

## “SUMMER WRAP UP”

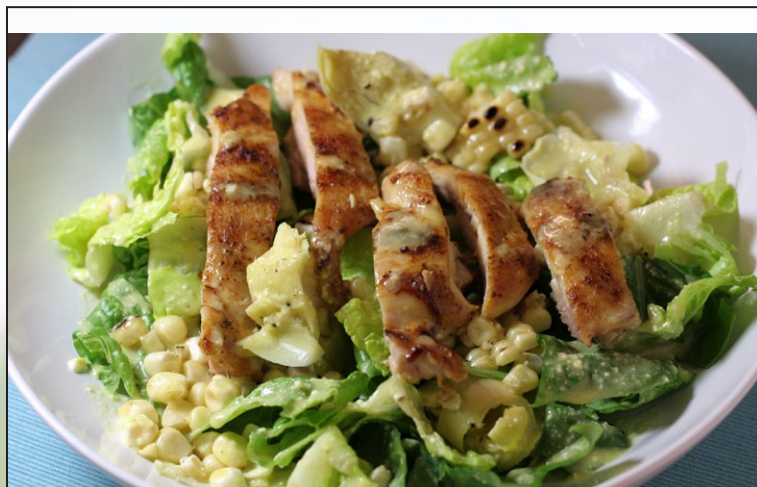
*Have I mentioned yet how much I adore Fall? I am SO ready for summer to be over! There are incredibly delicious foods of the summer, though, so I thought I would celebrate my favorite recipes of summer during this final week before we officially welcome Autumn, 2012! I'm also adding my favorite kid-friendly and take-to-school-or-work recipes, such as the ricotta fish balls this week in honor of school starting!*



CRISPY RICOTTA FISH BALLS



FAJITA BOWL WITH FRESH TOMATO AND TOMATILLO SALSA



GRILLED SALMON AND CORN CAESAR SALAD



ITALIAN MARINATED EGGS



SPARKLING MANGO AND BLUEBERRY LEMONADES



CHOCOLATE POLENTA PUDDING CAKE





# Shopping List

Summer Wrap Up

September 15, 2012

MY NOTES:

## EGGS AND DAIRY:

Butter  
Ricotta  
Cheddar or mozzarella cheese  
Sour cream  
Milk

### *For extra marinated eggs recipe and cake recipe:*

6-12 eggs (4 for cake, then as much as desired for marinated eggs)

### *For extra lemonade recipes and ketchup recipes:*

Whey made from separated raw milk or yogurt

### *For extra cake recipe:*

Heavy whipping cream

*\*Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes*

## PANTRY:

Salt and Pepper  
Extra virgin olive oil  
Dried garlic powder  
Dried onion powder  
Dried thyme  
Dried oregano  
Sweet paprika  
frying fat, such as organic lard, tallow or other high heat fat  
anchovy filets, packed in oil, 1-2 packages  
white wine or white balsamic vinegar

### *For extra marinated eggs recipe and ketchup recipe:*

Tomato Paste- about 4 cups

Maple syrup

Cayenne pepper (optional)

### *For extra lemonade recipes:*

Sugar

### *For extra cake recipe:*

Cornmeal (polenta)

Sugar

10-12 ounces bittersweet chocolate

cayenne pepper (optional)

vanilla extract

cinnamon

*\*Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.*

### **CRISPY RICOTTA-FISH BALLS**

Total Time: 30 minutes

*\*A simple side salad with this week's dressing is recommended with this recipe.*

*Ingredients:*

**½ onion, roughly chopped**  
**2 garlic cloves, roughly chopped**  
**¼ cup flat-leaf parsley, roughly chopped**  
**¼ cup basil, roughly chopped**  
**1 pound soft white fish, such as sole or haddock**  
**½ cup ricotta cheese**  
**salt and pepper**  
**cheddar or mozzarella cheese, cut into small cubes**  
**2-4 cups frying fat, such as organic lard, tallow or other high heat fat**

Place onion, garlic and herbs in a food processor and puree. Place mixture in large bowl with the fish, ricotta cheese, and a liberal amount of salt and pepper. Break up fish with a wooden spoon and stir to evenly mix. Scoop mixture into small balls and stuff each ball with a cube of cheese. Make sure to cover cheese completely with mixture. Place balls on a platter or cookie sheet lined with wax or parchment paper.

Meanwhile, heat frying fat over medium-high heat until food sizzles when placed in oil, then sustain heat over a low-medium flame. Fry fish balls until deep golden brown on all sides and transfer to a paper towel using a slotted spoon. Sprinkle with salt. Finish remaining fish balls, then serve with a side salad, if desired.

### **“ROTISSERIE” CHICKEN WITH ROASTED POTATOES AND CREOLE SAUCE**

Total Time: 1 hour, 15 minutes

*\*This “Rotisserie” chicken is actually made in the oven, but if you have an indoor or grill rotisserie, then bake your chicken that way!*

*Ingredients:*

**1 whole roasting chicken**  
**¼ cup butter, melted**  
**salt and pepper**  
**1 teaspoon dried garlic**  
**1 teaspoon dried thyme**  
**1 teaspoon dried oregano**  
**4-6 white or sweet potatoes, peeled and chopped into cubes**  
**sweet paprika**

Preheat oven to 400°F.

Place whole chicken in a bowl and coat with melted butter, salt and pepper and dried seasoning. Place potatoes in the bottom of a roasting pan fitted with a roasting rack or cooling rack placed in a roasting pan. Place chicken, breast side down on the roasting rack, then place in oven. Roast for 15-20 minutes per side (*back, side, other side, then breast-side up*), until chicken is golden. Baste chicken with juices and toss potatoes every time you turn the chicken. Serve chicken with potatoes, topped with a dash of paprika.

### **FAJITA BOWL WITH FRESH TOMATO AND TOMATILLO SALSA**

Total Time: 30 minutes

*Ingredients:*

**Extra virgin olive oil**  
**1 onion, sliced**  
**1-2 bell peppers, seeded and sliced (use ½ bell pepper for salsa below)**  
**12-16oz. steak, sliced, such as flank or sirloin**  
**salt and pepper**

**FOR SALSA:**

**4-6 tomatillos**  
**1 shallot, finely chopped**  
**1 small garlic clove, minced**  
**3-4 large tomatoes, seeded and chopped**  
**½ bell pepper, seeded and finely chopped**

Bring a medium stockpot of water to a rolling boil. Meanwhile heat oil in a large saucepan or skillet and sauté onion and bell peppers for 10-12 minutes, until soft and golden. *(Add a few tablespoons of water, if needed, to help onion and peppers soften quickly.)* Add steak to pan and sauté until caramelized on outsides and slightly pink on the inside. Season, as needed, with salt and pepper.

To prepare salsa, add a small handful of salt to boiling water, then drop tomatillos into water. Let boil for 3-4 minutes to blanch, then remove from water and let cool. Chop tomatillos and add to a bowl with other salsa ingredients. Gently toss salsa with a drizzle of olive oil and salt and pepper, to taste. Serve salsa with sautéed steak and vegetables.

### **GRILLED SALMON AND CORN CAESAR-ISH SALAD**

Total Time: 25 minutes

*Ingredients:*

**Salmon filets (as much as needed)**  
**Extra virgin olive oil**  
**Homemade Seasoned Salt, from this week's recipes**  
**2 cobs of corn**  
**1-2 cups artichoke hearts, jarred or frozen and thawed**  
**Lettuce, chopped, about 2 cups per person**

**FOR DRESSING:**

**1 garlic clove**  
**5-6 anchovy filets**  
**juice of 1 lemon**  
**2 teaspoons white vinegar, such as white balsamic or white wine**  
**1 tablespoon flat-leaf parsley (or other fresh herbs), finely chopped**  
**1 cup sour cream**  
**milk, as needed**  
**salt and pepper**

Preheat outdoor grill or indoor grill pan.

Coat salmon with oil and seasoned salt. Grill salmon for 2-4 minutes per side, depending on thickness, until light pink and flaky. At the same time, grill corn until grill marks form on each side. Carefully slice corn kernels off of corn cob.

Place lettuce, artichoke and sliced corn in a large serving bowl. Slice salmon and place over salmon.

Prepare dressing by placing garlic, anchovies, lemon, vinegar and herbs in a small food processor and puree until smooth. Stir mixture into sour cream and whisk until blended and smooth, adding enough milk for desired texture. Season, as needed, with salt and pepper. Serve dressing over salad.

**CHOCOLATE POLENTA PUDDING CAKE**

(Budino di Polenta e Cioccolata)

*Total Time: 60+ minutes*

*Ingredients:*

**2 cups milk**

**$\frac{3}{4}$  cups coarsely ground cornmeal (*polenta*)**

**$\frac{1}{2}$  cup, plus 3 tablespoons sugar, plus 1 tablespoon for optional whipped cream topping**

**$\frac{1}{2}$  teaspoon salt**

**$\frac{1}{2}$  cup orange juice and zest of  $\frac{1}{2}$  large orange (*separated- zest orange first*)**

**8 ounces bittersweet chocolate, plus 1 tablespoon shaved chocolate for garnish**

**1 teaspoon cinnamon**

**$\frac{1}{8}$  teaspoon cayenne pepper**

**4 large eggs, separated**

**1 tablespoon vanilla extract**

**$\frac{1}{2}$  cup heavy whipping cream, plus 1 cup for optional whipped cream topping**

Bring milk to a simmer. Meanwhile whisk cornmeal,  $\frac{1}{2}$  cup sugar and salt in a metal bowl. Whisk hot milk and orange juice into cornmeal mixture. Clean out pan used to heat milk and half-fill with water and place over low heat. Place bowl with cornmeal mixture over the pan with water. Cover and cook for 40 minutes, stirring often, until polenta is thick and stiff.

Preheat oven to 350°F. Butter an 8-inch springform pan.

Use a knife or food processor to finely chop  $\frac{2}{3}$  of chocolate and extra tablespoon. Roughly chop remaining chocolate into chunks. Remove polenta from heat and whisk in finely chopped chocolate, orange zest, cinnamon, pepper, egg yolks and vanilla. Place 1 cup of this mixture in a small bowl and whisk in  $\frac{1}{2}$  cup cream.

Whip egg whites until frothy. Add 3 tablespoons sugar and whip until soft peaks form. Gently fold egg whites into chocolate mixture without cream, just until small ribbons of egg whites can be seen. Fold chocolate chunks into this mixture.

Pour half the egg white batter into the pan, then use a spoon to hollow out the center of the batter. Pour the chocolate mixture with cream into this center hole, then pour remaining egg white batter over everything. Bake for 1 hour until a knife comes out clean on sides of cake, and with streaks from center of cake. Let cool for 15 minutes.

Whip remaining  $\frac{1}{2}$  cup cream with 1 tablespoons of sugar and a dash of vanilla until soft peaks form (*optional*). Top cake with shavings of chocolate and serve with fresh whipped cream.

## **HOMEMADE SEASONED SALT**

*Ingredients:*

- ¼ cup salt**
- 1 tablespoon sweet paprika**
- 2 teaspoons onion powder**
- 2 teaspoons garlic powder**

Mix ingredients and store in an airtight container.

---

## **ITALIAN MARINATED EGGS**

*Ingredients:*

- Hard-boiled eggs, peeled (see cooking note below)**
- Large handful of fresh oregano, mint, and/or basil**
- 1 garlic clove, roughly chopped**
- 5-6 anchovy filets**
- dash of freshly ground pepper**
- 2 tablespoons tomato paste**
- 1 cup extra virgin olive oil**

To hard-boil eggs, place eggs in a medium saucepan and cover with water. Bring to a boil then remove from heat and cover for 9 minutes. Remove from hot water, then let cool. Gently roll egg around to crack entire shell, then peel, using water if needed.

Place herbs in a small food processor and pulse until finely chopped. Add garlic, anchovies and pepper, then pulse until pureed with herbs. Transfer to a bowl and stir in tomato paste and olive oil until smooth and blended. Place peeled eggs in a fully-enclosable jar or container and pour marinade over eggs. Cover and let marinate for at least 1 hour before serving. Marinated eggs may be stored and enjoyed for up to 1 week. Preserve marinade for more batches of eggs, or use for other recipes.

## **LACTO-FERMENTED KETCHUP**

*\*Salt is used to start the fermentation process, but fresh (not dried) whey made from fresh raw milk or quality yogurt will reduce the amount of salt needed, as well as reduce the amount of time needed to ferment and help ensure successful preservation.*

*Ingredients:*

- 3 cups organic tomato paste**
- ¼ cup whey**
- 1 tablespoon salt**
- ½ cup maple syrup**
- ¼ teaspoon cayenne pepper (optional)**
- 3 cloves of garlic, mashed**

Blend ingredients well using a food processor or blender, then continue with Basic Method, without adding any water.

Place ingredients into a mason jar. Close the jar very tightly with an airtight lid. Place at room temperature for 2-4 days, then transfer to a dark cool spot, such as the top shelf of a refrigerator, a wine cellar, or other area kept at around 40°F. Flavor and beneficial bacteria will increase with time, but fermented ketchup can be eaten immediately after the initial days of fermentation.

*\*Sometimes lacto-fermented foods can get bubbly or develop spots or white foam on top. This is no cause for concern, simply remove with a spoon. A failed fermentation will result in a putrid smell that would be too awful to consider eating. Successful lacto-fermentation will result in vegetables and fruits with a pleasantly soured taste that remain preserved for several weeks or months in cold storage.*



## **“SPARKLING” MANGO LEMONADE AND BLUEBERRY LEMONADE**

*Ingredients:*

**FOR MANGO LEMONADE:**

**zest of 4 lemons, juice of 8 lemons**

**8 cups water**

**½-¾ cup sugar**

**1 mango, peeled and pureed in a blender**

**¼ cup whey, made from separated raw milk or yogurt**

**1 teaspoon sea salt**

**FOR BLUEBERRY LEMONADE:**

**Zest of 4 lemons, juice of 8 lemons**

**8 cups water**

**¾ - 1 cup sugar**

**2 cups blueberries, pureed in a blender**

**¼ cup whey, made from separated raw milk or yogurt**

**1 teaspoon sea salt**

Prepare lemonade by place all ingredients for lemonade, except whey and salt, in a small saucepan and simmer until sugar is dissolved. Taste and add sugar or water, as needed, to adjust flavor. Pour into an airtight container through a fine mesh sieve. (*To avoid spilling, you may strain lemonade into a larger container, then carefully pour into the airtight container.*) Stir whey and salt into lemonade until evenly mixed. Cover and leave at room temperature for 2-4 days, then transfer to refrigerator. Open container to release air every few days to avoid an explosion.