

Pesto

Ingredients

4 cups basil, packed

3 cloves garlic

½ cup olive oil

½ cup cashews, raw

kosher salt, to taste

Place all ingredients into a food processor and run until mixture is combined well. Place mixture in container with lid and refrigerate

Red Lentils w/Sundried Tomatoes Tapenade

Ingredients

2 cups dry Red Lentils
1 cup sun dried tomatoes
1 tablespoon Herbes de Provence
1/3 cup olive oil
2 cloves garlic – minced
Salt and pepper to taste
1/2 cup of Parsley chopped and loosely packed

Place tomatoes in a bowl and pour enough hot water to cover the top of the tomatoes to rehydrate for two hours. Using a colander rinse the lentils in cold water then place in pot and add 6 cup of water. If lentils clump together break apart. Pour the water the tomatoes have been soaking in to the lentil water. Bring to a boil, set at medium heat and cook until soft but not mushy. Red lentils normally cook within 10 to 15 minutes.

While lentils are cooking place tomatoes and other ingredients in food processor and finely chop.

When lentils are cooked drain in colander. Place all ingredients into bowl and mix well with potato masher.

Allow mixture to sit at room temperature for at least 2 hours to allow spices to open up. I prefer to make this 24 hours before serving to allow the spices to totally open. Serve at room temperature. Drizzle extra olive oil over mixture if desired.

Fruitful Chicken and Rice Soup

1.5 to 2 quarts chicken stock

8 chicken thighs, boned and skinned

1 onion, diced

1 red bell pepper, diced

2 ribs celery, diced

3-4 cloves garlic peeled, crushed and rested for 10+ minutes

½ small to med green cabbage, sliced into small pieces

2-3 tasty apples, seeded and chopped

¼ cup dehydrated chopped apple.

4-6 rings dried pineapple, chopped

1/3 cup dried crystalized ginger, finely chopped

1 tablespoon dried dill leaf

Finish with

Just a spot cayenne pepper (1/8 teaspoon more or less)

1 Tablespoon (or so) Better Than Bullion chicken,

1 Tablespoon (or so) soy sauce

1 Table spoon (or so) rice wine vinegar

2-3 tablespoons extra virgin olive oil

Black Pepper to taste

Cut chicken into bite size pieces and fry in olive oil until done, remove from pan. In soup pot add chicken stock, chopped vegetables, garlic, fruits, ginger and dill, bring to a boil, then simmer for 15-30 min. Taste and finish with chicken bullion, soy sauce, rice wine vinegar, extra virgin olive oil, black pepper. Simmer for 10-15 minutes more.

Bison Mini Meatballs and Caramelized Butternut Squash Skewers

Ingredients:

1 lb ground bison
1 cup sourdough or white bread from food processor (like type from Panera)
4 oz half and half (we use organic)
½ tsp salt
½ tsp black pepper fine grind
1 tsp Chipotle pepper, ground
½ tsp garlic granules
1 cup onion, finely diced
1 cup fresh Basil- finely chopped
1 farm fresh egg
1/4 cup olive oil
Preheat oven to 400°F

Roughly cut enough bread and place in food processor until it makes a fine crumb. Chop onion and place with basil in processor till fine diced. Combine all ingredients and mix well in a large bowl. Lightly coat olive oil on cooking sheet with sides, using the large scoop of a melon baller, scoop out mixture, roll in palm to form a ball, and place sheet. Bake in oven for approximately 15 – 20 minutes (until meat is cooked through).

These can be made ahead of time, frozen raw and when ready to use follow the baking instructions.

Makes 40 – 50 meatballs.

Caramelized Butternut Squash

1 medium Butternut Squash, peeled and cut into large bite size chunks
½ cup extra virgin olive oil
1 tablespoon rubbed sage

Place squash, olive oil and sage in a bowl and mix well. Allow to sit for 30 – 60 minutes. Meanwhile, heat a skillet under medium heat, add contents of bowl allowing squash to caramelize until squash just begins to soften. To skewer – skewer meat then alternate with squash. Other vegetables can be added.

Cheese and Fruit

Whatever cheese you think goes well with the wine you are drinking is the right cheese. A large variety of fruit can be paired with your cheese and wine. Grapes, apples, figs, dates, plums, pears, etc.

For today I chose:

Kerrygold Dubliner Cheese, nice age, flavor and crystallization.

Grapes, white and red, flavor and crispness.

Brownies

Ingredients

1 pound unsalted butter

1 pound plus 12 ounces semisweet chocolate chips

6 ounces unsweetened chocolate, 62

6 extra-large eggs

2 tablespoons pure vanilla extract

2 1/4 cups sugar

1 1/4 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon salt

Preheat oven to 350 degrees F.

Butter and flour a 12 x 18 x 1-inch baking sheet.

Melt together the butter, 1 pound of chocolate chips, and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. In a large bowl, stir (do not beat) together the eggs, vanilla, and sugar. Stir the warm chocolate mixture into the egg mixture and allow to cool to room temperature.

In a medium bowl, sift together 1 cup of flour, the baking powder, and salt. Add to the cooled chocolate mixture. Toss the walnuts and 12 ounces of chocolate chips in a medium bowl with 1/4 cup of flour, then add them to the chocolate batter. Pour into the baking sheet.

Bake for 20 minutes, then rap the baking sheet against the oven shelf to force the air to escape from between the pan and the brownie dough. Bake for about 15 minutes, until a toothpick comes out clean. Do not overbake! Allow to cool thoroughly, refrigerate, and cut into desired squares. Original recipe from Ina Garten

Pistachio Ice Cream

Ingredients

1-1/3 cups whole milk, well chilled

1-1/8 cups granulated sugar

3 cups heavy cream, well chilled

1-1/2 teaspoon pure vanilla extract

1 teaspoon pure almond extract

1-1/2 cups shelled pistachios, roughly chopped (use plain or lightly salted -- do not use red pistachios)

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, and vanilla and almond extracts. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the pistachios. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Recipe from Cuisinart