

# CHICKEN WITH MUSHROOM & QUINOA

I think this might be my third or fourth recipe using chicken and mushrooms as the star, but it's one of the few combos that seem to please everyone in our house. This dish is super flavorful and the addition of quinoa makes you think that you're doing something good for yourself. I like it because I cook the quinoa in the same pot so that it absorbs the most flavor and leaves me with one less pot to clean!

## **INGREDIENTS**(Serves 6)

2 Tablespoons French Onion Seasoning, or your favorite spice blend (I love the spices from [Gustus Vitae](#))

4 tablespoons olive oil

2 tablespoons red wine vinegar

1 teaspoon Dijon mustard

2 teaspoons honey

1 teaspoon mirin

$\frac{1}{4}$  teaspoon cayenne pepper

Kosher salt and black pepper

6 boneless, skinless chicken thighs, cut into 2-inch pieces

1 large vidalia onion, thinly sliced

$\frac{3}{4}$  pound mushrooms, brushed clean and thinly sliced

1 cup quinoa

1 cup white wine

$\frac{1}{4}$  cup soy sauce

$\frac{3}{4}$  cup mushroom broth (or vegetable or chicken stock)

$\frac{1}{2}$  cup parsley, chopped (for garnish)

$\frac{1}{2}$  cup Parmesan cheese, finely grated (for garnish)

### **PREPARATION**

Season the chicken with the spice blend, then place in a Ziploc bag.

In a medium sized bowl, combine two tablespoons of the olive oil, the vinegar, mustard, honey, mirin, and cayenne pepper. Add salt and pepper to taste. Mix with a whisk and pour into the Ziploc bag. Seal bag after letting the air out. Massage the marinade around the chicken and place in the refrigerator overnight.

Then next day, remove the chicken from the refrigerator while you prepare the vegetables.

Heat a large dutch oven over medium high heat. Add two tablespoons of olive oil. When oil is hot, add the sliced onions and cook for 5 minutes. Add the mushrooms and cook for an additional 4 minutes, stirring occasionally.

Move the veggies to the side and place the chicken pieces and any remaining marinade on the empty side of the pot. Cook for three minutes, then turn the chicken over and cook for another three minutes. Combine the chicken and veggies together.

Add the quinoa, wine, soy sauce, and broth. Mix together.

Bring to a boil, then put down to a simmer for twenty minutes, stirring occasionally. .

Remove from the heat and let rest for five minutes to allow quinoa to absorb any remaining liquid.

Serve in bowls and garnish with the parsley and cheese.

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# APPLE SAUCE WITH RAISINS

There's nothing like a brisk autumn day in the country picking apples. Of course, once you get home you have the same dilemma we all do—what the heck do we do with all of these apples? Here's a simple recipe that solves that problem.

It's perfect for spreading on toast or using as the filling for fritters. I mix it with cottage cheese for a quick breakfast.

## **INGREDIENTS**

6 apples, cored, skinned and cubed into  $\frac{1}{2}$ " pieces

1/8 teaspoon cinnamon

1/8 teaspoon nutmeg

$\frac{1}{2}$  cup raisins

1 tablespoon lemon juice

zest of one lemon

## **PREPARATION**

Combine all ingredients in a pot over medium heat. Cover the pot, but stir every few minutes. If it starts to boil, bring temperature to a simmer. The apples will reduce and get mushy. Cook until you get the consistency you like. I prefer mine a bit chunky, so it takes about 10-15 minutes.

If you like it smooth, continue to cook and use a potato

masher to tamp down the apples.

It will keep in the refrigerator for about five days.

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## SHRIMP RISOTTO

Recently on a family trip I decided to make shrimp risotto for the gang. Unfortunately, after buying the shrimp, some of the other ingredients I normally use were nowhere to be found. So I improvised and it may actually be better than my original recipe. Give it a try!

### **INGREDIENTS (Serves 6)**

#### **FOR SAUTÉED SHRIMP**

2.5 pounds cleaned medium sized shrimp (chop 1 cup into small pieces for the risotto, reserve remaining shrimp to sauté)

$\frac{1}{2}$  stick butter

1 tablespoon garlic, minced

salt and pepper to taste

#### **FOR RISOTTO**

2 tablespoons olive oil

1 shallot, diced

2 teaspoons garlic, minced

1 cup mushrooms, sliced

2 cups Arborio rice

2 cups seafood broth

1 1/2 cups white wine

2 cups clam juice

1 cup Parmesan cheese, grated plus  $\frac{1}{4}$  cup grated for garnish

parsley, chopped for garnish

salt and pepper to taste

### **PREPARATION**

In a medium sized pot, heat the seafood broth, white wine and clam juice together. Taste and season with salt and pepper. Once it has come to a boil, keep on simmer.

Heat the olive oil in a large pot over medium heat. Add the shallot and sauté for two minutes. Add the garlic and sauté for 30 seconds. Add the mushrooms and sauté for two minutes. Add the rice and sauté for one minute. Season with salt and pepper.

Begin to add the liquid to the mixture one soup ladle at a time. Slowly stir it into the rice and continue to add the liquid as the rice absorbs it. After 18 minutes add the chopped shrimp. After an additional two minutes add the Parmesan cheese and continue to stir until the risotto is al dente or a texture to your liking. Taste and add salt and pepper if needed. (Total cook time for rice is between 22 – 25 minutes).

In a large skillet, heat the butter and add the garlic. Lay out the shrimp evenly in the pan and season with salt and pepper. Once the bottom starts to turn pink, flip the shrimp over and continue to cook until the shrimp are cooked through, pink and firm.

To plate, ladle some of the risotto into a bowl. Place 6 – 8

shrimp on top, garnish with Parmesan and parsley.

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## Asian Style Ribs

Since I was a kid, I have always loved the ribs from Chinese restaurants. The tangy, sweet Char Siu sauce beats out every other barbecue sauce in my mind. After a lot of trial and error, I think I've come up with a recipe that comes close. The only thing I don't use is the red food coloring that is often found in authentic recipes—I'm just not into that. It's a great dish to cook on the grill for an end of summer party.



### **INGREDIENTS (serves 6-8)**

2 racks baby back ribs

Chinese five spice powder

salt

2 ziploc bags

### **MARINADE**

$\frac{1}{4}$  cup soy sauce

$\frac{1}{4}$  cup hoisin sauce

2 tablespoons duck sauce

1/3 cup rice wine vinegar

4 garlic cloves, minced

1/4 teaspoon Chinese five spice powder

1/2 teaspoon mustard powder

1 teaspoon fish sauce

### **GLAZE**

1/4 cup soy sauce

1/4 cup hoisin sauce

2 tablespoons duck sauce

1 tablespoon rice wine vinegar

1/4 teaspoon Chinese five spice powder

1/2 teaspoon mustard powder

1 teaspoon fish sauce

### **GARNISH**

3 teaspoons scallions, finely chopped

1 teaspoon green wasabi sesame seeds

### **PREPARATION**

Remove the thin membrane from each rib rack. Generously season the ribs with salt and Chinese five spice powder.

In a bowl, combine all of the marinade ingredients. Cut the rib racks in half so that they can fit into a Ziploc. Put one 1/2-rack each into a Ziploc. Pour half of the marinade into one, half into the other. Close the bags tightly and massage the



ribs to make sure the marinade covers throughout. Place in fridge overnight.

When ready to grill, remove ribs from fridge 30 minutes before at room temperature.

Heat grill to medium heat. Place the ribs on the grill bone side down and cook for 2 hours on indirect heat.

In a bowl, combine all of the glaze ingredients. Split the glaze into two bowls, one for glazing and one for serving. Start brushing the ribs with the glaze during the last half-hour of cooktime. Keep an eye on them because the sugars in the glaze can burn easily. Glaze every ten minutes or so.

After two hours, test the ribs to see if they are at 185 degrees internal temperature. Once they are, remove from grill and allow to rest for ten minutes. While resting, in a small saucepan, bring the remainder of the glaze to a simmer. Set aside.

To serve, cut the racks into individual ribs and place on platter. Garnish with scallions and green wasabi sesame seeds. Serve with the remainder of the glaze on the side. I like to serve it with a nice [kohlrabi slaw](#).

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## Tomato and Cucumber Salad

Looking for what to do with all those delicious cherry tomatoes and cucumbers that all seemed to ripen at the same time? Are your herbs offering a particular big bounty this year? Try this garden salad and have the satisfaction of knowing you made it mostly from your own homegrown garden. It will never taste fresher.

## **INGREDIENTS (serves 2)**

### **FOR SALAD**

1 cup cherry tomatoes, cut in half

1 cucumber, skinned and diced into small cubes

$\frac{1}{4}$  cup red onion, very thinly sliced

### **FOR DRESSING**

1 garlic clove, minced

3 tablespoons olive oil

2 tablespoons balsamic vinegar

1 tablespoon fresh lemon juice

1 teaspoon Dijon mustard

1 teaspoon fresh parsley, finely chopped

1 teaspoon fresh chives, finely chopped

1 teaspoon fresh oregano, finely chopped

zest of one lemon

salt and pepper

### **FOR GARNISH**

4 ounces feta, crumbled

## **PREPARATION**

In a medium sized bowl, combine the tomatoes, cucumber, and red onion. Gently toss.

In a jar, combine all of the dressing ingredients. Close jar and shake vigorously. Pour dressing on top of salad and gently toss. Garnish with feta cheese.

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# GRILLED STUFFED ARTICHOKEs

One can only eat so much salad, so in the summer, I love to stuff and grill artichokes as a nice side dish alternative. It takes a little bit of prep, but it's well worth your time. It's great served with a nice dip like tzatziki or even some ranch dressing.

## INGREDIENTS (Serves 4)

2 artichokes

$\frac{1}{4}$  cup gorgonzola cheese, crumbled

$\frac{1}{4}$  cup panko

3 tablespoons olive oil, plus some for brushing

salt and pepper

tzatziki or ranch dressing (optional)

## PREPARATION

I like to trim the sharp points off of each of the artichoke leaves before I begin. It's optional, but this way no one will get pricked from the leaves. Just cut  $\frac{1}{4}$ -inch from the bottom of each tip.

In a pot large enough to hold the artichokes, bring an inch of salted water up to a boil. Gently place the artichokes in and lower the heat to simmer. Cover pot and steam for 45 minutes.

Drain out the water and using tongs, gently place the artichokes on a cutting board. Allow them to cool for about ten minutes.

Cut the artichoke in half, lengthwise. Gently scoop out the fibrous elements in the middle being careful to leave the heart and most of the leaves in tact. It's okay if some of the center leaves get dislodged in the process. Just discard them.

In a small bowl, combine the cheese, panko, and olive oil. Mix with a small whisk and set aside. Brush the artichokes with olive oil on both sides. Season them with salt and pepper to taste.

Oil the grill grates. Heat the grill to medium-high. Place the artichoke halves cut side down on the grates and grill until you get grill marks, about two to three minutes.

Gently remove artichokes with tongs or a spatula and place on a cutting board, cut side up. Spoon the cheese/panko mixture into the center of each artichoke.

Gently place back on the grill, cut side up, to allow the cheese to melt—about 2-3 minutes.

Serve with tzatziki or ranch dressing on the side.

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## BBQ CHICKEN SALAD

Whenever we make a barbecue chicken, we like to use at least a five-pound bird on our rotisserie. If you're going to the trouble, you might as well have enough for leftovers. Here's a great idea for a quick next-day lunch.

### **INGREDIENTS** (Serves 2)

2 cups of barbecued chicken, skin off, rough chop

$\frac{1}{2}$  cup of mayonnaise

1 tablespoon olive oil

1 tablespoon balsamic glaze

1 teaspoon hot sauce

salt and pepper to taste.

$\frac{1}{2}$  cup celery, chopped

$\frac{1}{4}$  cup red onion, chopped

1 small roll, halved and toasted

### **PREPARATION**

In a cuisinart, add the chicken and do a few quick pulses to chop the meat. Add in the mayo, olive oil, balsamic glaze, hot sauce, and salt & pepper. Continue to pulse until it's to a consistency you like. Taste, and adjust seasoning or mayo amount to your liking.

Add contents into a large bowl. Fold in the celery and red onion. Spoon out onto the roll halves. Serve alongside a fresh garden salad.

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## **ALL PURPOSE MARINADE**

For me, there's no point in paying a fortune for bottles of marinade when I know I have most of the ingredients on hand. Plus, there are no chemicals or preservatives added when I make it. Here's a simple recipe that goes great with poultry or fish. It's not bad on a steak either.

### **INGREDIENTS**

1/2 cup orange juice

1 tablespoon salt

1 teaspoon ground pepper

2 tablespoons molasses

3 chipotle pepper plus 1 tablespoon adobo sauce

### **PREPARATION**

Mix all of the marinade ingredients together in a bowl.

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## **WHITE SANGRIA**

There's nothing like white wine sangria to get a summer party going. It's refreshing and the fruit fools you into thinking you're doing something good for your body. Although from tasting it, you wouldn't know that it's very potent. So fair warning—only serve this to people who are not driving!

### **INGREDIENTS** (Serves 4-6)

1 bottle white wine

½ cup triple sec

½ cup brandy

1 whole orange, sliced (reserve a few for garnish)

1 whole peach, sliced

½ fresh raspberries

sparkling water

ice for glasses

### **PREPARATION**

In a large pitcher, combine white wine, triple sec, and brandy. Stir. Add in sliced orange, peach and raspberries. Lightly stir with wooden spoon.

Fill 4 white wine glasses with ice. Fill glass  $\frac{3}{4}$  of the way up with sangria, allowing some of the fruit to pour into glass. Top with sparkling water and lightly stir. Garnish with orange slice.

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## **MARINATED BLACK COD WITH BABY BOK CHOY**

I love black cod. It's a very rich, buttery flavored fish that can really stand up to a good marinade. It's got a bit of a fatty texture and doesn't taste too "fishy," so even those that might not love seafood might be persuaded to give it a try. And with this miso based marinade and some sautéed bok choy, it's hard to go wrong.

### **INGREDIENTS** (serves 2)

1 lb Black Cod, cut into four pieces

2 tablespoons oil

scallions, chopped for garnish

fried onions, for garnish

### **MARINADE FOR FISH**

$\frac{1}{4}$  cup miso paste

2 tablespoons sugar

2 tablespoons mirin

2 tablespoons sake

1 tablespoon water

1 tablespoon lemon juice

$\frac{1}{2}$  teaspoon fish sauce

### **BOK CHOY**

1 tablespoon soy sauce

1 tablespoon water

1 tablespoon sake

1 tablespoon mirin

$\frac{1}{2}$  teaspoon fish sauce

1 garlic clove, thinly sliced

$\frac{1}{4}$  teaspoon red pepper flakes

1 tablespoon olive oil

2 cups baby bok choy, chopped

salt and pepper to taste

### **PREPARATION**

In a small bowl, combine the marinade ingredients. Whisk together until smooth.

Place fish and marinade in Ziploc bag and massage marinade around fish. Marinate overnight.



The next day, combine soy sauce, water, sake, mirin, fish sauce, garlic, and red pepper flakes in a small bowl.

Heat the olive oil in a large skillet over medium heat. Add the bok choy to the pan, season with salt and pepper, and sauté for 2 minutes. Pour the sauce on top and gently combine with bok choy. Continue to sauté for an additional minute or two until bok choy is tender. Cover to keep warm and set aside.

Remove fish from Ziploc bag and place pieces on a plate. Pour the marinade in a bowl.

Oil the grill grates if cooking outside or heat a grill pan on a medium high flame.

Place the fish on the grill skin side up, and lightly brush with some of the marinade. Grill for 4 minutes. Flip over, brush some of the marinade on the fish and continue to grill for another 4 minutes.

To serve, place the bok choy on the base of a plate and place a piece of the cod on top. Garnish with scallions and fried onions.