

Thanks for being our customer!
We love sharing our creations with you,
and hope you enjoy trying out these recipes.
Happy Holidays!



## Green Papaya Salad

If we aren't thinking about bags we are probably thinking about food, and our January 2011 trip was no exception. The entire family took a cooking class together in Cambodia and our adorable teacher at the Tigre de Papier Cooking School taught us lots of new tricks.

## **Ingredients:**

- Green papaya ... ¼ peeled and grated
- Small carrot...½ peeled and grated
- Tomato...1pcs cut lengthwise into 6-8
- Hot Chili...1pcs
- Basil ...1/4 to 1/2 cup
- Shrimp paste ... 1 teaspoon
- Chili sauce ...1 tablespoon
- Long bean ...1pcs clean and cut into small pieces
- Sugar ... ½ tea spoon
- Lemon Juice ... juice of 1 lemon
- Roasted peanuts ... 2 table spoon
- Tomato sauce ... 1 spoon

Combine the sugar, chili, tomato sauce, chili sauce, lemon juice, shrimp paste into the mortar and blend until smooth. Then add grated papaya, carrot, tomato, long bean, roasted peanut, basil. Combine all and serve.

Preparation time: 30 minutes

For a video of the preparation of this dish visit: http://angkor-cooking-class-cambodia.com/html/video.php



# Mango Jicama Salsa

This recipe is very easy to make and will enhance just about any main dish. We enjoy it as a side dish for chicken, fish, or veggies. The round brown Jicama "Roots" can usually be found in the produce section near the plaintain bananas and the other tropical produce. It gives the salsa a great crisp and crunchy texture and Lisa likes it better than cucumbers.

## Ingredients:

1 cup peeled and chopped ripe mangoes (the small orange champagne mangoes are our favorite if you can find them) 1 cup peeled and chopped Jicama, (flat match-stick style pieces soak up the lime juice nicely)

1/4 c. fresh lime juice

2 oranges, peeled and chopped

1 jalapeno chile, chopped

1/2 small red onion, chopped

1-2 plum tomatoes chopped (for color)

3 T. cilantro chopped

kosher salt to taste

Just combine all in a bowl and let the flavors combine for an hour before serving. Will keep a few days in the refrigerator and you can always add more lime or orange juice.



## Ahi Tuna with Middle Eastern Sumac Seasoning

We have a fabulous farmers market in Stockton NJ every Friday, Saturday, and Sunday and we love finding the freshest vegetables, crusty breads, and something new every weekend.

Our newest discoveries are Za'atar and Sumac, spices that come from the Middle East. Sumac has a wonderful lemony flavor which tastes great with Tuna. Za'atar is a blend of wild thyme, sesame seeds, and various other things (depending on who makes it up for you.) We have been enjoying them both sprinkled in extra virgin olive oil with crusty artisan breads.

## Ingredients:

Ahi Tuna Steaks (we buy them frozen and thaw right before we prepare) 2 Tablespoons Olive Oil 1-2 Tablespoons of Sumac

### **Directions:**

Heat olive oil in a cast iron skillet over high heat to just below smoking temperature. Rinse tuna steaks, pat dry with paper towel. Sprinkle Sumac on a plate and press tuna into sumac to coat the surfaces. Place in skillet and sear, flipping over and cooking only as much as you like, taking care not to over-cook the tuna. We like ours on the rare side, so it is moist and flavorful. Enjoy with friends with the freshest greens you can find!



## Roz's Easy Risotto with Pear and Fennel

Ingredients:

½ cup finely chopped sweet onion

2 tablespoons butter

1 garlic clove minced

¼ cup olive oil (est)

1 cup uncooked Arborio rice

3 cups chicken broth

¼ cup white wine

1/3 cup grated Parmesan

1 pear, peeled & chopped

1 fennel bulb, sliced

One of our favorite places to shop for "Jersey Fresh" fruits and vegetables any day of the week is the Homestead Farm Market in Lambertville just down the road from our Rosemont Studio. Debbie and Roz create lots of delicious salads and daily sandwiches, and we love this risotto. It might possibly be the easiest risotto recipe we have ever seen, and certainly one of the tastiest.

- Stir first 3 ingredients together with 1 tbl oil in microwavable bowl. Microwave on high for 3 mins. Stir in rice and microwave on high for 2 mins.
- Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic or glass cover that fits tightly on bowl. Microwave on high for 9 mins. Carefully swirl bowl without uncovering and microwave for another 8 mins.
- While rice is cooking drizzle fennel with enough oil to coat and add s & p. Place on roasting pan lined with parchment paper and cook for 20 mins at 350° or until tender. Pear should be prepared same as fennel and cooked on same pan but only for 10 mins.
- Remove rice from microwave and stir in cheese and ¼ cup broth, stirring for minute or so until creamy. Add more broth a tablespoon at a time for desired consistency.
- Stir fennel and pears into rice. Adjust seasoning with salt & pepper Serves 4



# Seymour's Easy Bruschetta

Our first introduction to this wonderful appetizer was in Akumal Mexico, of all places. It seems that wherever we travel around the world we find delicious Italian restaurants run by expats in search of sun and adventure. A well traveled photographer friend ordered the Bruschetta for the table and after the first order disappeared Seymour went right into the kitchen for a quick lesson and our family has been enjoying it ever since.

Ingredients:
3 lovely ripe tomatoes
fresh basil leaves
1 tablespoon olive oil
fresh oregano
dash of balsamic vinegar
or fresh lemon
I clove of garlic
1 loaf good italian bread
salt and pepper
1 glass of wine

Dice Tomatoes into approx 1/4" pieces and put in bowl. Chop basil and add to tomatoes. Finely chop garlic and fresh oregano and Add to mixture Add a dash of lemon juice or vinegar Add salt and fresh ground pepper to taste. Drink the glass of wine while the flavors of ingredients combine.

Slice and lightly toast the bread. Spoon the mixture on the bread and serve.

Enjoy with friends: best served outdoors!



## Marinated Kohlrabi with Kale

Kale and Kohlrabi are two amazingly healthy vegetables that are in season right now, and this recipe is a good compliment to almost any main dish we cook. Thanks to Farmer Dave and Michelle (who is also the source of our favorite Sweet and Sour Brisket recipe).

### Ingredients:

1/2-3/4 lb kohlrabi

1/4 tsp lime zest

1 Tablespoon fresh Lime Juice

1 Tablespoon Olive Oil

1/4 teaspon sea salt

1/4 teaspon fresh ground pepper

1 pound of finely chopped Kale, stems and center ribs discarded

1 Tablespoon Olive Oil

2-3 garlic cloves, finely chopped

1/4 teaspoon sea salt

optional: 2 Tablespoons of pistaschios or other nuts

Peel and slice Kohlrabi into very thin slices.

Whisk together next 5 ingredients in large bowl. Add Kohlrabi and mix well. Let it marinade while cooking the kale.

Heat olive oil in large skillet or heavy soup pot (Seymour likes our 12" cast iron pan best, I like a pan with higher sides) over medium high heat and sautee garlic until light golden color.

Add kale, stirring to coat with the olive oil and sautee until it is evenly wilted. Add salt and cook until just tender.

Remove from heat and allow to cool to room temperature. Toss with kohlrabi and add nuts if desired for extra crunch.



# Seymour's Mojito Recipe

Our mint patch is in full swing with all this hot summer weather, and we enjoy this light and refreshing drink while making dinner together.

I developed this recipe one winter in Tulum, Mexico.

I was staying at Zamas (Zamas.com) where I had no kitchen and was unable to make a classic "simple sauce" of sugar and heated water. I decided to just use some good organic Yucatecan honey instead and the drink tasted even better.

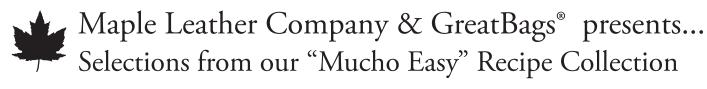
Ingredients: Two 4" springs of mint 1/4 of a lime, juiced Seltzer 1 1/2 oz. good dark rum 1 teaspoon organic honey Ice

### Process:

Place mint in a large tumbler

Muddle the mint with a tool of your choice to release the mint flavors. ( I just add lots of ice and move it around in the glass to muddle the mint.)

Add Rum Add honey Stir squeeze lime into drink and drop lime into the glass Add seltzer Stir, serve and enjoy.



## Dale and Susan's Baked Salmon

(courtesy of Tony's Seafood in Oregon City)

When we go to San Francisco we always have to make a detour on the way to Oregon to visit Lisa's family, and Tony's Seafood is an annual stop. This recipe is actually weight watchers approved and worth a try.

Ingredients:

1/2 cup ketchup

2 tablespoons lemon juice

1 tablespoon low sodium soy sauce

1/4 teaspoon ground ginger (or more if you like ginger)

Orange zest from 2 oranges

1 1/2 pound of salmon filet

Mix together ketchup, lemon juice, soy sauce, and ginger in small pan. Bring to boil over med heat. Reduce heat and simmer, stirring occasionally for about 5 minutes. Remove from heat and stir in orange zest.

Put salmon on foil skin side down. Spoon sauce evenly ofer top of fish and grill to 135 degrees F (at thickest part of filet) or put on cookie sheet with sides and bake at 350 until fish is opaque in center, about 15 min.

Serves 4.

Enjoy with friends!



# Hawaiian Poke Salad for Two

Pronounced like "okay", this is a classic Hawaiian dish that we rediscovered while in San Fancisco this summer. Be sure to use super fresh ahi tuna. There are over 100 different types of poke to be found in Hawaii, but this is the first one that we have tried at home. We loved it as an appetizer course, but it would also work well as a side dish with Salad or light supper.

## Ingredients:

- 1 pound fresh tuna steaks, cubed
- 1/4 1/2 cup low sodium soy sauce 1/4 cup chopped green onions or chives
- 1 tablespoon sesame oil
- 1-1/2 teaspoons toasted sesame seeds
- 1-1/2 teaspoons crushed red pepper (optional)
- 1/2 tsp finely chopped ginger (optional)

In a medium size non-reactive bowl, combine Ahi, soy sauce, green onions, sesame oil, sesame seeds, and chili pepper. Mix well. Refrigerate at least 2 hours before serving. Enjoy with friends!



# Michelle's Eight Onion Brisket

Ingredients:

1 first cut brisket of beef, trimmed of fat

1-2 teaspoons flour

coarsely ground pepper to taste

1/2 c. olive oil

8 onions, thickly sliced and separated into rings

2 Tablespoons tomato paste

(or ketchup if no paste in the house)

1 1/2 teaspoons coarse salt

2 cloves garlic, quartered

1 carrot, peeled

All the onions give this dish tons of flavor, and it goes great with all the other family favorites we make for the occasion. We cook it the day before we plan to serve it.

Preheat oven to 375. Dust brisket very lightly with flour. Sprinkle with pepper. Heat oil in very large heavy ovenproof pot or casserole. Add brisket and brown on both sides over medium-high heat until some crisp spots appear on the surface. Transfer Brisket to a dish. Keeping the heat medium-high, add onion slices to pot and stir, scraping up brown particles left from the meat. Cook until the onions have softened and developed a handsome brown color, 10-15 minutes. Remove pot from heat and place the brisket, along with any juices, on top of the onions.

Spread tomato paste over brisket and sprinkle with pepper and coarse salt. Add garlic and carrot and cover tightly. Bake on middle rack in oven for 1 1/2 hours.

Remove from oven and transfer the meat to a carving board. Cut it into 1/8-1/4" thick slices.

Return slices to pot, correct seasoning if necessary, cover, and return to oven. Cook until meat is brown and fork-tender, 1 3/4 - 2 hours longer. Slice carrot, and transfer the roast, onions, juice, and carrot slices to a heated platter.

Enjoy with family and friends!



## Sweet and Sour Brisket

### Ingredients:

1 5-6 lb brisket or 2 smaller pieces trimmed of fat

1/4 cup water

2 large yellow onions, cut into 1/2 inch thick slices

4 large celery stalks, including leaves, cut into slices 1/2 inch thick

1 bottle (8 oz.) chili sauce or spicy catsup

4 large garlic cloves, chopped

2 bay leaves

1/2 cup brown sugar

1/3 cup Dijon Mustard

1/2 cup soy sauce

1/4 cup red wine vinegar

3 tablespoons molasses

1 12 oz. bottle of beer

In a dutch oven or other heavy pot over medium heat, sear the meat, fat side down, for 5-10 minutes. When it begins to brown, turn and brown the other side, 5-10 minutes longer. Remove brisket from pot. Add water, onions, celery, chili sauce, garlic, bay leaves, brown sugar, mustard, soy sauce, vinegar, and molasses to the pot and stir to mix well. Return the brisket to the pot, cover and cook over medium-low heat for 3 hours. Add the beer, paprika, and potatoes. Cover and cook for 1 hour longer. Add water if necessary to keep the mixture moist.

To make in a crock pot just sear the meat as directed then place all the ingredients, except salt and pepper, in a large crockpot set on high. Cover and cook until meat is very tender, 6-8 hours.

Allow the brisket to cool in the liquid for 30 minutes, then transfer to a container. Pour the cooking liquid and potatoes into a bowl. Discard bay leaves. Let the liquid and meat cool for at least 2 hours, then skim off the fat from liquid. Return the liquid and potatoes to a heavy pot with lid and season with salt and pepper to taste.

To serve, Slice the brisket and ladle the tasty "sauce" over top.



## Corn and Dill Chowder

Inspired by Chef Patty from the wonderful Hopewell restaurant Soup du Jour that is no more and Lorna Sass (author of GreatVegetarian Cooking under Pressure), Lisa has been cooking up a storm with a new pressure cooker the past couple of weeks. We have modified this just in case you aren't armed with said pressure cooker, and hope you will enjoy it too.

### **Ingredients:**

1 T. Extra virgin olive oil

2 cups chopped onions or sliced leeks

4 lg celery ribs, diced

4 cups vegetable stock

1 lb thin-skinned potatoes cut in chunks

4 cups corn kernels (we used frozen corn) divided for 3 steps

1/2 tsp dried thyme or fresh

1/3 cup minced fresh dill

salt and freshly ground pepper to taste

Sautee onions and celery till onions slightly soft. Add stock, potatoes, and only 1 cup corn. Bring to boil and simmer 12 minutes or till potatoes are fork tender.

With a slotted spoon transfer about 2 cups of the cooked vegetables and a little liquid to blender or food processor and puree with 2 cups of uncooked corn kernels.

Do not over-blend or the potatoes will become gummy.

Stir the puree back into the soup together with the remaining 1 cup of uncooked corn.

Add the dill and salt and pepper.

Simmer until the just-added corn is tender, 2-3 minutes. Pureeing only some of the corn kernels gives this soup a creamy texture but still has full flavor.

Enjoy with friends, some crusty bread and a salad.



Seymour's Thanksgiving Stuffing

Seymour's mother, Terry, cooked Thanksgiving lunch for hundreds of children yearly at the Union Avenue School in Irvington NJ. Terry would also have to make extra quantities of her stuffing for most of the staff to take home. She was famous for her "lousy stuffing", and Seymour carries on this tradition.

Ingredients:

1/4 c. Extra Virgin Olive Oil 4 stalks celery, chopped

3 large onions, chopped 2 large apples, chopped

1/2 c. raisins

2 cups apple cider

6 egg whites

salt and pepper to taste 1 bag cornbread stuffing mix

1/2 bag unseasoned bread cubes

In a large skillet saute the celery and onion until transparent. add apples to mixture and lightly saute.

In big bowl moisten bread cubes with apple cider and add raisins. Add bread mixture to pan and saute, stirring in beaten egg whites. When mixture is well combined, bake in skillet or 9 x 13" baking pan at 350 degrees for 45 minutes.

Enjoy with family and friends!



## Red Lentil Stew with Apricots

Lisa discovered this recipe while on her pressure-cooker cooking spree this fall, but these pretty red lentils (actually quite yellow when cooked) cook quickly in a regular pot and don't need any soaking.

## Ingredients:

4 cups water (we put the liquid drained from canned tomatoes in this amount)

1 cup coarsely chopped onions

1 1/2 cup red lentils

1/3 cup chopped dried apricots
1 cup coarsely chopped caned or fresh plum tomatoes, drained.

1 Tablespoon olive oil

1 teaspoon of dried marjoram or oregano

1/2 tsp dried thyme

2 glasses of red wine

## add at end:

2-3 tablespoons lemon juice salt and freshly ground pepper

2-3 tablespoons minced fresh parsley

Combine ingredients in big pot and cook over medium high heat till the lentils are tender, 10-15 minutes.

Enjoy that glass of red wine with a friend or your sweetheart while the lentils cook.

Add the lemon juice, salt and pepper to taste, and fresh parsley and it is pretty as a picture. Serve with crusty bread and a salad. Enjoy!



# Parsnip Soup with Carmelized Pears

Ingredients for Carmelized Pear Garnish:

3 Tbl. Olive Oil

1 Tbl. Butter

4 lg. pears, peeled, cored, finely chopped

1/2 cup brown sugar

1 tsp. cinnamon

1/4 tsp. ground ginger

1/8 tsp. ground nutmeg

2 Tbl. lemon juice

We make this in our pressure cooker (it takes 7 minutes) but you don't need one, just cook it about 20 minutes.

Ingredients for soup:

2 Tbl. olive oil

1 T. butter

2 leeks (white and tender green parts, cleaned and finely chopped)

6 parsnips, peeled and cut into 1/2"pieces

6 cups chicken or veg. stock

salt and pepper to taste

optional: 1/2 cup cream or evaporated milk

### To make garnish:

melt butter and cook all garnish ingredients for 15-20 minutes over medium high heat until mixture has thickened and the liquid in the pan has almost evaporated. Remove from heat. Store in fridge or freeze any leftovers, it tastes great on vanilla ice cream!

## To make soup:

Melt butter and oil and cook leeks and parsnips for 2 min or until the leeks have softened. Add stock and cook about 20 minutes.

Puree the soup with an immersion blender or cool and puree in a blender. To serve, re-heat the soup and garnish with a big dollop of the carmelized pears.



## Cherry Clafouti

If you had asked us 2 weeks ago what Clafouti was, we would have had no real idea and probably would have replied "some kind of fancy frozen yogurt". Last weekend in a Tremont Street restaurant in Boston we were introduced to this yummy baked treat that originated in the Limousin region of France. It can be made with almost any kind of fresh or frozen fruit depending on the season, but the frozen cherries we used are true to the original French recipes and an inexpensive indulgence (and reminder of warmer weather) on a cold winter day. Our version is low fat (no cream or butter here) and low stress (just blend, pour, and bake). It makes a delicious dessert or a brunch treat.

Batter:

2 eggs

2 egg whites

1 cup evaporated lowfat milk ¾ cup unbleached white flour 1 teaspoon pure vanilla extract or ½ teaspoon pure almond extract

½ cup sugar

¼ teaspoon ground cinnamon

Fruit:

1 pound frozen cherries

(or 3 cups fresh or canned in water)

Preheat the oven to 350°. Lightly butter a 7 x 11" baking pan or large (10+") Pie pan. Place the cherries (defrosted if frozen, use any liquid in the batter and reduce milk amount correspondingly) in the bottom of the baking dish. In a blender, combine the ingredients for the batter and whirl until smooth. Pour the batter over the cherries and bake for 40 to 60 minutes, until theclafouti is puffed and golden and doesn't jiggle in the middle when you move the pan. It should be uniformly solid in middle and around sides. Cool for at least 15 minutes before serving warm or at room temperature. Ice cream or whipped cream is optional but delicious!

Variations: For Peach and Almond Clafouti, use 3 cups of sliced pitted peaches flavored with 1 to 2 tablespoons of amaretto and top with ¼ cup of crumbled amaretti cookies and  $\frac{1}{4}$  cup of chopped almonds. Bake for about 40 minutes.

For Apple Clafouti, use 3 cups tart sliced baking apples flavored with ½ teaspoon ground cinnamon or cardamom and ½ teaspoon freshly grated orange or lemon peel. Bake for about 50 minutes.