

## October 2011 Menu

### **Our Choice:**

**Bridget** - Company Sandwiches



### **North American/European:**

**Lisa** - Chicken Marsalis



**Tanya** - Pork Medallions and Pear



### **Italian/Mediterranean:**

**Andi** - Mediterranean Pizza



### **Southwestern/Latin American:**

**Sara** - Chicken Chili



**Kristine** - Fajitas



### **Far East (Asian - Indian):**

**Nicole** - Pork Thai Stew



**Erin** - Cashew Chicken Stir-fry



## Our Choice

### **Company Sandwiches**

French bread  
8 oz cream cheese  
1/2 cup margarine or butter  
1/2 cup Parmesan cheese  
1 tsp paprika  
1/2 tsp oregano  
1/2 tsp garlic powder  
deli turkey, ham and roast beef  
Swiss cheese, sliced

**Prep Day:** Cream together cream cheese, butter, Parmesan cheese, paprika, oregano and garlic powder. Spread creamy mixture on one side of French bread sliced lengthwise. Layer with deli style ham, turkey, and roast beef along with slices of Swiss cheese. Wrap in foil and freeze.

**Serve Day:** Thaw sandwich and bake in foil at 400 for 20-25 minutes or until center is hot. Slice into serving size pieces. (From frozen, bake in foil at 400 for 40-45 minutes).

## North American/European

### **Chicken Marsalis**

4-6 chicken breasts pounded out to 1/8"

1/2 cup flour

1/3-1/2 cup butter and/or olive oil

2 cups sliced mushrooms

1-2 cloves garlic, minced

3/4 cup Marsala wine

1/2 cup chicken stock

1/2 cup mozzarella

1/4 cup Parmesan

angel hair pasta

**Prep Day:** Dredge chicken in flour. Place chicken 2 at a time in skillet with 2 Tbsp. melted butter. Cook over low heat 3-4 min. per side. As each is done, place in baking dish and sprinkle with salt and pepper. Adding olive oil as needed, sauté mushrooms and garlic in same skillet. When mushrooms are done, pour on top of chicken. Use Marsala to deglaze pan then stir in chicken stock. Bring to boil then reduce temp. Spoon half of sauce over chicken. Top with cheese. Cover with foil and freeze. Put remaining sauce in bag and freeze.

**Serve Day:** Thaw chicken and mushrooms. Bake uncovered at 425 for 10-12 minutes or until heated through. While chicken is baking, prepare pasta and warm remaining sauce. When noodles are done, drain water and toss in pan with remaining sauce. Serve chicken and mushrooms over pasta.

## Pork Medallions with Pears

Pork, pears, and onions are seasoned to perfection in this dish; just add rice or pasta and you have an elegant dinner party perfectly suited for a small dinner table.

One 9x13 Serves 6

For One	For Three	Ingredient
nonstick cooking spray		
6 (1 ½ pounds)	18 (4 ½ pounds)	1-inch-thick slices pork loin
2 cups	6 cups	yellow onions, thinly sliced
1	3	15-ounce can(s) pears with syrup
2 teaspoons	2 tablespoons	minced garlic
¼ cup	¾ cup	dried cranberries
½ cup	1 ½ cup	white wine
¼ cup	¾ cup	balsamic vinegar
1 tablespoon	3 tablespoons	olive oil
1 teaspoon	1 tablespoon	dried thyme
¼ teaspoon	¾ teaspoon	ground nutmeg
½ teaspoon	1 ½ teaspoons	grated fresh ginger
1 teaspoon	1 tablespoon	kosher salt
1 teaspoon	1 tablespoon	black pepper

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

**Putting the Dinner Together:** Place 6 pork loin slices in the prepared baking dish(es) or in a crock pot. If you are preparing a triple batch, divide the remaining slices equally between two 1-gallon re-sealable freezer bags. Set aside. In a large bowl, combine the remaining ingredients and mix until incorporated. If you are preparing a triple batch, pour one-third of the mixture into the crock pot or baking dish, and divide the remaining mixture equally between the two bags filled with the pork tenderloin.

**For Dinner Tonight:** If you are using a baking dish, preheat the oven to 325F. Cover the dish with aluminum foil and bake for 2 hours or until the internal temperature of the pork reads 160F on a meat thermometer. Alternatively, slow-cook the pork in the crock pot on low heat for 5 to 6 hours, until the pork is tender.

**To Freeze:** Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

## Italian/Mediterranean

### **Mediterranean Pizza**

1 Refrigerated Pizza Dough- Do not Freeze

Toppings:

1/2 C pesto

1/2 C Artichoke hearts quartered

1/3 C Sun dried tomatoes cut into strips

1/3 C Kalamata olives halved

1 C shredded mozzarella Cheese

1 C crumbled Feta cheese

**Prep Day:** Chop ingredients, measure out and bag. Place all pizza toppings in Freezer bag and freeze

**Serve Day:** Defrost all pizza toppings in Refrigerator overnight. Roll out pizza crust to desired shape/size. Pinch sides of dough up slightly to avoid leaks. Smooth pesto over crust, add olives, tomatoes artichokes. Top with Feta and Mozzarella cheese. Bake at 425 degrees for 15 to 17 minutes.

## Southwestern/Latin American

### **Chicken Chili**

1 cup cooked chicken  
1 can Rotel, undrained  
1 can Mexicorn or Fiestacorn (with diced peppers), undrained  
1 can chili beans, undrained  
1 can black beans, undrained  
crushed red pepper

This recipe serves four so I added more to feed six.

**Prep Day:** Combine all ingredients and freeze.

**Serving Day:** Thaw soup. Simmer on stove over low heat for a few hours or in crock pot for up to all day. (I've left it in the crock pot all day while at work and it's been fine.)  
Serve with shredded cheese and sour cream.

### **French Bread With Garlic Spread**

adapted from THE BIG BOOK OF SOUPS & STEWS

1/2 cup butter, at room temperature  
1/2 cup freshly grated Parmesan cheese  
1/4 cup mayonnaise  
3 large cloves garlic, minced  
1/4 teaspoon dried oregano  
1/4 teaspoon paprika  
1 loaf French bread, halved lengthwise

**Prep Day:** Mix all ingredients except bread. Spread mixture on cut sides of bread, put sides back together and freeze.

**Serving Day:** Thaw bread. Place bread on a baking sheet, cut-side up. Bake until golden, 12-15 minutes. Cut into slices to serve.

## **Beef Fajitas**

Makes 8 entrees, 6 servings each

From Fix, Freeze, Feast Cookbook

16 pounds top sirloin steaks sliced into strips  
2 cups lime juice  
2 cups soy sauce  
2 cups vegetable oil  
6 teaspoons ground cumin  
6 teaspoons oregano  
6 teaspoons chili powder  
16 teaspoons minced garlic  
8 onions sliced  
1 bag of sliced bell peppers (red, yellow and green bell pepper strips from Trader Joe's freezer section)  
1 bag of shredded cheese (3 cups finely shredded Mexican cheese)  
1 bag of tortillas (12 flour)

**You Provide:** two teaspoons vegetable oil for heated skillet

**\*\*OPTIONAL\*\*** sour cream, salsa, guacamole

**Prep Day:** Have butcher slice steak. Divide beef evenly among freezer bags. Whisk together lime juice, soy sauce, oil, cumin, oregano, and chili powder. Divide marinade evenly over beef. Into each bag, measure two teaspoons garlic. Slice onion and put in bag. (One whole onion per bag.) Seal and freeze. Label each bag: (1 of 4) Beef and onion marinade (2 of 4) bag of tortillas (3 of 4) bag of cheese (4 of 4) bag of sliced bell peppers

**Serve Day:** Completely thaw in refrigerator. Heat oil in skillet over medium-high heat. Add peppers and stir-fry until soft. Remove from skillet and add beef mixture. Stir-fry until well browned, about 10 minutes. Remove pan from heat and return peppers, stirring to combine. Serve with tortillas and cheese. Add fajita toppings as desired.

## **Far East (Asian - Indian)**

### **Pork Thai Stew**

2.5 pounds boned pork loin,  
1 julienne-cut red bell pepper  
1 julienne-cut green bell pepper  
1/4 cup teriyaki sauce  
2 Tbsp rice wine vinegar  
1 tsp crushed red pepper  
2 garlic cloves, minced  
1/2 cup creamy peanut butter  
6 cups hot cooked rice  
1 cup chopped, dry-roasted peanuts  
Lemon wedges

**Assembly Day Preparation:** Place pork loin, bell peppers, and next 4 ingredients in gallon freezer bag. Place PB in container to freeze. Bag Rice, green onions, peanuts in separate bags to freeze.

**Serving Day Preparation:** Thaw loin in fridge or cook from frozen in an electric slow cooker. Cover with lid, and cook on low-heat setting 8 hours. Cook rice. While it is cooking, remove pork from slow cooker, (some of you have fattier pieces, sorry about that) and coarsely chop. Add peanut butter to liquid in slow cooker; stir well to combine. Stir in pork. Serve stew on top of rice in individual serving bowls. Top each serving with peanuts. Garnish with lemon wedges.

**NOTE:** May wish to use fresh chopped green onions to top for nicer effect.

## **CASHEW CHICKEN STIR-FRY** (from Fix, Freeze, Feast)

This recipe makes 3 entrees, 4-6 servings each

6 lbs boneless, skinless chicken (I used approx. 2 lbs. breasts per family)

3/4 cup soy sauce

1/3 cup red wine (can use cooking sherry)

1 Tbsp fish sauce

3 tsp minced garlic

3 tsp minced ginger

1-1/2 tsp crushed red pepper flakes

3 cups unsalted cashews

3 bags frozen stir-fry vegetables

**You provide:** 2 tsp sesame oil for frying

**PREP DAY:** Rinse chicken and cut into bite-size pieces. Divide the chicken evenly into 3 freezer bags. Combine soy sauce, wine, and fish sauce in a medium bowl. Divide marinade evenly over the chicken. Into each bag measure 1 tsp garlic, 1 tsp ginger, and 1/2 tsp crushed red pepper. Seal bags. Put 1 cup cashews into each of 3 sandwich bags and seal. Place a bag of chicken, a bag of vegetables, and a bag of cashews into labeled 1-gallon bags. Seal and freeze.

**SERVE DAY:** Completely thaw one entree in refrigerator. Heat sesame oil in a wok or large skillet. Stir-fry chicken and sauce over medium-high heat until meat is cooked through, 20-25 minutes. Remove chicken from pan. Add vegetables and stir-fry until tender-crisp, about 5 minutes. Return chicken to pan and stir to combine. Sprinkle with cashews and serve.