



Shrimp Fried Rice

Serves 2 to 4 (main course or side dish)

Ingredients:

2 tablespoons canola or vegetable oil
½ pound medium shrimp (about 20)
2 eggs
1 carrot, finely chopped
3 green onions, finely chopped
1 clove garlic, sliced
1/8 teaspoon crushed red pepper flake
2 cups cooked white rice, cooled and ideally day old
2 teaspoons soy sauce
¼ teaspoon toasted sesame oil

Directions:

1. Pre-heat a 10-inch non-stick skillet over medium-high heat. Add about one tablespoon of the oil and sauté the shrimp until just cooked through – about one minute per side. Set the shrimp aside on a plate.
2. Add a little more oil and cook the egg, scrambling as you go. As soon as the egg is just cooked, remove it to the same plate as the shrimp.
3. Add a little more oil to the skillet and sauté the carrots for a couple of minutes. Add the green onion (saving some for garnish), garlic and crushed red pepper flake until the vegetables start to become tender – another two minutes. Add the rice, stir or toss everything together and let the rice fry for a few minutes. Flip the rice in the pan and fry for a few more minutes.
4. Return the cooked shrimp and egg to the skillet and mix them in with the rice. Season with the soy sauce and sesame oil, adding more to taste if you like. Sprinkle more green onions on top and serve.



Sautéed Sirloin Steaks with Red Wine Shallot Sauce

Serves 4

Ingredients:

1 tablespoon olive or vegetable oil
4 boneless sirloin steaks (or strip or rib-eye), at least 1-inch thick
salt
freshly ground black pepper
1 large shallot, finely chopped (about ½ cup)
2 teaspoons chopped fresh thyme
2 cloves garlic, minced
½ cup red wine
1 cup beef stock
¼ cup heavy cream
1 tablespoon chopped fresh parsley

Directions:

1. Pre-heat the oven to 450° F.
2. Heat a large skillet or sauté pan over medium-high heat. Add olive oil to the skillet. Place the steaks in the skillet, season them with salt and freshly ground black pepper and cook without turning for 4 minutes. Flip the steaks, season again and transfer the skillet to the oven to cook for another 4 minutes for medium rare, 5 minutes for medium, or longer for well done.
3. Once the proper degree of doneness has been reached, remove the steaks to a plate and let them rest while you make the pan sauce.
4. Transfer the skillet to the stovetop. (Remember that the handle of this pan will be very hot and to use an oven mitt.) Add the shallot to the pan and cook for a minute or two. Add the thyme and garlic and continue to cook for another 30 seconds. Pour in the red wine and deglaze the pan by scraping off any brown bits that have accumulated on the bottom of the pan with a wooden spoon. Let this simmer for a minute or two. Add the beef stock and simmer to reduce the liquid to ½ cup. Turn the heat off and add the cream and parsley. Season to taste with salt and pepper.
5. Slice the steaks if desired, or serve whole with the sauce drizzled on top.



Maple Bacon Pancakes

Serves 6 to 8

Ingredients:

1 cup flour
1 tablespoon sugar
1 teaspoon baking powder
¼ teaspoon salt
4 slices of bacon, cooked and chopped
1 egg, yolk and white separated
1 cup milk
1 teaspoon lemon juice
3 teaspoons maple syrup
2 tablespoons vegetable oil or melted butter
butter or oil for greasing the pan

Directions:

1. Mix all the dry ingredients, including cooked bacon pieces together in a large bowl. Combine the egg yolk, milk, lemon juice, maple syrup and oil or butter, and whisk together in a separate bowl or glass measure. In a third bowl, beat the egg white until fluffy and soft peaks form.
2. Add the liquid ingredients to the dry ingredients and mix until the two are just combined. Fold in the egg white until you can't see streaks of white anymore, but be careful not to over-mix the batter.
3. Pre-heat a non-stick griddle or skillet over medium heat. Add a little oil or butter and lightly coat the surface of the pan. When the butter no longer sizzles, and a droplet of water splashed into the pan does sizzle, it is ready to make the pancakes.
4. Pour batter in the pan, making pancakes of whatever size you wish. Do not disturb the pancakes until you see many little bubbles on the uncooked surface of the batter – about 2 to 3 minutes. Flip the pancake and cook the other side until equally browned. Remove and repeat for next batch.



Chicken Cutlets with Oranges and Sweet Peppers

Serves 4

Ingredients:

4 boneless skinless chicken breasts
salt
freshly ground black pepper
2 tablespoons olive oil
½ red onion, sliced (about ½ cup)
1 carrot, sliced on the bias (¼-inch slices)
½ red bell pepper, sliced
½ yellow bell pepper, sliced
1 clove garlic, minced
½ cup orange juice
½ cup chicken stock
2 oranges, peeled and segmented (see TIP for instructions)
2 tablespoons butter
2 tablespoons chopped fresh parsley

Directions:

1. Pre-heat the oven to the lowest temperature you can – usually around 170° F.
2. Using a meat pounder, pound the chicken breasts until they are about ½-inch thick. Alternatively, you can slice the chicken breasts in half horizontally so that they become two flat chicken cutlets. Season the chicken with salt and pepper.
3. Heat a large skillet over medium-high heat. Once the pan is hot, add the olive oil. Place the chicken into the skillet, reduce the heat to medium and brown well on both sides – about 2 minutes per side. Brown the chicken in batches if necessary, rather than over-crowding the pan. Transfer the browned chicken to a platter, cover with aluminum foil, and place it in the oven to keep warm.
4. Add the onion, carrot and red and yellow pepper slices to the pan and cook for 4 to 5 minutes. Add the garlic and continue to cook for another minute. Pour in the orange juice and bring the mixture to a simmer for 3 to 4 minutes. Add the chicken stock and continue to simmer, scraping up any brown bits on the bottom of the pan, until the liquid has reduced by half – about 4 minutes.
5. Add the orange segments to the pan and heat through – 30 seconds. Remove the pan from the heat and stir in the butter to thicken the sauce. Add the parsley and season to taste with salt and pepper. Return the browned chicken to the pan and coat in the sauce. Serve immediately.



Basic Italian Meatballs

Ingredients:

1 tablespoon olive oil
½ onion, finely chopped
2 cloves garlic, minced
2 pounds ground pork, or combination of ground beef, pork, veal or turkey
3 tablespoons fresh parsley, finely chopped
2 teaspoons fresh thyme, finely chopped
½ teaspoon fresh sage, finely chopped
½ cup mushrooms, very finely chopped
1 teaspoon salt
freshly ground black pepper
1 tablespoon olive oil

Directions:

1. Pre-heat a medium skillet over medium-high heat. Add the olive oil and sauté the onion and garlic until tender, but not browned – about 4 to 6 minutes.
2. Combine all ingredients, including the onion and garlic, in a large bowl and mix just until everything is combined. Shape the mixture into 1½-inch balls.
3. Heat a large skillet over medium-high heat. Add the olive oil and sauté the meatballs until they are cooked through. Rotate the meatballs halfway through cooking by giving the skillet a good shake. You can check the temperature of the meatballs with an instant read thermometer – they should reach an internal temperature of 155° F. Alternately, these meatballs can be cooked in a 350° F oven, shaking the pan halfway through cooking to rotate the meatballs.
4. Serve in a tomato sauce with pasta, or simply on a platter with toothpicks and a dipping sauce.



Basic Marinara

Serves 8 - 10

Ingredients:

3 tablespoons olive oil

3 cloves garlic, finely chopped

pinch dried crushed red pepper

2 (28-ounce) cans of crushed tomatoes OR 6 cups chopped fresh tomatoes

½ - 1 teaspoon salt

½ teaspoon sugar (optional)

¼ cup chopped fresh parsley or basil

Directions:

1. Pour the olive oil into a deep sauté pan or Dutch oven. Add the garlic and crushed red pepper and then heat the pan over medium heat. Cook gently until the garlic is fragrant, but do not brown – about 1 minute. Heating the oil and garlic with the pan (instead of pre-heating the pan) allows a more gentle garlic taste to flavor the oil.
2. Add the tomatoes and bring to a simmer. Simmer for about 20 – 30 minutes, stirring occasionally. Season with salt and sugar if desired (you may find it needs no sweetening.) Stir in parsley or basil.
3. Serve over pasta or in any number of dishes.



White Turkey Chili

Serves 6 to 8

Ingredients:

1 tablespoon olive oil
3 pounds ground turkey meat, white, dark or a combination of the two
2 yellow onions, chopped (about 2 cups)
2 ribs celery, chopped (about 1 cup)
2 large carrots, chopped (about 1 cup)
2 red bell peppers, chopped (about 2 cups)
2 green bell peppers, chopped (about 2 cups)
2 large cloves garlic, minced
2 teaspoons dried ground cumin
2 tablespoons chili powder
2 (14 ounce) cans white beans, drained
2 (14 ounce) cans chickpeas, drained
1 tablespoon salt
3 cups chicken stock
¼ cup fresh cilantro, chopped (or parsley)
Cheddar cheese, grated
sour cream
green onions, chopped

Directions:

1. Heat a large Dutch oven or stockpot over medium high heat. Add the olive oil and brown the ground turkey in batches. Set the browned meat aside and reserve. Drain off most of the fat and discard.
2. Return the Dutch oven to the heat and add the onion, celery, carrot, peppers and garlic. Cook together over medium heat until tender – about 6 to 8 minutes.
3. Add the dried cumin and chili powder and stir well to coat all the vegetables in the spices. Continue to cook for 4 to 6 minutes. Return the ground turkey to the Dutch oven and add the white beans, chickpeas and chicken stock. Season with salt and simmer for 45 to 60 minutes.
4. Stir in the fresh cilantro and serve with a choice of garnish – Cheddar cheese, sour cream, and/or green onions.



Pan Roasted Chicken Breasts with Tomato Balsamic Sauce

Serves 4

Ingredients:

4 (6-ounce) chicken breasts
salt and freshly ground black pepper
1 tablespoon olive oil
1 tablespoon butter
2 shallots, thinly sliced
1 clove garlic, smashed
¼ cup balsamic vinegar
2 cups cherry tomatoes, quartered (or chopped fresh tomatoes)
¼ cup chopped fresh parsley or basil leaves

Directions:

1. Pre-heat the oven to 400° F.
2. Pre-heat a non-stick skillet over medium-high heat and season the chicken with salt and pepper. Add olive oil and butter to the skillet and sear the chicken breasts, browning on both sides. Transfer the skillet to the oven to finish cooking the chicken – about 12 to 15 minutes, depending on the size of the chicken breasts.
3. Remove the skillet from the oven and place on the stovetop over medium-high heat. (Remember the handle will be very hot, so use an oven mitt or towel as you make the sauce!) Transfer the chicken to a side plate to rest, loosely tented with aluminum foil. Drain away the fat from the skillet and add the shallot and garlic, cooking for two minutes. Add the balsamic vinegar, bring to a boil and simmer until only a tablespoon remains. Immediately add the tomatoes and toss well. Cook until the tomatoes soften slightly – just a minute or two. Toss in the basil or parsley and season to taste with salt and pepper.
4. Slice the chicken breasts into slices on the bias and pour the sauce over the top.