated	Sesame seeds, for serving
1 lb broccoli florets	

1. Heat the oven to 425 degrees. In a small bowl, whisk 3 tbsps sesame oil with the soy sauce, vinegar, honey, ginger and garlic until smooth. Set the glaze aside.
2. Place the broccoli florets and 1½-inch scallion segments on a sheet pan. Drizzle with 1 tbsp olive oil and the remaining 1 tbsp sesame oil. Sprinkle with ½ tsp salt and ¼ tsp black pepper, toss well and roast for 5 minutes.
3. While the broccoli and scallions roast, place the salmon fillets on a plate and pat dry with paper towels. Brush all over with olive oil and sprinkle with salt and pepper.
4. Toss the broccoli and scallions and move to the edges of the pan, clearing spaces in the center for the salmon fillets. Place the salmon fillets, evenly spaced, on the center of the pan. Brush the fillets generously with the glaze.
5. Return the pan to the oven and roast until the salmon is cooked through but still slightly rare in the center, about 12 minutes.
6. Squeeze the lime over the broccoli and sprinkle with salt. Scatter the sliced scallions and sesame seeds over the salmon, and serve hot.

## CROCKPOT

### *Braised Mexican Chicken*

Serves 4 – 6

4 bone-in, skin-on chicken breasts  
salt and pepper  
2 tbsps butter  
1 yellow onion, diced  
1 green bell pepper, diced  
4 garlic cloves, minced  
3 scallions, sliced

1 jalapeño, ribs and seeds removed  
and minced  
½ tsp salt  
1 28-oz can whole tomatoes,  
drained and crushed by hand  
4 chipotle chilies in adobo, roughly  
chopped (1x 7oz can)

1. Rinse and dry the chicken breasts well, then season each one generously with salt and pepper.
2. Heat butter in a large sauté pan over medium high heat, add chicken and cook until nicely browned on each side (about 8-10 minutes total). Remove chicken to crockpot.
3. Add onion, pepper, garlic, scallions and jalapeño to the pan. Sauté the veggies over medium heat for 10 minutes, or until cooked and beginning to brown. Add veggies to crockpot along with the drained tomatoes, chopped chipotles, and ½ tsp salt.

## ***Sweet and Tangy Pulled Chicken***

1 onion chopped	1/4 cup ketchup
1/4 cup tomato paste	2 tbsp molasses
1 tbsp chili powder	4 boneless skinless chicken breasts
2 tsp canola oil	Salt and pepper
1 tsp paprika	2 tbsp apple cider vinegar
1/8 tsp cayenne pepper	2 tsp dijon mustard

1. Microwave onion, tomato paste, chili powder, oil, paprika, and cayenne in bowl, stirring occasionally, until onion is softened, about 5 minutes; transfer to slow cooker. Stir in ketchup and molasses. Season chicken with salt and pepper, place in slow cooker, and turn to coat with sauce. Cover and cook until chicken registers 160 degrees, 2 to 3 hours on low.

2. Transfer chicken to carving board, let cool slightly, then shred into bite-size pieces using 2 forks; discard bones.

3. Stir vinegar and mustard into sauce. (Adjust sauce consistency with hot water as needed.) Stir in shredded chicken and season with salt and pepper to taste. Serve.

# BREAD

## *Quick Bread*

4 cups flour	2 tsp sugar
2 tsp salt	2 tsp yeast
1.75 cups luke-warm water	Butter

1. 1 hour then divide into buttered bowls
2. 30 min 2nd rise
3. Preheat 425°
4. 15 min bake at 425°
5. 17 min bake at 375°

## *Almost No Knead Bread*

15 oz white flour  
1.5 tsp salt  
1/4 tsp instant yeast

Mix. Then add  
7 oz water  
3 oz beer  
1 tbsp white vinegar

Sit at room temp covered for 8 to 18 hours

10 folds, (allow knead) then pinch and roll in flour  
Place on oiled parchment paper in skillet, covered with oiled plastic wrap, for 2 hours.  
Preheat oven to 500 F with dutch oven inside (at least 30 minutes before needed)  
Dust bread with flour  
Make decorative slices  
Add to dutch oven, 30 minutes at 425 with lid on  
Remove lid for 10 minutes.



## HOLIDAYS

### *Challah*

4 hours

Active yeast	0.5 tsp salt
1/4 + 3/4 cup hot water	2 tbsp veg oil
1 + 0.5 tsp sugar	1 egg yolk
4 cups flour (480 grams)	Seasoning (poppy and sesame seed)
2 eggs, slightly mixed	

Start yeast with 1/4 cup hot water + 1/2 tsp sugar

Put 4 cups flour in a large bowl. Add remaining tsp sugar, salt and mix. Into a central well put eggs, vegetable oil, yeast mixture and remaining water

Knead until a ball forms. Put in oiled bowl to rise for 1 hour until doubled in size. Punch down center and let rise 30 minutes.

Knead well until dough is smooth but not sticky. For a linear loaf, divide into 6, roll out to 18", and make two braids. For a circular loaf, divide into 5, and make interlocking rings. Let rest for 30 minutes.

Preheat oven to 375°. Take one egg yolk and beat with a little water. Brush on exposed surfaces. Sprinkle with poppy seeds, sesame seeds and coarse sea salt. Put in oven for 15 minutes, then decrease to 350 for 30-40 minutes. Don't open oven for first 15 minutes. Knock for doneness.

## ***Slow-Roasted Beef Brisket And Caramelized Sweet Onions***

Serves 4-6

### **Apple Cider-Ginger Barbecue Sauce**

$\frac{3}{4}$  cup brown sugar

1 cup ketchup

$\frac{1}{2}$  cup apple cider vinegar

1 tbsp Worcestershire sauce

$\frac{1}{4}$  cup soy sauce

1 clove garlic, minced

1-inch piece fresh ginger, peeled  
and grated

### **Caramelized Onions**

2 tbsps extra virgin olive oil, plus more as needed

$\frac{1}{2}$  sweet yellow onion, cut into quarters, then thinly sliced crosswise

1 beef brisket, 1 to 3 lbs

1. To prepare the barbecue sauce, place the brown sugar, ketchup, apple cider vinegar, Worcestershire sauce, soy sauce, garlic, and ginger in a medium saucepan. Simmer over medium-low heat for 10 minutes. Refrigerate until ready to use.
2. Position a rack in the center of the oven and preheat to 300°F.
3. To prepare the onions, spread the olive oil evenly in a 12-inch cast iron skillet over medium heat, add the onions, and cook, stirring occasionally, until golden. Remove from the pan and set aside.
4. Turn up the heat to medium, add the brisket, and cook, turning once, until seared on both sides, about 5 minutes. You may need to add a bit more olive oil to keep the meat from sticking to the pan.
5. Remove from the heat and spread the barbecue sauce evenly over the top of the meat. Sprinkle the cooked onions over the brisket, cover the skillet tightly with foil, and bake until fork-tender, about 3 hours. To serve, cut crosswise into  $\frac{1}{2}$ -inch slices.

## ***Apple Cider-Pumpkin Bundt Cake***

Unsalted butter to grease the pan  
1 ½ c all-purpose flour + additional  
to flour the pan  
1 ½ c whole wheat pastry flour  
1 ¼ c unbleached organic cane  
sugar  
2 tsp ground cinnamon  
½ tsp ground ginger  
½ tsp ground cloves  
¼ tsp ground nutmeg

1 ½ tsp baking powder  
½ tsp baking soda  
½ tsp sea salt  
1 cup unsweetened apple cider  
¾ cup pumpkin puree  
¾ cup extra-virgin olive oil  
3 large eggs at room temperature  
2 tsp pure vanilla extract  
To finish: a dusting of powdered  
sugar or glaze

1. Preheat oven to 350 degrees. Grease and flour the bundt pan. Make sure you get the butter in all the nooks and crannies. Tap the excess flour out of the pan.
2. In a large bowl, whisk all the dry ingredients together.
3. In a medium bowl, whisk together all the wet ingredients until well combined. Add the wet mixture to the dry mixture and stir until just combined. Do not overmix.
4. Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 45-50 minutes until a toothpick inserted into the thickest part comes out clean.
5. Cool for 10-15 minutes before removing from pan. Loosen the sides with a thin knife and then invert onto a cooling rack. Cool completely before dusting with powdered sugar or glaze.

**Cream Cheese Glaze:** Whisk together 8 ounces room temperature cream cheese + 6-8 Tbsp unsweetened apple cider or juice until completely smooth.

**Apple Cider Powdered Sugar Glaze:** Whisk together 1 cup powdered sugar (sifted), 1 Tablespoon melted unsalted butter or melted coconut butter, a pinch of salt and 1-2 Tbsp apple cider or juice until completely smooth.

## DESSERT

### *Lemon Ricotta Tart with Blueberries*

1 box Nilla (12-ounce box)	⅓ cup granulated sugar
6 tbsp unsalted butter, melted	2 tbsp finely grated lemon zest (from
2 cups ricotta cheese	2 lemons)
4 ounces cream cheese, softened	3 tbsp lemon juice
2 large eggs	1 carton fresh blueberries washed

Preheat oven 375 degrees. In a food processor, pulse vanilla wafers until finely ground (to yield 2 cups). Add butter and pulse until crumbs are evenly moistened.

Transfer crumb mixture to a 9-inch springform pan. Press firmly into the bottom and up the sides. Place pan on a baking sheet; bake crust until lightly browned and set, 10 to 12 minutes. Remove from oven and place on cooling rack

In clean food processor, blend ricotta, cream cheese, eggs, granulated sugar, and lemon zest and juice until smooth. Pour into hot crust in pan; bake until filling is set and browned in spots, 30 to 35 minutes. Cool completely on a wire rack.

Cool the tart completely on a cooling rack. Once cooled, top with blueberries, slice, and serve.

## ***Vanilla Bean Rice Pudding***

1½ cups water

¾ cup basmati rice

¼ tsp salt

3 cups whole milk

1 cup heavy whipping cream

½ cup sugar

1/2 vanilla bean, split lengthwise

Bring 1 1/2 cups water, rice, and salt to simmer in heavy large saucepan over medium-high heat. Reduce heat to low; cover. Simmer until water is absorbed, about 10 minutes. Add milk, cream, and sugar. Scrape in seeds from vanilla bean; add bean. Increase heat to medium; cook uncovered until rice is tender and mixture thickens slightly to a soft, creamy texture, stirring occasionally, about 35 minutes.

Remove pudding from heat and discard vanilla bean. Divide pudding evenly among small bowls. Serve warm or press plastic wrap directly onto surface of each pudding and chill thoroughly. DO AHEAD: Pudding can be made 2 days ahead. Keep refrigerated.