

HOMEMADE @ HAWTHORN<sup>SM</sup>  
**ECOOKBOOK**  
*Stay Cooking*



  
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SUITES BY WYNDHAM

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## **RIGATONI WITH KALE, PECORINO CHEESE AND PINE NUTS**

*Start to finish: 20 minutes*  
*Serves: 2*

### **INGREDIENTS:**

4 leaves of kale  
1 ½ cup olive oil  
1 cup pine nuts, toasted  
3 cloves garlic, minced  
1 box high quality dried rigatoni  
1 cup grated pecorino cheese  
8-12 ounce shrimp (optional)

### **DIRECTIONS:**

Chiffonade the kale by cutting it into long, thin strands. In a sauté pan over high heat, add olive oil and minced garlic. Cook the garlic until fragrant, about 3 minutes. Be careful not to burn it.

Add kale and cook until al dente, about 3 minutes. Remove pan from the heat and set aside.

In a large pot, add water and salt. Place over high heat. Cover and let boil. Add rigatoni and cook according to directions on the box. Drain water and add rigatoni and ½ cup pasta water to pan with kale and garlic. Finish with pecorino cheese and pine nuts. If you'd like to add shrimp, just saute them in a little olive oil, garlic and salt over medium-high heat. Fold into the pasta at the same time as the noodles are going in.



## SAUSAGE, BRUSSELS SPROUTS & POTATO HASH

*Start to finish: 30 minutes*

*Serves: 2*

### INGREDIENTS:


2 tablespoons olive oil  
6 Yukon gold potatoes, diced  
3 cups chicken stock  
8 ounces sausage of your choice,  
casings removed  
15 fresh Brussels sprouts, halved  
4 garlic cloves, smashed  
½ cup grated pecorino  
1 bunch parsley, chopped  
½ lemon  
1 fried egg (optional)

### DIRECTIONS:

In a large shallow pan over medium heat, drizzle olive oil and add diced potatoes. Cook potatoes until tender, about 5 to 10 minutes. They should start to soften and brown on the bottom. Do not let them burn.

Add 1 cup of the chicken stock and scrape the potatoes off the bottom of the pan as they simmer. Break sausage into bite-size pieces and add to pan with Brussels sprouts and smashed garlic cloves. Place lid on pan and let cook for 10 minutes or until sausage is cooked and Brussels are slightly softened. Turn pan on high heat and add the rest of your stock. Reduce stock halfway. Add pecorino while stirring. Check the potatoes to make sure they are cooked through. If so, add parsley and lemon.

*Note: Chef James loves to add a sunny side up fried egg to this dish, especially if there are leftovers in the morning. Hot sauce doesn't hurt either.*

A close-up photograph of a white ceramic bowl filled with a thick, golden-brown butternut squash stew. The stew is topped with a dollop of white Greek yogurt, a generous amount of golden-brown granola, and several pieces of red, dried chili peppers. The background is a warm, dark brown color.

## **BUTTERNUT SQUASH STEW WITH GRANOLA, YOGURT AND INDIAN CURRY**

*Start to finish: 30 minutes*

*Serves: 2*

### **INGREDIENTS:**

2 tablespoons olive oil  
1 large butternut squash, peeled  
and diced small  
1 small onion, diced small  
2 celery stalks, diced small  
2 tablespoons curry powder  
1 apple (preferably local), diced small  
2 cups apple cider  
1 tablespoon fresh ginger  
2 cups vegetable stock or water  
¼ cup maple syrup  
Salt  
Pepper  
Granola (for garnish)  
Greek yogurt (for garnish)

### **DIRECTIONS:**

In a large pot over high heat, add olive oil, squash, onion and celery. Cook on high until soft and tender, about 20 minutes. Stir in curry powder, coating vegetables evenly. Cook until spices start to toast and smell fragrant, about 5 minutes. Add apple, apple cider, ginger, vegetable stock and maple syrup. Let simmer for a couple minutes and season with salt and pepper if needed.

To serve, spoon a serving into the bowl and top with granola and Greek yogurt. This soup also goes great with warm pita.

*Note: Reheats great to eat the following day.*





## **SLOPPY JOE TOSTADA**

*Start to finish: 25 minutes*

*Serves: 2*

### **INGREDIENTS:**

2 tablespoons butter  
1 small onion, diced small  
1 small bottle (4 ounces)  
Chipotle hot sauce  
½ cup brown sugar  
¼ cup soy sauce  
½ cup ketchup  
3 tablespoons apple cider vinegar  
¼ cup tamarind  
Couple dashes of Worcestershire  
2 tablespoons olive oil  
2 pounds grass-fed, local if possible,  
ground beef, bison or pork  
1 bag whole corn tostadas  
1 avocado, peeled and sliced in half  
Salt  
Pepper

### **DIRECTIONS:**

To make the Sloppy Joe sauce, in a medium size saucepan on medium high heat, melt butter until it gets foamy, about 2 minutes. Add onion

and cook until it becomes soft and translucent, about 5 minutes. Reduce heat to low and add hot sauce, brown sugar, soy sauce, ketchup, apple cider vinegar, tamarind and Worcestershire sauce. Let simmer for a few minutes while stirring occasionally. Season with salt and pepper to your liking, remove from heat and set aside.

In a medium shallow pan over medium heat, add olive oil and ground meat. Stir until brown and fully cooked through, about 10 minutes. Add the Sloppy Joe sauce to cover the meat. Stir until incorporated and heated through, about 2 minutes.

To serve, place a couple tostadas on the plate and spoon the sloppy Joe mix right on top. Finish the tostada with a sliced half avocado. This recipe also works great on some toasted challah buns and with a side of chips and some pickles.



## RED LENTIL STIR FRY

*Start to finish: 45 minutes*

*Serves: 2*

### INGREDIENTS:

2 cups red lentils  
1 cup orange juice  
½ cup soy sauce  
½ cup + 1 tablespoon sesame oil  
2 tablespoons Sambal (chile paste)  
2 tablespoons fresh grated ginger  
1 small head broccoli, cut into florets  
8 ounces sugar snap peas  
1 small onion, julienned  
1 large carrot, peeled and shredded  
Sliced almonds, for garnish  
Chopped scallion, for garnish

### DIRECTIONS:

Rinse your dry, uncooked lentils. Place them in a medium sauce pan over high heat. Cover with water, about an inch above the lentils. Bring the water to a boil. Once it starts boiling, reduce heat to medium-low to simmer, stirring occasionally to prevent sticking to the pan. Cook for 25 minutes, until the lentils are tender, but firm. Set aside.

To make the ginger sesame broth, combine orange juice, soy sauce, ½ cup sesame oil, Sambal and grated ginger in a blender. Pulse on high until everything is mixed together. Set aside.

*Note: This can stay in your fridge for up to a week. It also makes a nice salad dressing!*

In a large sauté pan over high heat, add remaining sesame oil. Add vegetables. Let vegetables heat, about 2 minutes. Add lentils and ginger sesame broth to taste. Toss everything together until it's hot, about a minute. Garnish with sliced almonds and scallion.

*Note: This dish is also great with cold pulled rotisserie chicken or shrimp or tofu and a fried egg on top.*



## RED CURRY MUSSELS

*Start to finish: 30 minutes*

*Serves: 2*

### INGREDIENTS:

1 pound Prince Edward Island mussels, cleaned well  
2 tablespoons red curry paste  
1 can coconut milk  
1 lime, juiced  
1 onion, julienned  
1 loaf crusty bread

### DIRECTIONS:

**Cleaning:** Place mussels in a large bowl in the sink and allow cold water to run over them. If the mussels have their “beard” still attached (the wirey attachment that clings to the rope on which they’re grown on), firmly grasp and tug it off. Rinse the mussels well and set aside. If any mussels are open, discard.

In a wide saucepan over high heat, add mussels and cover. Once the mussels start to open, after about 2 or 3 minutes, add red curry paste to taste and lightly sauté it to release the aroma. Add coconut milk.

Cook the mussels in the liquid until everything is mixed together and all of the mussels are open. Add a little lime juice for acidity. When it tastes to your liking, pour everything into a bowl and place your julienned onions right on top for garnish. Crusty bread is great to soak up all that goodness that’s left at the end.



## **CHICKEN TACOS**

*Start to finish: 20 minutes  
Serves: 2 (plus leftovers)*

### **INGREDIENTS:**

1 rotisserie chicken, meat pulled from the bone and chopped into small pieces  
1 jar high-quality salsa, local if possible  
1 package flour or corn tortillas  
1 wheel queso fresco, crumbled  
1 jar pickled jalapenos  
2 eggs, over easy or sunny side up

### **DIRECTIONS:**

In a large sauce pan over medium heat, add salsa. Cook until it simmers, about 3 minutes. Add chicken and stir until hot and mixed together, about 3 minutes.

Heat your tortillas up in the microwave for 10 seconds, just enough to warm without becoming too stiff.

To serve, layer two tortillas on top of each other (there is lesser chance the taco will break while eating if you use double layers). Scoop the chicken and salsa on the warm tortilla and garnish with queso fresco and a couple pickled jalapenos, or a lot of jalapenos if you like it hot! Top with egg.

*Note: This dish is also great reheated in the morning for breakfast.*



## **CHICKPEA, BROCCOLI SLAW AND COCONUT SALAD**

*Start to finish: 30 minutes*  
*Serves: 2*

### **INGREDIENTS:**

1 tablespoon extra-virgin olive oil  
½ teaspoon mustard seeds  
½ red onion, sliced  
¼ fresh green chili pepper, minced (optional)  
¼ teaspoon red chili flakes  
½ of 15 ½ oz can chickpeas, drained and rinsed well  
½ teaspoon salt  
1 tablespoon shredded coconut, fresh, frozen, or dried (optional)  
1 cup broccoli slaw (store bought)  
½ apple, cored and cut into strips  
½ Asian pear, peeled, cored and cut into thin strips (optional)  
2 cups baby salad greens  
2 tablespoons basic vinaigrette of your choice  
1 tablespoon chopped coriander leaves, plus sprigs to garnish

### **DIRECTIONS:**

Heat the oil in a small skillet over medium heat. Add the mustard seeds and sauté for 30 seconds until the mixture splutters, and then add the onions, green chilies, and red chili flakes, and sauté for another minute. Add the chickpeas and salt and sauté for another minute or 2, and then remove from the heat. Let it cool in the refrigerator for 5 to 10 minutes.

Add the coconut, broccoli slaw, Asian pear if using, apples and vinaigrette. Toss to mix all the salad ingredients together and check the seasoning. Add the chopped coriander and mix well. Serve cold, garnished with coriander sprigs.





## **SPICED CAULIFLOWER & APPLE SOUP**

*Start to finish: 45 minutes*  
*Serves: 1*

### **INGREDIENTS:**

1 tablespoon butter  
1 small onion, chopped  
2 large garlic cloves, minced  
One ½-in piece fresh ginger, peeled and chopped  
3 cups cauliflower florets  
1 cup apples, peeled and diced  
½ teaspoon garam masala  
Salt to taste  
3 cups vegetable stock or water  
1 cup heavy cream

### **DIRECTIONS:**

In a medium saucepan, melt the butter over medium heat. Add the onion, garlic, ginger, cauliflower, garam masala and salt. Cook, stirring constantly, for 1 minute. Add the apples, vegetable stock or water.

Simmer for 20 to 25 minutes, or until the cauliflower is tender. Remove from the heat. Let the soup cool slightly.

Puree the cooled soup in a blender until smooth. Force the soup through a strainer into a clean saucepan. Add the heavy cream and bring the soup to a simmer. Ladle into soup bowls and serve hot.

*Note: If you do not have a food processor or a hand blender, ensure that your vegetables and apples are cut into smaller pieces and cooked until very soft so that you can mash it up with the back of your spoon.*



# WILD MUSHROOM & SWISS CHARD RICE

*Start to finish: 50 minutes*

*Serves: 2*

## INGREDIENTS:

1 cup uncooked basmati rice  
5 ounces fresh wild mushrooms such as chanterelles, morels, oyster, or shitake  
2 tablespoons oil  
1 teaspoon cumin seeds  
1 bay leaf  
1 small red onion peeled and chopped  
2 cups packed fresh Swiss chard leaves, washed and chopped  
1/4 cup slivered almonds  
1/2 tablespoon chopped garlic  
Salt, to taste  
2 cups water  
1 teaspoon fresh lemon juice


## DIRECTIONS:

Soak the rice for about 15 to 20 minutes. Carefully pour out the soaking water and wash the rice in several changes of water, until the water runs clear. Leave it to drain in a fine-meshed strainer for about 15 minutes.

Wipe and clean the mushrooms clean with damp paper towels. Cut any large mushrooms into slices.

Heat the oil in a large, wide saucepan. Add the cumin seeds, bay leaf and cook for 10 to 15 seconds or until fragrant. Add the diced onions and slivered almonds. Cook, stirring often for about 4 to 5 minutes until the onions are soft and browning at the edges. Add the mushrooms, greens, garlic, and salt, and cook over a high heat for another 2 to 3 minutes.

Add the drained rice to the pan with the water, bring to a good boil. Then cover with a lid, lower the heat, and cook until the water has evaporated, about 10 minutes. Take off the heat, remove the lid, and allow any excess moisture to evaporate. Gently stir in the lemon juice. Taste and adjust the seasoning, if necessary.



## **HOT & SWEET SRIRACHA GLAZED SALMON**

*Start to finish: 1 hour, 20 minutes*  
*Serves: 2*

### **INGREDIENTS:**

2 tablespoons cup dark soy sauce  
2 tablespoons honey  
1/2 tablespoon rice vinegar  
2 tablespoons sriracha sauce  
1/2 tablespoon grated fresh ginger  
1/2 tablespoon minced garlic  
1/2 pound skinless salmon fillet,  
cut into two 4-ounce pieces  
1 teaspoon sesame oil  
1 tablespoon finely chopped  
scallions, for garnish

### **DIRECTIONS:**

In a bowl combine the soy sauce, honey, vinegar, sriracha, ginger, and garlic. Add the salmon, toss to coat

evenly, and refrigerate for at least 1 hour, turning the fish once. Remove the salmon from the bag, reserving the marinade.

Heat a large sauté pan over medium-high heat and add the sesame oil to coat the bottom evenly and add the salmon. Cook until one side of the fish is browned, about 2 minutes. Flip the salmon and cook until the other side browns, 2 more minutes. Reduce the heat to low and pour in the reserved marinade. Cover and cook until the fish is cooked through, 4 to 5 minutes. Place a piece of salmon on each plate and sprinkle with the scallions.



# CURRIED CHICKEN MEATBALLS

*Start to finish: 55 minutes*

*Serves: 2*

## INGREDIENTS:

12 ounces ground chicken  
1 cup fresh cilantro leaves  
and stalks, chopped  
1 onion minced  
1 tablespoon minced ginger  
1 tablespoon minced garlic  
1 small egg, whisked  
¼ cup dried bread crumbs  
Salt to taste  
2 tablespoons oil  
2 tomatoes (about ¾ lb/350g),  
finely chopped  
1 tablespoon tomato ketchup  
1 ½ cups water  
½ tablespoon curry powder  
Salt to taste

## DIRECTIONS:

In a large mixing bowl, combine the ground chicken, half the cilantro, half the onions, one tablespoon of minced ginger, one tablespoon of minced garlic, egg, bread crumbs and salt. Mix well using your hands. Dip your hands in water and form about 30 meatballs, each about the size of a golf ball.

Place on a prepared tray, cover with plastic wrap and place in the refrigerator for 15 minutes to chill. Heat the oil in a large deep nonstick saucepan over medium heat. Add the remaining chopped onion, and cook stirring often until the onion is golden brown, about 5 minutes.

Add the finely chopped tomatoes, ginger, and garlic to the pan. Cook stirring over a medium heat until the oil comes to the surface, about 7-8 minutes, then add 1 cup of the water and continue cooking until all the water has evaporated. Stir-fry this paste for about 3 minutes, and then add the curry powder and salt. Add the remaining water, cover, bring to a boil, and simmer for 5-6 minutes.

Add the meatballs to the pan, cover, and simmer for 15 to 20 minutes, shaking the pan every so often; but do not stir, as the meatballs could break. Add the left over cilantro, stir the meatballs gently. Serve hot.



## SPICE GRILLED NY STRIP STEAKS

*Start to finish: 20 minutes*

*Serves: 2*

### INGREDIENTS:

1 tablespoon ancho chile powder  
1/2 tablespoon paprika  
1/2 tablespoon coarsely crushed  
coriander seeds  
1/2 tablespoon dry mustard  
1/2 teaspoon dried oregano  
1/2 teaspoon dried mint  
1 teaspoon coarsely ground cumin  
1 teaspoon brown sugar  
Kosher salt  
Freshly ground black pepper  
2 (12-ounce) New York strip steaks  
1 tablespoon olive oil

### DIRECTIONS:

To make the spice rub, combine the ancho powder, paprika, coriander, dry mustard, oregano, mint, cumin, sugar,

half teaspoon salt and half teaspoon pepper in a small bowl. Brush both sides of the steaks with the olive oil and season with salt and pepper. Rub one side of each steak with about 2 tablespoons of the spice mixture.

Heat the grill pan over medium high heat. Grill the steaks, rub side down, until lightly charred and a crust has formed, 3 to 4 minutes. Flip over the steaks and continue grilling for 5 to 6 minutes more for medium rare; the steaks will be bright pink in the middle. Cook it to your preferred temperature. Let it rest before serving or slicing. Serve it with your favorite steak sauce and vegetables.





## **SPICED APPLE CARAMEL MUG CAKE**

*Start to finish: 12 minutes*  
*Serves: 2*

### **INGREDIENTS:**

¼ cup all-purpose flour  
½ teaspoon apple or pumpkin  
pie spice  
½ teaspoon baking powder  
3 tablespoons sugar  
Pinch of salt  
1 ½ tablespoons unsweetened  
applesauce  
3 tablespoons grated apples  
2 tablespoons cream or milk  
1 teaspoon vegetable oil  
1 teaspoon water  
To Serve - Caramel Sauce &  
Whipped Cream

### **DIRECTIONS:**

In a small bowl, whisk together the dry ingredients. Make a well in the center of the dry ingredients then add the wet ingredients along with grated apples. Whisk everything together until combined and no lumps remain.

Pour batter into a microwave-safe mug (14 to 16 ounces). Make sure that there is enough head space for the cake to rise without spilling over.

Microwave mug cake for 1 minute and 50 seconds on high. Carefully remove from microwave, drizzle store bought caramel sauce and whipped cream on top and serve.



## **Watermelon Salad**

*Start to finish: 15 minutes*

*Serves: 4*

### **INGREDIENTS:**

2 ounces rice wine vinegar  
1 lime, juiced  
1 ounce honey  
1/2 cup olive oil  
Sea salt, to taste  
Cracked black pepper, to taste  
1 small, ripe whole or pre-cut watermelon, cut into thick triangles\*  
1/4 ounce fresh basil  
1 ounce feta cheese, crumbled  
2 shallots, peeled and shaved or sliced into thin rings and rinsed in cold water to remove intensity  
1/2 cup macadamia nuts, chopped  
1 small cucumber, cut into thin rings  
1 small jalapeño (optional), shaved into very thin rings

### **DIRECTIONS:**

In a small bowl, combine vinegar, lime juice, honey and olive oil. Whisk together until blended. Add salt and pepper to taste. Set aside.

To build the salad, place watermelon slices on a plate. Drizzle with dressing. Top with basil, feta, shallots, macadamia nuts, cucumber and jalapeño.

*\*Pre-cut, ready-to-eat watermelon can be purchased in your grocery store's produce section.*



## GRILLED PUB CHEESE AND HAM OR TURKEY

*Start to finish: 20 minutes*

*Serves: 2*

### INGREDIENTS:

- 1 8-ounce container cream cheese, room temperature
- 4 ounces shredded aged cheddar (the older and funkier the better!)
- 2 tablespoons prepared horseradish
- 1 tablespoon chopped pickled jalapeños and pickling liquid, to taste
- 2 1/2 tablespoons malt vinegar OR 1/2 cup beer (whatever kind you like)
- 1 tablespoon Dijon mustard
- 1 loaf crusty bread, like sourdough or ciabatta, sliced into sandwich slices
- 1/2 pound high-quality ham or other sliced deli meat, like turkey
- 1/2 stick unsalted butter, room temperature

### DIRECTIONS:

For the pub cheese: Combine cream cheese, cheddar cheese, horseradish, pickled jalapeños, pickling liquid, malt vinegar (or beer) and Dijon mustard in a large bowl. Mix all ingredients to make a paste-like consistency. Set aside.

Smear a half-inch layer of pub cheese on one slice of bread. Add 4-6 pickle slices and 3-4 pieces of ham or turkey. Place another piece of bread on top. Smear the top slice of bread with a thin layer of butter. Repeat the process until you've made 2 sandwiches.

In a large sauté pan over high heat, add a tablespoon of butter and heat until foaming, about 1 minute. Add one sandwich buttered bread side down. Lower the heat to medium-high. Gently butter the other slice of bread. Gently flip the sandwich once the first side has browned. Adjust the flame as necessary to ensure the pub cheese melts and the meat is heated through. Remove the sandwich and set aside. Repeat the process for the remaining sandwiches. Slice each sandwich in half and serve.

*\*Note: Refrigerate leftover pub cheese for a snack or use it on other sandwiches.*



# PAN-FRIED PERCH WITH CHERRY TOMATOES, CORN AND TARTAR SAUCE

*Start to finish: 15 minutes*

*Serves: 1*

## INGREDIENTS:

- 1 8-ounce container sour cream
- 1 small jar giardiniera, chopped finely (you can often find this in the pickle aisle of the grocery store)
- 1 lemon, juiced
- Salt, to taste
- 1 teaspoon Tabasco or preferred hot sauce
- 1 cup organic cornmeal
- 1/4 cup all-purpose flour
- 1 tablespoon smoked paprika
- 2 teaspoons salt
- 1 teaspoon sugar
- 6 ounces fresh, wild lake perch or a similar thin flaky fish, like whitefish or rockfish
- 3 tablespoons butter
- 1 container cherry tomatoes, cut in half
- 1 ear of corn, cut off the cob (frozen or canned corn works just as well!)
- 1 lemon, juiced

## DIRECTIONS:

To make the tartar sauce, combine sour cream, giardiniera, lemon juice, salt and Tabasco in a small bowl and mix well. Season it to your liking with salt and store the sauce in the refrigerator.

In a small bowl, mix cornmeal, flour, paprika, salt and sugar until combined. Dredge the fish in the cornmeal mixture and sauté in 2 tablespoons butter until the fish is browned. Flip and remove the fish when cooked, about 1 minute or so.

In the same pan add the tomato and corn and an additional tablespoon of butter. Toss until the tomato and corn are warmed, about 3 minutes. Add the lemon juice and spoon over the sautéed fish. Serve with the tartar sauce.



## **BEST GUACAMOLE EVER**

*Start to finish: 10 minutes*

*Serves: 2*

### **INGREDIENTS:**

6 avocados, peeled and seeded  
1 small red onion, minced  
1 small jalapeño, minced  
4 garlic cloves, smashed and minced  
1 small bunch of cilantro, chopped  
3 limes, juiced  
1 tablespoon olive oil  
Salt, to taste  
Tabasco or preferred hot sauce, to taste  
1 grapefruit, segmented  
1/4 cup sunflower seeds

### **DIRECTIONS:**

In a large bowl combine all ingredients except the grapefruit and sunflower seeds. Mash the ingredients together with a fork until combined, but still chunky. Garnish the guacamole with the grapefruit and sunflower seeds. Serve with tortilla chips.

*\*Note: You can also buy tostadas and add some lump crab to the guacamole, making a delicious crab tostada.*





## **CHOCOLATE AND BANANA MUG CAKE**

*Start to finish: 5 minutes*

*Serves: 1*

### **INGREDIENTS:**

- 1 tablespoon butter
- 1 egg
- 1 tablespoon milk
- 1 ripe banana, smashed
- 3 tablespoons all-purpose flour
- 1 tablespoon cocoa powder
- 3 tablespoons brown sugar
- 1/2 teaspoon baking powder
- 2 tablespoons Nutella or preferred hazelnut spread
- 2 tablespoons chopped hazelnuts

### **DIRECTIONS:**

Place butter in a coffee mug. Put the mug in the microwave to melt the butter, about 10 seconds. Remove the mug from the microwave.

Add the egg and milk to the mug and beat lightly until combined well. Add the banana and combine until smooth. Mix in the dry ingredients until smooth. Cook the mixture in the microwave for 1 minute. Let cool for 1 minute. Garnish with hazelnut spread and chopped hazelnuts.



## **ASPARAGUS WITH GARLIC, EGG AND HOT SAUCE-YOGURT**

*Start to finish: 10 minutes*

*Serves: 1*

### **INGREDIENTS:**

- 4 ounces plain yogurt
- 2 tablespoons of your favorite hot sauce
- 1 pound asparagus, fibrous stems removed, rinsed
- 4 tablespoons olive oil
- Salt, to taste
- Pepper, to taste
- 4 cloves garlic, shaved thin
- 1 chicken egg OR 4 quail eggs
- 1 small bunch cilantro, chopped

### **DIRECTIONS:**

Mix the yogurt and hot sauce together in a small bowl. Set aside or place in refrigerator.

In a medium sauté pan over medium-high heat, add the olive oil and garlic. Cook until fragrant, about 2 minutes. Be careful not to burn the garlic! Add the asparagus and sauté on high heat. Add the salt and pepper. Remove the asparagus and garlic bits. Add the eggs to the same pan and fry to desired doneness.

To serve, drizzle the hot sauce-yogurt mixture on the plate and place the asparagus on top. Top the dish off with the egg and garnish with cilantro.



## ***PORK OR BEEF TENDERLOIN WITH MUSTARD PAN SAUCE AND SPINACH***

*Start to finish: 15*

*Serves: 2*

### **INGREDIENTS:**

1 small organic pork or beef tenderloin, cut into 1 1/2 inch medallions

Salt, to taste

Pepper, to taste

4 ounces baby spinach

1 shallot or small onion, cut into thin rings

2 cloves garlic, minced

3/4 cup stock of your choice OR 1/4 bottle white wine

1 jar whole grain mustard

1 tablespoon honey

2 ounces butter

1 lemon

### **DIRECTIONS:**

Using the palm of your hand, lightly pound each pork or beef medallion until slightly flattened, exposing more surface area. Season the meat with salt and pepper. In a sauté pan on high heat,

sear the pork or beef on both sides until brown, about 2 minutes. Remove from pan and set aside.

Add the spinach to the pan with the pork or beef drippings and partially wilt, about 2 minutes. Remove spinach and add shallots and garlic to the pan and sauté until fragrant, about 2 minutes. Add the stock or white wine and reduce it by half, stirring it to lift the caramelized bits off the bottom of the pan. Add the mustard, honey and butter. Squeeze lemon into the sauce and season to your liking.

On a plate, place the pork or beef on top of the spinach and gently spoon the pan sauce over the meat. Garnish with some fresh herbs like chive and flat leaf parsley if you'd like.



## **PASTA WITH SPICY TOMATO SAUCE AND SUMMER VEGETABLES**

*Start to finish: 30 minutes*

*Serves: 2*


### **INGREDIENTS:**

2 tablespoons extra virgin olive oil  
2 cloves garlic, minced  
1/4 teaspoon red pepper flakes  
1 14-ounce can whole tomatoes (preferably San Marzano tomatoes, if possible)  
Kosher salt  
1/2 medium zucchini, cut into small chunks  
1/2 medium squash, cut into small chunks  
4 ounces farfalle or bow tie pasta  
1/4 cup chopped fresh basil  
Grated parmesan cheese, for topping

### **DIRECTIONS:**

Heat the olive oil in a large skillet over medium heat. Add the garlic and red pepper flakes and cook until the garlic is just golden, about 1 minute. Crush the tomatoes into the skillet and add the tomato juice. Add 1/2 teaspoon of salt and simmer, stirring occasionally until the sauce is slightly thickened, about 15 minutes. Add the zucchini and cook until it's crisp-tender, about 5 minutes. Season with salt.

Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and add the pasta to the sauce along with the basil; toss to coat. Top with parmesan.



## TOFU OR CHICKEN WITH TOMATO AND SHALLOT CHUTNEY

*Start to finish: 20 minutes*

*Serves: 2*

### INGREDIENTS:

1 tablespoon vegetable oil  
1/2 teaspoon cumin seeds, minced  
6 shallots, peeled and sliced  
1 small green chili, minced  
2 tomatoes, roughly chopped  
1/2 teaspoon garam masala  
1/4 teaspoon salt  
1 tablespoon lemon juice  
1/4 cup cilantro leaves  
10 ounces firm tofu, drained and patted dry  
OR two 5-ounce chicken breasts  
2 tablespoons extra virgin olive oil  
Salt and freshly ground black pepper

### DIRECTIONS:

To make the chutney, put the vegetable oil in a small pan over medium heat and add the cumin seeds. Add the shallots and chili and cook for 1 minute. Add the tomatoes, garam masala and salt. Cook until the tomatoes are soft, about 3


minutes. Transfer the mixture to a bowl and add the lemon juice and cilantro. Set aside.

Cut the tofu in half diagonally to make 2 large triangles. Cut each large triangle in half to make 4 smaller triangles. Brush the tofu triangles on each side with the extra virgin olive oil. Season with salt and pepper. Cook the tofu in the pan for 2 minutes on each side. Carefully transfer the tofu to a serving platter.

If using chicken instead of tofu, season the chicken with extra virgin olive oil, salt and pepper and cook in the pan for 4 to 5 minutes on each side, turning frequently so that it is cooked through and evenly.

Spoon the chutney over the tofu or chicken and serve.





## **SPICED PEARL COUSCOUS WITH GRILLED SUMMER VEGETABLES**

*Start to finish: 25 minutes*

*Serves: 2*

### **INGREDIENTS:**

1/4 cup balsamic vinegar  
1 teaspoon yellow mustard  
2 cloves garlic, coarsely chopped  
1 cup olive oil  
Salt and freshly ground pepper, to taste  
1 small green zucchini, quartered length-wise  
1 small yellow squash, quartered length-wise  
6 spears asparagus, trimmed  
1/4 cup coarsely chopped parsley (optional)  
2 tablespoons olive oil  
1/2 pound pearl couscous  
1 teaspoon curry powder  
2 cups vegetable stock OR water, heated

### **DIRECTIONS:**

In a small bowl, whisk together the balsamic vinegar, mustard and garlic; slowly add the olive oil and whisk until combined. Season with salt and pepper. Pour 1/2 the marinade over the vegetables and let sit at room temperature for 15 minutes. Preheat a grill, grill pan or standard pan. Remove the vegetables from the marinade and grill until just cooked through. Cut the vegetables into 1/2-inch pieces.

Heat the olive oil over medium-high heat, add the couscous and curry powder and toast until lightly golden brown. Cover the couscous with the hot stock or hot water and bring to a boil; cook the couscous until al dente and drain well. Place the couscous in a large serving bowl, add the grilled vegetables and herbs and toss everything with the remaining vinaigrette. Serve at room temperature.

# ASIAN CHILI BURGER

*Start to finish: 20 minutes*

*Serves: 2*



## INGREDIENTS:

2 tablespoons Sriracha hot chili sauce  
3 tablespoons mayonnaise  
10 ounces ground minced beef  
1 tablespoon kosher salt  
2 tablespoons teriyaki or store-bought stir-fry sauce  
2 brioche buns OR preferred rolls  
1/2 cup shredded iceberg lettuce  
1/2 red onion, thinly sliced

## DIRECTIONS:

To make a chili mayo, mix the mayonnaise and the Sriracha. Set aside.

Preheat a grill, grill pan or standard pan over high heat. Form the beef and salt into 4 firm patties. Brush the patties on both sides with the teriyaki or stir-fry

sauce. Place the patties over the hottest part of the grill or pan and cook until they lift off easily; then turn over, brush with more glaze and continue cooking, about 3 minutes per side for very rare and another minute per side for each increasing stage of doneness. When the burgers are done, brush them again with the teriyaki or stir-fry sauce.

Meanwhile, toast the buns and place each bun open on a plate. Spread the chili mayo on both sides of the buns. Then place shredded lettuce and a few slices of onion. Place the burger on top of the garnishes, top with the other half of the bun to serve.

# SCALLOPS WITH COCONUT GINGER CURRY

*Start to finish: 25 minutes*

*Serves: 2*



## INGREDIENTS:

- 1 1/2 tablespoons olive oil
- 1 small onion sliced
- One 1/2-inch piece fresh ginger, peeled and cut into thin strips
- 2 fresh green chili peppers, slit open lengthwise
- 1/2 teaspoon ground turmeric
- 1 cup coconut milk
- Salt, to taste
- 8 large sea scallops, gently rinsed and blotted dry with paper towels
- 1 teaspoon Old Bay seasoning

## DIRECTIONS:

To make the sauce, heat 1 tablespoon of olive oil in a large skillet over medium heat; add the onion, ginger and green chili peppers and cook, stirring until the onion is soft, about 5 minutes. Add the turmeric, followed by the coconut milk and 1 teaspoon of salt, and bring to a simmer. Cook for 3–5 minutes, until the sauce begins to turn glossy and thickens enough to coat the back of a spoon lightly. Set aside.

Heat the remaining oil in a large skillet over high heat, add the scallops and sear for about 1 minute per side, until golden brown. Move the pan off the heat. Sprinkle the remaining salt on both sides of the scallops. Sprinkle the Old Bay on the scallops to give an even crust. Place the pan back on high heat and cook for another 30 seconds on each side. Serve with the coconut sauce.



## **HARISSA SPICED BEAN SALAD WITH WALNUTS**

*Start to finish: 15 minutes*

*Serves: 2*

### **INGREDIENTS:**

1 tablespoon extra virgin olive oil  
1 tablespoon lemon juice  
1 teaspoon harissa spice  
1/2 teaspoon sugar  
1/2 teaspoon mustard paste  
Salt, to taste  
6 ounces green beans, trimmed  
1 cup cooked white beans  
1/4 cup mint, chopped  
1/4 cup walnuts, toasted

### **DIRECTIONS:**

To make the dressing, put the extra virgin olive oil, lemon juice, harissa spice, sugar and mustard into a large bowl and season with salt to taste. Whisk with a fork until combined.

Blanch the green beans in boiling water until they turn bright green, then quickly drain and drop them into cold water to stop the cooking process. Toss the beans in a bowl with the dressing until they are well coated. Add the white beans, mint and walnuts and toss again. Serve cold.



## **POACHED PEACHES WITH MINT AND VANILLA**

*Start to finish: 20 minutes*

*Serves: 2*

### **INGREDIENTS:**

1 cup sugar  
1 vanilla bean split lengthways *OR* a few drops of vanilla extract  
3 ripe peaches, cut in half  
1 tablespoon lime juice  
10 mint leaves  
Vanilla ice cream as needed

### **DIRECTIONS:**

Put the sugar, vanilla bean (or extract) and mint leaves (reserve a few leaves for garnish) into a large saucepan with 4 cups of water. Bring the water to a boil, then simmer for a few minutes to create a syrup. Put the peaches into the syrup skin-side up and cook for 2 minutes. With a large spoon, carefully turn the peaches

over and cook for another few minutes. Depending on the size of the peaches, you may have to do this in batches. With the point of a sharp knife, test to see if the peaches are cooked; they should still be firm but should give a little resistance to the knife.

Remove the peaches with a slotted spoon and put them into a large bowl. Leave the syrup to reduce for a few minutes.

Carefully peel the peaches. Pour the syrup over the peeled peaches and leave to cool. When the syrup has cooled, add the lime juice and mint leaves. Serve with as much vanilla ice cream as you want!