

## **Culinary Comforts Class**

**June 2019**

**Topic: The Mediterranean Way of Eating**

### **Slow Cooker Corn Chowder**

#### **Ingredients:**

1 cup yellow onion, chopped  
¾ cup red bell pepper, chopped  
¼ cup celery, chopped  
2 garlic cloves, minced  
5-6 ears corn, fresh & kernels removed (4 cups kernels)  
4 cup russet or red-skinned potatoes, peeled & cubed  
1 tsp. Salt  
1 tsp pepper  
1 tsp. Thyme  
¼ tsp. Red pepper flakes, optional  
3 cups low sodium chicken broth  
1 cup 2% milk  
4-6 slices bacon, cooked & chopped  
Chives or green onions for garnish, thinly sliced

#### **Directions:**

Using a slow cooker, add all ingredients (except for the last 4 ingredients) and cook on high for 1 hour or longer until the potatoes are fork tender.

Next add the chicken broth and cook for 2 hours on low. Add the 2% milk.

In the meantime, cook the bacon until crisp & chop to be used for a garnish.

Once the soup is hot enough for serving (temperature 165 degrees) then serve and garnish with the bacon & chives or green onions.

Serves: 4-8

## Lemon-Roasted Salmon with Escarole, Asparagus & Potatoes

### Ingredients:

For the salmon:

- 1 ½# skinless salmon fillet
- 2 tsp. finely grated lemon zest
- 1 tsp. finely chopped oregano
- 1 tsp. kosher salt
- ½ tsp. Ground black pepper
- 3 Tbsp. Olive oil
- 4 oz. roasted bell peppers from a jar, thinly sliced (or use fresh & sauté)

For the salad:

- ½# small new potatoes, halved
- 1 bunch asparagus (about 1#), trimmed
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 1 tsp. Honey
- ¼ tsp. kosher salt
- ¼ tsp. Black pepper
- ¼ cup finely, chopped dill, plus sprigs for serving
- ½ head escarole, coarsely chopped (about 8 cups)
- 3 oz. feta, crumbled

### Directions:

Cook the salmon: Preheat oven to 300 degrees F. Place salmon in a baking dish & rub with lemon zest, oregano, salt & pepper on all sides, then coat with oil. Arrange peppers around salmon. Bake until salmon is firm but still pink in the center, about 20 minutes (if you prefer salmon more well-done, cook an additional 5 minutes).

Salad preparation:

Set a steamer basket in a large pot filled with 2" water. Cover pot & bring water to a boil. Add potatoes, cover & steam until tender, 10-12 minutes. Add asparagus to potatoes, cover & steam until crisp-tender, 3-5 minutes.

Salad dressing: Whisk oil, lemon juice, honey, salt, pepper & ¼ cup dill in a small bowl. Toss escarole with half of the dressing in a large bowl, then transfer to a serving platter.

Toss potatoes & asparagus with remaining dressing in same bowl, then arrange over escarole. Flake salmon into large pieces and arrange on platter. Top with feta, peppers & dill sprigs.

Serves: 4

## **Rainbow Fruit Kebabs**

### **Ingredients:**

Strawberries, whole-4

Clementine, peeled

Mango, cut into 8 pieces

Kiwi fruit, peeled & quartered

Blueberries, 1/3 cup

Red seedless grapes, 4

Skewers, 10 inch, 4

### **Directions:**

Thread strawberries, clementine, mango, kiwi, blueberries & grapes onto four 10" skewers.

Serves: 4

## Raspberry-Pistachio Greek Yogurt Bark

### Ingredients:

3 cups whole-milk Greek yogurt (Siggi's)  
2 Tbsp. Pure maple syrup or pasteurized honey  
1 tsp. Vanilla extract  
2 Tbsp. Raspberry jam, no sugar added  
¼ cup chopped pistachios  
Parchment paper

### Directions:

Line a rimmed baking sheet with parchment paper.  
Combine yogurt, maple syrup (or honey) & vanilla in a medium bowl.  
Spread the mixture onto a 10 x 15" rectangle. Dot jam all over the surface & swirl with a knife. Sprinkle with pistachios.  
Freeze until very firm, at least 3 hours.  
To serve, cut or break into 32 pieces.

To make ahead, freeze airtight between sheets of parchment paper for up to 1 month; let stand at room temperature for 15 minutes before serving.

Makes: 32 pieces