

Lee Anne Wong

Crispy Kale with Roasted Mushrooms

2 lbs Assorted Wild Mushrooms, cleaned and trimmed to similar sizes
¼ cup Extra Virgin Olive Oil
2 pieces Shallot, halved and thinly sliced
3 cloves Garlic, minced
1 bunch Lacinato/Cavolo Nero Kale, chiffonade 1/8" crosswise
3 Tablespoons Fresh Sage Leaf, chiffonade
Oil for Deep Frying
¼ cup Golden Raisins
¼ cup Sherry
3 Tablespoons Brown Sugar
¼ cup White Balsamic Vinegar
¼ cup Water
Zest and Juice of ½ Lemon
½ cup Toasted Pine Nuts
Salt and freshly ground black pepper

1. Preheat roughly 2-inches of deep frying oil in a wide bottom heavy pot to 375°F. Preheat the oven to 475°F. In a large bowl, combine the trimmed mushrooms, olive oil, shallots, garlic, and season well with salt and pepper, tossing to coat. Spread the mushrooms out in a single layer on one or two half sheet trays lined with parchment. Roast in the oven 10-15 minutes until tender and the mushrooms begin to color slightly. Remove from the oven and tent with aluminum foil to keep them warm
2. When the oil comes to temperature, quickly deep fry the chiffonade of kale and sage in the hot oil, being careful as the greens will pop in the oil due to moisture. Fry until the popping ceases and drain the greens paper towels in a single layer. Salt lightly and allow to cool. Greens will crisp up once cooled.
3. In a separate small saucepot, combine the raisins, sherry, brown sugar, white balsamic, water and lemon zest and cook over medium-high heat until the liquid has reduced by 70% and is syrupy. Add in the fresh lemon juice and season to taste with salt and pepper.
4. Toss the fried kale and sage with the roasted mushrooms and the toasted pine nuts. Drizzle the raisin vinaigrette over the mushroom salad and serve immediately.

2 eet recipes from Stephanie Izard

Simple Roasted Beet Salad

Serves 4

4 medium to large beets (about 1 1/2-2 pounds total)
2 tablespoons olive oil
Coarse salt and freshly ground black pepper
5 ounces arugula
4 ounces goat cheese (such as Humboldt Fog)
3 tablespoon white balsamic vinegar
1/4 cup olive oil
Sea salt and freshly ground black pepper

Preheat the oven to 400° F. Wash the beets well, dry them and then coat with olive oil, salt and pepper. Make rings out of thin strips of aluminum foil, about 2 inches in diameter. Place the beets on the foil rings in a baking dish or roasting pan. Transfer to the oven and roast until just tender, about 1 hour.

Remove from the oven and let the beets cool slightly. Peel with a towel while still warm. Cut into 1/4-inch round slices.

Arrange the beet slices on each plate. Top with arugula and slices or crumbles of goat cheese. Whisk the balsamic vinegar and the olive oil together and drizzle over the salad. Sprinkle with sea salt and freshly ground pepper.

Beet and Olive Bruschetta

Serves 4-6

4 medium beets (about 1 1/2 pounds)
1 cup chopped pitted black olives (such as Nicoise)
2 tablespoons olive oil, plus more for bruschetta
2 tablespoons balsamic vinegar
6 large basil leaves, sliced very thin (chiffonade)
Coarse salt and freshly ground black pepper
1/4-pound hard sheep or goat milk cheese (cave-aged cheese, specifically cave-aged Cardona is recommended)
1 loaf ciabatta bread (sliced into 1/4-inch thick pieces)

Preheat the oven to 400° F. Wash the beets well, dry them and then coat with olive oil, salt and pepper. Make rings out of thin strips of aluminum foil, about 2 inches in diameter. Place the beets on the foil rings in a baking dish or roasting pan. Transfer to the oven and roast until just tender, about 1 hour.

Remove from the oven and let the beets cool slightly. Peel with a towel while still warm. Dice the beets small, about 1/4-inch cubes.

Toss the beets with the chopped olives, olive oil, vinegar and basil. Season to taste with salt and pepper.

Toast the ciabatta slices until just golden. Brush with olive oil and sprinkle with salt and pepper. Top each slice with a heaping spoonful of the beet and olive mixture. Shave thin slices of the cheese onto each bruschetta.

Quinoa recipes from Nikki Cascone

Warm Quinoa Salad with Pan Seared Shrimp— presented by Nikki Cascone

Cook Quinoa in boiling water (4 cups water to 1 cup Quinoa- al dente) strain and reserve warm, Season Quinoa with lemon, salt, pepper and olive oil.

Cut Orange into segments and squeeze the remaining juice into a mixing bowl for vinaigrette.

Drizzle in Olive oil, add sugar or honey, salt and pepper and whisk to emulsify vinaigrette. Taste for balance Chop Shallot and add to Quinoa.

Chop Cilantro add to Quinoa.

Season Quinoa with lemon, salt, pepper and olive oil.

Blanch snow peas for 1 minute making sure they remain crunchy.

Mix the snow peas and the citrus segments in with the seasoned quinoa. Add some of the vinaigrette into the quinoa and reserve the remainder to garnish the finished plate.

Season Shrimp with a drizzle of Olive Oil and a dash of Salt & Pepper.

In a very hot pan with Canola oil, sauté the Shrimp, making a nice brown crust on each side. It only takes minutes. Once the fish is opaque all the way through it is done. Shrimp become tough and rubbery when overcooked.

Place some of the Warm Quinoa Salad on a plate and top with Shrimp. To finish drizzle some vinaigrette around the plate along with some fresh cilantro.

Serves 4

2 cups Quinoa (red or regular)
1 large Shallot
2 Oranges
½ lb snow peas
1 cup Extra virgin olive oil
1 lemon
1 bunch cilantro
2 lb Shrimp 16/20
Salt & pepper
¼ cup canola oil (for sautéing)
¼ honey

Quinoa & Wild Mushrooms and Black Tuscan Kale – nikki Cascone

Serve as a side or main dish to 2-4 people

1 whole shallot
1 head of Black tuscan kale (cavelo nero)
2 teaspoons oliveoil
1/4 cup vegetable stock
1 lemon
salt and pepper TT

Boil 1 cup Quinoa in 4 cups water
strain and drizzle with a very small amount of olive oil
Rinse and cut Kale into 1 inch pieces.
Saute the kale in vegetable stock and garli for about 1 minute
Chop shallots into very small dice and add to the quinoa while the kale is cooking.
Add the juice of 1 lemon, kale and salt and pepper to taste to the quinoa

Garnish with shredded pecorino if desired.

Farro salad with maitake mushrooms, shaved parmigiano, and lemon truffle dressing and micro arugula – Chef Leah Cohen

-1 lb Farro
-1 yellow onions
-1 clove garlic
-1/2lb maitake mushroom or similar
-1 tablespoon truffle oil
-2 lemon
-2 cups chicken stock

-1/4 cup parmigiano shaved
-garnish with micro arugula
1 cup olive oil
1 sprig fresh mint
1 sprig fresh parsley

Saute Farro with onion , garlic add HOT chicken stock slowly cooking Risotto style. Cook out liquid, add more over medium heat. Roast Mushrooms on a sheet tray in a 350 degree oven with olive oil. Let both the mushrooms and Farro cool. Make truffle dressing with truffle oil, lemon. Mix mushrooms and faro together. Chiffonade fresh herbs and toss in with a drizzle of the truffle dressing. Top with shaved cheese and micro arugula and serve.

HEALTHY HOLIDAY MEAL

By Andrea Beaman, HHC, CHEF

Savory Celeriac Root and Leek Puree

2 tbsp. butter (or olive oil)
1 leek, cleaned and chopped
1 potato, peeled and chopped
1 celeriac root, peeled and chopped
4 cups chicken stock (or water)
1 tsp. sea salt
1/8 tsp. freshly ground black pepper
Parsley oil (olive oil infused with parsley)
Parsley

Saute leek in butter 2-3 minutes or until translucent. Add potato, celeriac root, chicken stock and sea salt. Bring to a boil, cover and reduce heat to medium. Cook 12-15 minutes or until vegetables are soft. Remove vegetables from the soup and puree in a food processor or blender. Add back to the soup, taste and adjust seasoning. Garnish individual bowls with parsley oil and a sprig of parsley.

Beet, Apple and Feta Cheese Salad Nestled in Winterbor Kale

6 beets, cleaned
2 cups water
1 apple, cored and diced
2 oz. feta cheese, crumbled
3 tbsp. olive oil
1 tbsp. apple cider vinegar
Sea Salt
Freshly ground black pepper
1 tsp. dill, minced
2-3 Kale leaves, cleaned and chopped

Bring beets and water to a boil. Cover and reduce flame to medium. Cook 35-40 minutes or until beets soften. Remove beets, peel and dice. Combine diced apple, beets and feta cheese. Whisk olive oil, vinegar, dill, and pinch of sea salt and black pepper. Mix into the salad. Steam kale leaves until bright green and soft (5-7 minutes). Place kale on a plate and top with Beet Apple Feta salad.

Stuffed Kabocha Squash with Quinoa, Duck and Savory Mushroom Gravy

2 small Kabocha squash, halved and deseeded (can use acorn or other winter squash)
Olive oil
1 onion, peeled and diced

2 garlic cloves, peeled and minced
¼ cup dried cranberries
½ tbsp. fresh sage, minced
1 cup quinoa, rinsed
2 cups duck stock (can use other stock or water)
1 tsp. sea salt
8-10 oz cooked duck, diced (can substitute chicken or turkey)

Preheat oven to 375°. Lightly oil and season (salt and pepper) halved squash and place flesh side down in a baking pan. Cover and bake 35-45 minutes or until soft. While squash bakes, sauté onion in a frying pan until translucent. Add garlic, cranberries and sage, and sauté 3-4 minutes. Add quinoa and stock and bring to a boil. Add sea salt, cover and reduce flame to simmer. Cook 12-15 minutes or until liquid evaporates. Fold in pre-cooked diced duck. Fill squash with quinoa mixture and top with 2-3 dollops Savory Mushroom Gravy.

Savory Mushroom Gravy

1 tbsp. butter or olive oil
1 tbsp. rice flour
1 cup duck stock (or other stock)
1 shallot, peeled and minced
3-4 shitake mushrooms, sliced thin
½ tsp. sage, minced
Sea salt
Freshly ground black pepper

Heat butter and add rice flour until combined. Slowly add stock and stir to break up butter and flour. Add shallots, mushrooms and sage. Bring to a high heat, turn down flame and cook 3-5 minutes. Adjust seasoning to taste.

Rosemary Roasted Roots

3-4 carrots cut into thin strips (3-4 inches long)
2-3 parsnips cut into thin strips (3-4 inches long)
1 tbsp. olive oil
½ tsp. dried rosemary
Sea salt
Freshly ground black pepper

Preheat oven to 375°. Coat the vegetables with olive oil and season with rosemary, sea salt and black pepper. Cover and bake 30 minutes. Uncover and continue cooking 25-30 minutes or until soft and slightly shriveled.

Carrot Ginger Squares with Cream Cheese Frosting

1½ cups whole grain pastry flour
1 cup whole grain all purpose flour
1½ tsp. baking powder
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. all spice
¼ tsp. sea salt
2 tbsp. maple sugar or other sugar
¾ cup walnuts, toasted and coarsely chopped
1/3 cup crystallized ginger, diced small
½ cup raisins
3 eggs, beaten
3 tbsp. yogurt
¼ cup honey

1 tbsp. walnut oil
2 tsp. vanilla extract
1½ cups carrots, finely grated
1 apple, peeled, cored and grated
Butter

Cream Cheese Frosting

2 tbsp. unsalted butter, room temperature
12 ounces cream cheese, room temperature
½ cup powdered sugar
1 tsp. vanilla extract
1 cup toasted walnuts, finely chopped

Preheat oven to 350°. Mix dry ingredients (flour, baking powder, cinnamon, nutmeg, all spice, sea salt,, maple sugar, walnuts, ginger and raisins) in large bowl. In a separate bowl, mix wet ingredients (eggs, yogurt, honey, walnut oil, vanilla, carrots and apple). Combine wet ingredients with dry ingredients. Butter or oil a 9x12 casserole dish or baking pan. Bake 35-40 minutes or until cake pulls away from the edge of the dish. Let cool. In a food processor combine butter, cream cheese, powdered sugar and vanilla until creamy. Spread cream cheese frosting on top of cake. Sprinkle with toasted walnuts.