



Fall and Winter Menu

2010-2011

Chef Stephanie Riley

Chicken

Grilled Balsamic Chicken with Mushrooms and Peppers

Boneless, skinless chicken breasts marinated in balsamic vinaigrette, then grilled and served with sautéed mushrooms and red bell peppers seasoned with balsamic vinegar reduction and sprinkled with chives.

Chicken Stuffed with Roasted Red Peppers, Goat Cheese and Herbs

Chicken breasts stuffed with a mixture of chopped, roasted red peppers, goat cheese, garlic, thyme and parsley, then pan-seared and served with a white wine and chicken stock reduction sauce.

Southern Comfort Chicken and Dumplings

Pieces of chicken breast poached with onions, carrots, celery, and seasonings, in a broth with long strips of dumplings made from flour, water, and non-hydrogenated vegetable shortening.

Chicken and Basil Roulades with Yogurt-Mustard Sauce

Chicken breasts stuffed with fresh basil leaves, rolled up and breaded with Panko breadcrumbs and Parmesan cheese, then baked and served with a sauce of yogurt, Dijon mustard, and chives.

Braised Chicken with Tangerine and Star Anise

Chicken breasts braised in a slightly sweet and spicy sauce of tangerine zest and juice, chicken stock, onion, garlic, ginger, soy sauce, Sriracha chili-garlic sauce and star anise.

Chef Steph's Chicken Noodle Soup

Keep healthy through cold and flu season with a classic comfort soup of poached chicken breast with egg noodles, onions, celery, carrots, garlic, herbs and anti-inflammatory spices. Can do Chicken and Rice for gluten-free.

Blackened Chicken with Creole Sauce

Boneless chicken breasts rubbed with Creole seasonings, then blackened in a pan and served with a tomato and chicken stock sauce with onions, celery, green bell peppers, garlic, thyme, bay leaves, Creole seasonings, and thickened with filé powder (ground sassafras).

Lemony Herb-Roasted Chicken Breasts

Bone-in, skin-on chicken breasts rubbed with thyme, rosemary, sage, lemon zest, garlic, and olive oil and roasted in the oven.

Chicken with Orange, Fennel and Ginger

Pan-seared chicken breasts with sliced fennel bulb braised in chicken stock with white wine, shallots, orange zest and ginger, then sprinkled with chopped fennel fronds.

Porter-Braised Chicken with Root Vegetables

Chicken thighs (or breasts) stewed together with porter (dark ale), chicken stock, dijon mustard, brown sugar, tomato paste, thyme, onions, carrots, celery root, and potatoes.

Turkey

Turkey Mulligatawny Soup

A healthy and comforting version of the classic Indian stew, this one has diced turkey breast poached with onions, carrots, celery, garlic, curry powder, turkey stock, white rice, and finished with Greek yogurt and cilantro.

Herbed Turkey Meatballs with Cranberry Sauce

Meatballs of ground turkey, sautéed onion and celery, breadcrumbs, sage, parsley, and egg, baked in the oven and served with a cranberry sauce of orange juice, cranberries, brown sugar, star anise and cinnamon.

Superfood Casserole

A flavor-and nutrient-packed casserole with a hint of Middle Eastern - diced turkey, chickpeas, wheat berries, roasted red onions, red bell peppers, butternut squash, and garlic, seasoned with cumin, coriander, fenugreek, cinnamon, and other spices, then mixed with a sauce of yogurt, tahini, ponzu, garlic, parsley, cilantro, and mint, poured into a casserole, sprinkled with slivered almonds, and baked to blend the flavors.

Turkey Kielbasa with Cabbage and Fingerling Potatoes

Slices of turkey kielbasa sausage braised together with sautéed cabbage, onions, sliced fingerling potatoes in a lager beer and grainy mustard sauce.

Beef

Filet Mignon with Lingonberry-Chestnut Sauce

Pan-seared filet mignons with a pan reduction sauce of shallots, chestnut puree, lingonberry jelly and beef stock.

Hungarian Goulash

Beef stew meat braised with onions, paprika, carrots, parsnips, potatoes, tomato, garlic, caraway seeds, and marjoram.

Filet Mignon with Cabrales Cheese Sauce

Pan-seared filet mignons with a Spanish sauce of caramelized shallot rings, garlic, butter, flour, sherry wine, chicken stock, and Cabrales blue cheese.

Indian-Spiced Short Ribs

Braised short ribs with a sauce seasoned with coriander, cumin, ginger, cardamom, cinnamon, cloves, red pepper, bay leaves, onion, carrot, celery, tomatoes, garlic, red wine, and chicken stock.

Cube Steak with Mushroom-Sherry Sauce

Pan-seared cube steaks with a sauce of sliced mushrooms, shallots, sherry, beef stock, thyme, and finished with a little sour cream.

Rosemary-Orange Pot Roast

Beef roast braised with rosemary, orange zest, onions, garlic, red wine and beef stock, sliced and served with the gravy and Grainy Mustard Sauce of whole grain mustard, yogurt, and mayo.

Filet Mignon with Port-Rosemary Sauce

Pan-seared filet mignon steaks with a sauce of shallots, red wine, ruby port wine, beef stock, rosemary and butter.

Beefaroni

For the kid in everyone, ground beef in tomato sauce with Italian seasonings, carrot puree, cheddar cheese and macaroni.

Porcini-Dusted Beef Medallions with Caramelized Onions and Roasted Shiitakes

Beef tenderloin medallions dusted with porcini mushroom powder, then pan-seared and rested on a bed of caramelized onions and roasted shiitake mushrooms with thyme.

Pork

Herb and Prosciutto-Roasted Pork Loin

Butterflied pork loin rubbed with an herb mixture of chopped rosemary, sage, garlic, and lemon zest on both sides, then rolled up and wrapped with prosciutto, roasted on a bed of sliced onions and finished with a squeeze of lemon.

Cocoa and Spice Slow-Roasted Pork

Pork shoulder coated in a mixture of cocoa powder, cinnamon, coriander, nutmeg, cloves, and white pepper, and then roasted slowly in the oven until tender with onions and sage.

Pork Saltimbocca

Pork tenderloin medallions pounded thin and layered with a thin slice of prosciutto and sage leaves, then pan-seared and served with a sauce of white wine, lemon, and chicken stock.

Pork Chops Esterhazy

Pan-seared pork loin chops with a sauce of sautéed onions, carrots, celery, garlic, thyme, parsley, white wine, chicken stock, tomato paste, German mustard, sour cream, and capers.

Chef Steph's Barbecued Baby Back Ribs

Baby back ribs rubbed with an 8-spice blend and brushed with homemade barbecue sauce, then wrapped in foil and roasted slowly in the oven until the meat falls from the bones, and served with more barbecue sauce.

Pork Roast Braised with Milk and Fresh Herbs (Maiale al Latte)

An Italian preparation of pork shoulder braised slowly in the oven with milk, white wine, juniper berries, rosemary, sage, and garlic.

Pork Chops Stuffed with Bandaged Cheddar and Apples

Boneless pork chops stuffed with a mixture of nutty bandaged cheddar cheese, apples, sage, and shallots.

Pork Shoulder with Salsa Verde

Pork shoulder coated with garlic, sage and rosemary and roasted slowly in the oven until tender and falling apart, then served with a pureed sauce of parsley, rosemary, sage, red wine vinegar, capers, Dijon mustard, garlic, anchovies, breadcrumbs and olive oil.

Pork Tenderloin with Orange-Herb Sauce

Pork tenderloin rubbed with garlic, pan-seared and roasted, then served with a pan-reduction sauce of orange juice, chicken stock, white wine, rosemary, oregano, and parsley.

Caramel-Braised Pork

Cubes of pork shoulder roast braised slowly in the oven until tender in a sauce of caramelized sugar, soy sauce, fish sauce, sake wine, diced pineapple, sweet potatoes, green onions, and ginger.

Spice-Roasted Ribs with Apricot Glaze

Baby back pork ribs rubbed with ground caraway seeds, smoked Spanish paprika, cumin, and garlic, then wrapped in foil and roasted slowly in the oven until very tender, then brushed with a glaze of apricot preserves, Dijon mustard, and more of the spices and broiled until caramelized.

Other Meats

Cranberry-Marinated Rack of Lamb

Racks of lamb marinated in cranberry juice, red wine, dried cranberries, and rosemary, then pan-seared, roasted, and served with the marinade reduction sauce.

Beet Stew with Lamb Meatballs

An Iraqi-Jewish dish of beets simmered with onions, garlic, tomato paste, coriander, cumin, curry powder, paprika, ginger, cayenne, and lemon juice, and studded with lamb meatballs seasoned with sautéed onions, currants, parsley, pine nuts, and egg. Served with basmati rice and a dollop of Greek yogurt for a complete meal.

Lamb Chops with Moroccan Spices

Lamb rib chops rubbed with a blend of mint, ground coriander, garlic, paprika, cumin, cayenne, lemon juice, and olive oil, and then grilled to your liking.

Moussaka

A traditional Greek casserole of sliced, roasted eggplants and potatoes topped with a meat sauce of ground lamb, seasoned with cinnamon, ginger, allspice, cayenne, garlic, onions, red bell pepper, dried currants, crushed tomatoes, and red wine, then topped with a béchamel sauce of butter, flour, milk, seasonings, Greek yogurt, egg yolks, and sprinkled with Parmesan cheese, then baked in the oven.

Irish Lamb Stew

Chunks of lamb leg stewed together with onions, carrots, celery, rutabagas, potatoes, flour, tomato paste, thyme, bay leaves, parsley, stout beer, and beef stock.

Moroccan-Style Meatballs with Yogurt Sauce

Ground lamb seasoned with sautéed red onion, garlic, mint, parsley, cumin, cinnamon, breadcrumbs, and eggs, then baked in the oven and served with a sauce of yogurt, tahini (sesame seed paste), lemon juice, garlic, paprika, and mint.

Duck Breast with Red Wine Sauce

Pan-seared Muscovy duck breasts with a classic red wine sauce of shallots, carrots, thyme, red wine, beef stock, butter and flour, and sprinkled with parsley.

Spice-Scented Duck Breast with Apple Cider Fennel Reduction

Muscovy duck breasts rubbed with a ground mixture of coriander seed, fennel seed, rosemary, thyme, and lemon zest, then pan-seared and served with a reduction sauce of apple cider, vermouth, crushed fennel seeds, shallot, and finished with a little butter.

Seafood

Seared Sea Scallops with Butternut Squash Puree, Clementines, and Pepitas

Pan-seared sea scallops with butternut squash puree, Clementine orange segments, and roasted pumpkin seeds.

Porcini-Dusted Monkfish with Caramelized Onions and Roasted Shiitakes

Monkfish filets dusted with porcini mushroom powder, then pan-seared and rested on a bed of caramelized onions and roasted shiitake mushrooms with thyme.

Roasted Halibut with Garlic Sauce

Halibut filets topped with a light layer of garlic mayonnaise with chopped Kalamata olives (optional), capers, and lemon juice, and roasted in the oven to produce an incredibly moist result.

Shrimp Scampi

Large shrimp cooked in butter with a sauce of white wine, garlic, lemon and parsley.

Blackened Fish with Creole Sauce

Red snapper (or your favorite fish) rubbed with Creole seasonings, then blackened in a pan and served with a tomato and chicken stock sauce with onions, celery, green bell peppers, garlic, thyme, bay leaves, Creole seasonings, and thickened with filé powder (ground sassafras).

Prosciutto-Wrapped Monkfish with White Bean Puree and Balsamic

Monkfish filets wrapped in prosciutto and roasted in the oven and rested on a bed of white bean puree with balsamic drizzle.

Seared Sea Scallops with Parsnip Puree and Blackberry Port Reduction Sauce

Pan-seared sea scallops on a bed of parsnip puree, drizzled with a pan-reduction sauce of blackberries, port wine, and chicken stock.

Grilled Mahimahi with Artichoke Caponata

Mahimahi grilled and served with a tangy caponata with chopped artichoke hearts, sautéed onion, celery, garlic, tomato sauce, white wine vinegar, white wine, chopped green olives, pine nuts, capers, and basil.

Pastas

Spinach and Pine Nut Cannelloni

Pasta sheets rolled up with a filling of spinach, toasted pine nuts, ricotta cheese, Parmesan cheese, egg, garlic, basil and parsley inside, and baked covered in marinara sauce, mozzarella and Parmesan cheeses.

Cavatappi with Veal Ragu

Chunks of veal braised slowly in a sauce of tomato, red wine, and chicken stock with onions, carrots, fennel, thyme and garlic, then served with cavatappi spiral pastas.

Linguine with Spicy Tomato-Beer Sauce

A puttanesca-style pasta sauce of sautéed red onions, garlic, capers, sun-dried tomatoes, anchovies, red chilies, chopped gherkins, and crushed tomatoes simmered with bock beer, then pureed and tossed with halved Kalamata olives, linguine pasta and parsley.

Tortellini with Butternut Squash and Mascarpone

Cheese tortellini coated with mascarpone cheese, porcini mushroom powder, thyme, sage, Parmesan cheese and pasta water, and tossed with roasted butternut squash, garlic and red onions, and toasted pine nuts.

Shrimp with Jalapeno Angel Hair Pasta

Large shrimp seasoned with Cajun spices, then pan-seared and tossed with angel hair pasta in a sauce of fresh basil pesto, cream, and minced jalapenos.

Braised Chicken Farfalle

Chicken breasts and thighs braised slowly in white wine and chicken stock with onions, carrots, and celery, then shredded and finished with cream, lemon zest, parsley, tarragon, and bow tie pasta.

Spinach Bolognese

Pasta with a sauce of ground beef, spinach, onions, carrots, garlic, crushed tomatoes, red wine, herbs, and finished with Parmesan cheese.

Shrimp and Scallop Linguine with Clam Sauce

Pan-seared shrimp and sea scallops with linguine tossed in a sauce of sautéed onions, garlic, crushed red pepper, oregano, white wine, clam juice, chicken stock, a dab of butter and a sprinkle of parsley.

Beef Cannelloni

Pasta sheets rolled up and filled with a mixture of ground beef, onions, garlic, ricotta cheese, Parmesan cheese, egg, basil and parsley, then baked covered in marinara sauce with mozzarella and Parmesan cheeses.

Swiss Chard and Creamy Pasta

Sautéed Swiss chard, onion, garlic, and tomatoes in a creamy sauce of plain yogurt, milk, and Parmesan cheese, tossed with fettuccine.

Vegetarian

Tofu Parmesan

Tofu “steaks” coated with panko breadcrumbs, Parmesan cheese, and Italian seasonings, then pan-fried, topped with marinara sauce, and mozzarella and Parmesan cheese and broiled until golden.

Roasted Vegetable Gratin

Layers of potatoes, butternut squash, Portobello mushrooms, eggplant, bell pepper, red onion, and zucchini, between layers of marinara sauce and a mixture of ricotta and Parmesan cheese with garlic and herbs, topped with Parmesan and baked in the oven.

Tempeh au Vin

Cubes of tempeh (fermented soybean) braised into a traditional French red wine stew with leeks, onions, button mushrooms, carrots, garlic, red wine and herbs.

Superfood Casserole

A flavor-and nutrient-packed casserole with a hint of Middle Eastern - chickpeas, wheat berries (or brown rice), roasted red onions, red bell peppers, butternut squash, and garlic, seasoned with cumin, coriander, fenugreek, cinnamon, and other spices, then mixed together with a sauce of yogurt, tahini, ponzu, garlic, parsley, cilantro, and mint, poured into a casserole, sprinkled with slivered almonds, and baked to meld the flavors.

Black-Eyed Pea and Kale Soup

Black-eyed peas, dinosaur kale, leeks, carrots, tomatoes, bow-tie pasta and seasonings in a vegetable broth.

Sweet Potato Mole Casserole

Thinly sliced sweet potatoes layered with a Mexican mole sauce of crushed tomatoes, onion, garlic, oregano, cumin, ancho chiles, chocolate, corn, and black beans, and layers of cheddar cheese, then baked until tender.

Broccolini and Rice Gratin

Chopped broccolini, shallot rings, and white rice coated in a cheese sauce of sharp cheddar, milk, butter, flour, and seasonings, topped with panko breadcrumbs and Parmesan cheese, then baked in a casserole dish until bubbly.