

SPRING



Halibut, Peas Puree, Spicy Broccoli

No dairy, gluten free

Ingredients for Two People

- 25-6oz Halibut fillet
- 4 oz Farro
- 10 oz Broccoli
- 1 tsp Chili flakes
- 6 oz. English peas
- 4 Mint leaves
- 1/4 cup of Parsley
- Lemon zest of half lemon
- 1/2 Garlic clove
- Extra virgin olive oil
- Salt

Black pepper

Directions

To make the farro: Add 2qt of water to a pot with 1 tbsp of salt. Cook the farro in a pot with 2qt of water and 2 tsp of salt for about 25 min. After it is cooked, strain the water

To make the English peas puree: In another pot, boil 2 quarts of water with 1 tbsp of sea salt. While you are boiling the water, add 1 qt of cold water to a bowl with some ice. When the water starts to boil, add the English peas (they can be fresh or frozen). Cook them for 3 minutes and then strain the water and throw the peas in water with ice. Leave the peas in ice water for a couple of minutes. Strain the peas – these are now blanched. Put these blanched peas in a blender add 1 tbsp of extra virgin olive oil, 3 mint leaves, 2 ice cubes, and salt and black pepper to taste. Blend all the ingredients until everything is smooth. Transfer the puree in another container and place in the fridge.

To make the parsley dressing: Chop the parsley and add 2 tbsp of Extra-virgin olive oil, the lemon zest, salt and black pepper. Once you have made the dressing, pour over the cooked farro.

To make the broccoli: In a pan, warm in up some extra virgin olive oil, add the chili flakes and the broccoli. Sauté until they are tender. You can add water to the hot pan with broccoli if you wish to steam them for a softer texture. Finish with salt and black pepper to taste.

To make the halibut: Season the halibut with salt and black pepper. In a small pan, add the extra virgin olive oil. Once warm, cook the halibut until seared, approximately 4 minutes on each side.

Plate and enjoy!

SPRING



Whole Wheat Spaghetti With Vegetables

Ingredients for two people:

- 5 oz of whole wheat spaghetti
- 2 Garlic cloves
- 1/2 cup of onions
- Yellow cherry tomatoes (25)
- 8 Asparagus spears
- 2 oz Carrots
- Kale
- 1/2 cup of Peas (fresh or frozen)
- Extra virgin olive oil
- Salt
- Black Pepper

Directions

To make vegetable ragu: Dice all the vegetables into 1 inch pieces but keep separate. Make sure to peel the carrots and asparagus before dicing. Separate the asparagus heads from the stem, and slice the stem widthwise.

Heat about 2 tbsp of olive oil into a medium pan and then add the ingredients in the following order: carrots, then garlic.

Allow ingredients to cook for a minute. Then add the onions and cherry tomatoes.

Allow ingredients to cook for a minute. Then add the asparagus.

Add some water and let simmer. Finally add peas and asparagus tips.

If you want this to be more “tomato-y”, you can also add 1/2 cup of tomato sauce at this time. Add salt and black pepper to taste and decrease heat to low. Cook this mixture for at least 20/30 min.

To prepare the kale: Rinse and remove the central vein from the kale. Heat a pot of water until boiling, and then add the kale to the boiling water. Cook for a couple minutes, and then transfer the kale to a bowl of water and ice. Let the kale cool, and then remove from the ice water. Remove excess liquid from the kale by pressing between two towels. Then chop the kale roughly.

While your ragu is cooking, place 1 gallon of water and 2 tbsp of sea salt in a large pot. When the water starts to boil, add the pasta and cook until al dente (hint: the package will tell you the right cooking time for the pasta you use). Strain from the water and add the spaghetti to the sauce (Tip: it is ok to keep some pasta water in and add to the sauce). Add the blanched kale and cook all together for a few minutes.

Plate and enjoy!

SUMMER



Peach and Goat Cheese Salad

Vegetarian, gluten free

Ingredients for two people

- 2 Peaches
- 6 oz Gem lettuce
- 2 tbsp Honey
- 14 leaves of Tarragon
- 4 Basil leaves
- 10 Chives stems
- 1/2 cup of Goat cheese
- 2 tbsp Greek yogurt
- 4 oz Green beans
- 20 Walnuts
- 2 tbsp Extra virgin olive oil 4 tbsp Lime fresh juice

2 tbsp Honey

1 tbsp Dijon mustard

1 tsp sea salt

Directions

Slice the peaches and quickly sauté them in a pan with some honey until caramelized.

Mix the greek yogurt with the goat cheese.

Chop the herbs (chives, basil and tarragon) and add to the goat cheese/yogurt mix.

Meanwhile, toast the walnuts in a pan until fragrant.

Cook the green beans, covered, in a small amount of boiling salted water until crisp-tender (about 10 minutes). Drain the beans, let them cool, and then cut them in small pieces.

To make the lime vinaigrette: Mix the extra virgin olive oil with the lime juice, add the honey, dijon mustard and a pinch of sea salt. Whisk together. Add a pinch of pepper and mix again.

Combine the gem lettuce and chopped green beans. Then add the lime vinaigrette and mix. Sprinkle in the toasted walnuts.

On a plate, spread the herbed goat cheese in the middle. Then add the peaches and greens mix of lettuce, green beans, and walnuts.

Plate and enjoy!

SUMMER



Tomato Gazpacho, Quinoa, Celery and Celery Leaves

Vegan, gluten-free

Ingredients for two people

- 6 ripe tomatoes
- 1 stalk of celery plus the celery leaves (chopped)
- 1/2 cup large onion
- 1 Cucumber
- 1/2 jalapeño pepper
- 1/2 tbsp of quinoa (dried)
- 1 tbsp Sherry vinaigrette
- 2 tbsp olive oil
- Salt
- Black pepper

Directions

Cook the quinoa in salt water per packaging instructions. Once cooked, mix with a small amount of olive oil and black pepper for taste.

Dice the onion. Then sauté the onion in some olive oil until translucent and tender.

Cut the cucumber into half widthwise, and then cut each half into 4 spears. Remove the seeds from each spear. Cut the remaining spears into slices.

Cut the jalapeño in half lengthwise and remove the seeds. Use one half, and chop roughly. Set the other half aside, you will not be needing it.

Cut the tomatoes roughly. Remove the seeds from the meat. Blend the portion with the seeds. Strain this mixture of blended tomato seeds.

Put the tomato pulp back in the blender, and add the other vegetables – tomato meat, cucumber, celery, onion and jalapeño. Also add olive oil, salt, black pepper, sherry vinaigrette and blend until the mixture is smooth. You can add tomato paste prior to blending for a stronger flavor.

Pour the gazpacho in a bowl and add the quinoa and few celery leaves.

Plate and enjoy!

SUMMER



Snapper Cooked Cartoccio* Style

Gluten-free

Ingredients for two people

- 10 oz snapper fillet
- 10 cherry tomatoes
- 4 slices of lemon
- 2 tsp ginger minced
- 2 carrot
- 2 zucchini
- 2 garlic clove
- 2 tbsp lemon juice
- 4 tbsp butter
- 2 tbsp coconut milk

Directions

To prepare the fish: Cut the cherry tomatoes into quarters. Place the snapper fillet in a large piece of aluminum foil. Add a pinch of salt and black pepper on the snapper. Place one garlic clove and one or two slices of lemon and some olive oil to the snapper. Arrange the cherry tomato quarters on and around the snapper. Wrap up the snapper and garnishes and cook in the oven at 350 F for 25 min.

To make the carrot puree: Wash and peel the carrots. Peel the ginger. Then slice the carrot and mince the fresh ginger. Cook the sliced carrots in one pint of water in a pot. When the carrots are tender, remove the carrots from the hot water. Set the cooking water aside. Add the minced ginger to the carrots, add a pinch of salt, and blend the carrots with some of the cooking water into a puree consistency. Set the puree aside.

To make the snapper glaze: In another small pot add 2 tbsp of coconut milk and lemon juice and bring to a boil. Then turn to heat to low and add the butter. Melt the butter and whisk the mixture. Turn off the heat and set aside.

Cut the ends off of the zucchini. Cut the zucchini into 4 spears lengthwise. Remove the seeds at the central part of each spear. Then slice the spears. Sauté the sliced zucchini in extra virgin olive oil, add salt and black pepper.

Plate and combine the ingredients together.

**Cartoccio means to cook food in a paper wrapper or aluminum foil*

FALL



Winter Squash Soup

Vegetarian, gluten-free

Ingredients for two people

- 2 Butternut squash
- 1/2 cup Feta cheese
- 6 garlic cloves
- 10 sprigs of thyme
- 2 tbsp of pumpkin seeds
- 1 tsp chives
- Extra virgin olive oil
- Salt
- Black pepper
- Butter

Directions

Cut both of the butternut squash in half lengthwise and remove the seeds. Then cut the squashes into 8 pieces total. Place the butternut squash side up on a baking tray and drizzle with olive oil, garlic cloves, thyme salt and black pepper. Roast in the oven for around an hour at 350 F. Cool down for about 20 min then remove the pulp from the skin with a spoon. Blend the butternut pulp with some water, salt, pepper, and olive oil. Add butter towards the end, and blend until the mixture is at a smooth consistency. Add more salt and black pepper to taste.

Toast the pumpkin seeds in a pan on low heat. Remove from heat once lightly browned and fragrant.

Add the blended soup to a small pot and heat over the stove. When warm, place the soup into a bowl and garnish with feta cheese, toasted pumpkin seeds and the chopped chives.

FALL



Spinach And Clams Risotto

Vegetarian, gluten-free

Ingredients two people

- 6oz rice (Carnaroli or vialone nano type is best)
- 1 lbs spinach
- 2 lbs of fresh Clams
- 6 oz cauliflower
- 1 tsp chili powder
- 1 shallot
- 3 cloves of garlic
- 4 slices of lemon
- 4 stems of parsley
- 1 tbsp butter
- 1 cup of white wine

1/2 cup grated parmigiano reggiano

2 tbsp extra virgin olive oil

Salt

Black pepper

Directions

To make the clams: Soak the clams overnight in cold water and place in the fridge to make sure the sand comes out of the shells. Sometimes this process is already done so make sure to talk with your fisherman or supermarket associate. Strain the clams from the water and place into a large bowl and with 2 tbsp of extra virgin olive oil, parsley, two smashed garlic cloves with their skin on, some of the the white wine, and two slices of lemons. Mix well.

Heat a pan on high. Turn the heat down to low and add the clams with all the ingredients in it and cover the pan. Now turn the heat up to medium and cook for around 10-15 min. Once the clams are open, it means that they are ready. Once open, strain the liquid into a small bowl and set aside (you will use this later). Throw away all the vegetables and remove the clams from their shell. Place the clams in their cooking liquid and let cool down.

To make the spinach puree: In another pot place about 6 cups of water with salt and bring to a boil. In another large mixing bowl, combine water and ice. When the water in the pot starts to boil add the spinach into the boiling water and cook for around 10 seconds to blanch. Take the spinach out of the boiling water and place in the bowl with the ice water. Once cooled, squeeze the spinach between towels to remove the water and chop it roughly. After chopping, place in a blender with 1 tbsp of extra virgin olive oil, salt and black pepper (to taste). You can add a couple of ice cubes if necessary. Blend to puree consistency. And once the puree is smooth, place in the fridge.

To make the cauliflower: Cut the cauliflower in small florets. Heat salted water in a pot until boiling. Boil the cauliflower florets for about 2 minute. Remove the cauliflower florets from the salted water. Season the florets with chili powder, salt and extra virgin olive oil.

To make the risotto: In a pot, place around 10 cups of vegetable stock, chicken stock or water and warm up. Then chop the shallots into thin pieces. In a small casserole bowl,

place 3 tbsp of extra virgin olive oil and sauté the shallots) for a couple of minutes on low heat. Add the risotto to the sautéed shallots and toast the risotto for one minute, making sure to stir continuously. After a minute, add some of the white wine and bring to a simmer. Once the alcohol evaporates, add the stock or water slowly, little by little. The rice should be covered by an inch of liquid and when the liquid is almost completely absorbed by the rice add more liquid and repeat this until the rice tender and is cooked. Make sure to keep stirring the rice every couple of minutes. Once the rice is cooked, add the spinach puree, the butter, the Parmigiano-Reggiano and the clams with all the juice. Continue stirring.

Plate the risotto and add the cauliflower seasoned on top.

FALL



Roasted Chicken With Mushrooms, Barley, and Basil Pesto

Ingredients for two people

- 2 chicken breast (skin on)
- 1/2 cup of barley
- 10 oz basil
- 5 oz mushrooms
- 2 sprig of thyme
- Extra virgin olive oil
- 4 cups Chicken stock
- 1 tbsp Cornstarch

Directions

To make the barley: Cook the barley in a pot uncovered with 2 qt of water and 2 tsp of salt for about 15 min. Drain the water and set aside. Once the basil pesto is done, add some to barley for seasoning.

To make the basil pesto: Bring 6 cups of salty water to a boil. While the salt water is coming to a boil, place ice and water into a bowl. Add the basil in the pot of boiling water for 10 seconds and strain, placing the basil leaves immediately in the ice water. Once cool, remove the basil leaves from the ice bath. Squeeze the basil leaves between towels to remove the water and chop roughly. Place in a blender, add olive oil, salt and black pepper to taste. Blend to puree consistency, add olive oil and up to 4 ice cubes if necessary. Set aside until ready to plate with barley.

To make the chicken: Prepare the marinade. Chop the tarragon leaves. Add to the fennel seeds, and mix with a couple tablespoons of olive oil. Dress the chicken breast with this marinade, and set aside. Place about 1 tbsp of olive oil in an oven-safe pan and heat on medium high. Once the pan is hot, place the chicken skin side down in the pan. Sear the chicken for 8 min, and then turn onto other side. Sear for another 8 minutes, or until neither side is pink.

While the chicken is cooking, to make the mushrooms: Chop the mushrooms. Add olive oil to a pan, and once it gets hot add the thyme. Allow to sauté for a moment. Then add the mushrooms and chicken broth and cook those on medium to medium-high heat for about 10 min. Add a small pat of butter to the mushrooms while cooking if you desire a richer flavor.

Add the food to the plate.

WINTER



Roasted Beets With Tahini Pistachio Sauce

Vegan, gluten-free

Ingredients for two people

- 6 medium beets
- 2 cup of vinegar (white or red wine vinegar) 6 cups of water
- 3 tbsp kosher salt
- 3 tbsp of olive oil
- 2 tsp whole black peppercorns
- 2 tbsp tahini
- 2 cup of pistachios 4 cups of water
- 2 pear
- 2 tbsp of lemon juice 2 cup Frisée salad
- Juice of 1 orange (about 1/2 cup)

Directions

To make the beets: Put the beets with the vinegar, water, kosher, salt, olive oil and black peppercorns in a casserole dish and cover with a lid or aluminum foil. Cook in the oven at 400 F for about 45 min for medium size beets. The beets will be done when they are easily pierced with a toothpick. Once they are done, remove the beets from the liquid and let cool (approx. 10/15 min). Once cooled, peel the beets with a kitchen towel or paper towel.

To make the tahini pistachio sauce: Add the tahini, pistachios and the water to a blender and blend everything until it is pureed.

To make the pears: Slice the pears and place those in water with lemon juice to avoid oxidizing. Meanwhile, add the orange juice to a pan, bring to a boil and let reduce by about 70%. Set aside.

Season the beets and the frisée salad with the orange reduction. Drizzle with the tahini pistachio sauce.

WINTER



Salmon With Black Rice, Fennel and Chard

Gluten-free

Ingredients for two people

- 2 5 oz Salmon
- 2 cup fennel, chopped
- 1/2 Onion
- 1/2 cup small potato, chopped 1/2 cup almond milk
- 2 tbsp extra virgin olive oil Salt
- 2 tbsp black rice
- 1 bunch Swiss Chard
- 1 clementine

Directions

Peel the skin off the onion and slice. Then peel the potato and dice it. In a small pan, sauté the onions in the olive oil. When translucent, add 1/2 cup of fennel, the potatoes, the

almond milk and cook until everything gets soft. Add salt to taste. Blend the mixture until smooth and set aside.

Meanwhile, cook the black rice in salt water according to package instructions. Strain once cooked. Toss with a small amount of olive oil and salt to taste.

Rinse the chard in cold water and remove the stems.

Boil the water, add 1 tsp of salt and when it boils, add the chard. Boil for around 3/4 minutes. After boiling, place the chard in an ice water bath. When cool, squeeze the chard between towels and chop roughly. Sauté the chard in 1 tsp of extra virgin olive adding salt and black pepper to taste.

To make the fennel salad: Slice the fennel with a mandolin (or thinly slice). Place in an ice bath until cool. Then remove the fennel and remove excess moisture with a paper towel. Then season with olive oil and salt.

Peel the clementine and cut into wedges

To make the salmon: In a medium high heated pan, cook the Salmon on the skin side in some olive oil for around 4 minutes. Flip the salmon and cook for another 2 minutes. Remove from the heat.

Place the ingredients and enjoy!

WINTER



Lamb With Couscous, Cumin Carrots, Roasted Garlic Yogurt, Brussels Sprouts, and Pomegranate

Ingredients for two people

- 6 Lamb chops
- 3 oz of couscous
- 8-10 baby rainbow carrots
- 2 tsp cumin
- 15 cloves of garlic
- 1/4 cup of plain yogurt
- 20-22 brussels sprouts
- Seeds from 1 pomegranate

Directions

To make the couscous, in a medium saucepan bring the water to a boil. Stir in the couscous, cover tightly with a lid, and remove from heat. Let the couscous steam for about 5

minutes. Use a fork to fluff the couscous and break up any clumps. Remove from heat when done, and set aside.

Meanwhile, wash and peel the carrots. Then season the whole carrots with salt, cumin and extra virgin olive oil and place in the oven at 375 F for around 10-15 min, depending on how thick the carrots are. If they are thin, reduce time.

Chop the garlic cloves into smaller pieces. Heat a pot of extra virgin olive oil on the stove, and add the garlic pieces. Cook the garlic pieces until the garlic gets brown color. Strain from the olive oil. Chop the garlic and add this to the plain yogurt.

Clean and trim the stems off the Brussels sprouts. Remove the outer leaves and cut in a half. Cook in boiling water for around 5 min. Then remove the cooked sprouts and place them in an ice water bath. Once cooled, remove the sprouts from the ice water. In a pan, sauté the Brussels sprouts in olive oil until they turn light brown. Remove the sprouts from heat. Once cooled, mix in the pomegranate seeds with a couple teaspoons of olive oil and a pinch of salt.

Prior to cooking, place pinches of salt and pepper to each side of the lamb. In a pan, sear the lamb on both sides for about 6 min each side.

Combine the ingredients on the plate.