

Pan Roasted Trout, Warm Potato salad, Lemon Caper dressing

4 portions Trout (4-5oz)

Salad:

1 lb new potatoes, steamed/boiled
1 bulb fennel, shaved thinly
1 handful pickled shallots (see sub recipe)
General handful arugula (not stemmy!)
Toss everything last minute after potatoes have cooled slightly, add dressing to taste

Dressing:

125ml of fresh lemon juice, zest 1 lemon
½ clove garlic, finely chopped
1.5 Tbsp. Capers, chopped
300-350 mL Extra Virgin Olive Oil
Pinch salt and pepper

Pickled Shallots:

½ lb thinly sliced shallots
2 cup Sugar
1 cup White Wine vinegar
Pinch fennel seed, coriander seed, bay leaf, peppercorn, and 1 tsp salt
Bring everything to a boil and pour over sliced shallots

Preserved Lemons:

Quarter Lemons almost all the way through length wise, stuff into Mason jar adding kosher salt as you go until lemons are submerged
3-4 weeks later, remove as needed, rinse, chop peel finely

TASTE TASTE TASTE!!!

Duo of Chicken, Bulgur Pilaf, Natural Jus

2 Chicken Breast
4 Sprigs Fresh thyme
2 Garlic Cloves, smashed
Zest of half a lemon
Fresh Ground Pepper
Olive Oil
Marinate overnight, Pan roast at medium heat (can finish in oven)
2 Chicken Thighs, 2 Drumsticks
1 Tbsp. Curry Powder
1.5 Tbsp Ginger
1 Tsp. Cumin Seed
Small piece cinnamon bark
3 Garlic Cloves, smashed
½ Onion, Large Dice
Olive Oil
Marinate overnight, Season and sear using medium heat, transfer to small baking dish. Add marinade, handful of cherry tomatoes, splash of water, covered and braise at 300F until tender (1.5-2hrs ideal)

Pilaf:

1.5 cup Bulgur
3 cup Boiling Water
Sprinkle of Fennel Seed/ Coriander Seed
½ tsp Salt
Combine all ingredients and let stand covered tightly with plastic wrap.
Cool. **Then add:**
1/3 cup slivered almonds, toasted
1 Large Pepper, lengthwise sliced thinly
Fresh Herbs, (Basil, Flat leaf parsley, torn roughly
Small Handful Dried Apricots, roughly chopped
1 Tbsp finely chopped preserve lemon Juice 1 Lemon
2 Tbsp Extra Virgin Olive Oil

Grape Tomato Bean Salad w/ Fresh Herb Dressing (60293.1)

Revision Date: May 17, 2013

Insert description here

Category: Side Salad

Production Area: Cold Prep

Source:

Minimum Batch:

Maximum Production:

Portion: 1 ea

(* Indicates servings have been adjusted in accordance with assigned batch sizes)

| Step | Ingredients | | 10 Servings | Servings | Servings |
|------|--|----|-------------|----------|----------|
| 2 | Oil, Olive Canola Blend (8552) | AP | 150 mL | | |
| | Vinegar, Red Wine (7633) | AP | 100 mL | | |
| | Basil, Fresh, Chopped (457) | EP | 18 g | | |
| | Parsley Bunch, Chopped Fine (55395) | EP | 12 g | | |
| | Dill Weed, Fresh, Chopped (2166) | EP | 2 g | | |
| | Chopped Garlic in Oil (2905) | AP | 50 mL | | |
| | Salt (7410) | AP | 8 mL | | |
| | Ground Black Pepper (7390) | AP | 18 mL | | |
| 3 | Tomatoes, Grape (7557) | EP | 852 g | | |
| | Chickpeas, Drained, Rinsed (53364) | AP | 852 g | | |
| | Beans, Red Kidney, Canned, Drained, Rinsed (655) | AP | 852 g | | |

| Step | Method |
|------|--|
| 1 | HACCP: Wash vegetables, cutting boards, knives and utensils in clean and sanitized sink. Wash hands immediately before handling food, when changing tasks, and as often as necessary to remove soil and contamination. For all CCP's indicated below, temperatures must be monitored and documented on the appropriate QA Log. |
| 2 | Dressing: Combine olive oil, vinegar, basil, parsley, dill weed, garlic, salt and pepper. |
| 3 | Cut tomatoes in half. Toss vinaigrette well with chick peas, beans and tomatoes. |
| 4 | Refrigerate for at least half an hour to develop the flavours. COLD HOLDING: Maintain internal cold holding temperature at 40°F (4°C) or less. (CCP) |
| 5 | For each Salad, place in an approved small salad bowl (16 oz Sabert): 2 teal spoodles salad mixture. |
| 6 | Cover container with lid and label. COLD HOLDING: Maintain internal cold holding temperature at 40°F (4°C) or less. (CCP) |
| 7 | HACCP: CORRECTIVE ACTIONS: See unit QA signage in production area or refer to standards and solutions manual for corrective actions in cases where critical controls are not met. (CCP) |

Barley Risotto with Fennel and Olives-B,V (54233)

Revision Date: Dec 20, 2012

Insert description here

Category: Starch/Grain-Grain

Production Area: Hot Side


Source:

Minimum Batch:

Maximum Production:

Portion: 1 ea

(* Indicates servings have been adjusted in accordance with assigned batch sizes)

| Step | Ingredients | | 10 Servings | Servings | Servings |
|------|--|----|-------------|----------|----------|
| 2 |  Vegetarian Stock (53087) | | 1.25 L | | |
| 3 | Fennel, Fresh, Coarse Chopped (2352) | EP | 320 g | | |
| | Red Bell Peppers, Fresh, Chopped (3507) | EP | 189 g | | |
| | Unsalted Butter, Solid (7943) | AP | 36 g | | |
| | Leeks, Fresh, Chopped (3788) | EP | 331 g | | |
| 4 | Uncooked Barley (394) | AP | 355 g | | |
| | Thyme, Fresh, Chopped (54289) | EP | 12 mL | | |
| | Minced Garlic Cloves, Fresh (2893) | EP | 25 mL | | |
| 6 | Water (7641) | AP | 833 mL | | |
| | White Wine (7667) | AP | 300 mL | | |
| 7 | Parsley, Fresh, Chopped (4321) | EP | 36 g | | |
| | Ground Black Pepper (7390) | AP | 6 mL | | |
| | Black Pitted Olives, Drained, Chopped (53804) | AP | 83 g | | |
| | Grated Parmesan Cheese (51147) | AP | 83 g | | |

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| 2 | Prepare Vegetarian Stock according to recipe. |
| 3 | Melt butter in casserole dish over medium-high heat. Add ½ the amount of chopped leeks, ½ the amount of fennel and ½ the amount of red peppers. Saute for 5 minutes or until vegetables are tender. |
| 4 | Add barley, thyme and garlic. Cook for another 4 minutes, stirring constantly. |
| 5 | Stir in ½ the amount of vegetable stock and cook for 15 to 25 minutes or until the liquid is nearly absorbed, stirring constantly. |
| 6 | Stir in the remaining leeks, fennel, red peppers, vegetable stock and water along with the wine. Cook until liquid is nearly absorbed, stirring frequently (about 45 minutes). COOK TO A MINIMUM INTERNAL TEMPERATURE OF 140°F (60°C) FOR A MINIMUM OF 15 SECONDS. (CCP) |
| 7 | Stir in the parmesan cheese, parsley and pepper. Sprinkle with olives. HOT HOLDING: Maintain internal hot holding temperature at a minimum of 140°F (60°C) for no longer than 2 hours. (CCP) |
| 8 | Serving size: 170 g Note: For best quality, hold for no longer than 20 minutes. |
| 9 | HACCP: CORRECTIVE ACTIONS: See unit QA signage in production area or refer to standards and solutions manual for corrective actions in cases where critical controls are not met. (CCP) |

Recipe Notes:

Day(s) In Menu:

Retail-Outtakes Day 7

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Easy Bok Choy



Rated: ★★★★★

Submitted By: Frantic Cook

Photo By: lutzflcat

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ready In: 20 Minutes

Servings: 4

"The delicate flavor of bok choy shines through in this simple recipe that needs just oil, garlic, and salt."

INGREDIENTS:

- 1 tablespoon vegetable oil
 - 2 cloves garlic, crushed and chopped
 - 8 heads baby bok choy, trimmed and cut into bite
- size pieces
salt to taste

Easy Bok Choy (continued)

2 of 2

DIRECTIONS:

1. Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

| Nutrition Information | Amount Per Serving | |
|-----------------------|---|------------------------|
| | Servings Per Recipe: 4 Calories: 150 | Total Fat: 5.2g |
| | Cholesterol: 0mg | Dietary Fiber: 9.1g |
| | Sodium: 687mg | Protein: 13.7g |

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Jerk Chicken with Rice and Beans

This super delicious recipe is modified and simplified from [Nigella Lawson's](#).

Serves 4

Ingredients

- 4 organic or free-range chicken breasts (skinless, boneless)
- 1/2 onion, quartered
- 2 green onions, roughly chopped
- 2 tsp dried thyme (or half a dozen sprigs of fresh thyme)
- 2 tsp cayenne pepper
- 2 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 2 garlic cloves, peeled
- 2-inch piece fresh ginger, peeled and chopped
- juice of 1 lime
- splash of water, enough to make a thick paste

Instructions

1. Place all ingredients except chicken in blender or food processor to make a paste.
2. Place chicken in roasting dish and top with paste.
3. Bake for about 1 hour at 350F or until meat is no longer pink in middle
4. Serve with rice and beans (recipe below) and a big green salad.

Rice and Beans

Ingredients

- 1 cup brown rice
- 1 can black beans, drained and rinsed
- 1 can coconut milk + enough water to make 2 cups
- 1/2 onion, finely chopped
- 2 garlic cloves, minced
- 1/2 tsp dried thyme (or stir in a few sprigs of fresh thyme just before serving)

Instructions: Combine all ingredients in large saucepan and bring to boil; cover and simmer for about 40 minutes.

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Ratatouille

This incredibly tasty recipe is modified and simplified from [Michael Smith's](#). Serve with grilled fish or meat.

Serves 4

Ingredients

- 1 eggplant, cut into 1-inch chunks
- 2 zucchini, cut into 1-inch chunks
- 2 bell peppers (red, green, orange or yellow – pick 2 different colours), cut into 1-inch chunks
- 12 cherry or strawberry tomatoes, halved
- 1 large onion, chopped
- 5 cloves garlic, finely chopped
- 2 tbsp vegetable oil
- a few sprigs fresh thyme or 1 teaspoon dried
- sea salt and freshly ground pepper, to taste
- 1 or 2 bunches fresh basil, chopped
- handful of parsley, stems removed and chopped

Instructions

1. Combine eggplant, zucchini, peppers, onions, garlic, salt and pepper (and dried thyme, if using) in roasting pan, and toss with oil.
2. Cook for 1 hour at 350F.
3. Toss with fresh thyme, basil and parsley and serve immediately.

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Hummus

This is a combination of my hummus recipe and my Dad's – his addition of curry powder makes it amazing!

Ingredients

- 1 can chickpeas with liquid reserved (preferably organic)
- 1 clove garlic, chopped (or 1/4 tsp granulated garlic)
- 2 tbsp tahini
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 tsp hot sauce
- 1 tsp cumin
- 1/4 tsp curry powder

Instructions

1. Combine all ingredients in blender or food processor and blend until smooth.
2. Serve with chopped raw vegetables and/or wedges of toasted whole wheat pitas.

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Jazzy Oatmeal

Let's be honest: plain oatmeal is boring. My version is super tasty and full of healthy stuff!

Serves 4

Ingredients

- 1 cup steel cut oats, cooked according to package instructions
- 2 tbsp chia (I love [Holy Crap Cereal's Skinny B](#))
- 1/2 cup walnuts, chopped
- 1 tbsp pumpkin seeds
- 1 tsp cinnamon
- 1 tsp vanilla
- Splash of organic milk, almond milk, hemp milk or coconut milk

Instructions

1. Add chia to cooked oatmeal and let sit for 5 minutes.
2. Stir in remaining ingredients and serve immediately.

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Zucchini and Arugula Frittata

Start your day with this delicious, hearty breakfast packed with nutrition.

Serves 4

Ingredients

- 4 free-range or organic eggs
- splash of organic milk or water
- 1 zucchini, grated
- 2 big handfuls of arugula
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp vegetable oil
- 1/2 tsp butter
- salt and pepper, to taste
- splash of hot sauce
- sprinkle of Parmesan cheese

Instructions

1. In medium bowl, beat eggs with milk or water, oregano, salt and pepper.
2. Heat oil and butter in oven-safe frying pan (I love my cast iron skillet), and add zucchini and arugula, stirring regularly until arugula is wilted, about 2 minutes.
3. Meanwhile, turn on broiler.
4. Arrange vegetables evenly over bottom of skillet and slowly add egg mixture.
5. Top with hot sauce and cheese and immediately place under broiler for about 5 minutes or until cheese begins to bubble and eggs are set.
6. Serve immediately with sprouted grain toast (I love [Silver Hills Sprouted Bakery](#)).