

827 Cooking

December '20

Hearty Beef Stew

2 1/2 lb. beef chuck, cut into 2-inch cubes
1/4 cup all-purpose flour, divided
Kosher salt and freshly ground black pepper
2 tbsp. plus 1 tsp. vegetable oil
1 onion, diced
1 clove garlic, minced
2 tbsp. tomato paste
1 cup red wine
4 cups low-sodium beef broth
1 bay leaf
1 tsp. fresh thyme, minced
1 large potato, peeled and cut into bite-sized cubes
1 large turnip, peeled and cut into bite-sized cubes
4 carrots, peeled and cut into bite-sized chunks
3 celery stalks, cut into 1/2 inch lengths
1 cup frozen peas
2 tsp. cornstarch

Put the beef in a large bowl and sprinkle with 3 tbsp. flour, 1 tsp. salt, and 1 tsp. pepper. Toss to coat.

Heat 2 tbsp. oil in large Dutch oven over medium-high heat. Add beef and cook in single layer until bottom is nicely seared. Flip beef and sear other side. Transfer to bowl.

Add remaining tsp. of oil to pot. Add onion and cook until translucent. Add garlic and cook until fragrant, about 30 seconds. Stir in tomato paste and remaining tbsp. flour and stir for 1 minute.

Stir in wine and scrape up any browned bits from bottom of pot. Add beef broth, bay leaf, and thyme. Stir in beef cubes with juices. Bring to a boil, then reduce to simmer, uncovered, for 1 hour.

Add potatoes, turnips, carrots and celery to pot. Simmer until vegetables are fork-tender, about 45 minutes. Remove bay leaf and add peas. Cook until heated, about 2 minutes.

In a small bowl, stir cornstarch with 2 tbsp. water until smooth. Add to pot and simmer until slightly thickened. Season with salt and pepper as needed.

January

Peppercorn Roast Beef

1 1/2 tsp. cracked black peppercorns
1 tsp. kosher salt
1 tsp. snipped fresh thyme
1 tsp. snipped fresh rosemary
1 - 3 lb. boneless beef top sirloin
4-6 garlic cloves, thinly sliced
vegetable oil (optional)
beef broth
1/4 cup all-purpose flour
1/2 cup dry red wine
salt
ground black pepper

Preheat oven to 325°F. In a small bowl combine the peppercorns, salt, thyme, and rosemary. Cut several slits in roast; insert a garlic slice into each slit. Use your hands to rub salt mixture over roast. Place roast, fat side up, on a rack in a shallow roasting pan.

Roast for 1 3/4 to 2 1/2 hours or until meat thermometer registers 135°F. Remove roast from pan and cover with foil.

Meanwhile, pour drippings into a large measuring cup, scraping up crusty brown bits from bottom of pan. Skim fat. Reserve 1/4 cup fat (if necessary, add vegetable oil to equal 1/4 cup). Measure remaining drippings and add beef broth to equal 2 cups. In a medium saucepan combine the reserved 1/4 cup fat and the flour; cook and stir over medium heat until bubbly. Gradually stir the 2 cups drippings mixture and red wine into the flour mixture. Cook and stir over medium heat until thickened and bubbly. Season with salt and pepper as needed.

February

Vegan Poke Bowl with Watermelon

1 mini watermelon, sliced
6 tbsp. soy sauce
2 tsp. rice vinegar
1 tbsp. sesame oil
1 lime, juiced

1 tbsp. agave nectar
2 scallions, minced
2 tbsp. fresh ginger, minced
2 tbsp. white sesame seeds, toasted
1 tsp. red chile flakes
1 med. cucumber
6 tbsp. mayonnaise
2 tbsp. sriracha
white rice, cooked, for serving
avocado, sliced, for serving
shelled edamame, for serving

Cut watermelon into 1-inch cubes. Transfer 4 cups to a medium bowl, reserving the rest for another use.

In a small bowl, combine the soy sauce, rice vinegar, sesame oil, lime juice, agave, scallions, ginger, white sesame seeds, and chile flakes. Mix well. Pour the marinade over the watermelon cubes and stir. Cover with plastic wrap and let marinate in the fridge for 1 hour.

Slice the cucumber into thin half moons and set aside.

In a small bowl, combine the mayo and sriracha.

To assemble the poke bowls, start with rice as a base and top with cucumbers, avocado, edamame, sriracha and mayo.

Add a scoop of the marinated watermelon and use the marinade as dressing to drizzle over the bowl.

March

Oven Roasted Chicken Breast and Carrots

4 tbsp. olive oil, plus extra for greasing
4 garlic cloves, finely sliced
4 cups medium carrots, peeled
4 skinless chicken breasts, deboned
1 lemon, juiced
1 handful fresh parsley, chopped
2 tbsp. fresh thyme, chopped
kosher salt
freshly ground black pepper

Preheat oven to 375F. Grease a large baking dish with olive oil.

Sprinkle garlic on bottom of dish and top with carrots. Arrange chicken breasts.

Season with salt and pepper. Drizzle with olive oil and lemon juice, and sprinkle with chopped herbs.

Bake for 20 minutes. Turn chicken pieces over and spoon juices from dish over chicken and carrots.

Reduce oven to 325F. Roast for another 15-25 minutes or until the chicken is browned and cooked through; the thickest part of the breasts should register at least 165F on a meat thermometer.

Remove from oven and let stand briefly before serving.

April

Spinach and Bacon Quiche

6 large eggs, beaten
1 1/2 cups heavy cream
salt and pepper
2 cups chopped fresh baby spinach, packed
1 lb. bacon, cooked and crumbled
1 1/2 cups shredded Swiss cheese
1 (9-inch) refrigerated pie crust, fitted to a 9-inch glass pie plate

Preheat the oven to 375F.

Combine eggs, cream, salt, and pepper in a food processor or blender. Layer the spinach, bacon, and cheese in the bottom of the pie crust, then pour the egg mixture on top. Bake for 35 to 45 minutes until the egg mixture is set. Cut into wedges.

May

Cast Iron Steak Fajitas

1 lb. skirt steak, thinly sliced
1 (12 oz.) bottle of beer
2 limes – juice only
2 garlic cloves, chopped
Assorted colored peppers, sliced
1 jalapeno, seeded and sliced

1 red onion, sliced
4 to 6 tortillas (flour, corn or wheat)
salt and pepper
salsa, sour cream, guacamole and shredded cheese to garnish, optional

In a large bowl, combine beef, beer, lime juice, garlic and a pinch of salt and pepper. Cover and refrigerate 20 minutes.

Heat a large cast iron skillet or grill pan over high heat until very hot. Spray skillet with cooking spray and add peppers, jalapeno and a pinch of salt. Cook until tender. Remove from pan to plate and cover to keep warm.

Add onion to hot skillet and sauté until translucent. Season with salt and pepper. Remove to plate and cover.

Remove steak from marinade and add to hot skillet. Stir occasionally and cook until browned and crisp.

Serve steak in tortillas with peppers and onions. Add optional garnishes.

June

Creamy Chicken Caesar Salad

3 cloves garlic, minced
3/4 cup real mayonnaise
2 tsp. real anchovy paste
2 rounded tbsp. grated Parmesan cheese
1 tsp. Worcestershire sauce
1 tsp. mustard
1 tbsp. fresh lemon juice
kosher salt and freshly ground black pepper
1 head romaine lettuce torn into pieces
1/3 cup fresh shaved Parmesan cheese
4 cups croutons
Cooked chicken breast strips

In a bowl, combine the garlic, mayo, anchovy paste, grated Parmesan, Worcestershire, mustard, and lemon juice. Whisk to combine well. Add kosher salt and fresh ground pepper to taste. Chill.

When ready to serve, add torn lettuce into a large serving bowl. Drizzle desired amount of dressing and toss. Add shaved Parmesan and desired amount of cooked chicken strips and toss gently. Top with croutons.

July

All-American Hamburgers

1 lb. ground beef
2 tbsp. finely chopped onion
2 tbsp. chili sauce
2 tsp. Worcestershire sauce
2 tsp. prepared mustard
4 slices American or Cheddar cheese, halved diagonally
2 slices Swiss cheese, halved diagonally
4 hamburger buns, split and toasted
Lettuce leaves, sliced tomato and onion, cooked bacon strips, ketchup and mustard, optional

Combine first five ingredients, mixing lightly but thoroughly. Shape into four patties. Grill burgers, covered, on a greased rack over medium direct heat until a thermometer reads 160° and juices run clear, about 6 minutes on each side.

During the last minute of cooking, top each patty with two triangles of American cheese and one triangle of Swiss cheese. Serve on buns; if desired, top with lettuce, tomato, onion, bacon, ketchup or mustard.

August

Salmon and Vegetable Skewers

1 lemon, zest and juice
2 tbsp. olive oil
2 shallots, minced
2 cloves garlic, minced
3/4 cup finely chopped fresh herbs, such as basil, parsley, thyme, oregano
salmon filet, cut into cubes
Kosher salt, to taste
Freshly ground black pepper, to taste
1 yellow pepper, cut into pieces
32 cherry tomatoes
2 celery stalks, cut into 16 pieces
16 bamboo skewers, pre-soaked

In a large resealable bag, add the lemon zest and juice, olive oil, shallots, garlic, and herbs. Season the salmon with salt and pepper; add to the bag with herbs and shake gently to coat.

Marinate for 30 minutes.

Place equal portions of peppers, tomatoes, celery and salmon onto the skewers. Place on pre-heated grill, turning to cook on all sides for about 2 minutes each, until fish is opaque in color.

September

Italian Spaghetti with Meatballs

MEATBALLS

1 lb. lean ground beef
1 cup fresh bread crumbs
1 tbsp. dried parsley
1 tbsp. grated Parmesan cheese
1/4 tsp. ground black pepper
1/8 tsp. garlic powder
1 egg, beaten

SAUCE

3/4 cup chopped onion
5 cloves garlic, minced
1/4 cup olive oil
2 (28 oz.) cans whole peeled tomatoes
2 tsp. salt
1 tsp. white sugar
1 bay leaf
1 (6 oz.) can tomato paste
3/4 tsp. dried basil
1/2 tsp. ground black pepper

In a large bowl, combine ground beef, bread crumbs, parsley, Parmesan cheese, 1/4 tsp. black pepper, garlic powder and beaten egg. Mix well and form into 12 balls. Store, covered, in refrigerator until needed.

In a large saucepan, over medium heat, sauté onion and garlic in olive oil until translucent. Stir in tomatoes, salt, sugar and bay leaf. Cover, reduce heat to low, and simmer 90 minutes. Stir in tomato paste, basil, 1/2 tsp. pepper. Add meatballs and simmer 30 minutes more. Serve over cooked spaghetti noodles.

October

Red Snapper with Ginger

2 - 6 oz. skin-on red snapper fillets
sea salt
freshly ground black pepper
1 tbsp. salted butter, softened
1 1/2 tsp. fresh ginger matchsticks (peel before slicing)
1/2 serrano chile, cut into thin slices
4 whole cilantro sprig leaves and stems, sliced on the bias
1 scallion, thinly sliced on the bias

Prepare deep wok or pot with a tight-fitting lid and a shallow baking dish that fits inside. Place a few upside-down ramekins, an inverted bamboo steamer, or the perforated insert of a pressure cooker in the wok to hold the pie plate above the bottom of the pot to allow steam to circulate.

Season the fish with salt and pepper. Brush the fillets on both sides with butter. Lay the fish skin-side up in the baking dish and sprinkle the ginger, chile, cilantro, and scallions on top.

Bring 2 inches of water to a simmer in the wok. Place the baking dish on top of the ramekins, cover the pan, and steam until there is no resistance when the fish is pierced with a very thin roasting fork, about 8 minutes. Remove the steamer from the heat.

Serve each fillet with herbs and juices on top.

November

Whole Roast Turkey

1 (16 lbs.) whole fresh turkey, rinsed and patted dry
2/3 cup butter, softened
3 tbsp. fresh flat-leaf parsley, finely chopped
2 tbsp. fresh sage, finely chopped
2 tbsp. fresh rosemary, finely chopped
4 bay leaves, plus extra to serve
2 large carrots, cut into 1" pieces

2 large stalks celery, cut into 1" pieces
2 small onions, quartered
4 cups chicken broth, warm
kosher salt
fresh ground black pepper
2 cups fresh cranberries, optional

In a bowl, mash together butter, chopped herbs, 1 tsp. salt and 1/2 tsp. pepper. Or use a food processor.

Place turkey on wire rack inside a large roasting pan. Rub herb butter all over outside of turkey and season with salt and pepper. Preheat oven to 450F. Season main cavity of turkey with plenty of salt and pepper and fill with bay leaves and vegetables.

Roast in oven until lightly brown, about 45 minutes. Reduce oven to 350F and continue to roast until thickest part of thigh registers 160F on a meat thermometer, about 2-2.5 hours. Baste turkey every 20 minutes with warm chicken broth.

Remove from oven and let rest, loosely tented with foil, for at least 30 minutes. Serve on a bed of cranberries and bay leaves.

December

Linzer Jam Cookies

3 cups flour
3/4 cup sugar
1 1/2 cups butter softened
2 tbsp. water
1/4 tsp. salt
1 tsp. vanilla extract
3/4 cup good-quality strawberry jam

Mix together butter, sugar and vanilla until combined. Add flour, water and salt. Mix on low speed until dough comes together in a mass.

Place dough onto worksurface and shape into a flat disk. Cover with plastic wrap. Place in fridge for 30 minutes.

Roll dough out to a uniform 1/4 inch thickness. Using a cookie cutter, cut rounds, hearts or other shapes. Using a smaller cookie cutter, make holes in the middle of half of the cookies.

Place cookies on ungreased cookie sheet and chill for 15 minutes prior to baking.

Preheat oven to 350F. Bake for 20-25 minutes, until edges are brown. Allow to cool at room temperature.

Dust cookies with confectioners' sugar and spread strawberry jam on each solid cookie. Sandwich cookies together.