

Culinary Comforts Class

March 2019

Topic: Whole Grains

Carrot Ribbon Salad with Ancient Grains

Whisk together:

2 Tbsp. Fresh lemon juice

2 tsp. Pasteurized honey

¼ tsp. kosher salt

¼ tsp. Black pepper

1 Tbsp. Olive oil

Toss together:

6 oz. carrots, shaved into long strips

2 cups arugula

¼ cup coarsely chopped fresh flat-leaf parsley

1/3 cup cooked Ancient grains (follow directions on container)

Add lemon juice mixture (above).

Divide mixture onto 4 plates.

Top with:

1 oz. feta cheese

3 Tbsp. Toasted pecans

Serves: 4 (about 1 cup)

119 calories, 9 g fat, 3 G protein, 9 g carbohydrate, 3 g fiber, 188 mg sodium

Plus ancient grains nutritional supplements for 1/3 cup serving.

Pork Tenderloin with Bourbon Peach Sauce

Ingredients:

1 Tbsp. Olive oil
1 # pork tenderloin, trimmed
1/2 tsp. kosher salt
1/2 tsp. Black pepper
2 cups sliced peaches (fresh or canned in own juice)
2 Tbsp. Bourbon
1 Tbsp. Apple cider vinegar
1 Tbsp. Honey
1 Tbsp. Unsalted butter

Directions:

Heat a large cast iron skillet over medium-high heat and 1 Tbsp. Oil. Season pork with 1/2 tsp. Salt and 1/2 tsp. Pepper. Add to skillet & cook, turning to brown all sides, until temperature registers 140 degrees (5-6 minutes per side). Transfer to a plate.

Add peaches to skillet; cook, stirring often, until lightly browned, 2-3 minutes.

Add bourbon, 1 Tbsp. Vinegar & 1 Tbsp. Honey, cook & stir often, until sauce is slightly thickened, about 5 minutes. Remove skillet from heat, add butter, swirling until melted.

Prepare cabbage slaw that accompanies the pork & peach sauce.

Serves: 4. (4 oz. pork, 3/4 cup slaw and 1/4 cup sauce)

Calories: 411, Fat 22 g (5 g Sat. Fat), Protein 28 g, Carbohydrates: 22 g, Fiber 4 g, Sodium 643 mg

Cabbage Slaw

Ingredients:

1 Tbsp. Dijon mustard
2 Tbsp. Olive oil
½ tsp salt & pepper, each
2 Tbsp. Apple-cider vinegar
1 Tbsp. Pasteurized honey
3 cups shredded green cabbage (1 medium)
½ cup roasted sliced almonds
¼ cup chopped fresh flat leaf parsley
2 tsp. finely chopped fresh thyme

Directions:

Whisk together mustard, oil, vinegar, honey, salt & pepper in a large bowl.

Add cabbage, almonds, parsley & thyme; toss to coat.

Slice pork.

Divide slaw & pork among 4 plates; top with peach sauce.

Sweet Potato, Fennel & Apple Hash

Ingredients:

2 Tbsp. Olive oil

1 # large fennel bulb, cut into ½ inch pieces (about 2 cups)

1 # sweet potatoes, cut into ½ inch pieces (about 3 cups)

2 tart apples (Pink lady or Fuji), cut into ½ inch pieces

Kosher salt & black pepper

3 Tbsp. Fresh orange juice plus 1 tsp. Zest

1 tsp. Chopped fresh sage leaves, plus leaves for serving

½ tsp. Crushed red pepper flakes

Directions:

Heat 2 Tbsp. Olive oil in a large skillet over medium-high heat. Add the fennel, sweet potatoes, apples, 1 tsp salt & ½ tsp. Pepper. Cook stirring often, until sweet potatoes are fork-tender (14-16 minutes).

Stir in the orange juice, orange zest & chopped sage.

Sprinkle with red pepper flakes & sage leaves.

Serves: 4

Creamy Avocado Mousse/Dark Chocolate with yogurt & berry topping

Ingredients:

1 bag (12 oz.) dark chocolate chips

6-8 Avocados, ripe

1 tsp. vanilla extract

½ tsp. cinnamon

Fresh berries (blueberries, raspberries & strawberries), about ¼ cup per serving

Siggi's plain yogurt, 8 oz.

Directions:

1. Using a double boiler, melt the chocolate chips and stir until smooth.
2. In a large bowl, mash the avocados.
3. Add the melted chocolate to the avocados.
4. Using a hand mixer or immersion blender, blend together the avocado/chocolate until smooth. Add the vanilla & cinnamon and blend.
5. Refrigerate for an hour before serving.

To serve:

In an individual serving bowl, add 1/3 cup of the chocolate mixture, ¼ cup berries and 1 Tablespoon yogurt.

Enjoy!!

Serves 6-10