

LIFE OF RILEY



Personal Chef Service



Fall and Winter Menu

2008 - 2009

Chef Stephanie Riley

Chicken

Kashmiri Chicken

Boneless, skinless chicken breasts simmered in a yogurt sauce with sautéed onions, garlic, ginger, and loads of Indian spices, then finished with saffron, ground almonds and cilantro.

Moo Shu Chicken Wraps

Ground chicken stir-fried with onions, ginger, garlic, shiitake mushrooms, water chestnuts, shredded carrots, soy and fish sauce, sherry, and thickened with cornstarch, then served in a lettuce leaf, topped with plum sauce.

Italian Chicken and Artichokes

Pieces of chicken thighs and Italian turkey sausage cooked into a tomato and white wine stew with artichokes, onions, mushrooms, garlic, and seasonings.

Minestrone with Chicken Meatballs

Sautéed red onion, carrot, celery, garlic, and chopped kale stewed in red wine and chicken stock with diced tomatoes, cannellini beans, basil, and ground chicken meatballs, and finished with Parmesan cheese.

Cashew Chicken

Bite-size pieces of chicken tenderloins marinated soy sauce, rice wine, and ginger, then stir-fried with sliced green onions, and cashews with a stir-fry sauce of soy sauce, sesame oil, sugar and cornstarch.

Pumpkin-Seed Chicken Mole

Boneless, skinless chicken breasts baked in a Mexican mole sauce of toasted pumpkin seeds, cumin, oregano, green tomatillos, chile peppers, garlic, lettuce, cinnamon, cilantro, radish tops, onion, and chicken stock all pureed together until smooth but still textured, then served over rice and sprinkled with a few sliced radishes.

Chicken Paupiettes with Lemon-Tarragon

Chicken breasts pounded thin, layered with whole blanched spinach leaves, thinly-sliced prosciutto, julienne carrots, rolled up and seared in a pan, then sliced into spirals and served with a sauce of chicken stock, lemon juice, fromage blanc, shallots, and tarragon.

Deceptively Delicious Chicken Nuggets (with Broccoli, Spinach or Sweet Potato Puree)

This is from Jessica Seinfeld's cookbook on adding pureed vegetables to foods your kids will eat. Chicken tenders cut into nugget size then dipped in egg mixed with either pureed broccoli, spinach or sweet potato (your choice), then breaded with Panko breadcrumbs, flaxseed meal, grated Parmesan cheese, paprika, garlic powder, and onion powder, and cooked until crispy in a pan with olive oil.

Pineapple-Stuffed Jerk Chicken

Chicken breasts rubbed with thyme, allspice, cayenne pepper, and sugar, then stuffed with a mixture of pineapple chunks, lime juice, scallions, and sugar, roasted in the oven, then served with a reduction sauce of pineapple juice and chicken stock, and sprinkled with green onions.

Buffalo Chicken Rolls

Boneless, skinless chicken breasts marinated in fiery buffalo wing sauce, then stuffed with sautéed celery and blue cheese, rolled up, baked, and served with the marinade and blue cheese melted into a deliciously spicy sauce.

Chicken with Three Peppers

Boneless, skinless chicken breasts seasoned with paprika and seared in a pan, then cooked with sautéed sliced onions, red, green and yellow bell peppers, garlic, and a thin tomato and paprika sauce, then thickened with creamy low-fat sour cream.

Spanish Spice Rubbed Chicken Breasts with Parsley-Mint Sauce

Chicken breasts rubbed with Spanish paprika, cumin, ground mustard, ground fennel and olive oil then grilled and served with a sauce of pureed mint, parsley, garlic, Serrano peppers, honey, Dijon mustard and olive oil.

Thai-Styled Curried Chicken Soup

A Thai-flavored soup of coconut milk, red curry paste, fish sauce, chicken stock, seasoned with lemongrass, ginger, chile peppers, lime juice, and dotted with strips of chicken breast, sliced mushrooms, and sliced basil leaves.

Mexican Chicken and Dumplings

Chicken thighs torn into bite-sized pieces and cooked into a sauce of sautéed onions, bell peppers, garlic, chicken stock, diced tomatoes, red enchilada sauce, oregano and other seasonings, then dotted with cornbread dumplings with chopped jalapenos in them and sprinkled with cilantro.

Chicken Wing Soup

A real pleaser - diced onions and celery sautéed in butter, then simmered in chicken stock and skim milk with pieces of roasted chicken and a little organic American cheese, and finished with Franks Red Hot Sauce, low-fat sour cream, and a sprinkling of blue cheese.

Chicken in Red Wine Vinegar

A classic French bistro dish of bone-in chicken breasts browned in a pan, then braised in a piquant sauce of red wine vinegar, chicken stock, diced tomatoes, finished with some butter and parsley.

Chicken Tikka

Boneless, skinless chicken thighs marinated in yogurt seasoned with garlic, ginger, and loads of Indian spices, then broiled and served with a fresh sauce of yogurt, cilantro, mint, jalapeno, garlic, cumin and lemon juice.

Turkey

Pumpkin-Turkey “Ghoulash” with Caraway Noodles

A seasonal take on Hungarian goulash - chunks of turkey meat stewed together with diced potatoes, carrots, onion, garlic, and herbs in a pumpkin puree and chicken stock sauce seasoned with Hungarian paprika, then served over buttered egg noodles with caraway seeds and a dollop of low-fat sour cream.

Deceptively Delicious Meatball Soup (with Carrot and Sweet Potato Puree)

This is from Jessica Seinfeld’s cookbook on adding pureed vegetables to foods your kids will eat. This is a soup of pureed tomatoes and carrots with chicken stock, sautéed onions, and garlic, then turkey meatballs with breadcrumbs, egg, sweet potato puree, milk, Parmesan cheese, and seasonings are added to the soup along with bow-tie pasta.

Crispy Ginger-and-Garlic Asian Turkey Lettuce Wraps

Ground turkey stir-fried with finely chopped carrots, shiitake mushrooms, water chestnuts, garlic, ginger, peanut butter, teriyaki sauce, sesame oil, rice vinegar, hoisin sauce, and green onions, then served in lettuce leaves with an extra dollop of hoisin sauce.

Stuffed Bell Pepper Soup

All the elements of stuffed peppers made into a soup of ground turkey with diced red, green, and yellow bell peppers, brown rice, onions, celery, carrots, garlic, tomatoes, tomato sauce, stock, and loads of delicious seasonings.

Arabian Nights Turkey Burger

Ground turkey mixed with cumin, turmeric, and thyme, formed into burgers and stuffed with goat cheese, then sautéed in a pan and baked in the oven.

White Turkey Chili

Ground turkey sautéed with onions, garlic, and red bell pepper, then cooked into a hearty and healthy white chili with cannellini beans, garbanzo beans, chicken stock, pearl barley, diced mild green chile peppers, herbs and spices, and finished with a sprinkling of shredded skim-cheddar cheese, scallions, and low-fat sour cream.

Turkey Chowder with Wild Rice, Crimini, and Pancetta

Thanksgiving in a bowl! Diced turkey tenderloin cooked into a soup with wild rice, crimini mushrooms, pancetta or bacon, carrots, celery, shallots, rosemary, corn, chicken stock and finished with a little turkey gravy for thickness, and chopped parsley.

Beef

Meatballs in Almond Sauce

A Catalan Spanish dish with meatballs of ground beef, pork, breadcrumbs, onion, garlic, parsley, egg, cinnamon and paprika cooked into a sauce of white wine and chicken stock finished with a picada of ground almonds, garlic, saffron, parsley, and paprika.

Beef Ragout with Chestnuts, Port and Orange

Beef stew meat coated in flour and browned in a pan, then cooked slowly with sliced onions, stock, balsamic vinegar, orange zest and juice, port, redcurrant jelly, and chestnuts.

Filet Mignon with Cranberry Port Sauce and Gorgonzola Cheese

Filet mignon seared in a pan to your desired doneness and served with a pan sauce of ruby Port, dried cranberries, beef stock, rosemary, shallots, garlic, and butter, then sprinkled with crumbles of Gorgonzola cheese.

Braised Beef in Beaujolais

Beef stew meat browned and cooked slowly with pearl onions, diced bacon, sliced mushrooms, garlic, herbs, and a bottle of Beaujolais red wine.

Mandarin Broccoli Beef

Sliced sirloin steak stir-fried with red bell pepper strips, broccoli, garlic, ginger, crushed red pepper, soy sauce, rice vinegar, oyster sauce, and sherry, and finished with Mandarin orange segments, and green onions.

Sumac Skirt Steak with Pomegranate Reduction

A hint of Middle Eastern flavors - skirt steak sprinkled with tangy sumac powder, then broiled in the oven, sliced and served with a reduction sauce of pomegranate juice, port, shallots, lemon juice, and butter.

Ginger-Lime Sirloin

Sirloin or flat-iron steak marinated in a sauce of lime juice, grated ginger, fish sauce, hoisin sauce, hot-chili sauce, and lime zest, then removed from the marinade and grilled.

Polenta Lasagna with Meat Sauce

Squares of polenta topped with an Italian tomato and meat sauce with onion, celery, carrot, garlic, ground beef, red wine, and crushed tomatoes, then sprinkled with mozzarella cheese, another square of polenta, more meat sauce, and topped with mozzarella and Parmesan cheese and baked in the oven until bubbly and golden.

Beef Stew with Chestnuts

A crock-pot meal of browned beef stew meat cooked slowly with chestnuts, onions, garlic, carrots, celery, potatoes, tomato paste, beef stock, and red wine.

Beef Chili with Masa Harina

Ground beef, kidney beans, and pinto beans simmered with onions, garlic, jalapeno, chili spices, lager-style beer, beef stock, crushed tomatoes, and masa harina (corn flour).

Yam Neua (Grilled Beef Salad)

Filet mignon grilled and sliced thinly, then mixed with shallots, scallions, cilantro, mint, and a sauce of lime juice, fish sauce, and sugar, and served over salad greens or jasmine rice.

Baked Beef Ragu with Eggplant

Sliced eggplant that is lightly breaded and pan-fried then laid out in a casserole and topped with a sauce of ground beef cooked with onion, carrots, diced bacon, garlic, tomatoes and red wine, topped with another layer of eggplants and ragu, then sprinkled with cheddar cheese and baked in the oven until golden.

Grilled Skirt Steak with Horseradish Mustard Sauce

Skirt steak marinated in a mixture of olive oil, soy sauce, red wine vinegar, lemon juice, Worcestershire sauce, Dijon mustard, garlic, and parsley, then broiled or grilled and sliced thinly, and served with a fresh sauce of horseradish, buttermilk, sour cream, Dijon mustard, rosemary and chives. The sauce can not be frozen and must be eaten within a week.

Beef Daube Provençal

Beef stew meat braised slowly with carrots, onions, garlic, red wine, beef stock, tomatoes, fresh rosemary and thyme.

Beef Sukiyaki with Noodles

Thinly sliced beef tenderloin stir-fried with shiitake mushrooms, onion, shredded Napa cabbage, and cellophane noodles, with a Japanese stir-fry sauce of soy sauce, mirin, sake, and a little sugar, then sprinkled with green onions.

Beef Tenderloin Medallions with Port and Chestnut Sauce

Thin medallions of beef tenderloin seared in a pan then dressed with a sauce of reduced tawny port, beef stock, demi-glace, diced chestnuts, rosemary, onions and garlic, and sprinkled with fresh chives.

Cincinnati Chili

Cincinnati chili has a deliciously-unique flavor and is served equally uniquely over spaghetti noodles and with numerous toppings. The chili is made with ground beef, onion, garlic, tomato puree, cinnamon, chocolate, cumin, chili powder, allspice, vinegar, and Worcestershire sauce. You can choose which way you'd like me to make yours.

3-Way – spaghetti noodles, chili, cheddar cheese

4-Way – spaghetti noodles, chili, cheddar cheese, onions

5-Way – spaghetti noodles, chili, cheddar cheese, onions, kidney beans

6-Way – spaghetti noodles, chili, cheddar cheese, onions, kidney beans, sour cream

Pork

Pork Loin with Pomegranate and Orange Glaze

Pork loin marinated in a paste of pomegranate syrup, orange juice, Dijon mustard, garlic, ginger, and soy sauce, then roasted in the oven and basted with a sauce of pomegranate syrup, orange juice, honey, and soy sauce, and sliced for serving.

Pork Tenderloin with Balsamic Fig Sauce

Pork tenderloin sprinkled with thyme and roasted in the oven, then served with a pan sauce of finely chopped dried figs, reduced balsamic vinegar, chicken stock, honey, shallots, and chopped thyme.

Spicy Ginger Pork in Lettuce Leaves

Ground pork stir-fried with diced red bell peppers, garlic, ginger, fish sauce, sesame oil, sweet chile sauce, diced water chestnuts, scallions, oyster sauce, and chopped cilantro, and served wrapped up in lettuce leaves.

Roast Pork Tenderloin with Dried Plums and Red Wine Sauce

Pork tenderloins roasted in the oven, then served with a pan sauce of sautéed onions, red wine, stock, lemon juice, and chopped dried plums.

Mahogany Glazed Ribs

Pork back ribs marinated in an Asian-flavored glaze of hoisin sauce, plum sauce, soy sauce, cider vinegar, sherry, honey, green onions, and garlic, then roasted slowly in the oven until tender.

Guinness and Honey-Glazed Pork Tenderloin

Pork tenderloin brushed with a glaze of reduced Guinness stout beer, honey, and brown sugar, roasted in the oven, then serve with a pan sauce of the Guinness syrup and chicken stock forming a thick sauce, sprinkled with parsley.

Apple-Stuffed Pork Loin with Cider Sauce

Pork tenderloin stuffed with a sautéed mixture of chopped apples, onions, garlic, dried apricots, raisins, thyme, and apple cider, rolled up, sprinkled with thyme, and roasted in the oven, then served with an apple cider and pan juice sauce.

Pork Chops with Ginger-Soy Glaze

Pork chops marinated in a mixture of white wine, soy sauce, chicken stock, sugar, ginger and garlic, then seared in a pan and served with the marinade reduction sauce with scallions.

Pork Chops with Sweet-and-Sour Cider Glaze

Pork rib chops browned in a pan, then served with a pan reduction sauce of apple cider, brown sugar, cider vinegar, and Dijon mustard.

Roasted Honey-Soy Pork Tenderloin

Pork tenderloin marinated in a pureed mixture of ginger, garlic, hoisin sauce, soy sauce, sherry, a little ketchup, honey, and sesame oil, then roasted in the oven, while basted with the marinade until the pork is caramelized.

Lemongrass Pork Stir-Fry

Chunks of pork tenderloin stir-fried with sliced shallots and green onions in a sauce of pureed lemongrass, garlic, and cilantro, with fish sauce, lemon juice, and brown sugar.

Pork Filets in Mushroom and Sour Cream Sauce

Pork tenderloin medallions pounded flat then browned in a pan and cooked into a sauce of sautéed onions, mushrooms, chicken stock, low-fat sour cream, lemon juice, and parsley.

Spiced Pinto Beans with Chorizo

Fresh, spicy chorizo sausage crumbled and browned with onions, garlic, cumin, and chipotle chili powder, then cooked together with pinto beans for a hearty and spicy stew.

Orange Pesto-Stuffed Pork Tenderloin with Fig Glaze

Pork tenderloin stuffed with a pesto of pureed basil, orange peel, orange juice, garlic, a little olive oil, and Dijon mustard, rolled up, brushed with fig preserves, and roasted in the oven until caramelized.

Pork and Ham Loaf with Marmalade-Mustard Glaze

Ground pork and finely chopped ham mixed with sautéed onions and red bell peppers, crushed saltine crackers, milk, and eggs, formed into a loaf, brushed with a glaze of orange marmalade, Dijon mustard, and brown sugar, and baked until caramelized.

Sausage, Ribs, and Beans

An Italian treat of individual pork spareribs, sweet Italian sausages, and pinto beans cooked into a sauce with tomatoes, onion, carrot, and fresh chopped sage.

Other Meats and Game

Greek Shepherd's Pie with Potato Feta Topping

A Greek version of a favorite British pie, with ground lamb browned with onions, garlic, cinnamon, mint, oregano, and diced tomatoes, then poured into a casserole and topped with mashed potatoes with feta and Parmesan cheeses, and baked in the oven until golden.

Roast Rack of Lamb with an Herb Crust

An herb crust of sautéed onions, garlic, breadcrumbs, parsley, chives, and tarragon coated onto a rack of lamb and then roasted in the oven.

Casseroled Lamb with Tomatoes and Pesto

Lamb stew meat that is browned and then cooked slowly in the oven with sliced onions, garlic, diced tomatoes, white wine, and a little pesto.

Spanish Lamb Meatballs with Mint

Meatballs of ground lamb, egg, breadcrumbs, and mint, browned in a pan, then cooked into a sauce of sautéed onions, garlic, mint, white wine, beef stock, and tomato puree.

Lamb Korma

A mild Indian dish of lamb stew meat browned and cooked with onions, garlic, ginger, turmeric, coriander, cardamom, cloves, cumin, cinnamon, and paprika, finished with some plain yogurt, ground almonds, and lemon juice, and served over basmati rice.

Dukkah-Crusted Lamb Chops

Lamb rib chops seared in a pan to your desired doneness, then dipped in a mixture of ground, toasted pistachios, sesame seeds, coriander, cumin, and a little sugar, and then drizzle with a mixture of pomegranate molasses and honey.

Venison Steak and Chestnut Sauce

New Zealand venison sirloin steaks broiled and served with a beef stock and Madeira wine sauce with chopped roasted chestnuts. Could also substitute with buffalo steak.

Venison and Leek Pie

A Scottish specialty of ground venison cooked with finely chopped onions, carrots, parsnips, stock, redcurrant jelly, and Worcestershire sauce, then topped with a milk-based sauce with tender leeks and onions, sprinkled with cheddar cheese and baked in the oven until bubbling and golden.

Venison Sirloin with Port and Redcurrant Jelly

Pan-seared venison sirloin steaks with a reduction sauce of port, stock, and redcurrant jelly. Could also substitute with buffalo steak.

Duck with Miso-Almond Butter

Duck breasts marinated in miso and garlic, then seared in a pan and served with a puree of Spanish marcona almonds, honey, sambal oelek (spicy chile sauce), water and miso, and sprinkled with chopped almonds.

Muscovy Duck Breast with Mahogany Glaze

Duck breasts marinated in an Asian-flavored glaze with hoisin sauce, plum sauce, soy sauce, sherry, cider vinegar, honey, green onions, and garlic, pan-seared and sliced with extra glaze on top.

Coriander-Rubbed Duck Breasts with Glazed Oranges

Duck breasts rubbed with ground coriander and orange zest, then seared in a pan until nicely browned and served sliced and topped with peeled orange rounds that have been simmered in a pan with caramelized shallots, Grand Marnier, red wine vinegar, and chopped thyme.

Duck Breasts Paprika

Pan-seared duck breasts, sliced and served with a sauce of sautéed onion slices, garlic, paprika, redcurrant jelly, red wine, chicken stock, and finished with low-fat sour cream.

Veal Patties with Mushrooms and Chives

Ground veal mixed with breadcrumbs, egg and chives, coated in more breadcrumbs and pan-fried, then topped with sautéed mushrooms and chives.

Veal Scaloppini with Mushrooms and Peppers

Veal scallops dusted lightly with flour and pan-seared, then cooked into a sauce of sliced sautéed red bell peppers, mushrooms, slivered prosciutto, white wine, and parsley.

Caramelized Veal Chops with Balsamic Syrup

Veal rib chops sprinkled lightly with sugar and caramelized in a hot pan, then served with a balsamic reduction-pan sauce of balsamic vinegar, soy sauce, and orange juice.

Veal Paprika

Veal cutlets browned in a pan with caramelized sliced onions in a sauce of paprika, chicken stock and sour cream.

Veal Loaf

A lighter tasting version of meatloaf with ground veal and ground pork, onion, red bell pepper, cracker crumbs, egg, milk, and seasonings, formed into a loaf, then browned in the oven.

Roasted Veal Chops with Grapes

Veal chops roasted in the oven with red grapes coated in sherry vinegar, a little butter and sugar to make its own delicious sauce.

Oxtail Stew

Oxtails that are browned and then cooked very slowly in the oven with diced onions, carrots, turnip, garlic, tomato paste, lager, and water until tender and flavorful.

Seafood

Provence-Style Fish Stew

A Provençal stew of onions, fennel, carrots, garlic, anchovies, tomatoes, red wine, fish stock, orange zest, saffron, and chunks of white fish and sprinkled with parsley.

Monkfish Piccata

An Italian classic, these thin monkfish filets are lightly dusted with flour and seared in a pan, then served with a lemon, white wine, parsley and caper sauce.

Hunan Shrimp

Shrimp stir-fried with ginger sliced onions, bell peppers, and asparagus in a flavor-packed Chinese sauce of chicken stock, soy sauce, black bean sauce, chili-garlic sauce, and thickened with corn starch.

Swordfish Involtini

Swordfish steaks flattened and filled with a mixture of tomatoes, bread crumbs, capers, garlic, and oregano, rolled up, basted with lemony olive oil and broiled in the oven.

Scallops in Saffron and White Wine Sauce

Pan-seared sea scallops in a sauce of onions sautéed in butter with white wine, fish stock, and finished with lemon juice and strands of saffron.

Red Snapper with Haricots Verts and Dried Apricots

Red snapper filets roasted in the oven, then served atop a bed of French green beans sautéed with chopped dried apricots, pine nuts, and mint.

Asian-Glazed Salmon

Roasted salmon brushed with a delicious glaze of soy sauce, rice wine vinegar, sesame oil, brown sugar, ginger, garlic, chili sauce, and five-spice powder.

Shrimp in Salsa Verde

Tender, poached shrimp coated in a fresh, Italian green sauce of finely chopped parsley, onion, capers, anchovies, olive oil, and lemon juice and zest.

Linguine with Shrimp and Scallops in Thai Green Curry Sauce

Sautéed shrimp and scallops cooked into a Thai sauce with green curry paste, coconut milk, sautéed scallions, stock, fish sauce, lime juice, brown sugar, served over linguine, and sprinkled with cilantro.

Roasted Cod with Provençal Vegetables

Cod filets roasted in the oven and served with a sauté of sliced red and yellow bell peppers with artichoke hearts, onions, garlic, thyme, and a little white wine.

Seared Scallops with Bacon-Braised Chard

Pan-seared sea scallops served over a bed of sautéed rainbow chard, bacon, onion, garlic, and tomato.

Halibut with Pork-and-Peanut Ragu and Cilantro Sauce

Roasted halibut filets served over an Asian ragu of ground pork sautéed with shallots, garlic, miso, tamarind paste, ground peanuts, sugar, water, and lime juice, then the fish is drizzled with a cilantro sauce of pureed cilantro, white balsamic vinegar, olive oil, Dijon mustard, and honey.

Pasta

Gemelli with Potatoes, Green Beans, and Pesto

Pretty, twisted gemelli pastas with poached, sliced new potatoes and French green beans coated in a basil and pine nut pesto and finished with Parmesan cheese.

Fusilli with Braised Fennel, Sweet Sausage, and Pecorino

Spiral Fusilli pastas cooked into a mixture of crumbled sweet Italian sausage (pork or turkey), sautéed fennel bulb, leeks, and ground fennel seeds with white wine and chicken stock and finished with Pecorino Romano cheese, chopped tarragon and parsley.

Roasted Eggplant Lasagna

Small diced eggplant, red peppers, red onions, tomatoes, garlic, Kalamata olive slivers, and rosemary roasted in the oven until caramelized, then layered with lasagna noodles and a filling of goat cheese, ricotta cheese, a little cream and parsley, baked in the oven topped with Parmesan cheese.

BLT Bow Ties

The BLT sandwich turned into a pasta dish with toothy bow-tie pasta and a sauce of diced tomatoes, pieces of bacon, wilted arugula or spinach, basil, white wine, green onions, Parmesan cheese and crushed red pepper.

Angel Hair Pasta with Scallops and Arugula

Pan-seared sea scallops with sautéed shallots, capers, pine nuts, chicken stock, thyme and lemon, tossed with angel hair pasta and wilted arugula.

Deceptively Delicious Macaroni and Cheese (with Butternut Squash Puree)

This is from Jessica Seinfeld's cookbook on adding pureed vegetables to foods your kids will eat. This has elbow macaroni noodles in a creamy cheese sauce with skim milk, reduced-fat cheddar, reduced-fat cream cheese, butternut squash puree, and seasonings.

Tagliatelle with Veal Sauce

Finely diced veal shoulder braised with pancetta, shallots, garlic, carrot, celery, white wine, chicken stock, lemon, rosemary, thyme, and tomatoes, finished with a little cream and tossed with tagliatelle pasta and Parmesan cheese.

Pea Pesto Penne Pasta

A refreshing vegan pesto sauce made from pureeing fresh green peas with pine nuts, garlic, lemon, nutritional yeast, basil, mint and olive oil, then tossing it with penne pasta.

Venetian Bean Soup with Ditalini

Dried pinto or cranberry beans cooked slowly until tender, seasoned with chopped pancetta, onion, and celery, then pureed to smooth, with small ditalini pastas (or macaroni) added to it. Could substitute the pasta with pearl barley for a slightly healthier version.

Lamb and Roasted Red Pepper Ragu

Ground lamb cooked into a thick and chunky tomato ragu with red onion, roasted red pepper, garlic, red wine, chicken stock, and seasonings, and served over penne pasta, sprinkled with Pecorino-Romano cheese.

Fettuccine with Chicken Livers

A traditional Italian dish from Castelli Romani, this has chopped pancetta and shallots sautéed with garlic and porcini mushrooms, cooked in a sauce with white wine, mushroom stock, diced tomatoes, and bite-sized pieces of chicken livers, then tossed with fettuccine and sprinkled with Pecorino-Romano cheese.

Farfalle with Arugula Pesto and Tomatoes

Bow-tie pastas coated in a pesto sauce of pureed arugula, parsley, walnuts, garlic, pecorino romano cheese, and olive oil, and dotted with cherry tomato halves.

Deceptively Delicious Pasta with Turkey Bolognese Sauce (with Sweet Potato Puree)

This is from Jessica Seinfeld's cookbook on adding pureed vegetables to foods your kids will eat. This has pureed raw onion, carrot, celery, and garlic which are sautéed in a pan with ground turkey, crushed tomatoes, chicken stock, sweet potato puree, and a little Parmesan cheese until the flavors develop, then served over your favorite pasta.

Fettuccine with Raw Alfredo Sauce

Fettuccine noodles with a raw, creamy non-dairy sauce of pureed cashews, nutritional yeast, lemon, miso, truffle oil, olive oil, and garlic.

Tagliatelle with Lamb and Olives

Chunks of lamb shoulder braised with minced carrots, celery, onion, garlic, and thyme in red wine and tomato sauce with mint and green olives, tossed with tagliatelle pasta and finished with Parmesan cheese.

Orecchiette with Roasted Cauliflower, Bell Peppers and Walnut Pesto

"Little ear"-shaped Orecchiette pasta tossed with roasted and caramelized cauliflower florets and red and yellow bell peppers, with a pesto sauce of pureed cilantro, parsley, walnuts, garlic, parmesan cheese and olive oil.