

## “HOME CLASSICS”

*Here is a collection of recipes that most families enjoy having often, but I want to make sure they're making them right- the homemade way!*



MINISTRONE SOUP



MIGNOGNA MANICOTTI



BEEF BRISKET WITH SWEET POTATO-LEEK LATKES AND APPLESAUCE

- WHAT'S FOR DINNER**
- Creamy Rustic Chicken with Pan Caramelized Carrots
  - Parmesan Chicken Fingers with Broccoli Rabe
  - Beef Brisket with Sweet Potato-Leek Latkes and Applesauce
  - Mignogna Manicotti
- EXTRAS**
- Cherry Apricot Tart
- NOURISHING ADDITIONS**  
*(Recipes and shopping list items not included.)*
- Homemade Marinara
  - Homemade Basil Pesto
  - Minestrone Soup
- SUGGESTED EXTRAS**
- There are lots of recipes on the list this week, so you should have plenty of food options for a whole week!
- PLANNING NOTES**
- Chicken stock needed for Minestrone Soup this week. Plan to make ahead if you don't want to buy pre-made stock.
  - Marinara sauce is needed this week. Plan ahead to make the homemade recipe, or just buy pre-made sauce.



PARMESAN CHICKEN FINGERS WITH BROCCOLI RABE



CHERRY APRICOT TART





## **CREAMY RUSTIC CHICKEN WITH PAN CAMELIZED CARROTS**

Total Time: 45 minutes

### *Ingredients*

8-10 varied pieces of chicken, such as bone-in thighs, legs, breasts, etc.  
Extra virgin olive oil  
Salt and pepper  
1 onion  
1 cup mushrooms, chopped  
1 fennel bulb, chopped  
2 garlic cloves, minced  
2/3 cup red wine, chicken stock or water may be used  
1 tablespoon fresh sage, finely chopped  
1 tablespoon fresh rosemary needles, finely chopped  
1 cup mascarpone cheese, sour cream, and/or heavy cream

### **For carrots:**

2-3 carrots, cut/julienned into 5-inch sticks  
2 tablespoons butter  
2 teaspoons maple syrup  
salt

Preheat oven to 350°F.

Coat chicken pieces with olive oil and salt and pepper. Heat more oil in a large skillet and sear chicken for 8 minutes per side. Remove from pan and set aside on a large plate. Add onions, mushrooms and fennel, and sauté for 8-10 minutes, until softened and possibly beginning to brown. Stir in garlic and sauté for 1 minute. Add wine (*or chicken stock or water*) and deglaze pan for 2 minutes, until liquid is simmering. Stir in herbs and mascarpone (*or cream*), then add chicken back to pot. Place in oven for 10-20 minutes, until sauce thickens and chicken is thoroughly cooked.

While chicken is in oven, simmer the carrots in a small saucepan with a little water until carrots are soft. Strain carrots and return pan to heat. Melt butter until bubbling and stir in maple syrup and a dash of salt. Add carrots to maple butter and gently stir to coat well. Serve carrots over chicken.

## **PARMESAN CHICKEN FINGERS WITH BROCCOLI RABE**

Total Time: 30 minutes

### *Ingredients:*

2 pounds chicken tenders (*or breast meat cut into thin strips*)  
salt and pepper  
2 eggs  
¼ cup arrowroot powder  
½ cup dry breadcrumbs  
½ cup Parmesan cheese, finely grated  
2 teaspoons dried oregano  
¼ cup butter, plus extra as needed  
extra virgin olive oil  
2-3 broccoli rabe per person

Preheat oven to 375°F.

Beat eggs with salt and pepper in a small dish. Whisk arrowroot, breadcrumbs, and Parmesan in another dish. Grease a large baking dish with butter. Toss chicken pieces in egg mixture, then coat with dry mixture, shaking to remove excess. Place chicken tenders in baking dish, and repeat with remaining chicken. Drizzle liberally with oil, then bake for 20-25 minutes until golden brown.

When chicken is 10-15 minutes from being done, fill a saucepan with an inch of water and bring to a boil. Add a handful of salt, then add broccoli for 5-7 minutes until bright green and tender. Strain water, then add broccoli back to pan and stir in butter until melted. Toss to coat broccoli with butter. Season as needed, and serve with chicken.

## ***BEEF BRISKET WITH SWEET POTATO-LEEK LATKES AND APPLESAUCE***

Total Time: 4+ hours (*slow cooking*)

### *Ingredients:*

3-5 pound beef brisket (*or chuck roast, etc.*)

¼ cup olive oil, plus extra

2 tablespoons balsamic vinegar

3 garlic cloves, minced

2 teaspoons cinnamon

salt and pepper

1 onion, sliced

2 cups chicken or beef stock

### ***For latkes:***

4-6 medium sweet potatoes, peeled and grated

2 leeks, finely chopped (*white and dark green parts removed, and cleaned well*)

2 eggs

½ cup Parmesan cheese, finely grated (*or crumbled*)

salt and pepper

frying fat, such as olive oil or beef tallow

### ***For applesauce:***

2 cups pureed cooked apples (*store-bought organic unsweetened applesauce*)

1 tablespoon maple syrup

2 teaspoons cinnamon

1 teaspoon vanilla extract

dash of salt

Marinate beef brisket for 1-24+ hours with ¼ cup olive oil, vinegar, garlic, cinnamon, and a liberal amount of salt and pepper.

Preheat oven to 300°F.

Coat an oven-safe pot with oil and bring to high heat. Sear brisket for 5-8 minutes on one side until well browned. Lift brisket then add onions to pot and sear other side of the brisket on top of onions. Pour beer (*or chicken or beef stock*) over brisket then add enough water to almost cover brisket. Place in oven for 3-6 hours, until meat is extremely tender. Drain broth and save it for another dish.

Place grated sweet potatoes, leeks, eggs, cheese, and a liberal amount of salt and pepper in a mixing bowl and toss until well blended. Heat ½ inch of frying fat in a large saucepan over medium-high heat. Create patties with potato mixture and fry for 3-5 minutes on each side until browned. Drain on brown paper or paper towels, then serve with meat and applesauce.

For applesauce, place pureed apples in a small saucepan and stir in syrup, cinnamon, vanilla, and dash of salt. Heat until beginning to simmer and serve with brisket and latkes.

## **BALSAMIC STRAWBERRIES WITH VANILLA CREAM**

Mignogna Manicotti

Total Time: 45 minutes *\*With marinara and pesto sauce already made.*

*Serve an easy Italian salad with this meal.*

### *Ingredients:*

For Crepes:

1 cup semolina flour (use all-purpose if unavailable)

1 cup all-purpose flour (*if using an alternative flour, use something that is meant for pastries, or else crepes will be too thick to be able to flip*)

4 eggs

1 tablespoon extra virgin olive oil

pinch of salt

### **For Filling and Topping:**

Extra virgin olive oil

4oz. loose Italian sausage

4 cups spinach

½ cup peas (*frozen and thawed okay*)

1 ½ cup mozzarella cheese, cut into small cubes, plus 1 cup grated

1 cup ricotta cheese

1 egg yolk

salt and pepper

2-3 cups marinara sauce *\*Use this week's homemade recipe*

½ cup Parmesan cheese, finely grated

Preheat oven to 375°F.

Whisk ingredients for crepes in a mixing bowl until smooth. Heat a nonstick skillet and pour ¼ - ½ cup batter into pan, rotating the pan until it is thinly coated with the batter. Cook for 1-2 minutes, until the sides start to lift up, then flip and cook for 30 more seconds. Set on a large plate and repeat with the rest of the batter.

For the filling, heat a little oil in a saucepan and sauté sausage until browned. Add spinach and let cook down until wilted. Place sausage mixture in a large mixing bowl, then gently mix in peas, cubes of mozzarella, ricotta, and egg yolk. Season with salt and pepper.

Coat a large baking dish with marinara. Place about 1/3 cup of filling in the center of a crepe and roll the crepe up like a burrito by folding in short sides first, then rolling. Place each rolled crepe, seam-side down, in the baking dish until it is full. (*If you have extra, you may fill an additional baking dish.*) Pour at least 1 cup of marinara over the top of the stuffed manicotti, then sprinkle evenly with grated mozzarella and Parmesan cheese. Bake for 20-30 minutes until cheese is bubbling and beginning to brown. Let cool for 10 minutes before serving.

**CHERRY, BERRY AND APRICOT TART**

Total Time: 1 hour (*plus 30 minutes optional rest time for pie crust*)

**Ingredients:**

Basic Pie Crust- see recipe below

12-16oz fresh or frozen cherries plus other berries (*raspberries, blueberries, etc.*)

½ cup apricot jam

2 tablespoons sugar as needed (*only if apricot jam is not very sweet*)

dash of salt

1 tablespoon arrowroot powder

juice of ½ lemon

powdered sugar, optional

Preheat oven to 375°F.

Press pie crust into a tart pan or pie pan. In a large bowl, gently toss remaining ingredients (*except powdered sugar*) until cherries and berries are evenly coated with other ingredients. Pour mixture into pie crust and bake for 30-40 minutes until crust is slightly golden and filling is bubbling. Let cool completely before serving topped with a dusting of powdered sugar (*optional*).

**Basic Pie Crust**

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

Servings: Yields single pie crust. **\*Double recipe for double pie crust.**

**Ingredients:**

1 1/4 cup flour, plus extra for dusting

1/2 teaspoon salt

3/4 cup butter, chilled, cut into small cubes

1/4 cup lard, chilled, cut into small cubes (***use butter if lard is not desired***)

1-2 tablespoons iced water

Pulse flour and salt in a large bowl or food processor (*hand blended dough usually results in a better texture, but takes more work*). Cut in butter and lard with a pastry cutter, or add butter and lard, one piece at a time while pulsing food processor until moist crumbs form. Slowly add ice water while mixing or pulsing food processor until dough begins to pull together, and stays together when pinched with fingers. Transfer dough to lightly floured surface and form into ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (*optional- again, this will result in a better texture*). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to recipe.

## **HOMEMADE MARINARA**

### *Ingredients:*

Extra virgin olive oil  
1 chicken liver (*optional*)  
¼ cup basil pesto (*or pureed basil and garlic*)  
2 tablespoons balsamic vinegar  
¼ cup tomato paste  
32 oz. diced tomatoes (*2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best*)  
salt and pepper  
dash of sugar (*optional*)

Heat a few tablespoons oil in a large stockpot and sauté liver (*optional*) and pesto. Stir in vinegar, tomato paste and canned tomatoes, and season liberally with salt, pepper, and a dash of sugar. Bring sauce to a simmer then puree with an immersion blender until smooth. (*Use a regular blender if you don't have an immersion blender, then return sauce to pot.*) Simmer over low heat for 30-60 minutes. Use immediately or let cool and store in the refrigerator.

## **BASIL PESTO- BASE RECIPE**

*\*This recipe is used as a base recipe for other recipes, and therefore is not prepared like a traditional basil pesto. This pesto is very basic and excludes pine nuts and lemon zest.*

### *Ingredients:*

1 large bunch of basil  
2-3 garlic cloves, roughly chopped  
salt and pepper  
½ cup extra virgin olive oil  
½ cup Parmesan cheese, finely grated

Place basil and garlic in a small food processor or blender and season liberally with salt and pepper. Pulse until finely chopped, then continue pulsing while slowly drizzling in olive oil. Transfer pesto to a small storage container and stir in Parmesan until evenly mixed. Use immediately or store in refrigerator.

## **MINISTRONE SOUP**

Total Time: 25 minutes

### *Ingredients:*

2 tablespoons butter  
1 onion, chopped  
2-3 zucchini, chopped  
1-2 carrots, chopped  
salt and pepper  
1 ½ cups marinara sauce  
4 cups chicken stock  
½ cup couscous or quinoa  
chopped leftover meat from other recipes (*optional*)  
grated cheese (*optional*)  
basil pesto (*optional*)

Heat butter in stockpot and sauté onions for 5 minutes. Add zucchini and carrots and sauté for 5 minutes, then season with salt and pepper. Stir in marinara, stock, couscous or quinoa, and leftover meat. Let simmer for 15-20 minutes until vegetables are soft and couscous/quinoa is cooked. Top with cheese and a dollop of pesto (*optional*), and serve.