

September 18, 2004

30 Minute Meals

Guest Chefs Kathy Harris & Thomas Falk

Menu

Southern US

Southern Shrimp & Grits

Mexican

Spice Encrusted Pork Tenderloin

with Sweet Potato Puree Chimichurri sauce and toasted pumpkin seeds

Asian

Pan Seared Tuna with Thai Salad in peanut Sauce

French

Sauteed White Fish in Lemon Butter Sauce

with Saffron Couscous & Spinach



Recipes Follow

Southern US

Southern Shrimp & Grits

Grits: (Serves 2)

Follow directions on package for grits – substitute heavy cream for water. Add salt, pepper, and parsley.

After grits are cooked, add 2 tablespoons of Goat cheese.

Shrimp & Roux:

Make dark roux: Use equal parts of flour & corn oil. Cook until nutty aroma.

To roux add:

3 stalks celery, chopped

1 red bell pepper

1/2 large yellow onion, chopped

1 T garlic

1 red bell pepper

Cook the above in roux stirring constantly.

Add:

8 oz V-8 juice

8 oz chicken stock

Continuously stir so lumps do not form.

Add:

1 T chili powder

1 t thyme

1/2 t cayenne pepper

1 t oregano

Salt – to taste

1 bay leaf

1/2 t black pepper

Cook spices in mixture for several minutes.

Add:

2 Roma tomatoes – diced

1 link chopped andouille sausage

2 c baby spinach

Peeled shrimp (desired amount & size)

Reduce heat to simmer. Cook about 15 minutes. If mixture is too thick – thin with V-8 juice. If mixture is too thin – thicken with roux. Serve over grits.

Mexican

Spice Encrusted Pork Tenderloin

with Sweet Potato Puree Chimichurri sauce and toasted pumpkin seeds

Pork Tenderloin: (Serves 2)

(1) Pork Tenderloin (roughly 1#) 2 T cumin seeds

2 T coriander seeds 2 T olive oil

Trim pork. Season with salt & pepper. In a dry skillet, toast cumin & coriander. Blend in spice grinder until fine. Coat pork with spice mixture.

Heat pan. Add oil. Add pork. Sear quickly on each side. Put pan in oven to finish cooking for about 7 – 10 minutes – until medium rare.

Once removed from oven – set aside for about 5 minutes to let meat rest. Cut on bias.

Sweet Potatoes:

4 medium sweet potatoes

Tulocay's Apple Chipotle Sauce

1/2 cup heavy cream

Salt/pepper to taste

2 Tbps butter

Peel and quarter sweet potatoes. Cook in salted boiling water until tender. Strain.

Add remaining ingredients.

Chimichurri Sauce:

3 cloves garlic

1 lime – juiced

1 Jalapeno

1 Tbsp red wine vinegar

1/2 bunch flat leaf parsley

1/2 c olive oil

1/2 bunch green onions

salt/pepper

Combine all ingredients.

Notes:

Asian

Pan Seared Tuna with Thai Salad in peanut Sauce

Tuna:

(2) 6 – 8oz tuna filet salt/pepper

black & white sesame seeds olive oil

Coat tuna with sesame seeds, salt & pepper. Heat pan. Add oil. Sear tuna for 1 minute on each side. Do not overcook tuna. Should be served rare.

Noodles:

Cook favorite noodles of choice in salted water. Strain, & cool.

To noodles add:

Julienne carrots Julienne red bell pepper

Sliced scallions – on bias

Peanut Sauce:

1/4 c chicken stock 1 T red curry paste

1/2 c unsweetened coconut milk 2 T garlic, chopped

2 limes – juiced 1 T ginger, chopped

2 T soy sauce 1 1/2 c creamy peanut butter

1 T fish sauce

Add all ingredients (except peanut butter) in food processor. Add peanut butter. Pulse to combine.

Toss noodle mixture with peanut sauce. Slice & arrange tuna. Garnish with bean sprouts & fresh cilantro.

Notes:

French

Sauteed White Fish in Lemon Butter Sauce with Saffron Couscous & Spinach

Fish: (Serves 2)

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| (2) 6-8oz fillets of whatever looks the best | 2 T white wine |
| 1 c all-purpose flour | fresh chopped flat leaf parsley |
| 2 T Olive oil | juice of 2 lemons |
| 1/4 c soft unsalted butter | salt and white pepper |

Heat oil in a skillet, season fish and dredge in flour, dust off excess. Sauté fish on one side until golden. Carefully turn and place in 400 degree oven to finish (5-8 min). Remove fish from pan and plate. To make sauce drain excess oil from pan, add butter when butter browns add wine, lemon, and parsley. Season and serve.

Couscous

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| 2 c chicken stock | 1/2 t white pepper |
| 1 c couscous | 1 pinch saffron |
| 1 t salt | |

Add couscous to boiling, seasoned stock. Bring to a boil, cover and remove from heat. After 8-10 minutes fluff with fork and serve.

Spinach

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| 2-3 bunches of fresh spinach cleaned and dry | 1/4 c unsalted butter |
| 1 T olive oil | Salt and pepper to taste |
| 2 cloves minced garlic | |

Heat oil in a large pan. Add spinach and garlic. Cook water out of spinach, add butter and season. Place spinach in a strainer. Squeeze out excess water when serving.

Notes:
