

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

**SPRING/SUMMER - 2017**  
*Recipes Courtesy of:  
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## 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!