



*SOprepared...*

## *Baked Haddock Parmesan with Jasmine Rice*

(adapted from "Legal Seafood Cookbook")

1 1/2 - 2 Lbs of Haddock  
Garlic Salt  
1/2 Jar of Marinara  
1/2 cup Breadcrumbs  
1/4 cup Parmesan Cheese

Pre-heat oven to 425

Place Haddock in lightly oiled baking dish.

Sprinkle with Garlic Salt.

Spread Marinara sauce over and around the fish.

Combine Breadcrumbs and Parmesan Cheese, and sprinkle over the top of the fish.

Bake for 10-15 mins (depending on how thick the fish is) until fish is opaque and flakes easily.

Follow directions on the package of the Frozen Jasmine Rice to heat.

## *Steamed Broccoli*

Cut Broccoli into florets.

Place in pan with about an inch of water in the bottom.

Sprinkle with Garlic Salt.

Bring to a boil, then turn down to low & simmer for 5 mins.

Drain, drizzle with olive oil or butter & serve alongside the fish & rice.

## *Wine Pairing Recommendation*

White option - A very dry, not too acidic white wine would pair nicely with the fish, yet stand up to the tomato sauce at the same time. A French Chablis would be perfect.

(Or look for another un-oaked, not buttery, Chardonnay.)

Red wine option - a juicy Pinot Noir would pair well with the acidic tomato sauce, but not overpower the delicate flavor of the fish.



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## *Shredded Beef Filling for Tacos*

(adapted from "Slow Cooker Revolution")

- 2 onions, minced
- 1/3 cup chili powder
- 3 Tbs vegetable oil
- 6 garlic cloves, minced
- 1 Tbs ground coriander
- 1 Tbs ground cumin
- 1/2 tsp cayenne pepper
- 1 (15-ounce) can tomato sauce (*or use the remaining marinara from the Haddock*)
- 2 tsp sugar
- 1 (3-pound) boneless beef chuck roast, trimmed and halved
- salt & pepper
- 1 Tbs fresh lime juice
- Flour Tortillas for serving

1. Microwave onions, chili powder, oil, garlic, coriander, cumin and cayenne in bowl, stirring occasionally, until onions are softened, about 5 minutes; transfer to slow cooker.
2. Stir tomato sauce and sugar into slow cooker. Season beef with salt and pepper, add to slow cooker and coat evenly with sauce mixture. Cover and cook until beef is tender, 9 to 11 hrs on low or 5 to 7 hrs on high (I did 6 hrs on high).
3. Transfer beef to large bowl, let cool slightly, then shred into bite-size pieces, cover to keep warm. Let braising liquid settle for 5 mins, then remove fat from surface using large spoon.
4. Toss shredded beef with 1 cup braising liquid (I did this in the slow cooker & rewarmed it all before serving!); add more liquid as needed to keep meat moist and flavorful. Stir in lime juice and season with salt and pepper to taste.
5. Serve in Flour Tortillas with Fennel-Tangerine Slaw (or other toppings: cheese, lettuce, etc.)

*\*Filling can be refrigerated in airtight container for up to 3 days or frozen for up to 1 month. If frozen, let filling thaw completely before using.*

### *Optional Side:*

#### FENNEL-TANGERINE SLAW

Combine 2 thinly sliced fennel bulbs, 2 peeled and coarsely chopped tangerines, 4 thinly sliced radishes, and 1/4 cup minced cilantro in large bowl. In separate bowl, whisk 1/3 cup olive oil, 3 tablespoons lime juice, 2 thinly sliced scallions, 1 minced clove garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper together. Toss dressing with fennel mixture and season with salt and pepper to taste. Serves 6.

## *Wine Pairing Recommendation*

I would actually have a margarita with this meal for sure...but if you want wine; according to Chicago Sommelier Arthur Hon- a youthful red wine such as Rioja or Tempranillo would pair with the caramelized meat perfectly.



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## *French Bread Pizzas*

French Bread\*

Garlic Salt

Olive Oil for brushing

1/2 Jar of Marinara

Shredded Mozzarella

Pepperoni

Any other toppings you want ;-)

\*we do GF French Bread for my husband, who had deemed this the BEST GF pizza option available

Position rack in upper 1/3 of the oven and then Pre-heat oven to 425.

Slice French Bread in half lengthwise, and place on rimmed baking sheet cut side up. Brush with olive oil and sprinkle with garlic salt. Bake for 5 mins. Remove from oven and cool slightly.

Spread marinara sauce on the french bread & sprinkle with mozzarella. Top with pepperoni if desired, and any other toppings of your choice.

Bake until cheese is melted and golden, about 10 mins.

Enjoy!

*(This is a great cooking project with the kids! Let them spread their own pizza sauce and put on toppings - fun for all ages ;-))*

## *Wine Pairing Recommendation*

Hands down the best pizza wine is Cotes du Rhone....or any blend that contains Cabernet Franc which I think tends to taste like fresh bell peppers ;-)

But if you want quick and easy go with the Cotes du Rhone....I've never had a bad one....even the super cheap are great with some powerful pizza.



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## *Best Roasted Chicken*

Bone in Chicken Pieces (Bell & Evans is a favorite)

Salt

Pepper

Pre-heat oven to 425.

Arrange the chicken pieces, skin side up, on a rack set on a large rimmed baking sheet; season generously with salt and pepper. Roast the chicken in the center of the oven for about 45 minutes, until cooked through and the skin is crisp.

## *Vegetable Fried Rice*

1 Bag Frozen Rice

1 Tbs Olive Oil

2 Garlic Cloves, minced

1 Tbs fresh Ginger, minced (or 1 tsp powdered ginger)

1 1/2 cups mixed frozen vegetables, thawed

2 Large Eggs, lightly beaten

3 Tbs Soy Sauce (or Tamari for GF)

2 tsp Toasted Sesame Oil

Cook Rice according to package, and set aside until ready to use.

Heat olive oil over med-high heat in a wok or large fry pan. Saute garlic and ginger in olive oil for 1 minute, add vegetables and rice. Stir until vegetables are heated through, then push rice mixture to sides of the pan making a well in the center of the mixture.

Add eggs to the center of the mixture and cook, stirring occasionally, 1-2 minutes or until set. Stir eggs into rice mixture. Stir in soy sauce and sesame oil and serve!

Enjoy!

## *Wine Pairing Recommendation*

The fried rice is calling for a dry bubbly wine. A slightly effervescent Vinho Verde, or a sharp Prosecco would pair really well here. On the completely other side of the spectrum, I love an oaky & buttery Chardonnay with the crispy skinned chicken (like Hess or La Crema). You just can't go wrong ;-)



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## *Thai Chicken Soup*

(adapted from [www.foodiecrush.com](http://www.foodiecrush.com))

- 2 Tbs Red Curry Paste
- 2 12 ounce cans of Coconut Milk
- 2 cups Chicken Stock
- 2 Tbs Fish Sauce
- 2 Tbs Brown Sugar
- 2 Tbs Peanut Butter
- 1½ pounds Chicken Breasts, cut into 1½ inch pieces
- 1 Red Bell Pepper, seeded and sliced into ¼ inch slices
- 1 Onion, thinly sliced
- 1 heaping Tbs fresh Ginger, minced
- 1 cup frozen Peas, thawed
- 1 Tbs Lime Juice
- Chopped Cilantro for garnish
- 1 pkg Frozen White Rice

Mix the curry paste, coconut milk, chicken stock, fish sauce, brown sugar and peanut butter in a 4-1/2 to 6-quart slow-cooker bowl. Place the chicken breast, red bell pepper, onion and ginger in the slow cooker, cover and cook on high for 4 hours.

Add in the peas and cook for ½ hour longer. Stir in lime juice and serve with cilantro and white rice.

## *Wine Pairing Recommendation*

A grassy New Zealand Sauvignon Blanc is always a good choice with Thai food (Oyster Bay all the way). This new world wine is full of acidic fruit which pairs perfectly with this spicy and creamy soup. You could also go with other fruit forward whites like Chenin Blanc or Reisling...but make sure it's not too sweet.