

May 2011 Menu

BBQ/Grilling:

Kristine - Sticky Ribs

Tanya - Mediterranean Turkey
Burger

North American/European:

Bridget - Sausage Baked Ziti

Vanessa - French Market Sandwich

Italian/Mediterranean:

Lisa - Rosemary Pork Tenderloin

Far East (Asian - Indian):

Jolean - Chicken Makhani with Homemade
Naan Bread

Andi - Tandoori Chicken Thighs

Southwestern/Latin American:

Nicole - Chicken Spinach Enchilada Casserole

Erin - Red Beans and Rice

BBQ/Grilling

Sticky Ribs

Makes 3 entrees, 6 servings each

3 cups water

3/4 cup soy sauce

3 T minced garlic

2 1/4 cups packed brown sugar

6 racks of spare ribs or 9 pounds of country style ribs

Prep Day: Divide ribs evenly among gallon bags. Into a separate quart bag, measure 3/4 c brown sugar, 1 c water, 1/4 c soy sauce, and 1 T garlic. Note* in this recipe the sauce is kept separate from the meat. Seal and freeze both bags.

Serve Day: Completely thaw one entree in the refrigerator. Place the ribs in a large stockpot and cover with water. Set bag of sauce aside. Simmer ribs about 1 hour, or until tender. Preheat the oven to 350 degrees. Drain ribs and place in an un-greased baking dish. Pour sauce over ribs. Bake, uncovered, for about 1 hour, or until sauce is thick and sticky.

This was supposed to be a GRILL recipe but instead it says to simmer and bake. When we tried this recipe, we simmered and then grilled and they turned out well. Were sticky for sure!

Here is *our* alternative grill recipe: Put ribs on the grill (or broil) for about 5-7 min each side just to get them browned. Then line a pan with aluminum foil. Stick the browned ribs in the pan and smother with the sticky sauce. Cook on 250 degrees for 2 or so hours...checking for doneness.

Greek Turkey Burger

1 lb. ground turkey
1 cup feta cheese, crumbled
1/2 cup chopped Kalamata olives
2 tsp dried Italian seasoning
1/4 cup finely minced onion
1/4 cup chopped fresh flat-leaf parsley
1 clove garlic, finely minced
freshly ground black pepper to taste

Make-Ahead Preparation: In a large bowl, combine all ingredients thoroughly, being careful not to overwork. Separate into four equal parts and shape into patties. Stack patties in twos, separating each patty with a sheet of waxed paper. Put into ziploc bag removing all extra air and freeze for up to 3 months.

Greek Salad Dressing -

1/3 cup plus 1 tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil
3/4 teaspoon pepper
3/4 teaspoon salt
3/4 teaspoon onion powder
3/4 teaspoon Dijon-style mustard
1/2 cup plus 2 teaspoons red wine vinegar

Combine all ingredients except the oil. Drizzle in the oil while whisking vigorously, or add the oil, cover container tightly and shake well until combined. Store covered at room temperature.

Serve Day Preparation: Remove turkey burgers from freezer and place in refrigerator to defrost, generally 24 hours but not more than two days ahead. Oil grates of grill with a little olive oil and preheat. Grill turkey burgers until cooked through, approx. 4 minutes per side. Serve on buns, rolls or pita bread with sliced tomato, some fresh Romaine lettuce and a drizzle of Greek dressing.

North American/European

Sausage Baked Ziti

8 oz dry pasta
2 tsp virgin olive oil
12 oz Italian sausage
6 oz sliced mushrooms
garlic
1/4 fennel seeds
2 containers(15oz) pasta sauce
1 1/2 cup shredded mozzarella
2 T. parmesan

Prep Day: Cook pasta set aside. In saucepan add oil and brown sausage and drain. Add mushrooms fennel seed and garlic cook, stirring frequently, until mushrooms tender. Add sauce and continue cooking. Remove from heat. Add pasta and bag. In separate bag add cheese and freeze.

Serving Day: Thaw and put pasta mix into pan add pepper flakes or any other seasoning you would like top with cheese and bake 400 degrees for 15 minutes or until cheese is bubbling. Bake garlic bread and enjoy.

French Market Sandwich

SERVES 12

12 plain sandwich sized croissants
1 cup butter, room temp
1/4 cup prepared mustard
1/2 teaspoon poppy seed
2 tablespoons finely minced shallots
2 lbs shaved ham
12 slices Swiss cheese

Prep Day: Slice croissants in half horizontally. Mix butter, mustard, poppy seeds and onion together. Spread on half of each croissant. Top with 2 1/2 slices of ham and a slice of cheese. Put halves together. Wrap each sandwich in foil to be frozen or made fresh. To make from fresh warm wrapped sandwich in 350 F oven for 15 minutes.

Serve Day: No need to thaw. Unwrap and put on cookie sheet. Bake at 325F for 25 to 30 minutes or till cheese is melted.

Italian/Mediterranean

Kalamata Rosemary Pork Tenderloin

1-1/2 pounds pork tenderloin medallions
1/3 cup all-purpose flour
3/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon chopped fresh rosemary
2 cloves garlic, minced
3/4 cup dry red wine
3/4 cup chicken stock
3 tablespoons sliced kalamata olives
1 tablespoon minced lemon zest
1 tablespoons olive oil

You Provide: 2 tablespoons olive oil

Prep Day: Pound the meat to 1/4 inch thickness. Freeze in Bag. 2. Combine the flour, salt, and pepper. Place in bag. Prepare Rosemary Reduction Sauce - Heat 1 T. olive oil, add rosemary and garlic to the pan, sauté briefly. Pour in wine, and bring to a boil. Boil until the liquid is thick, ~5 minutes. Pour in chicken stock, and boil until volume is reduced by half. Remove from heat. Stir in olives and lemon zest. Freeze in Bag.

Serving Day: Thaw kit in fridge. Dredge pork in flour mixture to coat. Heat 2 tablespoon olive oil, (you provide) in a skillet over medium-high heat. Cook pork in olive oil until browned, turning once. Approx 10 minutes. Transfer meat to a warmed plate. Reheat Rosemary Reduction Sauce in pan used to cook pork, incorporating the drippings. Pour sauce over the meat, and serve.

Far East (Asian - Indian)

Chicken Makhani

1 tablespoon and 1-1/2 teaspoons peanut oil
1-1/2 shallot, finely chopped
3/8 white onion, chopped
3 tablespoons butter
1 tablespoon lemon juice
1 tablespoon and 1-1/2 teaspoons ginger garlic paste
1-1/2 teaspoons garam masala
1-1/2 teaspoons chili powder
1-1/2 teaspoons ground cumin
1-1/2 bay leaf
1/4 cup and 2 tablespoons plain yogurt
1-1/2 cups heavy cream
1-1/2 cups tomato puree
1/4 teaspoon cayenne pepper, or to taste
1-1/2 pinches salt
1-1/2 pinches black pepper
1 teaspoon of coriander
1/8th teaspoon of fungreek
1 tablespoon and 1-1/2 teaspoons peanut oil
1-1/2 pounds boneless, skinless chicken thighs, cut into bite-size pieces (Marinate chicken in Tandoori spice and yogurt overnight)
1-1/2 teaspoons garam masala
1-1/2 pinches cayenne pepper
1 tablespoon and 1-1/2 teaspoons cornstarch
1/4 cup and 2 tablespoons water

Prep Day:

Heat 1 tablespoon oil in a large saucepan over medium high heat. Sauté shallot and onion until soft and translucent. Stir in butter, lemon juice, ginger-garlic paste, 1 teaspoon garam masala, chili powder, cumin, coriander, fungreek, and bay leaf. Cook, stirring, for 1 minute. Add tomato sauce, and cook for 2 minutes, stirring frequently. Stir in heavy cream and yogurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt pepper. Remove from heat and set aside. Heat 1 tablespoon oil in a large heavy skillet over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat, and season with 1 teaspoon garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Stir cooked chicken into sauce. Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened. Freeze in gallon size bags.

Serve Day: Thaw. Reheat on stove until warm. **** meal is made with Peanut oil****

Naan Bread

4 cups flour
1 teaspoon baking powder
1 teaspoon salt
2 cups plain low-fat yogurt

Prep Day: Mix together flour, baking powder and salt. Stir in the yogurt till the dough is too stiff for a spoon, then knead it in the bowl till it holds together well, adding more flour if necessary. Turn it out on a floured surface and continue kneading for about 5 minutes till the dough feels smooth and elastic. Form the dough into a ball and put it in an oiled bowl, covered with a towel, to rest for an hour or longer. Take the dough out and cut it into 10 equal pieces. Form each into a ball and press the balls flat into round discs. Heat a large frying pan or griddle, either seasoned cast iron or a good non-stick finish. Heat your oven to about 500 and have the broiler on (this is how the original recipe states it - I know with my oven it's either 500 degree oven OR the broiler, but you get the idea. Take 1 piece of dough at a time and roll it out on a floured surface till it is about 8-10 inches across and less than 1/4 inch thick. Lay it on the hot griddle and cook it over a medium heat for 4-5 minutes (I don't think mine took that long). It will puff up in places or all over, and there will be some blackish-brown spots on the bottom. Slide a spatula under the naan and transfer it to the oven, directly onto the rack, for a minute or two, just till it finishes puffing up into a balloon and begins to color lightly on top. Remove naan from the oven and brush it lightly with melted butter if you like. Continue this way with all the dough, stacking the breads into a napkin-lined basket. Serve the breads hot, fresh from the oven, or let them cool and wrap them up.

Serve Day: To reheat, wrap them in aluminum foil, in packets of 3 breads and put them in a 400 degree oven for 10-15 minutes.

Tandoori Chicken Thighs

1-1/2 (6 ounce) containers plain yogurt
1-1/2 teaspoons kosher salt
3/4 teaspoon black pepper
1/4 teaspoon ground cloves
1 tablespoon and
1-1/2 teaspoons freshly grated ginger
2-1/4 cloves garlic, minced
1 tablespoon paprika
1-1/2 teaspoons ground cumin
1-1/2 teaspoons ground cinnamon
1-1/2 teaspoons ground coriander
12 chicken thighs
olive oil spray

Prep Day: In a medium bowl, stir together yogurt, salt, pepper, cloves, and ginger. Mix in garlic, paprika, cumin, cinnamon, and coriander. Set aside. Rinse chicken under cold water, and pat dry with paper towels. Place chicken in a large re-sealable plastic bag. Pour yogurt mixture over chicken, press air out of bag, and seal. Turn the bag over several times to distribute marinade. Place bag in a bowl, and refrigerate 8 hours, or overnight, turning bag occasionally.

Serve Day: Thaw in Refrigerator over night. Preheat an outdoor grill for direct medium heat. Remove chicken from bag, and discard marinade. With paper towels, wipe off excess marinade. Spray chicken pieces with olive oil spray. Place chicken on the grill, and cook about 2 minutes. Turn, and cook 2 minutes more. Then arrange the chicken to receive indirect heat, and cook approximately 35 to 40 minutes, to an internal temperature of 180 degrees F.

Southwestern/Latin American

Chicken Spinach Enchilada Casserole

2 chicken breasts
1/2 lb. fresh spinach
1/2 large coarsely chopped onion
2 Tbsp. butter
1 cup sour cream
1 cup chopped green chili
8 oz. grated cheddar cheese
3-4 large flour tortillas
1/2 tsp. cumin
1/2 red bell pepper, chopped
3 garlic cloves, minced

You Provide Toppings: diced tomatoes, chopped avocados, chopped scallions, sliced black olives, chopped cilantro, cheese, salsa

Prep Day: Poach the breasts for 20 minutes. Allow to cool. Remove meat from bones and cut into bite-size pieces. Set aside. Sauté onion, garlic and red bell pepper in butter till limp. Remove skillet from heat and add spinach and cover. Allow spinach to steam in skillet for 15 minutes. Add the cumin. Layer the chili and cream cheese on a tortilla. Put tortilla on top. Layer with spinach mixture. Put another tortilla on top. Line with chicken and cheese. Put another tortilla on top.

Serving Day: May be easier to cut out of the bag. Grease a casserole dish. Top with cheese and salsa. Bake sour cream side up at 350 for 30 minutes or until middle is warm.

Red Beans and Rice

1 medium onion, diced
1 bell pepper, diced
3 stalks celery, diced
1 lb. Smoked turkey sausage, sliced
1/2 tsp. cayenne
1 tsp. Cajun seasoning
1 bay leaf
1 tsp. minced garlic
1 can diced tomatoes
2 cans kidney beans
salt, pepper, hot sauce

Prep Day: Heat 2 Tbsp oil in large nonstick pan or Dutch oven. Add onion, bell pepper, celery, and garlic. Sauté until tender. Add sliced sausage and sauté until heated through and slightly browned. Add cayenne, Cajun seasoning, and bay leaf. Continue to stir and sauté about 3 min. Add diced tomatoes and beans (do not drain). Add salt, pepper, and hot sauce to taste. Put into freezer bags, label, and freeze.

Serve Day: Thaw. Simmer about 15 minutes or until heated through, remove bay leaf. Serve over rice.