



SO prepared...

Cajun Pork Tenderloin with Braised Greens

(adapted from www.foodnetwork.com)

Cajun Pork:

- 2 tablespoons Cajun spice blend (I loved the whole foods one I used, in the butcher area)
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 2 lb pork tenderloins (2 pcs most likely)

Preheat the oven to 400 degrees F.

Combine the Cajun spice, 1 Tbs of the olive oil, and salt to make paste. Rub the pork with spice paste. Heat a skillet over medium-high. Add the remaining olive oil and sear the pork, turning until all sides are golden brown, about 2 -3 mins total. Roast until 160 degrees F, about 30 mins. Set aside for 5 minutes to rest on a cutting board. Slice pork, and serve over the braised greens.

Greens:

- 1/4 lb bacon (approx 3 slices)
- 1 small sweet onion, sliced
- 2 cloves garlic, smashed
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- Pinch red pepper flakes
- 8 cups kale, roughly chopped (or pre-washed Baby Kale)
- 1 cup chicken broth
- 1 large tomato, diced
- 2 teaspoons cider vinegar
- Freshly ground black pepper

While the pork is in the oven, cook the bacon over medium heat in a large skillet until browned, about 6 minutes. Add the onion, garlic, oregano, salt, pepper flakes and tomato, and cook until vegetables are tender, about 5 minutes. Stir in the kale and 1 cup broth, cover, cook until wilted, about 5 minutes. Stir in vinegar, and season with salt and pepper, to taste.

Baked Sweet Potatoes

- 4 sweet potatoes, peels on, pierced all over with a fork
- 2-3 Tbs Earth Balance "Butter" Spread (or just butter!!)

Microwave Sweet Potatoes until very tender, about 5-6 minutes. If you have the time - bake in a 400 degree oven for about an hour (be sure to place on a sheet lined with parchment or aluminum foil to save your oven floor ;-)) for richer, sweeter tasting potatoes. Slit the top with a sharp knife & top with butter, salt & pepper.

Wine Pairing Recommendation

We had a non-tannic jammy red blend (Clayhouse Adobe Red), and it was delicious! Cheers!



SO prepared...

Smokey Chicken with Burst Tomatoes & Garbanzo Beans

(adapted from www.marthastuart.com "Winner Winner Chicken Dinner")

- 1/3 cup olive oil
- 4 cloves garlic
- 2 Tablespoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup chopped fresh cilantro (or parsley if you're not a cilantro fan)
- 2 Tablespoons salt
- 1 teaspoon black pepper
- 3-4 lbs Chicken pieces, skin on, bone in
- 1 cans garbanzo beans or white beans, drained
- 1 pint cherry or grape tomatoes

Mix the marinade: olive oil, garlic, paprika, cumin, red pepper, cilantro (or parsley), salt, and pepper in a bowl. Place chicken, beans, and tomatoes in a baking dish large enough to hold all the chicken in one layer and pour the marinade over it all. Rub the marinade all over, ensuring that everything, especially the chicken, is evenly coated. Let marinate a few hours, all day, or overnight.

When ready to cook, Preheat oven to 425 degrees. Roast 45 minutes, or until chicken is cooked through and browned, and tomatoes have burst and caramelized.

Simple Arugula Salad

- 1 Tbs Olive Oil
- 1/2 Tbs Lemon Juice
- Zest from 1/2 a Lemon
- Salt & Pepper to Taste
- 4 cups Arugula
- 1/2 English Cucumber, thinly sliced

Whisk the first 4 ingredients together in a large bowl. Add the arugula & cucumber - toss & serve ;-)

Wine Pairing Recommendation

Pinot Noir is the perfect match with this delicious meal. A light and peppery Oregon wine like Erath will play off the spicy Arugula as well as match the acidity of the burst tomatoes and balance out the smoky paprika. Cheers!



SO prepared...

“Crazy Good” Peanut Noodles

(adapted from www.kelleyandcricket.com, doubled to serve 4)

- 4 med or 6 small summer squash, or 3 cups cooked gluten-free noodles
- 4 Tablespoons chopped scallions, or regular onion
- 2 Tablespoons grass-fed butter, ghee or oil of choice (I used coconut oil)
- 2 Tablespoons veggie or chicken broth (or water), (you won't need this for veggie noodles)
- 6 Tablespoons peanut butter (or almond butter if you're paleo)
- 2 Tablespoons coconut aminos, tamari or soy sauce
- 2 tsps apple cider vinegar
- 1 Tablespoon maple syrup
- 2+ teaspoons Sriracha
- 2 tsps sesame oil (preferably cold-pressed)
- Optional: chopped cilantro and chopped peanuts or almonds to sprinkle on top

Spiralize your squash to make your noodles. In a large saucepan or wok, sauté over med-high heat until juices have been released and the “noodles” have softened. About 5 mins. Drain noodles in a colander.

In the same pan, over medium-high heat, sauté the scallions in the butter or oil until they are soft and fragrant. Turn the temperature down to medium-low and add the remaining ingredients- broth, peanut butter, coconut amino/soy sauce, apple cider vinegar, maple syrup and Sriracha and mix for about 2 minutes. Add noodles and stir till heated through.

Remove from heat and stir in sesame oil. Top with cilantro and almonds. Serve and enjoy!

Sauteed Garlic Snap Peas

- 2 Tbs extra-virgin olive oil
- 2 cups Sugar Snap Peas, or Snow Peas
- 2 Garlic Cloves, crushed
- Salt & Pepper

In a large sauce pan or wok (if you want to save a dish...make these in the same pan from above and do it before you make the sauce), heat the oil over med-high heat. When oil is shimmering, add garlic. Stir until fragrant (about 30 secs). Add peas to the pan & sauté stirring frequently for 3-4 mins, or until peas are starting to soften but still are crisp tender. Season well with salt & pepper to taste, and serve!

Wine Pairing Recommendation

So, the recommendation is to pair sweet with sweet...however I'm not a fan of “sweet” wines. So we drank a dry Riesling which wasn't too sweet, and had some great acidity to balance the richness of the peanut sauce. It was the perfect way to bust the chill off a spring Blizzard in New England! Cheers!!



SO prepared...

Dad's Fish Stew

(adapted from "Quick Easy Fish Stew" on www.simplyrecipes.com)

- 6 Tbsp olive oil
- 1 medium onion, chopped (about 1 1/2 cups)
- 3 large garlic cloves, minced
- 2/3 cup fresh parsley, chopped
- 1 14-ounce can of diced tomatoes with their juices (San Marzano are essential)
- 2 teaspoons tomato paste
- 8 oz of clam juice
- 1/2 cup dry white wine (I recommend Sauvignon Blanc)
- 1 1/2 lb fish fillets (use a firm white fish such as halibut, cod, red snapper, or sea bass), cut into 2" pieces
- Pinch of dry oregano
- Pinch of dry thyme
- 1/8 teaspoon Tabasco sauce (or more to taste)
- Freshly ground black pepper to taste
- Salt to taste
- Crusty Bread ("Against the Grain" brand Gluten Free Baguette is awesome here)

Heat olive oil in a large thick-bottomed pot over medium-high heat. Add onion and sauté 4 minutes until softened. Add the garlic and cook a minute more. Add parsley and stir to combine. Add tomatoes and tomato paste, and gently cook for 10 minutes or so.

Add clam juice, wine and fish. Bring to a simmer and simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes. Add remaining ingredients & Salt to taste. Ladle into bowls & serve with Crusty Bread.

Wine Pairing Recommendation

This is a classic example of drink what you cook with ;-). As soon as you add that Sauvignon Blanc to the soup...pour yourself a glass too! Oyster Bay is always a great inexpensive option.

Cheers!



SO prepared...

Portobella Rib-Eye Steakhouse Salad

4 Portobello Mushroom Caps, stem removed
4 six to eight ounce Rib-eye Steaks, at least 1" thick
Olive oil for brushing

1 small shallot, minced
1 tsp dijon mustard
1 tsp sugar
2 Tbs white wine vinegar (champagne if you have it)
1/3 cup olive oil
1 heart of Romaine Lettuce
1/2 pkg of Baby Spinach (use the rest in scrambled eggs in the morning ;-)
1 ripe Avocado, cubed
1/2 English Cucumber, diced
1/2 pint Cherry or Grape Tomatoes, sliced in half
1 cup of your favorite Olives, sliced in half (skip if you don't care for olives)
2 oz crumbled Blue Cheese (I recommend Boars Head)

Brush portobellos and rib-eyes with olive oil & generously sprinkle with Salt & Pepper. (if you have the time, do this an hour prior to cooking...not necessary but will enhance the flavor significantly with using less salt overall) Heat Grill on High Heat for 5-10 mins. Turn one burner down to medium & place portobellos on the grate over the lower heat. Place rib-eyes over high heat burners. Grill for 7 mins approx on each side for "medium" cooked meat. Cool steaks covered for 10-15 mins. Cool portobellos uncovered.

Whisk together shallot, mustard, sugar, vinegar in a small bowl. Add olive oil in a stream, whisking. Set dressing aside. Cut romaine into bite sized pieces and add to bowl along with the spinach. Top with the rest of the ingredients, and add enough dressing to taste. Serve with steak & portobello.

Wine Pairing Recommendation

There are some seriously powerful flavors here. The mushrooms & blue cheese are calling for some deep earthy flavors, while the mustardy vinaigrette would pair well with an acidically structured wine. We chose the Reunion Malbec for our meal and it was perfection. Cheers!