

Chad & Emily's Cookbook

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Main Courses

Quick-Easy Meals

White Bean and Tuna Quesadilla

1 can white beans
1 can tuna
Spices to taste
Cheese
2 tortillas

Put beans in a bowl and mash ½ of them, stir in tuna and spices (salt, pepper, chili powder, hot sauce). Spread on a tortilla, sprinkle with cheese. Bake or grill until finished.

Pasta

Fettuccine and Tofu with Finger-Licking Peanut Sauce

This dish has endless variations: Substitute chicken, pork, or shrimp for the tofu and almost any kind of pasta for the fettuccine. Or add vegetables of your choice.

1/2 cup fat-free, less-sodium chicken broth
1/4 cup chunky peanut butter
1/4 cup low-sodium soy sauce
3 tablespoons brown sugar
2 tablespoons rice vinegar
2 T chile and garlic sauce
1 T garlic and ginger paste
8 ounces uncooked fettuccine
1 pound firm tofu, drained and cubed
1/2 onions chopped
2 teaspoons grated peeled fresh ginger
1 cup shredded carrot
1 cup broccoli

Combine first 7 ingredients in a small saucepan. Cook over medium heat 5 minutes or until smooth, stirring frequently. Remove from heat.

Fry tofu in a small amount of sesame oil

Fry onion and ginger until soft then add carrot and broccoli and some soy sauce. Saute for just a couple minutes.

Cook pasta in boiling water 8 minutes, omitting salt and fat. Drain. Add tofu, onions, broccoli and carrot. Add peanut butter mixture; toss gently.

Yield: 4 servings (serving size: 2 cups)

CALORIES 465(29% from fat); FAT 14.5g (sat 2.3g,mono 5.3g,poly 6g); PROTEIN 23g;
CHOLESTEROL 1mg; CALCIUM 174mg; SODIUM 713mg; FIBER 4.5g; IRON 9.6mg;
CARBOHYDRATE 60.8g

Instant Gnocchi

Servings: 2

In a food processor mix:

1/8 t. garlic powder

1 cup water

1 beaten egg

1 t. soft butter

In another bowl mix:

2 cups instant potato flakes

1 cup flour

1/2 t. salt

1 t. dried parsley

Add this mixture to the food processor and mix at a low speed until dough forms

Flour hands and table and knead the dough ten roll out flat, cut into strips and roll the strips into ropes. Cut the ropes into bite-sized pieces and roll each piece with the tines of the fork (for that “gnocchi look”). Boil in salted water for about 3-5 minutes. Drain with a slotted spoon rather than a colander because they are a bit delicate. Add sauce of your choice.

You can play around with the dough by adding parmesan, minced sun-dried tomatoes, spinach, etc.

Total calories 1157, total Fat 11 g.

Lazy Day Lasagne

1 lb ground beef or pork

onion

garlic

1 jar spaghetti sauce
1 egg
12 oz. ricotta cheese
2 cups mozzarella cheese
Italian seasoning
1 box of lasagne noodles

Brown the beef with garlic, onion, and pepper. Add spaghetti sauce.

In a bowl mix together: egg, ricotta cheese, Italian seasoning, 1.5 c mozzarella cheese.

Layer lasagne in a 9x13 inch pan:
3/4 c of sauce mixture
1 layer of lasagne noodles
½ of the cheese mixture
½ of the remaining sauce mixture
1 layer of lasagne noodles
the rest of the cheese mixture
1 layer of lasagne noodles
the rest of the sauce mixture

Pour 3/4 c water around the edge of the pan.

Cover the pan with tin foil.

Bake for 45 minutes at 400° C.

Remove tin foil and add ½ c of cheese to the top and return to the oven for 15 minutes.

Remove from the oven and let set for ~10 minutes.

Linguine with Walnuts, Green Beans, and Feta

1 cup walnut halves or pieces
12 ounces dried linguine
1 tablespoon olive oil
12 ounces slender green beans (1/4 in. thick) such as haricots verts
Salt and pepper
1/4 cup toasted walnut oil or extra-virgin olive oil
1 cup crumbled feta cheese (5 oz.)

1. Put walnuts in a 10- by 15-inch pan and bake in a 350° oven until golden under skins (break one to check), 8 to 10 minutes. Pour from pan. Increase oven temperature to 500°.

2. Meanwhile, in a covered 5- to 6-quart pan over high heat, bring about 3 1/2 quarts water to a boil. Stir in linguine and boil, uncovered, until barely tender to bite, 8 to 10 minutes. Drain and return to pan.

3. Trim ends from green beans; rinse and drain beans. In the 10- by 15-inch pan, combine 1 tablespoon olive oil and green beans; spread level in pan. Sprinkle generously with salt and pepper. Roast in a 500° oven until green beans just begin to brown, 4 to 6 minutes.

4. In a large serving bowl, combine walnut oil, and feta cheese. Add pasta, walnuts, and green beans; mix gently. Season to taste with more salt and pepper.

Yield: Makes 4 to 6 servings

CALORIES 520 (52% from fat); FAT 30g (sat 5.9g); CHOLESTEROL 21mg;
CARBOHYDRATE 51g; SODIUM 273mg; PROTEIN 14g; FIBER 3.4g

Penne with Garlicky Butternut Squash

1/4 cup olive oil

4 cups diced (1/2-inch) butternut squash (from a 1 1/2 pound squash)

4 large garlic cloves, minced

1/4 cup water

1/4 teaspoon grated nutmeg

6 sage leaves, minced or 1/4 teaspoon powdered sage

1/4 cup minced fresh parsley

1/2 teaspoon salt

Freshly ground black pepper

1 pound uncooked penne

Grated Parmesan

Bring a large quantity of water to a boil in a stockpot. Heat the oil in a large skillet over medium-high heat. Toss in the squash and saute 5 minutes, or until it begins to get golden. Sprinkle in the garlic and saute 2 minutes. Pour in the 1/4 cup water, nutmeg, sage, parsley, salt and pepper, and cover the pan. Cook the squash until tender, about 5 minutes more.

Cook the penne until al dente, about 10 minutes. Drain thoroughly in a colander and return to the pot. Spoon on the squash mixture and toss gently. Serve with a sprinkling of Parmesan and pass more at the table.

Rigatoni Positano

Serves: 4

Ingredients:

1/4 oz. Basil

10 oz. Marinara Sauce (see Marinara Sauce recipe)

4 oz. Fresh Mozzarella Cheese

2 oz. Grated Romano Cheese

6 oz. Chicken breasts, cooked and sliced

1 T. Garlic

3 oz. Olive Oil

10 oz. Eggplant

24 oz. cooked Rigatoni Pasta

Heat olive oil. Add Eggplant and sauté until brown and soft. Add chopped garlic and sauté. Add sliced chicken breast, and marinara sauce. Reduce heat. Add basil. Toss cooked rigatoni pasta with sauce, then romano cheese, fresh chopped basil, and mozzarella cheese.

Beef

Red Wine-Planked Peppercorn New York Strip Steaks

Source: Ted Reader, "Napoleon's Everyday Gourmet Plank Grilling"

Servings: 2-4

1 cedar plank, soaked in mixture of 1 part water to 1 part red wine
1 head roasted garlic
2 green onions
¾ c. seedless red grapes, halved
¼ c. crumbled Gorgonzola cheese
1 T. chopped fresh Italian parsley
2 (12 oz.) New York strip steaks
¼ c. multicolored peppercorns, coarsely crushed
Coarse salt
½ c. Lindeman's Bin 50 Shiraz

Remove the cloves of roasted garlic from the head and discard the peels. Toss the garlic, onion, grapes, cheese, and parsley together. Season with salt and pepper; set aside.

Rub the steaks with peppercorns and coarse salt. Place the steaks in a non-reactive dish and pour the red wine over. Marinate for 1 hour.

Preheat grill to medium-high heat. Remove steaks from marinade and discard liquid. Place steaks onto grill and sear one side for 1-2 minutes. Turn steaks and sear opposite side for an additional 1-2 minutes. Remove steaks from grill and place onto plank.

Place plank on grill and close lid. Plank grill the steaks for 10 minutes. Top steaks with roasted garlic mixture. Plank grill for 5 more minutes for medium-rare doneness. Remove plank from grill and allow steaks to rest for 2-3 minutes before slicing. Carve steaks into thick slices and serve immediately, spooning any garlic mixture that falls off over the meat.

Reuben Casserole

Serves 6-8

Ingredients

- 6 slices rye bread, divided
- 1 pound pastrami or corned beef, thinly sliced or shaved
- 1 (14.5 oz.) can sauerkraut
- 4 cups Swiss Cheese, shredded
- 1 cup dill pickles, chopped
- 1 cup milk
- 1/3 cup Thousand Island dressing (optional)
- 1/4 cup mustard

- 3 large eggs
- 2 teaspoons caraway seeds

Directions

- Preheat oven to 350° F and lightly grease a 9×11-inch baking dish with butter or non-stick spray.
- Take four pieces of rye bread and cut them into large cubes. Place remaining bread in food processor, pulse until you've got fine breadcrumbs and set aside.
- Spread cubed bread out along the bottom of your baking dish, then cover with 1/2 of pastrami. Top 2-3 layers of beef with sauerkraut, pickles, half of caraway seeds and 2 cups cheese.
- Cover with remaining beef, caraway seeds and cheese.
- In a medium bowl, whisk together milk, salad dressing and mustard, then beat in eggs until combined.
- Pour wet ingredients evenly over the casserole, then top with breadcrumbs.
- Place baking dish in oven and bake for 40-45 minutes, or until mixture is bubbly, top is browned and center is set.
- Remove from oven and serve hot.

Grandma's Swedish Meatballs

This is the basic recipe, fry a sample to taste and add spices if needed.

1 # ground beef
 1/2 # Jimmy Dean regular pork sausage
 salt, pepper, nutmeg, I like lots, Lawry's season salt, crazy Jane's salt, celery salt
 1 large white onion, chopped
 1 egg
 1/2 teaspoon baking powder
 Add bread crumbs

Roll in flour and brown

Make gravy from drippings in skillet, add 2 cans mushroom soup, milk, sour cream, spices and bouillon if needed.

Put in casserole, bake 1 hour

Game

Coffee Spiced Elk Back Strap with Red Wine Chile Sauce

Ingredients

- Spice Rub
 - 1 tablespoon New Mexico red chile powder
 - 2 tablespoons finely ground coffee beans
 - 2 tablespoons freshly ground black pepper
 - 2 tablespoons dark brown sugar
 - 2 teaspoons smoked paprika
 - 1 1/2 teaspoons mustard powder
 - 1 teaspoon kosher salt
 - 1-2 pound portion of Elk back strap
 - 2 tablespoons olive oil
- Red Wine Chile Sauce
 - 1/2 cup butter
 - 1 pound white mushrooms, Sliced
 - 4 cloves garlic, minced
 - 2 tablespoons red chile powder
 - 1-1/2 cup dry red wine
 - salt and pepper
 - 1 tablespoon butter
 - 2 tablespoons fresh parsley, minced

Instructions

For the Elk

Rub olive oil on the entire piece of meat and then apply rub to all sides. Allow to sit at room temperature so the meat can take in the flavors of the rub for at least an hour. Heat coals on a grill. When the coals are hot, move them to one side of the grill. Sear the meat for 3 minutes on each side directly over the coals. Move the steak to the cooler part of the grill and cook with the lid on for about 15/20 minutes (this could change depending on size of the meat, medium rare is the goal here). Rest the steak for AT LEAST 15 minutes before slicing.

For the sauce

In a large skillet, melt butter over high heat. Throw in mushrooms, garlic, and red chile powder and cook, stirring occasionally until mushrooms browned. Add the wine and stir, scraping the bottom of the pan. Cook for several minutes or until liquid is reduced by at least half. Once reduced, turn off heat and add 1 tablespoon butter and the parsley and stir together. Spoon sauce over the top of the sliced elk and enjoy!

Elk Carpaccio Salad

Lemon Olive Oil Dressing: Yields about a pint of dressing

1 tbsp Dijon mustard
1 tbsp fine shallots
1 tsp fresh minced garlic
4 oz. fresh lemon juice
12 oz. extra virgin olive oil
salt and pepper to taste

Place the garlic, shallots and mustard in a mixing bowl or food processor. Measure out the liquid and mix. In a slow steady stream pour the juice and oil into the mustard mix, while whisking to incorporate. Adjust the seasoning and hold for plating.

Elk Carpaccio

8-10 paper-thin slices of partially frozen elk sirloin, backstrap or filet, all silver skin removed
Several drops of truffle oil
6-8 shavings of Reggiano Parmesan cheese
Coarse sea salt
Freshly ground black pepper
Shaved red onion slivers
Microgreens (Google it)
Toasted or grilled bread, sliced into bite-sized pieces
Assorted fresh herbs like basil, chives, thyme, oregano

To Serve

Arrange the slices of meat in a circle around the plate, drizzle with the lemon olive oil dressing, sprinkle with the sea salt, grind the pepper, place the shaved parmesan cheese and herbs on top of the meat. Splash the meat with the truffle oil. Then lightly dress the greens with the dressing and place a good amount in the middle of the sliced meat. Serve with warm crusty bread or crostini's.

Optional—pre-treat your meat with your favorite dry rub. When you remove the meat from the freezer, generously rub the seasoning all over the meat. Re-wrap it and place it back into the refrigerator to slowly defrost.

Elk/Buffalo Tenderloin

2 lb center-cut buffalo tenderloin
1 cup red wine
1 cup port wine
3 garlic cloves
4 rosemary springs, leaves removed, stems discarded
5 thyme springs
2 T salt
¼ c sugar

2 T black pepper
1 ½ c water

Mix garlic, rosemary, thyme, salt, sugar, and pepper in a food processor for 30 seconds.

Put tenderloin in a 1 gallon Ziploc, add garlic mix and wines.

Seal bag, marinate 8-12 hours.

Remove tenderloin and let dry for 2 hours in the fridge.

Rub with olive oil, sprinkle with salt and pepper.

In a sauté pan sear tenderloin over medium-high heat.

Bake at 375 degrees for 10 minutes or until an internal thermometer reads 115 F. Let it rest for 15 minutes before slicing.

Serves 4

Grilled Elk Tenderloin

Elk Tenderloin weighing 2-4 pounds

Marinade:

1 cup red wine
2 TBSP soy sauce
2 TBSP sesame oil
1 TBSP balsamic vinegar
2 garlic clove, crushed
2 TBSP finely chopped fresh Rosemary leaves or 1 TBSP dry Rosemary leaves
1 tsp honey

For the marinade: In a small saucepan over medium low heat, heat the marinade ingredients for 3 minutes. Remove and let cool.

Place the tenderloin in a baking dish, cover the meat in the marinade. Make sure to turn to coat. Cover with plastic and refrigerate for 1-4 hours.

Prepare a very hot grill and sear the tenderloin for 3-4 minutes on each side for medium rare. Slice into medallions and enjoy the mouthwatering goodness!

Marinated Elk Roast

Roast & Marinade

- 2 TBSP Dijon mustard
- 1 TBSP Thai fish sauce (you can substitute soy sauce)
- 10 springs fresh thyme (removed from the sprig)

- 1 4 inch sprig of rosemary (removed from the sprig)
- 1 TBSP minced garlic
- ½ cup red wine
- 2-3 lbs Elk or Venison roast
- 2 TBSP olive oil

Sauce

- ½ - ¾ cup chicken or beef broth/stock
- 1 TBSP balsamic vinegar
- Corn starch marinate from roast
- 1 chopped shallot (optional)

Combine first 6 ingredients and marinate the roast for 2-24 hours.

Preheat oven to 325°F. Warm oil in skillet, then brown the roast on all sides (1-3 minutes/side). Pour marinate over the roast and place in oven until medium rare (135°F), ~30-40 minutes. Remove from oven and wrap roast in foil.

Place the skillet with all drippings on the stove and add the broth, balsamic vinegar, and shallot. If you need more liquid, add a little more red wine. Scrape all the bits off the bottom and simmer to thicken. If you need to thicken the sauce more, use some corn starch. Strain the sauce.

Slice the roast and serve with sauce.

Venison Medallions with Cherries and Black Peppercorn Sauce

Serves 4

Meat:

- 8 medallions from loin or leg, 3 oz. each
- 2 T. peanut or olive oil
- 2 T. butter
- Salt & pepper, to taste
- Flour

Sauce:

- 1 T. red wine vinegar
- 1/3 c. port wine
- 2/3 c. game stock or beef broth
- 1 T. cornstarch
- 1T. cold water
- 20 fresh pitted cherries (or canned)
- ½ tsp. black peppercorns, crushed
- Salt, to taste

Heat oil and butter in a heavy bottomed frying pan over medium high heat. Season medallions with salt and pepper, dip into flour and shake off excess. Fry medallions to your liking. Remove meat and set aside on a plate to catch the juices and keep warm.

Stir vinegar into pan, scraping off solids from the bottom. Boil until just dry. Add port and stock. Boil down liquid to half the volume. Mix cornstarch with water. Using a wire whisk, gradually stir in just enough cornstarch mixture to thicken sauce. Add the cherries and meat juices; reduce until sauce has desired consistency. Season with peppercorns and add salt if necessary.

Place medallions on warmed plates and pour sauce over meat. Serve with creamy fettuccine or spaetzle.

Lamb

Braised Lamb with Swiss Chard

Ingredients

- 1 cup all purpose flour
- 2 teaspoons ground cinnamon, divided
- 1 3/4 teaspoons ground cardamom, divided
- 6 1- to 1 1/4-pound lamb shanks or lamb shoulder
- 1/4 cup extra-virgin olive oil
- 12 green onions, chopped, divided
- 6 large garlic cloves, chopped
- 1 14.5-ounce can diced tomatoes in juice
- 1 3/4 cups (14 ounces) beef broth
- 1/4 cup golden raisins
- 1 tablespoon tomato paste
- 1/4 teaspoon saffron threads, crumbled
- Large pinch of ground cloves
- 1 to 1 1/4 pounds Swiss chard (about 2 bunches)
- 1/4 cup chopped fresh Italian parsley
- 2 5.25-ounce packages bulgur (about 2 cups), prepared according to package directions

Preparation

Preheat oven to 325°F. Whisk flour, 1 teaspoon cinnamon, 1 teaspoon cardamom, 1 teaspoon salt, and 1 teaspoon freshly ground black pepper in pie dish to blend. Working with 1 lamb shank at a time, coat shanks in seasoned flour. Heat oil in heavy large skillet over medium-high heat. Add 3 lamb shanks. Sauté until brown, turning occasionally, 8 to 10 minutes. Transfer lamb to large roasting pan. Repeat with remaining 3 lamb shanks.

Add half of green onions to same skillet. Reduce heat to low; stir 2 minutes. Add garlic; stir 30 seconds. Add tomatoes with juice, broth, raisins, tomato paste, remaining 1 teaspoon cinnamon,

3/4 teaspoon cardamom, saffron, and cloves. Increase heat and bring to boil, scraping up browned bits. Pour broth mixture over lamb.

Cover roasting pan with foil; place in oven. Braise lamb until tender, turning every 30 minutes, about 2 1/2 hours. Transfer lamb to large rimmed baking sheet. Set pan aside.

Meanwhile, cut center rib (including stem portion) from each chard leaf. Cut chard ribs crosswise into 1/2-inch-wide pieces. Stack several leaf halves at a time and cut crosswise into 1-inch-wide strips.

Tilt roasting pan and spoon off all fat from top of sauce that pools at lower end. Set roasting pan over 2 burners. Add chard ribs and remaining green onions and bring to boil over medium-high heat. Return lamb to roasting pan. Cover and return to oven. Braise until chard ribs are tender, about 20 minutes. Uncover; mix chard leaves into pan juices. Return pan to oven and roast uncovered until chard softens, stirring occasionally, about 5 minutes.

Transfer lamb to rimmed platter. Season chard mixture in pan to taste with salt and pepper. Spoon chard mixture over lamb. Sprinkle with parsley; serve with bulgur.

Braised Lamb (leg or shoulder) – AWESOME

Marinade

- ¼ cup olive oil
- 2-4 TBSP lemon juice
- 1 TBSP minced garlic
- 1 TBSP minced sage
- 1 TBSP minced thyme
- Salt
- Pepper

Lamb

- 1 trimmed leg or shoulder of lamb (about 5 pounds)
- 3 medium onions, coarsely chopped
- 5 celery stalks, coarsely chopped
- 3 carrots, peeled, coarsely chopped
- ¼ cup canola oil

Trim the lamb and score it cross wise at 1” intervals. Mix all marinade ingredients well and spread over lamb. Let sit 1-4 hours.

Preheat oven to 325°. Heat oil in a large heavy ovenproof pot over high heat. Sear lamb on all sides, adjusting heat as necessary to prevent scorching, until deep brown, about 18 minutes. Transfer lamb to a platter. Add onions, celery, and carrots to pot. Reduce heat to medium-low and cook, stirring occasionally, until onions begin to caramelize, about 25 minutes.

Add 4 cups water to pot. Bring to a simmer, scraping up brown bits with a wooden spoon; return lamb and its juices to pot. Add water to almost cover lamb. Cover, and transfer to oven.

Braise until lamb easily pulls apart when pierced with a fork, 4–4 1/2 hours. Transfer lamb to a platter, cover with foil to keep warm. Strain stock through a fine-mesh sieve set over a large bowl; discard solids.

Bring stock to a boil and reduce until it becomes a thick gravy.

Cut lamb into large pieces (3-4" square) and peel from the bone.

Serve with gravy over top (it is also good with a small amount of butter drizzled on it).

Crown Roast (Lamb or Pork)

- 1 9-10 lb crown roast of pork or lamb
- ½ to 1 lb Sausage
- Fennel
- Garlic
- Sage
- thyme
- Salt
- Pepper

For sauce

- 1/2 cup dry white wine
- 1 1/2 cups reduced-sodium chicken broth
- teaspoons cornstarch, dissolved in 2 tablespoons water
- tablespoons cold unsalted butter

Season roast with salt, pepper, garlic, thyme, salt, pepper

Bake at 350F until internal temp is 155F. This will take 2-2.5 hours.

Grilled Veal Chops with Radicchio with Lemon-Caper Sauce

Rib eye or filet mignon would also work well in this recipe.

4 tablespoons extra-virgin olive oil, divided
1 1/2 tablespoons white balsamic vinegar
1 1/2 tablespoons drained capers
1 1/2 tablespoons chopped fresh Italian parsley
1 1/4 teaspoons finely grated lemon peel
1 small garlic clove, minced

2 8- to 9-ounce veal rib chops (each about 3/4 inch thick)
6 radicchio leaves

Whisk 3 tablespoons olive oil and next 5 ingredients in small bowl to blend. Season sauce to taste with salt and pepper. *DO AHEAD Can be made 2 hours ahead. Let stand at room temperature.*

Prepare barbecue (medium-high heat) or heat heavy large skillet over medium-high heat. Brush veal chops with remaining 1 tablespoon olive oil; sprinkle with salt and pepper. Place veal chops on grill or in skillet and cook to desired doneness, about 6 minutes per side for medium. Transfer to platter. Brush radicchio lightly with some of sauce. Place leaves on grill or in batches in skillet and cook just until slightly wilted but not brown, pressing lightly to flatten, about 45 seconds to 1 minute per side.

Divide radicchio and veal chops between plates. Spoon sauce over and serve.

Makes 2 servings.

Horst Pfeifer's Herb-Crusted Lamb

four 6-oz. pieces of boneless loin of lamb, fat trimmed off
6 tsp. fresh rosemary and thyme, chopped
8 tbsp. shallots, peeled and finely chopped
1 clove garlic, peeled and finely chopped
1 cup merlot
4 tsp. butter
salt and pepper

Season lamb with salt and pepper and roll in rosemary and thyme. Melt butter over medium-high heat in a heavy sauté pan. Add lamb pieces and sear on each side. Remove lamb from pan and add shallots and garlic, stirring to keep them from burning. When shallots are transparent, stir in wine and reduce by half. Add more salt and pepper to taste. Put lamb back into sauté pan and cook over medium-low heat for one and a half to two minutes, turning once. Slice and serve with sauce.

SERVES FOUR.

700 calories, 45 grams protein, 1 gram carbohydrate, 17 grams fat.

Lamb Chops with Pomegranate Relish

- ½ cup pomegranate seeds
- ¼ cup chopped black olives
- ¼ cup crumbled feta
- ¼ cup plus 2 Tbsp. olive oil
- 2 tablespoons chopped fresh flat-leaf parsley
- Kosher salt and freshly ground black pepper
- 8 lamb rib chops
- 2 teaspoons crushed fennel seeds

Prepare grill or grill pan for medium-high heat. Mix pomegranate seeds, olives, feta, ¼ cup oil and parsley in a bowl; season with salt and pepper. Rub lamb chops with remaining 2 Tbsp. oil, then fennel; season with salt and pepper and grill to desired doneness. Serve with relish.

Lamb Shoulder with Polenta and Beans - AMAZING

LAMB ROAST

- 2 cups fresh basil leaves
- 2 Tbsp. olive oil
- 1 3-lb. lamb shoulder roast
- Kosher salt and freshly ground black pepper

POLENTA

- 4 sprigs thyme
- 1 small shallot, finely chopped
- 1 garlic clove, finely grated
- 1 cup coarse polenta
- 1 cup heavy cream
- 3 cups (or more) low-sodium chicken broth
- Kosher salt and freshly ground black pepper

BEANS AND ASSEMBLY

- ⅓ cup sugar
- ⅓ cup unseasoned rice vinegar
- ½ tsp. hot chili paste (such as sambal oelek)
- 1 tsp. kosher salt plus more
- 2 leeks, white and pale-green parts only, halved lengthwise, sliced crosswise ¼" thick, divided
- 3 oz. thick-cut bacon, sliced crosswise ¼" thick
- 1 14-oz. can cannellini beans, rinsed
- Freshly ground black pepper
- ¾ cup fresh flat-leaf parsley leaves

- ½ cup fresh cilantro leaves with tender stems

LAMB ROAST

- Preheat oven to 325°.
- Blend basil and oil in a food processor until smooth.
- Place lamb in a roasting pan. Season generously with salt and pepper and rub basil purée all over. Cover with foil, and cook until fork-tender, 3–3½ hours. Remove lamb and debone.
- Increase oven temperature to 500°.
- Remove foil and roast lamb until golden brown, 10–15 minutes.
- Let rest 30 minutes.
- Pour pan juices into a measuring cup and skim; set jus aside.

POLENTA

- Reduce oven temperature to 325°.
- Mix thyme, shallot, garlic, polenta, cream, and 3 cups broth in a 13x9x2” baking dish; season with salt and pepper.
- Cover with foil and bake, without stirring, until polenta is softened and liquid is almost completely absorbed, 60–75 minutes. Thin polenta with more broth, if needed.

BEANS AND ASSEMBLY

- Bring sugar, vinegar, chili paste, 1 tsp. salt, and ½ cup water to a boil in a small saucepan.
- Add half of leeks, 1/3 of the cilantro and parsley, reduce heat, and simmer until soft, 8–10 minutes. Drain; set leeks aside.
- Wipe out saucepan. Cook bacon over medium heat until fat renders and bacon is crisp, about 5 minutes; transfer to a paper towel-lined plate.
- Add remaining uncooked leeks and 1/3 of the cilantro and parsley to saucepan and cook, stirring often, until soft, 8–10 minutes.
- Add beans, bacon, and reserved boiled leeks and cook until heated through, about 3 minutes; season with salt and pepper.
- Untie lamb and thinly slice. Divide polenta among bowls. Top with lamb, beans, and herbs; drizzle with jus.

Lamb Leg Roast Stuffed with Spinach & Mushrooms

Gary Ballantyne

1 2-lb deboned leg of lamb or a 2-lb lamb top
 Feta Cheese (1 small package)
 Red Peppers
 Shitake Mushrooms (1 container)
 Porcini Mushrooms (1 container)

Fresh Spinach (1 bunch)
Garlic
Rosemary (fresh)
Lemon juice
Salt
Pepper

Mix feta, red peppers, mushrooms, and spinach together. Add a small amount of lemon juice. Butterfly or otherwise open the lamb. Stuff with above mixture and tie shut. Make small slits in lamb and insert a clove of garlic in each. Lay 2-3 sprigs of rosemary on top of the lamb.

Bake for ~1 hr at 350° (or for longer at a lower temp) until internal temp is 140°. Drippings are great for dipping and over potatoes.

Lamb Stir-Fry with Pomegranate and Yogurt

- 2 teaspoons cumin seeds
- 1 teaspoon coriander seeds
- 1½ pound boneless leg of lamb, thinly sliced against the grain
- 1 teaspoon paprika
- 4 cloves garlic finely chopped
- 1 tablespoon red wine vinegar
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- ½ cup plain Greek yogurt
- 1 medium red onion, cut into ½” wedges
- Cooked rice (for serving)
- ¼ cup pomegranate seeds
- 2 tablespoons chopped pistachios
- Fresh oregano, mint, and/or cilantro leaves (for serving)

Directions

- Toast cumin and coriander seeds in a small dry skillet over medium heat until fragrant, about 1 minute. Let cool, then finely chop. Toss lamb with cumin, coriander, paprika, garlic, vinegar, and 2 Tbsp. oil in a large bowl to coat; season with salt and pepper. Cover and chill 15 minutes.
- Whisk yogurt and 1 Tbsp. water in a small bowl; season with salt and pepper.
- Heat remaining 2 Tbsp. oil in a large skillet, preferably cast iron, over medium-high heat. Working in batches, cook lamb, tossing occasionally, until browned, about 5 minutes per batch; transfer to a plate with a slotted spoon.
- Add onion to skillet and cook, stirring often, until beginning to brown and soften, about 3 minutes. Add ½ cup water; season with salt and pepper and cook, stirring occasionally, until onion is tender and water is evaporated, about 3 minutes. Return lamb to skillet and toss to combine. Season with salt and pepper.

- Serve lamb over rice, couscous, or quinoa, topped with yogurt, pomegranate seeds, pistachios, and herbs.

Rosemary and Garlic Lamb Chops

5 garlic cloves
 3 tablespoons extra-virgin olive oil
 2 1/2 teaspoons chopped fresh rosemary
 2 1/4 teaspoons salt
 1 teaspoon freshly ground black pepper
 12 meaty lamb rib chops (about 2 1/2 ounces each)

Combine first 5 ingredients in processor; blend until garlic is finely chopped. Coat chops with garlic mixture. Arrange chops in single layer on baking sheet. (Can be made 8 hours ahead. Cover; chill.)

Preheat broiler. Watching closely, broil lamb 4 to 5 inches from heat source until cooked to desired doneness, about 3 minutes per side for medium-rare. Transfer 3 chops to each plate and serve.

Makes 4 servings.

Slow-Grilled Leg of Lamb with Mint Yogurt and Salsa Verde

Mint Yogurt

- 1 garlic clove, finely chopped
- 2 cups whole-milk plain Greek yogurt
- 1 cup chopped fresh mint
- 1 tablespoon (or more) fresh lemon juice
- Kosher salt and freshly ground black pepper

Salsa Verde

- 6 oil-packed anchovy fillets
- 4 garlic cloves, chopped
- 3/4 cup extra-virgin olive oil
- 3/4 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 2 tablespoons drained capers
- 1 tablespoon fresh lemon juice
- Kosher salt and freshly ground black pepper

Lamb

- 1 cup rosemary leaves
- 3/4 cup peeled garlic cloves (from about 2 heads)

- ¾ cup extra-virgin olive oil, plus more for serving
- 1 5½–6½-pound whole bone-in leg of lamb, shank attached, frenched
- Kosher salt and freshly ground black pepper
- 1 cup chopped preserved lemons
- ½ cup chopped fresh mint

Preparation

Mint Yogurt

- Mix garlic, yogurt, mint, and lemon juice in a medium bowl. Season with salt, pepper, and more lemon juice, if desired.
- Do Ahead: Mint yogurt can be made 1 day ahead. Cover and chill.

Salsa Verde

- Process anchovies, garlic, oil, parsley, mint, capers, and lemon juice in a food processor until herbs are finely chopped; season with salt and pepper.
- Do Ahead: Salsa verde can be made 1 day ahead. Cover and chill.

Lamb

- Prepare grill for medium-high, indirect heat (for a charcoal grill, bank coals on one side of grill; for a gas grill, leave one or two burners off).
- Blend rosemary, garlic, and ¾ cup oil in a blender or food processor until rosemary and garlic are finely chopped. Season lamb all over with salt and pepper and smear with rosemary mixture.
- Grill lamb, fat side up, over direct heat, turning often and moving to cooler side of grill as needed to control flare-ups, until evenly browned all over, 15–20 minutes (lamb and marinade are both very fatty, so monitor closely and move off the grill for a moment if flare-ups get too intense). Position lamb over indirect heat and grill until an instant-read thermometer inserted into the thickest part of lamb registers 135°, 1 ½–2 hours. (The leg is composed of several muscle groups; take the temperature in multiple spots for the most accurate reading.)
- Transfer lamb to a cutting board and let rest 5 minutes. Holding bone, thinly slice lamb against the grain, continuing until you reach the bone. Rotate lamb and continue to thinly slice (slice only as much as you are serving.)
- Top lamb with lemons and mint; serve with mint yogurt and salsa verde.

Do Ahead: Lamb can be marinated 1 day ahead; chill. Lamb can be grilled 2 hours ahead; hold at room temperature. Grill over high to reheat, about 4 minutes, before slicing and finishing as directed above.

Spicy Lamb and Lentils with Herbs

Ingredients

- 1 tablespoon vegetable oil
- 1/2 pound ground lamb
- Kosher salt, freshly ground pepper
- 2 garlic cloves, thinly sliced
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon cumin seeds
- 1 1/2 cups cooked brown or French green lentils (from 1 cup dried)
- 1/2 English hothouse cucumber, chopped
- 1/2 cup chopped fresh cilantro, plus leaves for serving
- 1/4 cup chopped fresh parsley, plus leaves for serving
- 3/4 cup plain whole-milk Greek yogurt
- Flatbread and lemon wedges (for serving)

Preparation

- Heat oil in a medium skillet over medium-high. Season lamb with salt and pepper and arrange in pan in an even patty about 1/4" thick. Cook, pressing occasionally to help meat make contact with pan, until underside is browned and very crisp, about 5 minutes. Carefully turn, pouring off excess fat (reserve), and cook until other side is crisp, about 5 minutes.
- Break up lamb into small pieces. Mix in garlic, red pepper flakes, and cumin. Cook, stirring occasionally, until spices are fragrant and lamb is cooked through but still juicy, about 2 minutes. Transfer lamb mixture to a bowl with a slotted spoon.
- Place lentils and 2 tablespoons of reserved fat in same skillet, season with salt and pepper, and cook, tossing occasionally, until lentils start to brown and crisp, 5–8 minutes. Return lamb to skillet and toss to combine and warm through. Remove from heat and stir in cucumber, cilantro, and parsley.
- Spoon yogurt onto plates and top with lamb mixture, then some more cilantro and parsley. Serve with flatbread and lemon wedges.

Pork

Creamy Cheesy Yellow Grits with Roast Brussels Sprouts and Sausage

Ingredients

- Olive oil or butter; as needed
- Sea salt and fresh black pepper; as needed
- Crushed red pepper; optional and as needed
- 1 lb. fresh Brussels sprouts; quartered
- 1 cup diced fennel
- 1 cup diced yellow onion
- Sausage (turkey, chicken or pork); vertically cut in half
- 1 recipe for Creamy Cheesy Yellow Grits (*recipe below*)

Directions

1. Preheat oven to 400°F. Line a baking sheet with foil.

2. Lightly toss olive oil, salt, pepper, brussel sprouts, fennel and onions over the baking sheet. Place in the oven and roast for 20 to 30 minutes or until vegetables are soft and slightly caramelize brown. Set aside.
3. Meanwhile, heat 2 tsp. olive oil in a skillet over medium heat. Place sausage cut side down in the skillet. When the bottom is brown, flip sausage over. When the sausage starts curling, remove from the skillet. Place on a paper towel lined plate. Horizontally slice sausages. Set aside.
4. Spoon Creamy Cheesy Grits (separate) into individual bowls. Top with roast vegetables and sausage.
5. Sprinkle more black pepper and salt (watch the salt content, because the sausages could be salty).

Pork Chops with Blue Cheese Sauce and Butternut Squash Puree

Servers 4

Puree:

1 2-lb butternut squash peeled, seeded, and cubed
 1 2" piece of fresh ginger, quartered lengthwise
 2 tbsp butter
 1 tsp herb salt
 2 tsp brown sugar
 1 tbsp sliced almonds

Sauce:

1 cp dry vermouth
 1 ¾ cp heavy cream
 3 oz Danish blue cheese, crumbled
 fresh ground white pepper

8 8-oz loin pork chops (1" thick)
 2 tbsp extra virgin olive oil
 salt

Puree: Put squash and ginger in pot, cover with water and bring to a boil over medium heat and cook until soft, 30-35 minutes. Remove and discard the ginger. Drain squash and mash into a coarse puree. Stir in butter, herb salt, and brown sugar. Cover and keep warm.

Sauce: Bring vermouth to a boil in saucepan over medium heat. Boil until reduced by half, about 7 minutes. Add cream and return to boil. Reduce sauce by 1/3, about 15 minutes. Remove from heat, whisk in cheese, and season with pepper. Cover and keep warm.

Chops: Brush chops with olive oil and liberally season with salt and pepper. Grill chops until cooked (about 8 minutes per side).

Serving: Divide sauce onto 4 plates, place chops on top of sauce, serve squash puree on side and sprinkle with almonds.

Sweet and Spicy Pulled Pork

10 servings

Sauce

3 cups ketchup
1 cup apple cider vinegar
1 cup Worcestershire sauce
1 cup packed dark brown sugar
1 tbsp Dijon mustard

Marinade and Pork

2 cups low sodium soy sauce
½ cup Worcestershire sauce
¼ cup packed dark brown sugar
8 cloves garlic
2 tsp dried crushed red pepper
Black pepper
Cayenne pepper
2 3.5-4 lb boneless port butt (shoulder) roasts

Sauce:

Bring all ingredients to boil in large sauce pan. Reduce heat to low and let simmer until sauce thickens (stir occasionally) – about 15 minutes. Can be made 1 week ahead, warm prior to use.

Pork:

Mix all ingredients (except pork) well. Pour into ziplock bag, add pork, and seal. Coat all sides and marinate 1 day turning occasionally.

For gas cooking, put dry wood chips in heavy foil pan on top of flavor bars. Add water to a second pan and place on flavor bars. Cook meat at 250F for 3.5-3 hours or until internal temp is 175F. Let cook, shred and server

Wild Jamaican Pork Chops with Melon Salsa

1 c. chopped honeydew melon
1 cup chopped cantaloupe
1 T. fresh mint, chopped
1 T. honey
4 boneless pork loin chops, cut $\frac{3}{4}$ to one inch thick
½ c. Jamaican jerk sauce

For salsa, in a bowl combine honeydew, cantaloupe, mint, and honey. Cover and refrigerate until ready to serve.

Trim any fat from the chops. Place pork in a reusable container and pour $\frac{1}{2}$ c. sauce over the meat then cover. Marinate in refrigerator for 4-8 hours. When ready, drain meat, discarding marinade. Grill chops on the rack of an uncovered grill directly over medium heat for 8-12 minutes or until the chops are slightly pink in the center and juices run clear. Serve salsa with chops. If desired, garnish with mint and lime.

Poultry

Coconut-Curry Chicken Fingers with Cashews

Ingredients

- 1 lbs boneless skinless chicken breasts, rinsed and patted dry
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 1/4 cups light coconut milk
- 1 cup skim milk
- 1/2 tablespoons red curry paste
- 3/4 cup roasted cashews, salted
- 3/4 cup unsweetened flaked coconut
- 3/4 cup corn flakes
- 1 (10 ounce) bags baby spinach

Directions

Preheat the oven to 400. Lightly grease a large baking sheet.

Cut the chicken into 3-by-1/2-inch strips; season with salt and pepper.

In a wide, shallow bowl, whisk together one cup of the coconut milk, the skim milk, and 1 1/2 Tablespoons curry paste.

In a food processor, pulse together the cashews and coconut until finely chopped. Add the cornflakes and pulse until coarse. Transfer mixture to a wide, shallow bowl.

One by one, dip the chicken strips in the coconut milk mixture, letting the excess drip back into the bowl. Place the chicken in the cashew mixture and turn to coat evenly. Transfer each chicken finger to the prepared baking sheet.

Bake the chicken fingers in the oven, turning once halfway through, until they are golden all over, about 10 minutes. Cook the spinach until just wilted.

While the chicken cooks, whisk together the remaining 1/4 cup coconut milk and remaining 2 Tablespoons curry paste. Divide the spinach on plates and top with the chicken fingers. Drizzle the chicken fingers and spinach with the sauce and serve.

Crisp Cornish Game Hens with Spiced Cranberry-Honey Glaze

Coat the measuring cup with cooking spray before measuring honey, and it will slip out easily. Red pepper adds kick to the glaze.

Hens:

2 (1 1/4-pound) Cornish hens
1 teaspoon thyme, minced
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 garlic cloves, minced

Glaze:

4 teaspoons olive oil, divided
1 garlic clove, minced
1/2 cup fresh or frozen cranberries, thawed
1/4 cup cranberry juice
1/4 cup honey
1/4 teaspoon ground cinnamon
1/8 teaspoon ground red pepper
Cooking spray

Preheat oven to 425°.

To prepare hens, remove and discard giblets and necks from hens. Remove skin; trim excess fat. Split hens in half lengthwise. Combine thyme, salt, black pepper, and 2 minced garlic cloves. Rub surface of hens with thyme mixture.

To prepare glaze, heat 1 teaspoon oil in a small saucepan over medium heat. Add 1 minced garlic clove, and cook 1 minute. Add cranberries, juice, honey, cinnamon, and red pepper; bring to a simmer. Cook for 5 minutes or until slightly syrupy.

Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add hens, breast side down; cook 3 minutes. Place hens, breast side up, on a broiler pan coated with cooking spray. Brush hens with half of glaze. Bake at 425° for 25 minutes or until a thermometer registers 165°, brushing occasionally with remaining glaze.

Yield: 4 servings (serving size: 1 hen half)

CALORIES 407 (28% from fat); FAT 12.8g (sat 2.7g,mono 5.9g,poly 2.5g); PROTEIN 49.9g; CHOLESTEROL 225mg; CALCIUM 41mg; SODIUM 372mg; FIBER 0.8g; IRON 1.9mg; CARBOHYDRATE 21.6g

Grilled Lemongrass Chicken with Red Quinoa and Vegetables

3 medium shallots, roughly chopped
2 stalks fresh lemongrass (tough outer leaves removed)
1 piece ginger (about 1 1/2 inches), peeled
1/4 cup canola oil
1/4 cup fresh lime juice
1 tablespoon tamari (or soy sauce)
2 tablespoons light brown sugar
1 1/2 teaspoons sea salt, plus more to taste
1 teaspoon freshly ground black pepper
1 teaspoon ground coriander
4 boneless, skinless organic chicken breasts (about 5 ounces each)
3/4 cup red quinoa
2 tsp coconut oil
1 1/2 cups chicken broth (or stock)
Vegetable oil cooking spray
1 pound fresh sugar snap peas, strings removed
1 red bell pepper, cored, seeded, and thinly sliced
2 tablespoons chopped fresh mint

Marinade: Puree shallots, lemongrass, ginger, 1/4 cup oil, lime juice, tamari, sugar, sea salt, pepper, and coriander in a blender until smooth.

Place chicken in a baking dish and spoon on marinade, rubbing it on all sides. Cover; chill 1/2 to 2 hours.

Heat 2 teaspoons coconut oil in a medium saucepan over medium-high heat. Cook quinoa until toasted, 3 to 4 minutes. Add broth; bring to a boil. Cover, reduce heat to medium-low and simmer until quinoa absorbs liquid, about 20 minutes. Turn off heat; let sit, covered, until ready to serve.

Grill chicken until done. Remove chicken; let rest two minutes. Slice each breast on the diagonal into 1/2-inch pieces.

Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Cook sugar peas and peppers until crisp-tender, about 3 minutes. Season with salt and pepper. Turn off heat. Add mint and toss. Divide quinoa among 4 plates. Top each with 1 sliced chicken breast and 1/4 of the vegetables.

Duck Jambalaya

Makes at least 8 large servers

- One 5-pound duck, trimmed of fat and cut into 8 pieces
- 3 tablespoons Creole Seasoning
- 2 tablespoons vegetable oil
- 1 pound andouille or other spicy smoked sausage, cut into 1/4-inch slices
- 2 cups chopped yellow onions
- 1 cup chopped green bell peppers
- 1 cup chopped red bell peppers
- 1/2 cup chopped celery
- 1 teaspoon salt, or more to taste
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 2 cups peeled, seeded, and chopped tomatoes
- 1 tablespoon chopped garlic
- 3 bay leaves
- 2 cups long-grain white rice
- 2 teaspoons minced fresh thyme
- 2 quarts Chicken Stock or canned low-sodium chicken broth
- 1 pound medium shrimp, peeled and deveined
- 1 cup chopped green onions (green and white parts)
- 1/2 cup minced fresh flat-leaf parsley

Directions

- Season the duck pieces with 2 tablespoons of the Creole seasoning.
- Heat the vegetable oil in a large heavy pot over medium-high heat. Add the duck, skin side down, and sear for 5 minutes. Turn and sear on the second side for 3 minutes. Remove from the pot and drain on paper towels.
- Add the sausage to the fat in the pot and cook, stirring, until browned, about 5 minutes. Add the onions, bell peppers, celery, salt, cayenne, and black pepper and cook, stirring often, until the vegetables are softened, about 5 minutes. Add the tomatoes, garlic, and bay leaves and cook, stirring, until the tomatoes give off some of their juices, about 2 minutes. Add the rice and cook, stirring, for 2 minutes.
- Add the thyme, stock, and duck. Bring to a boil. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, until the rice is tender, about 30 minutes.
- Season the shrimp with the remaining 1 tablespoon Essence. Add the shrimp to the pot and cook until they turn pink, about 5 minutes. Remove the pot from the heat and let sit, covered, for 15 minutes.
- Add the green onions and parsley to the jambalaya and stir gently. Remove and discard the bay leaves. Adjust the salt, pepper, and cayenne to taste. Serve directly from the pot. (Or, if desired, transfer the jambalaya to a small ice chest to transport to the outing.)

Roast Turkey with Port Gravy

Stock

2 tablespoons olive oil
Neck, heart, and gizzard reserved from one 13- to 14-pound turkey
2 large celery stalks, coarsely chopped
1 large onion, chopped
6 cups water

Turkey

1 13- to 14-pound turkey, rinsed, patted dry
1 medium onion, chopped
1 medium McIntosh apple or Golden Delicious apple, quartered, cored, coarsely chopped
3 1/2 teaspoons coarse kosher salt, divided
1 1/2 teaspoons freshly ground black pepper, divided
1/2 teaspoon dried thyme
2 tablespoons olive oil

Gravy

1/4 cup (1/2 stick) butter, room temperature
1/4 cup unbleached flour
1/2 cup tawny Port
Low-salt chicken broth (if needed)

For stock:

Heat oil in heavy large saucepan over medium-high heat. Add neck, heart, and gizzard, then celery and onion; sauté until deep brown, stirring often, about 18 minutes. Add 6 cups water and bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer 1 1/2 hours. Strain stock into large measuring cup and reserve; discard solids. *DO AHEAD Can be made 1 day ahead. Cool slightly, cover, and chill.*

For turkey:

Place turkey on rack in large roasting pan. Mix onion, apple, 1/2 teaspoon salt, 1/2 teaspoon pepper, and thyme in bowl. Spoon mixture into main turkey cavity. Tuck wing tips under; tie legs together loosely to hold shape. Rub oil over turkey; sprinkle with 3 teaspoons salt and 1 teaspoon pepper. *DO AHEAD Can be made 1 day ahead. Cover with plastic; chill.*

Position rack in bottom third of oven and preheat to 400°F. Roast turkey uncovered 45 minutes. Reduce oven temperature to 375°F. Roast turkey 1 hour. Turn pan around; pour 1 cup turkey stock over. Roast until thermometer inserted into thickest part of thigh registers 175°F, about 1 hour longer. Transfer turkey to platter; tent loosely with foil and let stand 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan juices for gravy.

For gravy:

Blend butter and flour in small bowl to smooth paste. Tilt roasting pan; spoon off fat from pan juices. Place pan over 2 burners on medium-high heat. Add Port and 1 cup turkey stock; bring to

boil, scraping up browned bits. Transfer to large saucepan. Measure 3 cups turkey stock, adding chicken broth if needed. Add to saucepan and bring to boil. Whisk in flour paste. Boil until gravy is thick enough to coat spoon, whisking occasionally, about 15 minutes. Season gravy with salt and pepper.

Makes 6 servings.

Spicy Indian Burgers

Burger:

1 /4 c. onion, finely chopped
1 medium fresh jalapeno pepper, chopped
1 T. fresh mint
½ t. ground cumin
½ t. minced garlic
¼ t. salt
8 oz. lean ground beef or turkey

Combine onion, jalapeno, mint, cumin, garlic, and salt in a medium bowl, then add the ground beef or turkey, mixing all ingredients well. Form mixture into two 3/4-inch burgers. Grill burgers over medium heat on the rack of an uncovered grill for 14-18 minutes or until meat is no longer pink, turning once.

Sauce:

See [Cucumber Sauce](#)

Also you can spice up these burgers with a bit of chutney or curry.

Turkey with Anise and Orange

- 5 teaspoons aniseed
- ½ cup kosher salt
- ¼ cup finely grated orange zest, plus 4 wide strips orange zest
- 2 tablespoons dark brown sugar
- 1 tablespoon coarsely chopped fresh rosemary, sprig reserved
- 1 tablespoon fresh thyme leaves, sprigs reserved
- 2 teaspoons freshly ground black pepper
- 1 12–14-lb. turkey (neck, giblets, and backbone removed and reserved)
- 2 medium onions, quartered
- 4 large carrots, peeled, halved
- 4 celery stalks

- 3 heads garlic, halved
- ½ cup olive oil

Day 1 Directions

- Toast aniseed in a dry small skillet over medium heat, tossing occasionally, until fragrant, about 3 minutes. Let cool; finely grind in a spice mill or a mortar and pestle. (Alternatively, chop with a knife.)
- Finely chop salt, grated zest, sugar, chopped rosemary, thyme leaves, pepper, and 4 tsp. aniseed in a food processor.
- Rub turkey all over with salt mixture; place turkey on a wire rack set inside a rimmed baking sheet and chill, uncovered, 6–18 hours.
- Heat oil, orange zest strips, and remaining aniseed in a small saucepan until oil is sizzling, about 2 minutes; let cool slightly.

Day 2 Directions

- Preheat oven to 350°. Arrange onions, carrots, celery, garlic, and thyme and rosemary sprigs in a roasting pan. Rinse turkey, pat dry, and place, skin side up, on top of vegetables; let sit at room temperature 30 minutes.
- Brush turkey with anise/orange oil, add ½ cup water to pan, and roast turkey. Brushing with oil every 20 minutes, until skin is deep golden brown and crisp and an instant-read thermometer inserted into thickest part of thigh registers 165°, about 1 hour longer. Transfer to a platter; tent with foil and let rest at least 30 minutes before carving.
- Cook the turkey until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but will promote even browning.
- The only true test for doneness is the temperature of the meat, not the color of the skin.
- The turkey is done when the thigh meat reaches an internal temperature of 165 degrees F. To get an accurate reading, be sure that your thermometer is not touching the bone.
- If your turkey has been stuffed, it is important to check the temperature of the dressing; it should be 165 degrees F (75 degrees C).
- When the turkey is done, remove from the oven and allow to stand for 20-30 minutes before carving. This allows the juices to redistribute throughout the meat, and makes for easier carving.

Rich Turkey Gravy

INGREDIENTS

- Roasting pan with pan drippings from roasting turkey (click for recipe)
- 3 cups (or more) Roasted Poultry Stock (click for recipe), warmed
- ½ cup dry white wine, brown ale, Port, or apple cider
- ½ cup all-purpose flour
- 1–2 teaspoon apple cider vinegar
- 1 tablespoon soy sauce, brown ale, or Port (optional)
- Some chopped fresh herbs (such as thyme or parsley; optional)

- Kosher salt and freshly ground black pepper

DIRECTIONS

- Carefully lift the turkey roasting pan and strain drippings into a small bowl or measuring cup; discard solids. Skim fat from surface, reserving $\frac{1}{4}$ cup. Add drippings to stock.
- Set roasting pan over 2 burners set to medium-high heat. Add wine and cook, scraping up any brown bits, until almost evaporated, about 2 minutes. Reduce heat to medium and whisk in flour and reserved fat. Cook, whisking, until roux is deep golden brown, about 5 minutes.
- Whisking, gradually ladle stock mixture into roux and simmer (still whisking!) until thickened; add vinegar. Strain into a medium saucepan if you prefer a smooth texture. Stir in soy sauce and/or herbs, if using; season with salt and pepper. Keep warm until ready to serve.

Seafood

Balsamic-Glazed Salmon with Spinach, Olives, and Golden Raisins

2 9-ounce bags spinach leaves
2 tablespoons olive oil, divided
2 5-ounce salmon fillets with skin
1/3 cup chopped shallot (1 very large)
1/3 cup halved pitted Kalamata olives
1/3 cup golden raisins
3 tablespoons balsamic vinegar
1 tablespoon honey

Pour a few tablespoons water into heavy large nonstick skillet. Place over medium-high heat. Add 1 bag spinach (skillet will be full). Using 2 wooden spoons, turn and toss spinach until most of leaves are wilted, about 2 minutes. Add remaining spinach leaves in 2 batches. Turn and toss spinach until just wilted but still bright green. Transfer cooked spinach to strainer set over bowl.

Wipe skillet dry if necessary. Add 1 tablespoon oil and heat over medium-high heat. Sprinkle salmon with salt and pepper. Place in skillet, skin side up. Sear until brown, about 3 minutes; turn fish. Cook until just opaque in center, 3 to 4 minutes. Transfer to plate; wipe skillet clean.

Add 1 tablespoon olive oil to same skillet. Add chopped shallot, halved olives, and golden raisins. Stir 1 minute. Add spinach; toss until heated through, about 1 minute. Season to taste with salt and pepper. Mound spinach mixture on plates. Top with salmon.

Add balsamic vinegar and honey to skillet. Boil until reduced to glaze, about 30 seconds. Spoon glaze over salmon and spinach and serve.

Baja-Style Fish Tacos

2 cups flour
1 ½ tsp. baking powder
½ tsp. dried oregano, crushed
½ tsp. garlic powder
¼ tsp. cayenne
Salt and freshly ground black pepper
1 12 oz. bottle cold beer
¾ cup milk
1 oz dried arbol chiles, stemmed
1/3 cup mayonnaise
2 limes
1 ripe hass avocado
Vegetable oil
1 ½ lbs. mako shark filet

20 fresh 6" corn tortillas, warmed
½ head cabbage shredded

Put flour, baking powder, oregano, garlic powder, and cayenne into a large mixing bowl and season to taste with salt and pepper. Gradually add beer and 3 tbsp. of the milk, whisking constantly, until batter is smooth. Cover with plastic wrap and set aside for 30 minutes.

Meanwhile, put the chiles into a small pot, cover with cold salted water, and bring to a boil over high heat. Reduce heat to medium and simmer until chiles are soft and pliable, about 20 minutes. Drain chiles, reserving cooking liquid, and transfer chiles to the jar of a blender. Add ½ cup of the cooking liquid and blend to a smooth puree flecked with chiles. Transfer salsa to a medium bowl, season to taste with salt, and set aside. Put mayonnaise, 5 tbsp. of the milk, and the juice of half a lime into a small bowl and whisk until smooth. Season to taste with salt, cover with plastic wrap, and refrigerate. Halve avocado lengthwise, discard pit, scoop out pulp into a medium bowl, and mash with a fork into a smooth paste. Stir in remaining 4 tbsp. of the milk and the juice of half a lime and season to taste with salt. Cover with plastic wrap and refrigerate.

Pour oil into large, heavy pot to a depth of 1 ½ " and heat over medium-high heat until it reaches 375° on a candy thermometer. Cut shark into strips about 2" x 2 ½ ", squeeze juice of remaining lime over fish, and season to taste with salt and pepper. Dip shark into batter, letting excess drop off. Fry in batches, turning pieces with kitchen tongs until batter becomes crisp and golden brown, about 4 minutes. Drain on a cooling rack set over a baking sheet.

Cradling a tortilla in your hand to give it shape, tuck a few pieces of fried fish into it, add a small handful of shredded cabbage, and spoon some of the white sauce, avocado sauce, and chile salsa on top. Repeat process to use all tortillas and fish. Serve with wedges of lime on the side, if you like.

Fish

Chile-Glazed Halibut With Avocado-Tomatillo Sauce

Glaze

6 tablespoons fresh orange juice
6 tablespoons honey
1 1/2 teaspoons minced canned chipotle chiles*
1 garlic clove, coarsely chopped
1/4 teaspoon ground cinnamon

Sauce

1 large avocado, halved, pitted, peeled
2 medium tomatillos (about 4 ounces), husked, rinsed, coarsely chopped**
1/4 cup fresh orange juice
1/4 teaspoon (or more) hot pepper sauce

6 5-ounce halibut fillets (each about 1 inch thick)
1 orange with skin, cut lengthwise in half, thinly sliced crosswise
Ground cumin
For glaze: Mix all ingredients in blender until smooth. Season with salt and pepper.

Do ahead: *Can be made 1 day ahead. Cover and chill. Stir before using.*

For Sauce: Combine all ingredients in blender; blend until smooth. Do ahead: Can be made 2 hours ahead. Cover; let stand at room temperature.

For fish: Prepare barbecue (medium heat). Make crosswise slits in each fillet, cutting to within 1/4 inch of bottom and spacing slits about 3/4 inch apart. Brush glaze over top and into slits. Place orange slices in slits. Sprinkle fish with ground cumin, salt, and pepper. Place fish, orange side up, on grill; cover and cook until fish is opaque, about 8 minutes. Using wide spatula, carefully transfer fish to platter. Let rest several minutes. Spoon avocado sauce onto plates, spreading slightly. Arrange 1 fillet over sauce on each plate and serve.

*Chipotle chiles are dried, smoked jalapeños canned in adobo sauce. They are available at some supermarkets, at specialty foods stores, and at Latin markets.

**Green and tomato-like with a papery husk, tomatillos are sold in the produce section of some supermarkets and at Latin markets.

Crunch Wasabi Salmon with Lime

3/4 cup wasabi peas (about 3 ounces)
4 (8-ounce) salmon fillets with skin (each about 1 inch to 1 1/4 inches thick)
1 tablespoon finely grated lime peel
2 tablespoons olive oil, divided

6 cups thinly sliced red cabbage (about 1/2 large head)
1 (8-ounce) package trimmed sugar snap peas

2 tablespoons fresh lime juice
Lime wedges

Preheat oven to 400°F. Blend wasabi peas in processor until ground but with some coarsely crushed pieces. Lightly oil rimmed baking sheet. Arrange salmon fillets, skin side down, on prepared baking sheet. Sprinkle fish with salt. Press ground wasabi peas onto tops of salmon fillets to adhere, covering tops completely. Sprinkle grated lime peel over salmon; drizzle with 1 tablespoon oil. Roast salmon just until opaque in center, about 10 minutes.

Meanwhile, heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat.

Add cabbage and sugar snap peas; sauté until vegetables are crisp-tender, about 5 minutes. Season to taste with salt and pepper.

Transfer 1 salmon fillet to each of 4 plates. Drizzle with lime juice. Mound cabbage-snap pea mixture alongside. Garnish with lime wedges and serve.

Fish Tacos

2 lbs fish
2 Tbsp Olive oil
1 Tbsp Lime Juice
Salt and pepper
Brush above ingredients of fish and grill and also grill some red onions

Corn tortillas

Chop the following for sides

Cilantro
Cabbage
Tomato

Cilantro Lime Dressing

whisk ½ cup light sour cream
 ½ cup light mayo
Add cilantro 2-3 Tbsp chopped
1 juice of whole lime
1 clove of garlic minced
thin with milk if needed

Mussels

Pilsner Beer
Chopped tomatoes
Chopped onion
Several cloves garlic
Butter

Add all ingredients to a large pot and bring to a boil. Add mussels and cook until the shells open.

Pecan-Crusted Catfish

Sauce:

1 cup dry white wine
1/4 cup fresh lemon juice
1 tablespoon Worcestershire sauce
2 large garlic cloves, minced
1/2 cup whipping cream
3 tablespoons chilled unsalted butter, cut into pieces
Fish:
1/2 cup (about) all purpose flour
1 cup whole milk
1 large egg
4 6- to 8-ounce catfish fillets
1 cup finely chopped pecans
1 tablespoon vegetable oil

For sauce: Combine wine, fresh lemon juice, Worcestershire sauce and garlic in small nonaluminum saucepan. Boil until liquid is reduced to 1/2 cup, about 8 minutes. Add cream. Boil until sauce thickens slightly, about 5 minutes. Reduce heat to low. Whisk in butter 1 tablespoon at a time. Season sauce to taste with salt and pepper. Strain sauce into small bowl. Return sauce to pan.

Meanwhile, prepare fish: Preheat oven to 400°F. Place flour on large plate. Whisk milk and egg in shallow bowl to blend. Sprinkle catfish fillets with salt and pepper. Lightly coat catfish fillets in flour. Dip into milk mixture. Coat 1 side of fish with pecans. Lightly coat second side with flour.

Heat 1/2 tablespoon oil in large skillet over medium-high heat. Add 2 fish fillets to skillet, nut side down, and cook until nuts begin to brown, about 2 minutes. Turn fish over; cook 1 minute.

Using metal spatula, transfer fish, nut side up, to rimmed baking sheet. Repeat with remaining fish and 1/2 tablespoon oil. Bake until opaque in center, about 10 minutes.

Transfer catfish fillets to plates. Serve catfish with sauce.

Makes 4 servings.

Roasted Halibut and Green Beans with Asian Cilantro Sauce

2 cups loosely packed cilantro leaves (from 1 large bunch)
2 tablespoons fresh lemon juice
1 green onion, chopped (about 1/4 cup)
1 tablespoon minced peeled fresh ginger
1/2 jalapeño chile with seeds, chopped (about 2 teaspoons)
5 tablespoons safflower oil, divided
2 teaspoons Asian sesame oil, divided
3 teaspoons soy sauce, divided

2 8-ounce halibut fillets, each about 1-inch thick
2 cups green beans, halved
2 cups stemmed shiitake or oyster mushrooms

Preheat oven to 450°F. Place first 5 ingredients, 3 tablespoons safflower oil, 1 teaspoon sesame oil, and 1 teaspoon soy sauce in processor; puree. Season sauce to taste with salt.

Place fish, beans, and mushrooms in single layer on rimmed baking sheet. Whisk remaining 2 tablespoons safflower oil, 1 teaspoon sesame oil, and 2 teaspoons soy sauce in bowl to blend. Pour over fish, beans, and mushrooms; toss beans and mushrooms to coat. Sprinkle with salt and pepper. Roast until fish is opaque in center and beans are crisp-tender, about 8 minutes. Divide fish, vegetables, and sauce between plates.

Market tip: Try Chinese long beans (*dow gok*), haricots verts, or regular green beans in this recipe.

Scallops with Capers and Sun-Dried Tomatoes

Ingredients

- 2 tablespoons olive oil
- 3 large garlic cloves, pressed
- 1 teaspoon minced lemon peel (yellow part only)
- 12 sea scallops
- 2 tablespoons minced drained oil-packed sun-dried tomatoes
- 1 tablespoon drained capers
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon minced fresh thyme or 1/4 teaspoon dried, crumbled
- 1/4 cup (1/2 stick) chilled unsalted butter, cut into pieces

Preparation

Heat oil in heavy large nonstick skillet over medium-high heat. Add garlic and lemon peel and saute 30 seconds. Add scallops and sauté until almost cooked through, turning once, about 3 minutes. Transfer scallops to bowl using slotted spoon. Add sun-dried tomatoes, capers, lemon juice and thyme to same skillet. Boil until liquid thickens, adding any accumulated juices from scallops to skillet, about 2 minutes. Add butter and whisk just until melted. Season to taste with salt. Return scallops to skillet and stir just until heated through. Transfer scallops and sauce to plates and serve.

Salmon with Pineapple Salsa and Spicy Chili Sauce

This would be good with any white fish as well

1/4 cup mayonnaise
1 1/4 teaspoons chopped canned chipotle chiles in adobo sauce
1 cup diced cored fresh pineapple
2 tablespoons ginger preserves or orange marmalade
1 tablespoon fresh lime juice
1 teaspoon minced peeled fresh ginger
2 tablespoons chopped fresh cilantro

4 (6-ounce) salmon fillets with skin (each 1 to 1 1/4 inches thick)
2 tablespoons olive oil

Mix mayonnaise and chipotle chiles in small bowl. Mix pineapple, ginger preserves, lime juice, fresh ginger, and cilantro in another small bowl for salsa. Season salsa with salt and pepper.

Brush salmon with oil; sprinkle with salt and pepper. Heat heavy large skillet over medium-high heat. Add salmon and sauté until just opaque in the center, about 5 minutes per side. Transfer fish to plates. Spoon chile mayonnaise over. Spoon pineapple salsa alongside.

Makes 4 servings.

Salmon with Soy-Honey and Wasabi Sauce

1/2 cup mirin (Japanese sweet rice wine)
2 tablespoons soy sauce
1/4 cup rice vinegar (not seasoned)
1 tablespoon finely grated peeled fresh ginger
4 (6-oz) pieces salmon fillet

For sauces:

2 tablespoons soy sauce
1/4 cup honey
1 tablespoon fresh lime juice
2 teaspoons wasabi powder
1 tablespoon water

Accompaniment: lime wedges

- Marinate salmon: Stir together mirin, soy sauce, vinegar, and ginger in a shallow dish. Add fish, skin sides up, and marinate, covered, at room temperature 10 minutes.
- Preheat broiler.
- Make sauces: Boil soy sauce, honey, and lime juice in a small saucepan, stirring frequently, until thickened, about 4 minutes.

- Stir together wasabi powder and water in a small bowl.
- Broil fish, skin sides down, on oiled rack of a broiler pan 5 to 7 inches from heat until fish is just cooked through, about 6 minutes.
- Serve salmon drizzled with sauces.
- Cooks' note: Soy-honey and wasabi sauces can be made 2 hours ahead and kept, covered, at room temperature.

Seared Sea Scallops on Sautéed Spinach with Hoisin Butter Sauce

The terms spring onions and green onions aren't synonymous, but the two vegetables are often interchangeable. Spring onions have a larger, rounder bulb end, and they're slightly stronger in flavor. Look for them at farmers' markets and specialty foods stores.

Yield: Makes 6 servings

1/4 cup hoisin sauce*
 2 tablespoons unseasoned rice vinegar
 1/4 teaspoon hot chili sesame oil*
 6 tablespoons (3/4 stick) butter, divided
 1/4 cup chopped shallot (about 1 large)
 1 tablespoon plus 1 teaspoon minced peeled fresh ginger
 4 garlic cloves, minced, divided
 1 serrano chile, seeded, minced, divided
 4 5-ounce bags baby spinach
 Coarse kosher salt
 2 pounds sea scallops, side muscles removed
 1 tablespoon peanut oil or vegetable oil
 3/4 cup finely chopped spring onions or green onions (white and pale green parts only)
 1/4 cup mirin (sweet Japanese rice wine)*

Whisk first 3 ingredients in small bowl to blend and reserve.

Melt 2 tablespoons butter in heavy large skillet over medium heat. Add shallot, 1 tablespoon ginger, 2 minced garlic cloves, and half of minced chile. Sauté until shallot is soft, about 2 minutes. Increase heat to medium-high and add 1 bag spinach. Stir until beginning to wilt. Add remaining spinach, 1 bag at a time, stirring between additions until just wilted. Season with coarse salt and pepper. Keep warm.

Sprinkle scallops with coarse salt and pepper. Melt 1 tablespoon butter with peanut oil in heavy large nonstick skillet over medium-high heat. Cook scallops until brown on both sides and just opaque in center, about 2 minutes per side. Transfer scallops to plate; tent with foil.

Add 1 tablespoon butter, spring onions, remaining 1 teaspoon minced ginger, 2 minced garlic cloves, and remaining half of minced chile to skillet. Sauté until onions begin to soften, 1 to 2 minutes. Add mirin and simmer until reduced to glaze, 1 to 2 minutes. Whisk in hoisin mixture. Reduce heat to medium-low. Whisk in 2 tablespoons butter. Season to taste with salt and pepper.

Divide spinach among plates. Top with scallops, dividing equally. Spoon sauce over and serve.

Shitake-Crusted Halibut with Lemon Buerre Blanc

10 T chilled butter, divided
½ c chopped shallots
¼ c dry white wine
¾ c whipping cream
2 t fresh lemon juice
1 ½ oz dried shitake mushrooms
4 6 oz halibut steaks

Preheat oven to 350°. Melt 2 T butter in heavy medium skillet over medium heat. Add shallots; sauté until soft, about 2 minutes. Add wine and cook until most of the liquid evaporates, about 2 minutes. Add cream and simmer until sauce thickens slightly, whisking occasionally, about 4 minutes. Cut 4 T of butter into ½ inch cubes. Add cold butter to sauce, a few cubes at a time, whisking until incorporated before adding more. Whisk in lemon juice and season with salt and pepper. Remove from heat. Cover beurre blanc to keep warm while cooking fish. Place mushrooms in blender; grind to fine powder. Transfer mushroom powder to plate. Sprinkle fillets with salt and pepper. Press fillets into mushroom powder to coat on all sides. Melt remaining 4 T butter in large ovenproof skillet over medium-high heat. Add fillets to skillet; sauté until golden brown on bottom, about 3 minutes. Using large spatula, turn fillets over. Transfer to oven and cook until fillets are just opaque in center, about 7 minutes longer. Place 1 fillet on each of 4 plates, drizzle with beurre blanc, and serve.

Spicy Seared Tuna with Sesame Vinaigrette

2 tablespoons unsalted butter
1 teaspoon minced ginger root

Sesame Vinaigrette:

1/3 cup rice wine vinegar
1 1/4 teaspoon granulated sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 tablespoon white sesame seeds, toasted in a dry pan until golden
1 tablespoon soy sauce
2 tablespoons sesame oil
1/4 cup vegetable oil

Salt and freshly ground white pepper

1 1/2 pounds bestquality ahi tuna

6 cups loosely packed mizuna greens, curly endive or red leaf lettuce

1 cup marinated shiitake mushrooms (recipe follows), for optional garnish

2 tablespoons finely chopped chives, for garnish

Melt the butter over low-heat, stir in the ginger root and remove from the heat. Allow the mixture to infuse for 2 to 3 hours or overnight for the flavor to develop.

In a small saucepan, heat the vinegar and whisk in the sugar until it is dissolved. Remove from the heat and allow to cool. Stir in the salt, pepper, sesame seeds, and soy sauce, then whisk in the sesame and vegetable oils until the mixture is completely emulsified.

Reheat the butter and ginger root infusion until it is soft enough to spread easily. Brush each sheet of aluminum foil with some of this mixture, and sprinkle with a little salt and white pepper. With a very sharp knife, slice the tuna about 3/8 inch thick against the grain and lay 2 slices in a single layer on each piece of foil. Preheat a grill, griddle, or large heavy skillet to very high heat.

Toss the greens with just enough vinaigrette to coat all the leaves and reserve the remaining vinaigrette for another use. Mound an equal quantity of the salad on each of 6 serving plates.

Transfer the sheets of foil to the hot grill and cook for about 30 seconds, or until the tuna is seared on one side and still raw on the other. Immediately transfer the tuna slices, raw side up, to the plates and drape them loosely around the edges of the salad. Garnish with the chives and the shiitake caps, if desired, and serve immediately.

Spiced Tuna

- 4 Tombo Ahi (albacore tuna) fillets (about 1 lb)
- Tbsp fennel seeds
- 1/2 tsp paprika
- 1/2 tsp red pepper flakes
- 1/2 tsp freshly cracked black pepper
- 1/4 tsp seasoning salt
- 1/4 tsp sea salt
- 1 Tbsp olive oil

1. Place the fennel seeds in a zip-loc bag, and pound the seeds using a mortar and pestle, mallet, or a heavy pan, until the fennel seeds are slightly broken up (they don't have to be ground to a fine powder – you still want it coarse). Combine the fennel seeds, paprika, red pepper flakes, black pepper, seasoning salt, and sea salt in a small bowl.

2. Place the fish fillets on a large plate, and drizzle about 1 Tbsp olive oil over the fillets, covering all sides. Coat the tops and bottoms of the fillets with the spice mixture, and let the fillets sit for about 5-10 minutes.

Stuffed Talapia with Lobster Sauce

Sauce: Make lobster base adding white wine

1 cup cream (or substitute 2 TBSP butter + enough milk to equal 1 cp)

1 cup white wine

½-1 tsp paprika

1.5 tbsp lobster base

Wonder flour to thicken

Talapia filets – 1 filet/person

Shrimp – 2 shrimp/person

Crab meat – 1 small can/2 people

Lobster meat – 1 small can/2 people

Scallops – 1 scallop/person

Garlic

Caviar (ganish)

Cook shrimp and scallops in olive oil and lots of garlic. Coarsely chop all seafood (not tilapia) and mix together. Use small spring form pans with not bottom on a cookie sheet (with edges) as a mold. Cut talapia filets a little taller than spring form mold. Wrap filet around the outside. Put a small rolled piece of tilapia in the middle, fill gap with chopped seafood.

Bake at 350F for 20 minutes or until done.

Serve on a warm plate with lobster sauce poured over and caviar and greens for garnish.

Serve with asparagus or green beans for a colorful plate.

Talapia with Balsamic Butter Sauce

1/8 cup balsamic vinegar

1 clove minced garlic

2-3 TBSP butter

2 4-5 oz Talapia fillets

1 TBSP olive oil

Simmer vinegar and garlic in a small sauce pan over medium heat until reduced to thick syrup, about 5 minutes. Set aside.

Sprinkle fish with salt, pepper, and other spices of choice (basil). Heat 1 TBSP oil in a large sauce pan. Cook fish until golden (about 2 minutes/side).

Warm vinegar and whisk in butter. Drizzle over fish on plate.

2 servings

Tuna Steaks

cooking spray

1 teaspoon fennel seeds

2 cloves garlic, minced

3/4 cup dry white wine

3 tablespoons chopped pitted Greek black olives

3 tablespoons chopped pitted green olives

2 tablespoons fresh lemon juice

1 teaspoon grated orange rind

1/4 teaspoon crushed red pepper

1/4 teaspoon black pepper

1/8 teaspoon salt

4 (6 ounce) fillets tuna steaks

2 cups hot cooked couscous

Orange rind (optional)

Directions

1 Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add fennel seeds and garlic; saute 3 minutes or until seeds are lightly toasted. Spoon mixture into a bowl. Add wine, olives, lemon juice, 1 teaspoon orange rind, and red pepper; stir well, and set aside.

2 Sprinkle black pepper and salt over tuna. Recoat skillet with cooking spray; place over medium-high heat until very hot. Add tuna; saute 5 minutes on each side or until medium-rare or to desired degree of doneness. Remove tuna from skillet. Spoon couscous into each of 4 large shallow bowls; arrange tuna to the side. Set aside; keep warm.

3 Add wine mixture to skillet; cook 2 minutes or until sauce is slightly reduced. Pour sauce evenly over steaks. Garnish with orange rind, if desired.

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CALORIES 365 (25% from fat); FAT 10.2g (sat 2.4g, mono 3.4g, poly 3.1g); PROTEIN 43.6g; CARB 23.1g; FIBER 1.5g; CHOL 65mg; IRON 3.1mg; SODIUM 258mg; CALC 2

Wasabi Tuna

3 pounds sushi grade tuna
2 tablespoons soy sauce
1 tablespoon wasabi

Mix the wasabi and soy sauce together in a bowl, then marinate the tuna in the mixture for 30 minutes, refrigerated.

Toss the tuna in sesame seeds. Pan sear the tuna to the desired doneness.

Vegetarian

Coconut Crusted Tofu

Crust:

$\frac{3}{4}$ cup milk
1 TBSP lemon juice
1 egg
2 oz unsweetened coconut
 $\frac{1}{2}$ cup bread crumbs
3 TBSP corn starch
Salt, pepper, garlic, Italian Seasoning

1 package tofu

Slice tofu squares in half and grill until cooked.

Mix dry crust ingredients together and spice to taste. Mix wet crust ingredients together. Dip grilled tofu in milk mixture, then coat with a thick coating of coconut rub. Fry in a frying pan with 1TBSP olive oil on each side until cooked.

Serve with chutney or Thai spring roll sauce.

Lentil and Egg Stew

Ingredients

4 SERVINGS

- 1 large onion, chopped
- 1 fennel bulb, chopped
- medium carrots, peeled, chopped

- 6 garlic cloves, 5 finely chopped, 1 whole
- ¼ cup olive oil, plus more for frying
- Kosher salt
- 1 tablespoon tomato paste
- 2 cups French or black beluga lentils
- 1 3x2-inch piece Parmesan rind
- 1 bunch large spinach, tough stems trimmed
- large eggs
- large slices country-style bread
- Red wine vinegar and grated Pecorino (for serving)

Preparation

- Pulse onion, fennel, carrots, and chopped garlic in a food processor until soffritto is finely chopped. Heat ¼ cup oil in a large pot over medium. Add soffritto, season with salt, and cook, stirring occasionally, until soft, 10–12 minutes. Stir in tomato paste and cook, stirring occasionally and adding a splash of water if mixture is browning too quickly, until golden brown and very soft (it will look almost like a purée), 10–12 minutes. Add lentils and 6 cups water. Lay Parmesan rind on top (it may stick if it falls to the bottom). Bring mixture to a boil, reduce heat, and simmer until lentils are tender, 35–45 minutes, depending on type. Taste and season with more salt.
- Meanwhile, place spinach in a glass bowl and add a splash of water and a pinch of salt. Microwave on high until bright green and slightly wilted, about 1 minute. Squeeze firmly to expel excess water, then cut in half. (If you don't have a microwave, add the spinach directly to the pot and let it wilt slightly before making divots for eggs.) Thin stew with water by ¼-cupfuls if needed to loosen. Scatter wilted spinach across the top.
- Using the back of a spoon, create 4 divots in surface of stew and drop an egg into each. Cover pot and simmer stew very gently just until eggs are set, 8–12 minutes.
- While the eggs are cooking, heat a small saucepan over medium-high; pour in oil to come ¼" up sides. Working one at a time, fry slices of bread, turning once and adding more oil as needed, until golden brown and crisp, about 1 minute per side for each slice. Season lightly with salt and rub with garlic clove.
- Carefully divide stew and eggs among bowls, add a splash of vinegar to each, and top with Pecorino. Serve with fried bread.
- Do Ahead: Stew (without eggs and spinach) can be made 3 days ahead. Let cool; cover and chill

Ricotta and Tomato Tart

- 1 cup fat-free ricotta cheese
- ½ cup fat-free egg substitute
- ¼ cup grated parmesan cheese
- ¼ cup chives, fresh, chopped
- 4 pieces phyllo dough
- 3 medium plum tomatoes, cored and sliced ¼-inch thick
- 1 tbsp. basil, fresh, chopped

cooking spray

Preheat oven to 400° F. Coat a 9-inch glass pie plate with nonstick cooking spray. Stir together ricotta, egg substitute, and 2 tbsp. each of parmesan and chives, set aside.

Lay 2 sheets of dough across the pie plate. Press down and coat with cooking spray. Lay remaining dough pieces across the pie plate in opposite directions of first dough layer, press down.

Spoon ricotta filling over dough and layer with half of the tomato slices. Sprinkle with remaining chives and basil, layer with remaining tomato slices. Top with remaining parmesan.

Trim off excess dough, leaving a 2-inch border. Fold up border edges to partially enclose filling (do not pull dough tightly – it should form a loose, lacy crust. Coat with cooking spray. Bake until parmesan is golden and filling is firm, about 20 minutes.

Remove from oven and allow to stand for 5 minutes before slicing into 6 pieces.

Total calories:

240 – ricotta,

60 – egg

100 – parmesan

1020 – crust

100 - tomatoes

1520 calories

Vegetarian Barbecued Squash

3 acorn squash (~28 oz. each)

1 can (28 oz.) baked beans, drained (spice up the beans)

4 T. Barbecue sauce

2 T. maple syrup or honey

4 T. dark brown sugar

2 T. salted butter

Cut each squash in half widthwise. Slice $\frac{1}{4}$ inch off the rounded end of each half so the squash sits upright without wobbling. Scrape out the seeds with a spoon and discard.

Mix baked beans, barbecue sauce, maple syrup, and brown sugar in a small mixing bowl. Divide the mixture evenly among squash halves and top each half with $\frac{1}{2}$ T. butter (The squash can be prepared several hours ahead to this stage and refrigerated.)

Set up the charcoal or gas grill for indirect grilling and preheat to medium.

Arrange the squash halves on the grill away from the heat. Cook until squash is tender (the sides will feel soft when squeezed) and the filling is browned and bubbling, about 1 hour. Remove squash from the grill and serve immediately.

Wild Mushroom Fajita

Ingredients Needed:

6 large portobello mushrooms 3 ounces balsamic vinegar 3 ounces extra virgin olive oil 4 cloves garlic, minced 1/2 teaspoon thyme 1/2 teaspoon rosemary Salt Pepper

Directions:

Remove the stems from the portobello mushrooms. In a shallow pan or zip lock bag combine the vinegar, oil and seasonings. Mix well and add the mushrooms. Allow to marinate at least two hours, turning occasionally.

Place mushrooms and marinade on a baking sheet and bake at 350° F until tender.

Ingredients Needed:

2 avocados
Juice of 2 limes
2 beefsteak tomatoes
1 small onion, diced small
1/2 green pepper, diced small
1 tablespoon fresh cilantro, chopped
1/2 jalapeno pepper, deseeded and minced
1 tablespoon extra virgin olive oil
4 10" flour tortillas
1 cup onions, sliced and sautéed
1 cup green bell peppers, julienne and saute
1/2 cup sour cream

Directions:

Peel and deseed the avocados and coarsely chop. Sprinkle with a bit of lime juice to prevent discoloration. Season with salt and pepper. Set aside.

Combine the tomatoes with the onion, cilantro, jalapeno, a bit of lime juice and oil. Gently mix to combine. Set aside.

Lay the tortillas flat and partially fill with an assortment of the prepared foods: portobello, guacamole (avocado), salsa (tomatoes), sautéed onions and peppers. Add a dollop of sour cream. Fold the bottom of the tortilla up 1/4, and then fold the left and right sides to the center. Place on a plate with the seam side down.