



**BLUE  
DIAMOND**

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**50 QUICK  
& EASY  
MEALS**



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**50 QUICK & EASY MEALS**



# 50 QUICK AND EASY MEALS

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## PERFECT SCRAMBLED EGGS

Serves: 2 people / Time: 5 min.

In medium frypan, heat the butter until melted but not hot. When you see bubbles, it's ready for the eggs. Crack eggs directly into the pan and sprinkle with salt. Let sit in heated pan until whites start to turn opaque. Gently begin to move them around with a spatula. Fluff and form curds. Remove pan from heat and then break the yolks. Fold yolks into scrambled whites, cook yolks slightly. Since the pan is still hot, eggs will cook fully but remain buttery. Serve with buttered sourdough toast.

- 🍴 4 large eggs
- 🍴 3 tbsp unsalted butter



## SKILLET BAKED EGGS

Serves: 4 people / Time: 10 min.

Preheat oven to 400°F. Melt butter in large oven safe frypan over medium heat. Coat bottom of pan and remove from heat. Crack eggs into a separate bowl, be sure not to break yolks. Pour eggs into pan. Drizzle cream over eggs, follow with parmesan, herbs, scallions, salt and pepper. Bake for 3-4 minutes or until egg whites don't run and yolks are still runny. Serve immediately with toasted sourdough bread.

- 🍴 2 tsp butter
- 🍴 4 eggs
- 🍴 2 tbsp heavy cream
- 🍴 2 tbsp parmesan cheese, grated
- 🍴 1 tsp fresh thyme or oregano, finely chopped
- 🍴 4 tsp scallion, chopped
- 🍴 Salt and pepper to taste
- 🍴 4 slices sourdough bread



# BACON & CHEDDAR OMELET

Serves: 6 people / Time: 10 min.

In a bowl, lightly whisk the eggs and water until blended. Set aside. In a large non-stick frypan over medium heat, melt 1 tbsp. of the butter. Add the green onions and sauté until soft, 2 to 3 minutes. Transfer to a bowl. In the same pan, melt the remaining butter, swirling the pan until it foams. When the foam subsides, add the eggs and season with salt. Using a spatula, quickly and lightly stir the eggs in a small circular motion until most of the liquid has cooked off but the eggs are not completely solidified, about 8 minutes. Sprinkle the cheese, bacon and green onions across half of the omelet. Slide the filled half of the omelet onto the platter, then invert the pan to fold the omelet in half.

- 🍴 10 eggs
- 🍴 ¼ cup water
- 🍴 3 tbsp. unsalted butter
- 🍴 4 green onions, thinly sliced diagonally

- 🍴 1 pinch sea salt
- 🍴 1 cup grated cheddar cheese
- 🍴 ½ lb. bacon, cooked until crispy and roughly chopped to fill ¾ cup

# BLUEBERRY PANCAKES

WITH MAPLE SYRUP Serves: 5 people / Time: 20 min.

Melt butter in a medium frypan. In a large mixing bowl, combine buttermilk and egg, beat well. Add in melted butter. In a different bowl, mix flour, baking powder, salt and vanilla sugar. Gradually beat the flour mixture into the batter. Mix ¾ of the fresh blueberries into the batter. Set the rest of the blueberries aside. Heat a pancake pan over medium heat. Pour a small ladle of the batter into the hot pan, to form 4" wide pancakes. Cook for 1 to 2 minutes on each side. Serve warm with the remaining blueberries and the maple syrup.

- 🍴 3.5 tbsp (1.8 oz.) butter + a little extra for frying
- 🍴 1 ⅓ cups (½ pint) buttermilk
- 🍴 1 egg
- 🍴 7.1 oz. pastry flour
- 🍴 1 tbsp baking powder
- 🍴 Pinch of salt
- 🍴 1 sachet vanilla sugar
- 🍴 1 ½ cups (5.3 oz.) blueberries
- 🍴 Small bottle of maple syrup

# ZUCCHINI QUESADILLAS

Serves: 4 people / Time: 20 min.

Heat the oil in a frypan over medium heat. Add the zucchini, bell pepper, onion, garlic and cumin. Cook for 5 minutes, or until all the vegetables are soft. Stir in the cilantro, salt, and pepper. Set aside. In a small bowl, combine the tomato, lime juice, chili powder and hot pepper sauce. Spread  $\frac{1}{4}$  of the zucchini-mixture evenly over half of each tortilla. Sprinkle each with  $\frac{1}{4}$  of the cheese. Fold the tortillas in half. In a large frying pan, cook the quesadillas for about 5 minutes, turning once, until the cheese is melted. Cut the quesadillas into wedges and serve with the tomato mixture.

- 2 tbsp olive oil
- 1 zucchini, shredded
- $\frac{1}{2}$  red bell pepper, finely chopped
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 tsp ground cumin
- $\frac{1}{4}$  cup chopped fresh cilantro
- 1 large tomato, seeded and chopped
- Juice of 1 lime
- $\frac{1}{4}$  tsp hot pepper sauce
- 4 whole wheat or white flour tortillas
- 2 cups shredded Monterey Jack cheese
- Salt and pepper



# PAN ROASTED BRUSSELS SPROUTS

**WITH BACON** Serves: 4-6 people / Time: 25 min.

In a large frypan, cook bacon over medium heat until crispy but not burned. Remove and place on a plate lined with paper towel. Cut into bite-sized pieces using kitchen shears. Melt butter into bacon fat remaining in frypan. Add brussels sprouts to cook, stir occasionally until golden brown, 8-10 minutes. Season with salt and pepper to taste. Fold in bacon. Serve immediately.

- 🍴 4 strips thick cut bacon
- 🍴 2 tbsp butter
- 🍴 1 lb brussels sprouts, halved
- 🍴 salt and pepper to taste

# PAN ROASTED ARTICHOKES

Serves: 6-10 people / Time: 35-45 min.

Preheat oven to 400°F. Rinse artichokes, trim stem ends and a layer or two of outer leaves. Cut artichokes in half. Remove a small amount of the center of each one using a paring knife so it forms a small open space. Arrange cut-side up in large oven safe frypan. In a medium mixing bowl, combine chopped parsley, breadcrumbs, parmesan, garlic, salt and pepper. Mix thoroughly. Pour olive oil over artichokes. Sprinkle breadcrumb mixture over artichokes. Roast in oven for 25 minutes. Remove, let cool, and serve.

- 🍴 20 small artichokes
- 🍴 3 garlic cloves, minced
- 🍴 1/2 cup flat leaf parsley
- 🍴 1/2 cup breadcrumbs
- 🍴 1/4 cup parmesan cheese
- 🍴 1/4 cup olive oil



## PAN-FRIED VEGETABLE MIX

Serves: 5 people / Time: 35 min.

Rinse and chop vegetables. In a large frypan, heat olive oil, salt and pepper. Add broccoli and carrots. Saute 10 minutes or until slightly tender, stir often. Add peppers and zucchini. Cook for additional 6-10 minutes or until tender. Season with more salt, pepper and soy sauce to taste.

- 🍴 2 tbsp olive oil
- 🍴 1 cup broccoli florets
- 🍴 1 large carrot, cut in diagonal wheels
- 🍴 1 yellow pepper, cut in slivers
- 🍴 1 red pepper, cut in slivers
- 🍴 1 zucchini, cut into bite-sized pieces
- 🍴 salt and pepper to taste
- 🍴 2 tbsp soy sauce [optional]

## SPANISH POTATO TORTILLA

Serves: 4 people / Time: 25 min.

Peel the potatoes and slice thin. Sprinkle the raw potatoes with salt. Heat a little peanut oil in a pan and sauté the onion until transparent. Remove the onion from the pan and set aside. Fry the sliced potatoes in a little more oil until transparent. Add them to the onion. Break the eggs into a large bowl, beat them and fold in the sautéed onion and potatoes. Heat a little oil in a frying pan. Pour in the egg mixture and cook for around 5 minutes. Remove the pan from the heat and cover with a large plate. Turn the pancake onto the plate and then slide it back into the pan to cook the other side, for another 3 minutes or so. Allow the pancake to cool on a plate for a while and then cut it into pieces or slices. Delicious with salad and garlic sauce.

- 🍴 4 medium-sized potatoes
- 🍴 Salt
- 🍴 Peanut oil
- 🍴 5 eggs
- 🍴 1 onion, finely chopped
- 🍴 1 clove of garlic



## OVEN BAKED POTATOES

Serves: 4 people / Time: 60 min.

Preheat oven to 425°F. Coat bottom of large non-stick, oven safe frypan with olive oil. Pull leaves from rosemary sprig and mince. Distribute minced rosemary and salt over bottom of pan. Scrub and cut in halves or quarters. Heat frypan on stove top on lowest heat. Fold in chopped potatoes, mixing with a spatula to coat with oil, rosemary and salt. Once coated, place in oven and roast on the lowest rack, 30-40 minutes or until potatoes are tender and crisped.

- 🍴 3 tbsp olive oil
- 🍴 1 large sprig fresh rosemary
- 🍴  $\frac{3}{4}$  tsp salt
- 🍴 8-10 small red potatoes



# PAN-FRIED FRENCH FRIES

**WITH THYME** Serves: 4 people / Time: 30 min.

Cut the potatoes into  $\frac{1}{4}$  inch slices and then into  $\frac{1}{4}$  inch fries. Rinse and pat dry. Heat the oil in a frypan over a medium heat and fry the fries for around 20 minutes until tender and golden-brown, turning frequently. Add the thyme sprigs and cook for a few minutes longer. Season with sea salt and pepper.

- 🍴 21.1 oz. small, unpeeled waxy potatoes
- 🍴 4 tbsp peanut oil
- 🍴 A few sprigs fresh thyme
- 🍴 Sea salt and pepper

# CHEESY SKILLET TATER TOT PIE

Serves: 4-6 people / Time: 30 min.

Preheat oven to 350°F. Heat canola oil over medium heat in a large oven safe frypan. Add ground beef and all seasonings, stir until mixed well. Cook until meat is browned. Mix in enchilada sauce and top with half of the cheese. Cover with tater tots, and then with the rest of the cheese. Move pan to oven and bake until cheese is fully melted. Remove from oven, top with jalapenos, chives and cilantro. Serve hot.

- 🍴 1.5 lbs. ground beef
- 🍴 1 tbsp canola oil
- 🍴 2 tbsp chili powder
- 🍴 1 tbsp smoked paprika
- 🍴 1 tsp onion powder
- 🍴 1 tsp garlic powder
- 🍴 1 tsp cumin
- 🍴 1 tsp coriander
- 🍴  $\frac{1}{2}$  tsp cayenne pepper
- 🍴  $\frac{1}{4}$  Jamaican All-spice
- 🍴 1-14oz. can enchilada sauce
- 🍴 1-16oz. bag frozen tater tots
- 🍴 2 cups Mexican cheese, shredded
- 🍴  $\frac{1}{4}$  cup jalapenos, sliced
- 🍴 cilantro, chopped
- 🍴 chives, chopped

# JALAPENO NACHOS WITH

**CHEDDAR CHEESE SAUCE** Serves: 6 people / Time: 10 min.

**Cheese sauce:** Heat butter and flour in a large frypan on low to medium heat, whisk until foamy and bubbly. Continue whisking over heat for one more minute. Fold and whisk milk into mixture. Raise heat slightly until milk comes to a simmer and mixture thickens. Once creamy, turn off heat. Fold in cheddar until melted evenly into the sauce. Add salt and chili powder. Season to taste if needed. Place nachos onto a dish and layer with jalapenos, chopped tomatoes and olives. Add cheese sauce and garnish with cilantro.

- 🍴 2 tbsp butter
- 🍴 2 tbsp flour
- 🍴 1 cup whole milk
- 🍴 6 oz. medium cheddar, shredded
- 🍴 1/4 tsp salt
- 🍴 1/4 tsp chili powder
- 🍴 1/2 cup chopped pickled jalapenos
- 🍴 1/2 cup canned sliced black olives
- 🍴 1/2 cup chopped tomatoes
- 🍴 Fresh cilantro leaves, chopped
- 🍴 Nacho chips of your choice





## MAC & CHEESE

Serves: 4 people / Time: 40 min.

Heat the broiler. In a large frypan on medium heat, melt the butter. Whisk in flour and cook, stirring for 1 minute. Very gradually whisk in milk and bring to a simmer. Add pasta and cook, stirring constantly and scraping bottom of pan until tender, 8 to 9 minutes. Remove from heat, stir in  $\frac{3}{4}$  of the cheese and mustard, and season with salt and pepper. Top with remaining cheese and broil until golden brown, about 2 minutes.

- 🍴 4 tbsp unsalted butter
- 🍴  $\frac{1}{2}$  cup all-purpose flour
- 🍴 6 cups low fat milk
- 🍴 14 oz. pasta
- 🍴 3 cups grated cheddar cheese
- 🍴 1 cup grated Gruyere cheese
- 🍴 1 tsp mustard
- 🍴 salt and pepper

## OVEN-BBQ CHICKEN WINGS

Serves: 4-6 people / Time: 75 min.

Preheat oven to 375°F. Rinse chicken wings and pat dry with paper towels. Place wings in a large mixing bowl. Season and stir in salt and pepper using a spatula or wooden spoon. Arrange wings in a large oven-safe frypan in a single layer, use a second pan or second round if needed. Place in oven, bake 45 minutes, turn over wings halfway through with tongs. Remove pan from oven, remove excess fat using a turkey baster. Pour barbecue sauce over wings until thickly coated. Bake additional 20 minutes, turn over wings halfway through. Serve with sour cream, carrot and celery stalks.

- 🍴 3 lb chicken wings
- 🍴 2 cups tangy barbecue sauce
- 🍴 salt and pepper to taste
- 🍴 1/2 cup sour cream
- 🍴 4 stalks celery, cut lengthwise in fourths
- 🍴 2 large carrots, cut in half, and then lengthwise into fourths



## GARLIC BUTTER SHRIMP

Serves: 4-6 people / Time: 20 min.

Melt 2 tbsps of butter in a large frypan over medium heat. Stir in salt and pepper. Add in shrimp. Stir and cook until shrimp are pink, 2-3 minutes. Remove shrimp and set aside. Mix in garlic, stirring frequently, about 1 minute. Mix in chicken stock and lemon juice. Bring to a boil and reduce heat to a simmer until liquid reduces by half, 2 minutes. 1 tbsp at a time, mix in the remaining butter until melted. Add shrimp and toss to coat. Garnish with parsley and serve immediately.

- 🍴 1 stick unsalted butter
- 🍴 1 1/2 lb medium shrimp, peeled and deveined
- 🍴 Salt and pepper to taste
- 🍴 5 cloves garlic, minced
- 🍴 1/4 cup chicken stock
- 🍴 Juice of 1 lemon
- 🍴 2 tbsps fresh parsley, chopped

# FISH NUGGETS

Serves: 4 people / Time: 20 min.

Combine panko, salt and pepper in a shallow dish. Place flour in another shallow dish. Beat the eggs in a bowl. Cover fish first in the flour. Dip in egg mixture, and cover in panko mixture. Pour the oil in a preheated non-stick frypan. Cook the fish in batches for about 4 minutes until golden and cooked through. Delicious with fresh tartar sauce. For a light tartar sauce: combine mayonnaise, vinegar, mustard and pickles or relish.

- 🔪 1 cup all-purpose flour
- 🔪 2 eggs
- 🔪 1 cup panko or breadcrumbs
- 🔪 1 lb. firm white fish fillets cut into strips [Cod, Red Snapper, Pollack]
- 🔪 2 tbsp peanut oil
- 🔪 Salt and pepper
- 🔪  $\frac{3}{4}$  cup low fat yogurt
- 🔪  $\frac{1}{4}$  cup minced pickles or relish
- 🔪 2 tbsp light mayonnaise
- 🔪 1 tsp vinegar
- 🔪 1 tsp mustard
- 🔪 Some fresh, finely chopped tarragon, parsley and chives



# PAN-FRIED CRAB CAKES

Serves: 10 people / Time: 35 min.

In a large mixing bowl, combine all ingredients except olive oil, mix gently with slotted spatula or fork. Using your hands, create patties with the mixture, about 4" diameter. Heat half the olive oil over medium heat in a large frypan. Fry 5 patties at a time, until golden brown on both sides, about 10 minutes total. Remove and place on serving dish, cover to keep warm. Add remainder of oil and fry the rest of the patties. Serve warm for breakfast, lunch or dinner.

- 🔪 12 oz. crab meat
- 🔪 2 tbsp olive oil
- 🔪 1 egg
- 🔪 2 tbsp mayonnaise
- 🔪 1 tsp Sriracha sauce
- 🔪 2 tbsp parsley, chopped fine
- 🔪 3 green onions, chopped fine
- 🔪  $\frac{1}{2}$  cup Panko breadcrumbs
- 🔪 Salt and pepper to taste

# PAN-FRIED CHICKEN

WITH TOMATOES AND OLIVES Serves: 3 people / Time: 20 min.

Heat 1 tsp olive oil in a large non-stick frypan over medium-high heat. Rinse and pat dry chicken breasts, season with salt and pepper. Cook chicken in pan, 6-7 minutes on each side or until juices run clear. Meanwhile, mix remainder of olive oil, basil, and vinegar in a medium mixing bowl with a fork or whisk. Fold in tomatoes and olives until coated. Add mixture to frypan halfway through cooking chicken so that tomatoes soften.

- 🍴 2 tsp olive oil
- 🍴 3 chicken breast halves
- 🍴 1/4 tsp salt
- 🍴 1/4 tsp black pepper
- 🍴 1 tbsp finely
- 🍴 chopped fresh basil

- 🍴 1 tbsp sherry vinegar
- 🍴 3 plum tomatoes, quartered
- 🍴 1/3 cup pitted olives, chopped



# CHICKEN STRIPS

WITH PARMESAN CRUST Serves: 4 people / Time: 20 min.

In a bowl, mix the breadcrumbs with the Parmesan, flat-leaf parsley and thyme. Season with salt and pepper. Cut the chicken fillets into strips measuring around 1/2 inch thick. Break the eggs into a bowl and beat them. Turn the chicken strips in the egg mixture and then in the parmesan mixture, making sure they are well coated. Place them next to each other in a dish. Heat the oil on medium heat in a medium or large frying pan and fry the chicken strips, in portions, until they are crisp on all sides.

- 🍴 1/4 cup [1.1 oz.] breadcrumbs
- 🍴 1/3 cup [1.1 oz.] Parmesan, finely grated
- 🍴 1/2 bunch flat-leaf parsley, finely chopped
- 🍴 1 tsp dried thyme
- 🍴 Salt and pepper
- 🍴 4 chicken fillets
- 🍴 2 eggs
- 🍴 2 tbsp peanut oil

# CHICKEN CAESAR WRAP

Serves: 4 people / Time: 25 min.

**Chicken:** Cut the chicken fillet into strips measuring around 1/2 inch thick. Heat a tsp of butter in a pan and fry the chicken until it's golden brown or cooked through. Remove from the pan and allow to cool for a short time.  
**Caesar dressing:** Separate the eggs and place the yolks in a deep mixing bowl. Crush the garlic and add to the egg yolks. Squeeze a lemon above the mixing bowl and add the mustard. Whisk thoroughly, gradually adding the peanut oil. Keep whisking until the mixture turns into mayonnaise, then stir in the yogurt and anchovies. Season with cayenne pepper and Worcestershire sauce. Set aside. Rinse and dry the lettuce. Heat the wraps briefly in a large frypan on low heat. Remove from heat and top with lettuce. Arrange some chicken strips in the middle, sprinkle with a little parmesan and spoon on some Caesar dressing. Roll up the tortilla and secure with a toothpick.

- 🍴 1 chicken fillet (weighing around 10 oz.)
- 🍴 1 tsp of butter
- 🍴 1/2 head Romaine lettuce, cut into strips
- 🍴 1 cup [3.5 oz.] grated Parmesan
- 🍴 4 wraps
- 🍴 2 egg yolks
- 🍴 2 cloves of garlic
- 🍴 1/2 lemon
- 🍴 1 tbsp mustard
- 🍴 2/3 cup [5 oz.] peanut oil
- 🍴 1/2 cup [3 1/2 3 oz.] natural yogurt
- 🍴 3 salted anchovy fillets, chopped
- 🍴 Pinch of cayenne pepper
- 🍴 1 tsp Worcestershire sauce



## CHICKEN MILANESE PARMESAN

Serves: 4 people / Time: 30 min.

Rinse and pat dry chicken breasts, set aside to bring to room temperature. Heat 2 tsp of olive oil over medium heat in a large non-stick frypan. Add shallots, salt and pepper and cook for 5 minutes or until shallots are tender, stir frequently. Mix in wine, cook 30 more seconds. Remove from heat and place in a mixing bowl. Stir in basil. Cover with dish towel or frypan lid to keep warm. Mix breadcrumbs and cheese in a medium mixing bowl. Using the same frypan, heat the rest of the olive oil over medium heat. Coat all sides of chicken breasts in cooking spray or melted butter. Dip and flip chicken breasts in breadcrumb mixture bowl until breasts are evenly covered in mixture. Place prepared chicken breasts in frypan and cook each side for 7 minutes each, or until juice runs clear when punctured in thickest part with a fork. Plate and top with tomato and basil sauce. Serve immediately. Goes great with side of arugula salad.

- 🍴 6 1/2 tsp olive oil
- 🍴 1 large shallot, chopped
- 🍴 1/4 tsp salt
- 🍴 1/4 tsp pepper
- 🍴 1/4 cup dry red wine
- 🍴 1/2 cup basil leaves, chopped
- 🍴 1/2 cup panko breadcrumbs
- 🍴 1/4 cup parmesan cheese, grated
- 🍴 4 boneless skinless chicken breasts (1 1/2 lb)
- 🍴 Cooking spray or butter



# PAN-FRIED PIZZA

Serves: 4 people / Time: 60 min.

**Pizza dough:** On the kitchen worktop, mix the flour with the salt, yeast and sugar. Make a hollow in the middle and add the olive oil and 1 <sup>2</sup>/<sub>3</sub> cups/14 fl oz. lukewarm water. Mix everything with your hands and knead for 10 minutes until the dough forms a ball. Sprinkle with flour and cover with plastic wrap. Leave to rest in a warm place for 30 minutes or until it has doubled in volume.

**Pizza:** In a frypan, heat the oil over moderate heat. Add the peppers and sauté for 5 minutes or until crisp-tender. Add the mushrooms and cook for 4 minutes or until the mushroom liquid has evaporated. Set aside. Preheat the pan and divide the dough into 4 pieces. On a lightly floured work surface, roll each piece out into a circle measuring around 9 inch in diameter. Cook the pizza base in a hot pancake pan for 2 minutes on each side. Spoon the tomato sauce over the pizza bases. Top the pizzas with the sliced peppers, mushrooms and grated mozzarella. Place under the grill for 2 minutes.

- 🍴 4 cups (17.6 oz.) flour, sieved
- 🍴 ½ cup (3.5 oz.) semolina flour
- 🍴 1 <sup>2</sup>/<sub>3</sub> cups (14 oz.) lukewarm water
- 🍴 Pinch of salt
- 🍴 2.4 tsp (0.24 oz.) dried yeast
- 🍴 ½ tsp caster sugar
- 🍴 1 tbsp olive oil

- 🍴 8 tbsp. tomato sauce
- 🍴 <sup>3</sup>/<sub>4</sub> cup (3.5 oz.) mozzarella, grated
- 🍴 3 peppers (color of choice), cut into thin slices
- 🍴 1 <sup>1</sup>/<sub>2</sub> lb. mixed mushrooms, thinly sliced.



# SKILLET GRILLED CHEESE

Serves: 4 people / Time: 25 min.

Melt half the butter in a large frypan on medium heat. Place 4 pieces of bread in melted butter, layer with 2 pieces of cheese, bread should be covered and/or overlapped by cheese. Place 4 remaining pieces of bread on top. Using a spatula, press down on each sandwich to encourage a browned sear on the bread. Once cheese starts to melt and begins to spill out onto pan, carefully flip each piece with spatula. Press again with spatula. Allow cheese to spill out and bubble. Each side should grill for roughly 3 minutes each side. Plate for serving.

- 🍴 8 slices of sourdough bread
- 🍴 8 slices of swiss or cheddar cheese (ideal if slices of cheese are slightly larger in width than the bread, if not, use more cheese)
- 🍴 4 tbsp butter

# SLOPPY JOE

Serves: 4 people / Time: 30 min.

Crumble the beef into a large, preheated non-stick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and peppers and cook, stirring occasionally, breaking up the meat with a wooden spoon until the vegetables are soft and the moisture has evaporated, about 10 minutes. Add tomatoes and flour, stir to combine. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally until the sauce has thickened and the onion is very tender, about another 10 minutes. Garnish with some tomato and fresh parsley.

- 🍴 12 oz. of lean ground beef
- 🍴 1 large onion, finely diced
- 🍴 5 tomatoes, dice 3, slice 2
- 🍴 1 green bell pepper, seeds and veins removed, minced
- 🍴 1/2 red bell pepper, seeds and veins removed, minced
- 🍴 2 tbsp all-purpose flour
- 🍴 1/2 cup water
- 🍴 1/4 cup cider vinegar
- 🍴 1/4 cup chili sauce
- 🍴 1/4 cup ketchup
- 🍴 8 whole-wheat hamburger buns, toasted if desired
- 🍴 Fresh parsley to garnish

# FANCY CHEESEBURGER

Serves: 4 people / Time: 20 min.

Divide the meat into four, roll each fourth into a ball, then flatten, so they're slightly larger than the buns. In a small bowl, mix the A-1 sauce, Worcestershire and tomato sauces together – adding as much or as little of each as you like to taste. Stir the chopped shallots and set aside. Preheat a large griddle or frying pan for about 4 minutes on a high heat. Turn the heat down to medium. Place the burgers on the griddle or in the frypan and use a spatula to lightly press down on them, making sure the burger is in full contact. Cook them to your liking for 3 or 4 minutes on each side. Halve the buns, then pop them on a baking tray and warm in the oven for about 8–10 minutes. To build your burgers, spread the shallot sauce on the bun bases, add a few slices of crisp apple, followed by the burger and a nice piece of blue cheese. Finish with a pinch of watercress, serve immediately.

- 🍴 1 lb. grass fed minced beef
- 🍴 1 tbsp A-1 sauce, or to taste
- 🍴 Worcestershire sauce, to taste
- 🍴 1 tbsp tomato sauce
- 🍴 2 shallots, finely chopped
- 🍴 4 burger buns
- 🍴 Olive oil
- 🍴 2 Pink lady apples, sliced at the last minute to serve



# TACOS

Serves: 6-8 people / Time: 25 min.

Preheat oven to 250°F. In a medium non-stick frypan over medium heat, cook onion and beef until browned, 8–10 minutes or until beef is thoroughly cooked. Stir often and drain excess liquid when done. Mix in salt, garlic powder, chili powder and tomato sauce. Cover and reduce to low heat, simmer 10 minutes. Meanwhile, warm taco shells on an ungreased cookie sheet in oven for 5 minutes at 250°F. Assemble tacos on a large serving dish. Layer beef mixture, lettuce, cabbage and then tomatoes. Serve with sour cream and shredded cheese in small side dishes on the side for optional toppings.

- 🍴 1 cup ground beef
- 🍴 1 medium onion, chopped
- 🍴 1 tsp chili powder
- 🍴 1/2 tsp salt
- 🍴 1/2 tsp garlic powder
- 🍴 1-8 oz. can tomato sauce
- 🍴 12 hard taco shells
- 🍴 1 1/2 cups red cabbage, finely chopped
- 🍴 2 cups iceberg lettuce, shredded
- 🍴 2 tomatoes, deseeded and chopped
- 🍴 3/4 cup sour cream (optional)
- 🍴 1 1/2 cup shredded American cheese



## TEX MEX BURRITO

Serves: 8 people / Time: 35 min.

**Rice:** In a medium saucepan bring 2 cups water to a boil. Add in uncooked rice and  $\frac{1}{2}$  tsp salt, cover and turn heat to low. Do not remove lid and simmer for roughly 18 minutes. Remove from heat, let sit for a few minutes with lid on, and set aside.

**Beans:** heat beans in a medium saucepan on low heat until sauce thickens. Set aside.

**Beef:** Using a large frypan, heat oil over medium heat. Add garlic and onion, sauté until onion begins to brown. Fold in beef, stirring constantly until brown. Mix in oregano, salt, cumin, paprika, pepper and cayenne, cook one minute. Stir in tomato paste, corn, and water, cook 3 minutes or until water is mostly evaporated and before beef is dried out. Add diced tomatoes last. Set aside to cool. In a separate large frypan, warm tortillas on low heat. Place warmed tortillas on a plate or cutting board and distribute filling in the center.  $\frac{3}{4}$  cup rice,  $\frac{1}{4}$  cup beef. Top with lettuce, beans, and cheese. Add dollop of sour cream (optional). Fold tortilla from the bottom up, almost in half. Fold left and right sides inward slightly and fold down the remaining top of the tortilla.

### Seasoning:

- 🍴 1 tsp dried oregano
- 🍴 1 tsp salt
- 🍴 2 tsp cumin
- 🍴 2 tsp paprika
- 🍴  $\frac{1}{4}$  tsp pepper
- 🍴 Cayenne to taste.

### Beef:

- 🍴  $\frac{1}{2}$  tbsp olive oil
- 🍴 2-3 garlic cloves
- 🍴  $\frac{1}{2}$  onion, chopped
- 🍴 1 lb ground beef
- 🍴 2 tbsp tomato paste
- 🍴 3 tbsp water.

### Burritos:

- 🍴 8 flour tortillas (10")
- 🍴 3 cups white rice, cooked
- 🍴 3 cups iceberg lettuce, finely chopped
- 🍴 1 cup black beans, canned
- 🍴 1 cup corn, canned
- 🍴 3 tomatoes, deseeded and diced
- 🍴 1  $\frac{1}{2}$  cups shredded
- 🍴 Mexican cheese sour cream (optional)

# STUFFED MEATBALLS

**WITH MOZZARELLA AND PESTO** Serves: 4 people / Time: 30 min.

First make the pesto. Lightly toast the pine nuts in a dry pan. Grind the toasted pine nuts, parmesan and garlic in a food processor until the mixture forms small crumbs. Add the basil, salt, pepper and olive oil and mix again briefly. Use your hands to mix the ground beef with the egg, breadcrumbs, salt, pepper and thyme. Spoon a little pesto on top of each mozzarella ball and then cover the whole ball with the minced beef mixture. Heat a tbsp of oil in a large frying pan and fry the meatballs until golden brown. Add the tomato sauce and stir carefully. Leave to simmer gently for another few minutes. Serve with grated Parmesan and a few basil leaves.

- 🍴 21.2 oz. ground beef
- 🍴 1 egg
- 🍴 2 tbsp breadcrumbs
- 🍴 Salt and pepper
- 🍴 1 tsp thyme
- 🍴 1 1/4 cup [5.3 oz.] mini mozzarella balls
- 🍴 1 tbsp peanut oil
- 🍴 1 1/4 cup [8.8 oz.] passata (tomato sauce)
- 🍴 4 tbs. pine nuts
- 🍴 1/4 cup [1.8 oz.] Parmesan
- 🍴 1 clove of garlic
- 🍴 1 bunch basil
- 🍴 10 tbsp extra virgin olive oil
- 🍴 Garnish: A few basil leaves & Parmesan

# CLASSIC PAN SEARED RIBEYE

Serves: 1-2 people / Time: 10 min.

Preheat oven to 450°F. Place oven safe frypan in oven to heat. Brush both sides of steak with oil. Season with salt and pepper. Carefully remove pan and place on stovetop on medium heat. Place steak in frypan and sear for 2 minutes. Flip steak and sprinkle with half the garlic and thyme. Transfer back to oven for 7 minutes. Transfer back to stovetop on low heat. Flip steak, top with butter and remaining garlic and thyme. Baste or spoon melted butter over steak continuously for 1-3 minutes. You'll know it's done when the thermometer reads 120°F for medium rare. Remove from heat and let sit for 5 minutes. Drizzle browned butter before serving.

- 🍴 1-16oz. Certified Angus Beef ribeye steak
- 🍴 1 tsp peanut or canola oil
- 🍴 1/2 tsp coarse kosher salt
- 🍴 1/4 tsp fresh ground pepper
- 🍴 2 garlic cloves, partially crushed
- 🍴 2 tbsp butter
- 🍴 3-4 sprigs of thyme, chopped

# BBQ STYLE RIBS GLAZED

Serves: 5 people / Time: 95 min.

Preheat oven to 325°F. Mix together smoked paprika, sweet paprika, garlic powder, cumin, pepper, dark brown sugar and salt. Place ribs in large mixing bowl or rimmed cookie sheet. Rub mixture over ribs until fully coated. Place coated ribs in 1 or 2 large oven safe frypans. Bake 1 hour, until browned and tender. Meanwhile, combine ketchup, soy sauce, honey, bourbon and vinegar in a medium saucepan. Heat over low-medium heat while stirring frequently. Simmer 5 minutes, until mixture is thick and sticky. Remove from heat and set aside. Once ribs have baked for an hour, remove from oven & dip ribs in glaze mixture, place back in frypans. Return to oven for additional 10 minutes. Remove and dip in glaze once more, bake for another 10-12 minutes. Serve hot.

## Rub:

- 🍴 4 lbs spare ribs.
- 🍴 1/8 cup smoked paprika
- 🍴 1/8 cup sweet paprika
- 🍴 1 tbsp garlic powder
- 🍴 1 tsp cumin
- 🍴 2 pepper
- 🍴 5 tsp dark brown sugar
- 🍴 1 tbsp salt.

## Glaze:

- 🍴 2/3 cup ketchup
- 🍴 3 tbsp soy sauce
- 🍴 1 tbsp balsamic vinegar
- 🍴 1/2 cup honey
- 🍴 5 tbsp bourbon



# PAN-FRIED PORK CHOPS

Serves: 2 people / Time: 30 min.

In a large frypan, heat olive oil and butter over medium heat. Season one side of each pork chop with half the salt and pepper. Once butter forms a foam, add pork chops, season-side down, sear for 5 minutes. While searing, sprinkle the remainder of salt and pepper over other side. Flip pork chops and continue cooking, 10 minutes. Flip one more time, cover frypan, cook for 5 more minutes. Remove from heat, rest for 5 minutes before serving.

- 🍴 2 thick cut pork chops
- 🍴 1 tsp salt
- 🍴 1 tsp black pepper
- 🍴 2 tbsp olive oil
- 🍴 2 tbsp salted butter



## PAN-SEARED SALMON

**WITH LEMON** Serves: 2 people / Time: 20 min.

Pat salmon with paper towel to remove moisture. Season with salt and pepper. Heat butter in a medium non-stick frypan over medium-high heat. Sear salmon skin side up for 4 minutes. Flip and finish cooking, 3-4 minutes and so it remains slightly pink in the middle. Test flakiness with a fork, when done, remove from heat and squeeze  $\frac{1}{2}$  lemon on top. Serve immediately. Garnish with fresh herb of your choice.

- 🍴  $\frac{2}{3}$  lb salmon
- 🍴 2 tbsp butter
- 🍴  $\frac{1}{2}$  lemon, juiced
- 🍴 salt and pepper to taste



## GRILLED LOBSTER ROLL

Serves: 4 people / Time: 15 min.

Preheat large frypan on high heat. Spread softened butter on sides of all buns, quick sear on frypan until golden brown and slightly charred. In a large mixing bowl, combine diced celery, lobster meat (hand-shredded), and mayonnaise. Toss with tongs, season with sea salt and black pepper. Shred lettuce and create a bed inside buns. Fill buns with lobster mixture so it's slightly spilling out. Serve immediately.

- 🍴  $\frac{1}{2}$  tbsp butter, room temperature
- 🍴 6 New England hot dog buns
- 🍴 3.5 cups cooked lobster meat
- 🍴 1 stick celery, diced
- 🍴 2 tbsp mayonnaise
- 🍴 2 cups lettuce, shredded (iceberg/baby gem)
- 🍴 Sea salt to taste



# RIGATONI WITH MEAT SAUCE

Serves: 8 people / Time: 90 min.

Heat a large skillet with olive oil. Brown the ground beef with a large pinch of salt. Add garlic to saucepan and cook for 3 minutes. Add finely chopped onion, carrots and celery and cook for another 3 minutes. Add in the tomatoes, breaking them up as you stir them and bring to a simmer. Add chili (optional). Add bay leaf, sage and season to taste (salt & pepper). Simmer on low heat for about 1 hour. Bring a large pot of salted water to a boil. Drop the rigatoni in and cook until al dente. Remove from the water and add to the sauce. If the sauce is too thick, add a little bit of your pasta water. Remove from the heat and stir in some extra sage and parmesan and serve immediately.

- 🍴 1 tbsp olive oil
- 🍴 2 lbs. ground beef
- 🍴 1 onion, diced
- 🍴 3 cloves garlic
- 🍴 2 carrots, finely diced
- 🍴 2 stalks of celery, finely diced
- 🍴 1-28oz. can plum tomatoes
- 🍴 1 fresh bay leaf
- 🍴 Small bunch fresh sage
- 🍴 1 chili, chopped (optional)
- 🍴 Salt and pepper to taste
- 🍴 1/2 cup parmesan (grated)
- 🍴 5 cups uncooked rigatoni pasta

# BAKED EGGPLANT PARMESAN

Serves: 4 people / Time: 50 min.

Slice the eggplants into 1/2 inch thick slices. Heat a large non-stick frying pan over medium heat. Add 2 tsp of olive oil. Add the onion, garlic, and dried oregano and cook for 7 minutes, or until the onion is soft. Add the cut tomato flesh or canned tomatoes to the onion, garlic, and oregano. Give the mixture a good stir, then put a lid on the pan and simmer slowly, 15 minutes. Meanwhile, grill the eggplants on both sides until lightly charred. When the tomato sauce is reduced and sweet, season it with salt, pepper, and a tiny swig of wine vinegar, and add the basil. In a frypan, add a small layer of tomato sauce, then a thin scattering of Parmesan, followed by a single layer of eggplant. Repeat these layers until you've used all the ingredients up, finishing with a little sauce and another good sprinkling of Parmesan. In a small frying pan (on medium heat), toss the bread crumbs in 1 tsp olive oil with a little freshly chopped oregano and sprinkle them on top of the Parmesan. Top with torn up mozzarella pieces. Place the dishes in the oven and bake at 375°F for half an hour, until golden, crisp, and bubbly.

- 🍴 2 large firm eggplants
- 🍴 3 tsp olive oil
- 🍴 1 onion, finely chopped
- 🍴 1 clove of garlic, finely sliced
- 🍴 1 tsp dried oregano
- 🍴 2-14oz. cans of good-quality plum tomatoes or 2 1/4 lbs. fresh ripe tomatoes, cooked for 1 minute and peeled
- 🍴 1 tsp wine vinegar
- 🍴 A large handful of fresh basil leaves
- 🍴 2 cups freshly grated Parmesan cheese
- 🍴 2 cups of dried breadcrumbs or panko
- 🍴 A little fresh oregano, leaves chopped
- 🍴 1-5oz. ball of buffalo mozzarella
- 🍴 Sea salt and freshly ground black pepper

# BEEF RAGU WITH RIGATONI PASTA

Serves: 4 people / Time: 180 min.

Preheat oven to 345°F. Dust the beef in flour, shaking to remove any excess. Heat 2 tbsp of oil in a saucepan over medium-high heat. Cook the beef for 2-3 minutes each side or until browned. Remove from the pan and set aside. Reduce heat to low, add the remaining oil, onion and garlic and cook until softened. Increase heat. Add the wine and cook for 3 minutes or until liquid is reduced by half. Add the stock, water, tomatoes, bay leaves, tomato paste and sugar and stir to combine. Return the beef to the pan, cover with the lid, transfer to the oven and roast for 2 1/2 hours. Remove beef from the pan and shred the meat using 2 forks. Return meat to the sauce and mix to combine. Set aside. Cook the pasta in a large saucepan of salted boiling water for 10-12 minutes or until al dente. Drain, return to the pan with the beef sauce, salt, pepper and toss to combine. Top with basil and sprinkle with parmesan to serve.

- 🍴 35 oz. (2.2 lbs.) beef brisket, cut into 4 pieces
- 🍴 All-purpose flour, for dusting
- 🍴 1/4 cup extra virgin olive oil
- 🍴 1 onion, sliced
- 🍴 2 cloves garlic, peeled
- 🍴 1 cup dry red wine
- 🍴 2 cups beef stock
- 🍴 1 cup water
- 🍴 2 cups cherry tomatoes
- 🍴 4 bay leaves
- 🍴 2 tbsp tomato paste
- 🍴 1 tbsp caster sugar
- 🍴 14 oz. rigatoni pasta (or other)
- 🍴 Sea salt and black pepper
- 🍴 1/2 cup basil leaves
- 🍴 Finely grated parmesan

# SKILLET LASAGNA

Serves: 6 people / Time: 30 min.

Using a large frypan, cook sausage over medium heat, stir continuously. Once mostly cooked, add in onion and cook until they're translucent. Add minced garlic and cook for roughly 30 more seconds. Stir in tomato sauce and diced tomatoes. Add all seasonings. Add broken lasagna noodle pieces, press down into sauce using a spoon. Cover pan and simmer for 15-20 minutes, stirring every few minutes. When noodles are soft, add mozzarella and stir. Top with ricotta and fresh parsley, cook for 3 more minutes. Serve hot.

- 🍴 1 tbsp olive oil
- 🍴 1/2 medium onion, diced
- 🍴 1 lb. ground Italian sausage, casings removed
- 🍴 2-14oz. Cans tomato sauce
- 🍴 1-14oz. can diced tomato
- 🍴 1/2 yellow onion, diced
- 🍴 3 cloves garlic, minced
- 🍴 1/2 tsp salt
- 🍴 1/4 tsp pepper
- 🍴 3/4 lb. lasagna noodles, broken
- 🍴 1 cup shredded mozzarella cheese
- 🍴 1 cup ricotta cheese
- 🍴 a few sprigs of fresh parsley

# SAVORY PANCAKE CANNELLONI

WITH RICOTTA AND SPINACH Serves: 4 people / Time: 35 min.

**Pancakes:** Mix the flour with the milk and eggs. Season with a pinch of salt. Melt the butter in a pancake pan (large size) and add to the flour mixture. Mix to form a smooth batter, until there are no lumps. Heat the pan over a medium heat and add a portion of batter, turning the pan to spread the batter evenly. Flip the pancake as soon as the edges become crisp and fry for 1 more minute. **Tomato sauce:** Heat the olive oil in a saucepan and sauté the onions and garlic until transparent. Stir in the canned tomatoes. Add the cherry tomatoes and coarsely chopped basil. Simmer for 15 minutes with the lid on. Season with salt and pepper. Set aside.

**Filling:** Mix the spinach and ricotta in a bowl. Add the garlic, Parmesan and basil. Season with nutmeg, salt and pepper. Mix well, set aside. Preheat the grill in the oven. Cover the base of a large oven dish with a thin layer of tomato sauce. Spread some of the cheese mixture over the first pancake, roll it up and place in the dish. Repeat with the rest of the pancakes, arranging them attractively in the dish. Cover with a generous layer of tomato sauce and the mozzarella. Place under the grill for 5 minutes until the mozzarella had developed a nice golden-brown crust. Garnish with fresh basil.

- 🍴 1 ¼ cup (5.6 oz.) flour
- 🍴 1 ⅔ cup (14 fl oz.) milk
- 🍴 2 eggs
- 🍴 2 ¼ tbsp (1.1 oz.) butter
- 🍴 Pinch of salt
- 🍴 1 tbsp olive oil
- 🍴 2 onions, finely chopped
- 🍴 2 cloves of garlic, minced
- 🍴 28.2 oz. can of peeled tomatoes
- 🍴 1 pack of cherry tomatoes, cut in half
- 🍴 Handful of fresh basil leaves
  - 1 tbsp coarsely chopped
  - 1 tbsp finely chopped and
  - a few leaves for garnish
- 🍴 1 cup (8 oz.) spinach, washed and coarsely chopped
- 🍴 2 cups (17.6 oz.) ricotta
- 🍴 1 clove of garlic, minced
- 🍴 1 cup (3.5 oz.) grated Parmesan
- 🍴 1 tbsp basil, finely chopped
- 🍴 Nutmeg
- 🍴 1 cup (5.3 oz.) buffalo mozzarella, sliced
- 🍴 Salt and pepper



# CANDY APPLES

Serves: 12 people / Time: 30 min.

Wash and dry apples. Insert lollipop/popsicle sticks until they securely stay in apples. Set aside on a wax paper lined cooking spray greased cookie sheet. Combine sugar, corn syrup and water in a medium saucepan over medium heat. Bring to a boil, continue cooking until candy thermometer reads 300°F. Remove from heat and carefully mix in food coloring. Add more if needed as brands vary in strength. Use popsicle sticks as handles and carefully dip apples into candy mixture. Swirl for an even coat, let excess drip into pan. Set coated apples onto cookie sheet, allow to cool until candy is fully hardened.

- 🍷 12 small red or green apples, any variety
- 🍷 12 lollipop or popsicle sticks
- 🍷 3 cups white sugar
- 🍷 ½ cup light corn syrup
- 🍷 1 cup water
- 🍷 ½ tsp red food coloring
- 🍷 Candy thermometer



## DUTCH BABY WITH APPLES

Serves: 6 people / Time: 30 min.

Position a rack in the lower third of the oven and preheat to 425°F. In a large frying pan, melt 2 tbsp of the butter over medium-high heat. Add the apples and brown sugar and cook, turning as needed, just until crisp-tender, about 4 minutes. Sprinkle with the cinnamon and stir to combine. Add the remaining tbsp of butter and swirl the pan until the butter melts and coats the bottom and sides of the pan. In a bowl, whisk together the eggs, milk and vanilla. Sift the flour and salt over the mixture and whisk until blended. Carefully pour the batter over the hot fruit. Bake until puffed and golden brown, 20-25 minutes. Dust the top with powdered sugar.

- 🍴 3 tbs. unsalted butter
- 🍴 4 cups sliced, peeled apples
- 🍴 2 tbsp firmly packed light brown sugar
- 🍴 ½ tsp ground cinnamon
- 🍴 4 large eggs, lightly beaten
- 🍴 1 cup whole milk
- 🍴 1 tsp vanilla extract
- 🍴 1 cup all-purpose flour
- 🍴 ⅛ tsp Salt
- 🍴 Powdered sugar for dusting



## APPLE CRÊPES

Serves: 6 people / Time: 35 min.

In a bowl, mix the milk, eggs, sugar, flour and salt. Melt butter and add to the bowl. Mix until a smooth batter is formed. Set aside. Core the apples using an apple corer. Cut the apples into very thin slices (⅛ inch). Heat a medium to large pancake frypan over medium heat and grease with butter. Pour a small ladleful of batter into the pan, turning the pan so that the batter is evenly distributed. Cook for 1 minute. Arrange a few apple slices in the batter and cook for another minute. Flip the pancake and cook the other side for 1 minute. Sprinkle with brown sugar and serve.

- 🍴 ¼ cup [2 fl oz.] milk
- 🍴 2 eggs
- 🍴 1 tbsp sugar
- 🍴 7.1 oz. [1.6 cups] flour
- 🍴 Pinch of salt
- 🍴 1 2/5 tbsp. [0.7 oz.] butter + extra butter for frying
- 🍴 1 to 2 apples
- 🍴 Garnish: brown sugar

# APPLE BUNDT CAKE

WITH CARAMEL GLAZE Serves: 12 people / Time: 125 min.

**Cake:** Preheat oven to 350°F and place oven rack to second-lowest level. Grease 12-cup bundt pan with melted butter and a pastry brush. Sift flour, cinnamon, baking soda, baking powder and salt into a large bowl. Dust bundt pan with flour mixture, tilt and rotate to evenly coat. Combine chopped apples and 2 tbsp of flour mixture in a separate bowl, toss and coat. Combine 1 ¼ cups brown sugar, 1 cup white sugar, vegetable oil, eggs and 3 tsp vanilla in a third bowl, mix with electric beater until it forms a uniform mixture, about 4 minutes. Slowly beat in the remaining flour mixture until evenly mixed. Fold in apple mixture and pecans using a spatula. Transfer to bundt pan. Bake 1 hour or until cake test as done with a fork or skewer. Transfer to cooling rack, keep cake in the pan. **Glaze:** Melt butter in a large frypan. Fold remaining brown sugar (1 cup) into melted butter, and then the half and half. Whisk until smooth and comes to a boil. Whisk in remaining vanilla and remove from heat. With cake still in pan, drizzle about ¾ cup glaze over it and allow it to absorb for 15–20 minutes. Turn cake over onto platter until it slides out. Pour remaining glaze evenly over cake. Cool for 1 hour before serving. Garnish with fresh slices of strawberry (optional)

- 3 cups (12.3 oz) flour
- 2 tsp cinnamon
- 1 tsp baking soda
- ½ tsp baking powder
- 1 lb of apples, peeled, cored and chopped into ½ inch cubes (more apples can be used - optional)
- 1 tsp salt
- 2 ¼ cups brown sugar
- 1 ½ cups vegetable oil
- 1 cup white sugar
- 3 eggs
- 4 tsp vanilla extract
- 1 cup chopped pecans
- ½ cup butter
- ¾ cup half and half
- (3 + 1 vanilla)
- 10 strawberries, sliced lengthwise



# SKILLET APPLE CRISP

Serves: 6 people / Time: 75 min.

Preheat oven to 350°F. In a medium mixing bowl, combine flour, brown sugar, granulated sugar, cinnamon, nutmeg and salt using a spatula. Cut butter into chunks and gradually mix in until evenly mixed. Set aside. For the filling, heat butter in a medium oven safe frypan over medium heat. Arrange apple slices into pan and add a pinch of salt. Cook on stovetop for 5 minutes. Mix in brown sugar, cornstarch, vanilla extract and lemon juice. Spoon the crumble topping over the apple filling, cover with foil, bake for 15 minutes. Remove foil, bake for 20-30 more minutes. Serve with vanilla ice cream.

## Topping:

- 🍴 ¾ cup all-purpose flour
- 🍴 ½ cup packed light brown sugar
- 🍴 ¼ cup granulated sugar
- 🍴 ½ tsp ground cinnamon
- 🍴 ½ tsp ground nutmeg
- 🍴 ¼ tsp kosher salt
- 🍴 1 stick unsalted butter, room temperature.

## Filling:

- 🍴 2 tbsp unsalted butter
- 🍴 5 Granny Smith apples, peeled and sliced
- 🍴 Pinch of kosher salt
- 🍴 2 tbsp brown sugar
- 🍴 2 tbsp cornstarch
- 🍴 1 tbsp vanilla extract |
- 🍴 Juice of ½ lemon
- 🍴 Vanilla ice cream

# BLACKBERRY BAKED CUSTARD

WITH APPLES Serves: 6 people / Time: 55 min.

Position a rack in the upper third of the oven and preheat to 350°F. Grease a small frypan with butter. Arrange berries in the prepared pan. In a saucepan over medium-low heat, heat the milk and cream until small bubbles appear around the edges of the pan. Remove from heat and vigorously whisk in flour, a little at a time, until no lumps remain. In a bowl, whisk together eggs, granulated sugar and salt until creamy. Whisk in the milk mixture and the almond extract. Place the pan on a baking sheet. Bake until browned, 45 minutes. Transfer to a rack to cool. Dust with powdered sugar and serve warm.

- 🍴 Unsalted butter for greasing
- 🍴 1 lb. blackberries
- 🍴 1 cup whole milk
- 🍴 ¼ cup heavy cream
- 🍴 ½ cup sifted cake flour
- 🍴 4 large eggs, at room temperature

- 🍴 ½ cup granulated sugar
- 🍴 ⅛ tsp salt
- 🍴 ½ tsp almond extract
- 🍴 Powdered sugar for dusting

# PEACH BUCKLE

Serves: 6 people / Time: 55 min.

Preheat oven to 345°F. Grease medium frypan with butter. In a large bowl, mix butter and  $\frac{3}{4}$  cup sugar with an electric mixer until fluffy. Add eggs, one at a time, and vanilla. Beat to combine. In a medium bowl, whisk together flour, baking powder and salt. With mixer on low speed, gradually add flour mixture to butter mixture; beat until incorporated. Fold in the cut peaches. Spread batter in prepared skillet. In a small bowl, mix together remaining 2 tbsp of sugar, cinnamon, and almonds. Sprinkle mixture over top; bake until a toothpick inserted in center comes out clean and topping is golden, 45 to 50 minutes.

- 🍴  $\frac{1}{2}$  cup unsalted butter, softened, + extra for greasing the frypan
- 🍴  $\frac{3}{4}$  cup plus 2 tbsp sugar
- 🍴 3 large eggs
- 🍴 1 tsp vanilla extract
- 🍴  $1\frac{1}{4}$  cups all-purpose flour
- 🍴  $\frac{1}{4}$  tsp baking powder
- 🍴 1lb. peaches, pitted, peeled, and cut into  $\frac{1}{2}$  inch pieces [3 cups]
- 🍴  $\frac{1}{2}$  tsp ground cinnamon
- 🍴 1 cup slivered almonds

# PAN-FRIED HONEY BANANAS

Serves: 2-4 people / Time: 10 min.

Peel and slice bananas into wheels. In a medium mixing bowl, combine honey with  $1\frac{1}{4}$  cup of warm water until completely mixed. Heat butter in a large frypan over medium-high heat. Fry banana slices for 2 minutes per side. Place on serving plate, drizzle with a bit of extra honey ladled out from the pan, and garnish with a dash of cinnamon. Serve warm or over ice cream.

- 🍴 2 overripe bananas
- 🍴 2 tbsp butter
- 🍴 2 tbsp sugar
- 🍴 1 tsp ground cinnamon + extra for garnish



## RICE KRISPIE BARS

Serves: 10 people / Time: 40 min.

Grease a medium sized oven safe frypan with butter. Melt remainder of butter in a large saucepan over low heat, add in vanilla. Add marshmallows and stir continuously until completely melted. Remove from heat and fold in cereal quickly. Grease spatula with butter and spread mixture evenly into frypan. Cool completely, 30 minutes.

- 🔪 5 tbsp butter
- 🔪 10 oz. marshmallows
- 🔪 1 tsp vanilla extract
- 🔪 6 cups rice Krispie cereal



## S'MORES QUESADILLA

Serves: 4-6 people / Time: 30 min.

Melt butter in medium oven safe frypan. Place one tortilla in frypan, followed by 1 cup of marshmallows, crushed graham crackers, and chopped chocolate bar. Cover with 2nd tortilla. Cook to brown bottom side of tortilla and melt marshmallows somewhat. Carefully flip using a spatula. Sprinkle with cinnamon-sugar and drizzle with 2 tbsp of melted chocolate. Add remaining marshmallows and broil until top is a toasty brown, about 1 minute. Drizzle the remainder of melted chocolate and serve.

- 🔪 2 medium flour tortillas
- 🔪 1 1/2 cups mini marshmallows
- 🔪 1 chocolate bar, chopped
- 🔪 1 graham cracker, crumbled
- 🔪 2 tbsp unsalted butter
- 🔪 1 tbsp cinnamon-sugar
- 🔪 1/4 cup melted chocolate



## SKILLET COOKIE PIE

WITH CHOCOLATE CHIPS & WALNUTS Serves: 8-10 people / Time: 35 min.

Preheat oven to 350°F. Melt butter in a medium-sized non-stick, oven safe frypan over medium heat on stove top. Stir frequently until butter begins to brown, 3 minutes. Stir in sugars and vanilla using a slotted spatula. Remove from heat and cool, 5 minutes. Gently whisk in egg and yolk until evenly mixed. Mix in flour, baking soda, and salt. Stir until incorporated into a dough. Fold in chocolate chips and crushed almonds. Spread dough evenly in frypan. Bake 18-20 minutes, stop when edges are golden brown and a toothpick comes out clean. Serve warm with vanilla ice cream.

- 🍴 1 stick butter, melted
- 🍴 1/2 cup brown sugar
- 🍴 1/4 cup granulated sugar
- 🍴 2 tsp vanilla extract
- 🍴 1 large egg
- 🍴 1 large egg yolk
- 🍴 1 1/2 cups all-purpose flour
- 🍴 1 tsp baking soda
- 🍴 1/4 tsp salt
- 🍴 1 cup bittersweet chocolate chips
- 🍴 1 cup walnuts, crushed slightly