

Sweet Potato Salad

Three ounces per person
(5 guests-15 oz)

Sweet Potatoes
Scallions

Walnuts/sliced almonds

Cranberries (or any diced dried fruit such as dates, figs, prunes etc.)

Dressing: fresh lemon juice, olive oil,
salt, fresh ground pepper

Method

Peel potatoes, medium dice boil in salted water no more than 13 minutes,

Drain and chill

Add ingredients and toss gently to prevent mashing potatoes. Continue to chill until ready to serve

Greens and Beans

3 ounces per person

Cannelloni Beans

If using canned beans: rinse in cold water and drain. If using dried beans- soak in water overnight

and drain- then boil in salted water until tender but not too soft

Escarole: rinse head(s) thoroughly in cold water. Cut in medium chunks

Shallots

Garlic

Onions

Olive oil

Either chicken stock or vegetable stock

Method

Sauté shallots, diced onions and garlic until tender

Pour mixture over beans that are in a large pan

Add stock to sauté pan bring to a boil and add cut up escarole. Cover mixture until tender and mix

with beans.

Salt and

Oven temperature-300f

Cook mixture in oven until heated through.

Salt and pepper to taste

Remove from oven and grate your favorite Italian cheese over top

And serve

Braised Chicken

3 ounces per person- leg, thigh, breast

Chicken- either obtain chicken parts or break down a chicken and make stock using back, breast bones

and wing tops

(Stock: carrot, onion and celery- large chunks. Add chicken parts -back, breast bones and wing tips

to cold water and cook slowly for an hour.)

Marinade: olive oil, thyme sprigs, fresh lemon juice, sweet soy sauce (optional- can get in Asian

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market) you can add ingredients in a ziplock bag with chicken and seal and place in refrigerator for

30 minutes.

Place chicken pieces and marinated chicken in a pan and add some stock, olive oil, optional- canned

coconut cream or milk and place pan in 300f

Oven and cook slowly for 2 hours until tender. Make sure chicken parts are covered with braising

sauce.

Finish dish with some butter- salt and pepper to taste.

Steamed Vegetables

Broccoli, califlower and carrots

Cut all pieces to bite size

Bottom pan should contain enough water to bring to a boil and provide steam to cook vegetables.

If you do not have a steamer, place vegetables in a metal colander and cover with a lid

Steam vegetables for 7-10 minutes- or until tender.

Place vegetables in a warm bowl and add butter and salt and pepper to taste

Macerated fruit salad

Strawberries- cut up, add small amount of sugar and fresh lemon juice and refrigerate until service

time.

Add diced mango, fresh pineapple, blueberries and kiwi and any fresh seasonal fruits.

Dressing: mascarpone cheese, plain yoghurt and honey to taste

Buttermilk Biscuits

So easy-

Flour

Cold butter

Baking powder

Buttermilk

Cut butter in flower mixture and add buttermilk until mixture comes together.

Do not over mix.

Form balls, bake in 350f oven until folder brown.