

Culinary Comforts Class

April 2019

Topic: Gear Up For Gardening

Roasted Beet Salad

Ingredients:

For the salad:

6 medium beets, trimmed
4-5 peeled carrots, cut into bite sized chunks
2 tbsp. olive oil
2 lightly packed cups baby arugula
2 lightly packed cups torn radicchio
1/3 to 2/3 cups diced aged Gouda
Salt

For the vinaigrette

1/4 cup grapeseed oil
1/3 cup thinly sliced scallions
1/2 to 1 tsp fresh ginger, chopped
2 Tbsp. rice vinegar
1 Tbsp. honey
1 Tbsp. fresh lemon juice
1/2 to 1 tsp grated lemon zest
1 tsp finely chopped fresh mint
1 tsp Dijon mustard
Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. In a large bowl, toss carrots and beets with 2 tbsp. olive oil and 1 tsp salt, spread single layer on baking sheet.
3. Roast vegetables for 20-25min, flipping halfway through.
4. For vinaigrette heat olive oil over medium heat.
5. Add scallions and pinch of salt, cook for 2-4 minutes.

6. Add ginger and cook until fragrant and softened; about 15 seconds.

7. In another bowl, whisk vinegar, honey, lemon juice, zest, mint mustard, $\frac{1}{4}$ tsp salt, and fresh pepper.

8. Whisk the warm oil into vinegar mixture until emulsified

For salad, combine arugula, radicchio, and roasted vegetables; lightly drizzle with dressing and toss.

Chicken Stir Fry with Bok Choy

Ingredients:

1 # skinless, boneless chicken breasts, cut into 1 inch pieces
3 Tbsp. Plus 1 tsp. Cornstarch
¼ cup olive oil
1/3 cup fresh orange juice
2 Tbsp. Lower sodium soy sauce
2 Tbsp. Rice vinegar
1 tsp. Honey
½ tsp. Crushed red pepper
2 Tbsp. Sesame oil, divided
4 (4 oz.) baby Bok Choy, trimmed & halved lengthwise
¼ cup water
¼ tsp. kosher salt
1 ½ Tbsp. Minced peeled fresh ginger
3 large garlic cloves, minced
1
Tbsp. Sesame seeds, toasted
2 Tbsp. sliced red Fresno Chile

Directions:

Toss chicken with 3 Tbsp. Cornstarch; shake off excess. Heat 3 Tbsp. Olive oil in a large non-stick skillet over high. Add chicken; cook until browned, about 8 minutes. Set aside; wipe clean. Combine orange juice, soy sauce, vinegar, honey, red pepper & remaining 1 tsp. Cornstarch; set aside. Heat skillet over medium; add 1 Tbsp. sesame oil and Bok Choy, cook until browned. Return all Bok Choy to skillet. Reduce heat to low; add ¼ cup water. Cover and cook until tender, about 2 minutes. Sprinkle with salt. Set aside. Add ginger, garlic & remaining 1 Tbsp. Olive oil to skillet; cook over medium for 2 minutes. Add orange juice mixture; cook until thickened. Stir in chicken. Divide among 4 plates; sprinkle with sesame seeds & chile. Serve with Bok Choy. Serves: 4. (3 oz. chicken & 2 Bok Choy halves).
Calories: 398, Fat: 25 g, Protein: 28 g, Carb: 14 g Fiber: 2 g, Sodium: 525 mg

Vegetable Fried Rice

Ingredients:

Brown rice, cooked, 4-6 cups

Egg -1, raw

Assorted vegetables cut up: cauliflower, broccoli, carrots, zucchini, snow peas, red pepper, and onion

Olive oil

Low sodium soy sauce

Ginger root

Garlic, fresh

Chicken, pork or fish (cooked)

Directions:

In a stir-fry skillet, add 1-2 T olive oil and add vegetables to cook until crisp.

Set aside vegetables

Add 1-2 T olive oil and add brown rice to sauté and add an egg to cook with the rice. Season to taste with soy sauce, ginger (grated) and crushed garlic.

Add vegetables and cook until desired temperature.

Enjoy.

Note: This recipe is a good way to use up leftover rice and meat.

The vegetables are a great way to incorporate a variety for good nutrition.

Enjoy. Reheats nicely for a meal or side dish

Cauliflower Cakes

Ingredients:

1 head cauliflower (2#)
¼ cup olive oil
1 tsp. Ground Turmeric
1 tsp. Ground Coriander
1 tsp salt
½ tsp. Ground ginger
¼ tsp. Pepper
4 ounces goat cheese, softened
2 scallions. Sliced thin
1 large egg, lightly beaten
2 garlic cloves, minced
1 tsp. Grated lemon zest plus lemon wedges for serving
¼ cup all-purpose flour

Directions:

Heat oven to 450 degrees F.

Toss cauliflower with 1 Tbsp. Oil, Turmeric, coriander, salt, ginger & pepper.

Transfer to aluminum foil-lined baking sheet and spread into a single layer.

Roast until cauliflower is well browned and tender, about 25 minutes. Let cool slightly, then transfer to large bowl.

Line clean rimmed baking sheet with parchment paper. Mash cauliflower with potato masher. Stir in goat cheese, scallions, egg, garlic and lemon zest until well-combined. Sprinkle flour over cauliflower mixture and stir to incorporate. Divide mixture into 4 equal portions, pack gently into ¾ inch cakes and place on prepared sheet. Refrigerate cakes until chilled & firm, about 30 minutes.

Line large plate with paper towels, heat remaining 3 Tbsp. Oil on 12" non-stick skillet over medium heat and shimmering.

Gently lay cakes in skillet & cook until deep golden brown and crisp, 5-7 minutes per side. Drain cakes briefly on prepared plate. Serve with lemon wedges. Serves: 4

Ricotta & Chocolate Cheesecake with Grapes

Ingredients:

1 Vanilla bean

1 ½# ricotta cheese

½ cup honey

2 tsp. Orange zest

3 eggs

4 ½ ounces dark chocolate, chopped finely

1 ½ cups red and black grapes

1 additional Tbsp. Honey

Directions:

Preheat oven to 300 degrees. Grease a 9" springform pan; line base and side with parchment paper, extending the paper 1 ¼ inches above the edge.

Split vanilla bean in half lengthways' scrape seeds into a large bowl of an electric mixer. Add ricotta cheese, honey & zest; beat with electric mixer on medium-high 3 minutes or until just combined. Stir in chocolate & 1/3 of the red & black grapes. Pour mixture into pan.

Bake cheesecake 55 minutes or until the center is almost firm to the touch. Turn oven off & cool in oven with door ajar. Refrigerate cheesecake for 4 hours or until firm,

Just before serving, cut some of the remaining red grapes in half; top cheesecake with all of the remaining grapes, then drizzle with additional honey.

Note: slow cooling the cheesecake in the oven after it has been turned off enables the cheesecake to cool slowly & prevent the top from cracking.