

4/22/17

CHICKEN PAPRIKASH With Cauliflower "Rice"



Ingredients:

2	Tablespoons	Olive Oil
1½	Pounds	Chicken Breast or Thighs, boneless, skinless
3	Tablespoons	Paprika (Hungarian Sweet, if possible)
1	Medium	Onion, chopped
½	Teaspoon	Salt
2	Teaspoons	Minced Garlic
1	14 oz. Can	Diced Tomato (undrained)
1	Tablespoon	Dried Parsley
1¾	Cups	Chicken Stock, divided
2	Tablespoons	A.P. Flour
¾	Cup	Light Sour Cream
1	Small Head	Cauliflower
1	Tablespoon	Olive Oil
½	Teaspoon	Garlic Salt
½	Teaspoon	Salt

Directions:

1. Clean and cut chicken into bite sized pieces. Heat oil in large skillet over medium-high heat. Add chicken, sprinkle evenly with paprika and saute for 3 minutes, stirring often.
2. Reduce heat to medium, add the onion, salt and garlic. Cook, stirring frequently, until onion is translucent – about 5 minutes.
3. Stir in the tomatoes, parsley and 1½ cups of chicken stock. Bring to a boil and simmer until stock is reduced by half. Mix the remaining ¼ cup of stock with the flour and sour cream. Set aside.
4. Core and cut cauliflower into chunks. In small batches, chop in food processor until cauliflower resembles rice. Repeat until all cauliflower is riced. Heat 1 tablespoon olive oil in saute pan. Add riced cauliflower, garlic salt and sea salt. Heat, stirring occasionally, until heated through, but still al dente.
5. Once the stock in your chicken paprikash is reduced by half, add the flour/sour cream mixture to the chicken and stir to thoroughly combine. Simmer for 5 minutes or until thick and bubbly. Serve over cauliflower rice, if desired.

5/27/17

STRAWBERRY-RHUBARB SCONES

With Strawberry-Rhubarb Jam



Ingredients:

2½	Cups	All Purpose Flour
⅓	Cup + 4 Tbl	Sugar, divided
2	Teaspoons	Baking Powder
½	Teaspoon	Baking Soda
¼	Teaspoon	Salt
6	Tablespoons	Butter, softened
⅔	Cup	Heavy Cream
2	Large	Eggs, beaten
¾	Cup	Rhubarb, ¼ inch pieces-macerated
¾	Cup	Strawberries, hulled and chopped-macerated

Directions:

1. To macerate cut up fruit, heat in microwave for 30 seconds. Toss with 1/3 cup sugar. Place in a fine mesh strainer to drain for at least 1 hour. Save drained liquid.
2. Pulse flour, 3 tablespoons sugar, baking powder, baking soda and salt in a food processor. Add butter and pulse until thoroughly combined.
3. Beat the eggs and ⅔ cup of cream together. Add to mixture and pulse until a soft dough forms.
4. Spread the dough on a lightly floured surface and gently fold in the fruit. Pat the dough into a circle and cut the disc into 8 pieces. Place on baking sheet lined with parchment paper.
5. Brush the tops with water and sprinkle with the extra 1 tablespoon sugar. Bake in a 425° oven for 14 minutes, or until tops are golden brown. Remove from oven and let cool slightly before removing from pan.
6. To make jam, place liquid from macerated fruit in a small saucepan with ½ cup each strawberries and rhubarb. Simmer, breaking up fruit with a fork, until thickened.

6/24/17

MURGH KHORMA MASALA DAHI

Chicken Braised in a Spiced Yogurt Curry



Ingredients:

1½	Pounds	Chicken Breasts or Thighs (boneless/skinless)
¼	Cup	Coconut Oil
1	Large	Onion, peeled, halved and sliced thin
8	Cloves	Garlic, peeled and minced (about 3 Tablespoons)
2	Tablespoons	Fresh Ginger, peeled and finely shredded (about 2 thumb-sized pieces)
½	Teaspoon	Ground Cardamom
½	Teaspoon	Ground Coriander
¼	Teaspoon	Ground Turmeric
1½	Teaspoons	Mustard Seed, toasted & ground
2	Cups	Plain Yogurt
1	Cup	Roasted Almonds
1	Cup	Water
2	Tablespoons	Fresh Cilantro, chopped
2	Cups	Basmati Rice
4	Quarts	Water
2	Tablespoons	Salt

Directions:

1. Cut chicken into ½ inch pieces. Sear in coconut oil over medium-high heat until browned on all sides. Remove from pan and set aside.
2. Reduce heat to medium and saute onion until translucent, scraping up any browned bits. Add the garlic, ginger, cardamom, coriander, turmeric and mustard seed. Saute another 2 minutes, stirring to coat the onion with the spices. Reduce heat to medium-low and add chicken.
3. Place almonds and water in blender and chop until almonds are very fine. Add the yogurt and puree until mixture is smooth. Add to onion and chicken in the pan and simmer, uncovered, for 30 – 40 minutes, stirring occasionally. Just before serving, top with cilantro.
4. While chicken is braising, rinse rice under cool running water. Place in a bowl, cover with water and let sit 30 minutes. Bring 4 quarts water and salt to a full boil. After 30 minutes, drain the soaking rice and place in boiling water.
5. Stir constantly until water comes back to a boil. Cook for 4 minutes and drain well. Add back to pan and cover until ready to serve. Fluff with fork before serving.

NOTE: If using regular white rice, boil for 12 minutes. Brown rice should cook for 18 – 20 minutes and a wild rice blend will need 23 – 25 minutes.

6/24/17

NIMBOO ADRAK GHOBHI

Lemon Ginger Cauliflower



Ingredients:

3	Tablespoons	Coconut Oil
1	Small Head	Cauliflower, cut into florets and halved
1	Pint	Cherry Tomatoes
2	Teaspoons	Sea Salt
1	Medium	Lemon, cut in half
2	Tablespoons	Shredded Ginger
1	Teaspoon	Cumin Seed, toasted and ground

Directions:

1. Melt coconut oil. Mix 2 tablespoons with cumin and toss with cauliflower and tomatoes. Arrange cauliflower and tomatoes on parchment lined sheet pan and sprinkle with salt. Add lemon to pan and roast in 450° oven for 20 minutes.
2. Heat remaining tablespoon coconut oil over medium-high heat. Add the garlic and ginger and cook for two minutes. Remove from heat until cauliflower is roasted.
3. Set lemon halves aside and add cauliflower and tomatoes to pan with the garlic and ginger. Toss lightly, trying not to break up tomatoes. Squeeze roasted lemon over top and serve.

7/29/17

BLACK FOREST CAKE ROLL



For the Cake:

3	Large	Eggs
1	Cup	Sugar
2	Tablespoons	Butter, melted
$\frac{2}{3}$	Cup	Sweet Cherry Puree
$\frac{1}{2}$	Teaspoon	Almond Extract
1	Teaspoon	Baking Soda
1	Cup	All Purpose Flour
2	Tablespoons	Cocoa Powder

For the Filling:

8	Ounces	Cream Cheese, softened
$\frac{1}{4}$	Pound	Butter, softened (1 stick)
1	Cup	Powdered Sugar
1	Cup	Dried Tart Cherries, chopped

Directions:

1. Puree pitted sweet cherries in blender. With a hand mixer, cream together eggs, sugar and melted butter. Add puree & extract and beat until smooth. In a separate bowl, mix together the flour, baking soda and cocoa powder. Add to puree mixture and stir just until moistened.
2. Pour batter into baking sheet with sides, coated well with baking spray. Bake at 375° for 15 minutes. Remove from oven and set aside until pan is cool enough to handle.
3. Loosen sides with a knife and invert pan onto a towel liberally dusted with powdered sugar. Roll the cake from the long end in the towel and refrigerate to cool slightly. This will help the cake hold its shape when filled.
4. Place dried cherries and powdered sugar in blender and chop cherries until very small. With a hand mixer, beat filling ingredients until smooth and creamy. Add cherries/ powdered sugar mixture and beat until incorporated. Refrigerate until cake is cooled.
5. After cake has cooled, unroll from towel and spread filling evenly over cake. Roll back up, cover and refrigerate overnight to set.