

L O V I N G T H E L O V E A P P L E

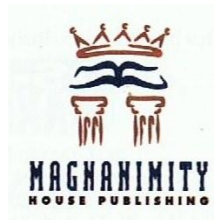
S I M P L Y I R R I S I B L E T O M A T O E S



RON KALENOK CHEF R

Ron Kalenuik

Loving The Love Apple
Simply Irresistible Series
Tomatoes



Copyright 2015

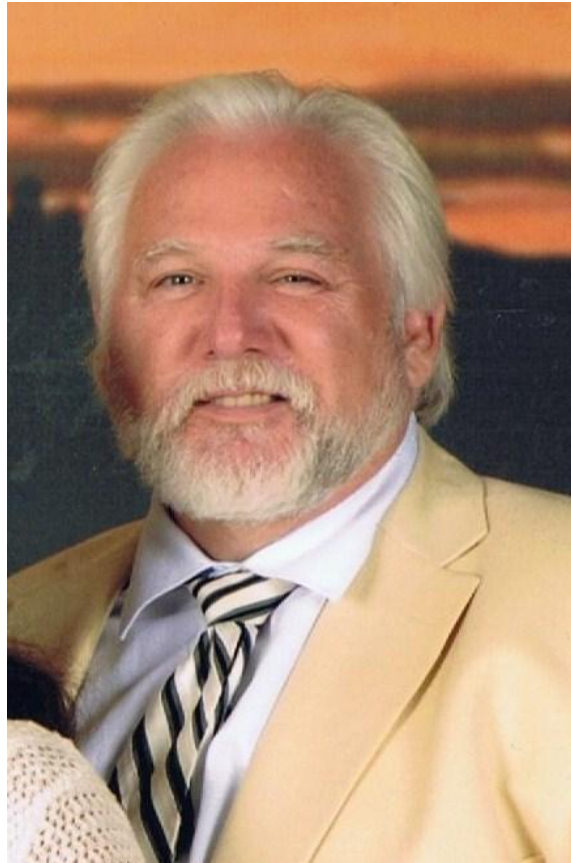
Magnanimity House Publishers

5909 Crimson Dr.

Niagara Falls, ON, Canada, L2G 7T7

Visit us at:
www.chefk.com
Email: chefk@chefk.com

ABOUT CHEF K



Ron Kalenuik. Affectionately known as Chef K (by those who couldn't pronounce his last name) began his culinary career in the Rocky Mountains of Alberta, Canada. Since then he had gone on to establish himself as an award winning Chef de Cuisine in many fine restaurants in North America before he owned and operated several national award winning restaurants of his own. He holds an MBA in Hospitality Management and is a teacher and consultant to the hospitality industry as well as a television host & author of 19 differing cookery books to date, which have been released in as many as 19 languages and sold in 64 countries worldwide.

His International best sellers include, *Simply Delicious Cooking & Simply Delicious Cooking 2* which have sold more than 2.5 million copies. Other titles by Chef K *International Family Favourites, The Original Pizza & Pasta Book, Fundamentals of Taste, Cuisine Extraordinaire, Fresh Ideas, The Right Spice and Championship Cooking*. Chef K was the host two televisions *Divine Cuisine* (which has been broadcast on 140 stations and 5 satellite networks) and *Chef K & Friends*. Chef K also was the host the Jazz Café radio program heard on CIGV Giant FM.

ABOUT CHEF K.....	3
A BRIEF HISTORY OF THE TOMATO.....	9
CANNING TOMATOES:	10
Altitude Adjustments for Boiling Water Bath Canner.....	11
WHOLE TOMATOES.....	11
CRUSHED TOMATOES	11
GROUND TOMATOES	11
DICED, STRIPS, STEWED OR CHOPPED TOMATOES	11
TOMATO PUREE	12
TOMATO PASTE.....	12
HOMEMADE TOMATO JUICE	13
HOMEMADE V8 STYLE JUICE.....	14
APPETIZERS/SOUP/SALADS.....	15
BRUSCHETTA.....	16
THAI TOMATO SOUP	17
MEXICANO PIMIENTA ROJA SOPA DE TOMATE.....	18
CHICKEN TORTILLA SOUP WITH BLACK BEANS AND AVOCADO	19
ROASTED TOMATO GAZPACHO	20
FRIED GREEN TOMATOES	21
Buttermilk	22
HORIATIKI SALATA: GREEK SALAD	23
BACON & TOMATO GALETTE	24
CAPRESES SALAD.....	26
TOMATO MELON SALAD	27
SAUCES.....	28
TOMATO CONFIT.....	29
BOLOGNESE SAUCE.....	30
MARINARA SAUCE.....	31
PIZZA ACROSS THE WATERS.....	31
TOMATO CREAM SAUCE	32
BACON AHOGADAS SAUCE	33
CHICAGO-STYLE SALSICCE PIZZA SAUCE	34

ORIGINAL PIZZA SAUCE	35
PIZZA HISTORY	35
SPICY CREOLE PIZZA SAUCE	36
FRESH PIZZA SAUCE.....	37
NEAPOLITAN PIZZA SAUCE.....	38
NEW YORK-STYLE PIZZA SAUCE	39
RICH AND HEARTY PIZZA SAUCE	40
CARIBBEAN STYLE SALSA.....	41
PARTY QUESO DIP	42
RESTAURANT STYLE SALSA.....	43
CHUNKY TOMATO SAUCE	44
MORNAY SAUCE.....	45
WILD MUSHROOM TOMATO SAUCE	46
GARLIC RANCH SAUCE	48
CHEF K'S STEAK SAUCE.....	49
STEAK SPICE.....	49
BASIC BEEF BROTH	50
PIZZA	51
BASIC PIZZA DOUGH	52
MILANO PIZZE	53
B.L.T. PIZZA.....	54
CALIFORNIA PIZZA.....	55
CHICKEN FAJITA PIZZA.....	56
Chicken Fajita Strips	57
CREOLE PIZZA	58
BLACKENED CHICKEN	58
DEVONSHIRE PIZZA	59
DUCK SAUSAGE PIZZA	60
GREEK-PIZZA	61
PIZZA BIANCA	62
PIZZA DE MARE	63
POLYNESIAN PIZZA.....	64

PIZZA PRIMAVERA.....	65
TEX MEX PIZZA	66
BURRITO SAUCE	67
MEXICAN FISHERMAN PIZZA.....	68
SAVORY SEARED STEAK PIZZA.....	69
PASTA.....	70
TRUMPETTI CAMPANOLA	72
BASIC PASTA DOUGH	74
JUMBO SHELLS WITH CRAB MORNAY.....	75
PENNE ALLA ARRABBIATA.....	76
SPAGHETTI AL GRANSEOLA.....	77
VEAL CAPPELLETTI WITH SMOKED CHICKEN,	78
SUN DRIED TOMATOES, MUSHROOMS IN MORNAY SAUCE	78
ORIENTAL BEEF AND TOMATO ON NOODLES.....	80
FETTUCINI CHICKEN JAMBALAYA.....	81
SEAFOOD À L'ÉTOUFFÉE	82
SPAGHETTI WITH TENDERLOIN TIPS IN MARINARA SAUCE.....	83
ZUCCHINI LASAGNA WITH FIVE CHEESES	84
BEEF, VEAL, PORK, GAME MEAT & LAMB.....	86
CHILI CON CARNE & CHEESE	87
CARRE AGNELLO AL FORNO	88
BUFFALO BURGERS	90
BOEUF À LA TOMATE RAGOÛT	92
RHINELAND RIBS	93
BARON OF ROAST BEEF.....	94
Roasting Chart:.....	95
BEEF GOULASH.....	96
GOULASH DUMPLINGS	97
BIFTECK MARCHAND DE VINS.....	98
Grilling Chart	99
BEEF RIBS DIABLE	100
CEYLON BEEF.....	101

BLANQUETTE DE VEAU	102
COTTAGE OR SHEPHERD'S PIE	103
OLD FASHION BEEF STEW	104
COCA COLA BEEF DINNER SOUP	105
CHICKEN & OTHER POULTRY.....	106
CHICKEN CACCIATORE.....	108
AUSTRIAN STUFFED CHICKEN	109
THAI STYLE CHICKEN & TOMATOES	110
POULET TOMATE RAGOÛT.....	111
TIKKA CHICKEN MEATBALL CURRY.....	112
CHICKEN PROVENÇALE.....	114
ANATRA CON MAFALDA	115
WILD MUSHROOM TOMATO CHICKEN.....	116
TURKEY FILLETS CREOLE.....	117
CHICKEN & SHRIMP PIE.....	118
FLAKY BUTTER PIE CRUST.....	119
FISH & SEAFOOD	120
JAMACIAN RUN DOWN	122
CAPPONE DI MARE PROVINCIALE	123
LICORICE PRAWNS	124
VONGOLE O COZZE SALTATE	125
RISOTTO ALLA ICHIATANA	126
CIOPPINO	128
ZUPPA DI PESCE	129
FLOUNDER WITH TOMATOES AND SWEET GARLIC SAUCE	130
Spanish Rice	131
STUFFED PRAWNS.....	132
COQUILLES ST. JAKES À L'INDIENNE	134
Risi E Bisi.....	135
WHITE FISH CASSEROLE	136
DESSERTS	137
TOMATO SOUP SPICE CAKE	138

Tomato Cream Cheese Frosting	139
TOMATO BREAD PUDDING	140
V-8 JUICE COOKIES	141
TOMATO STRAWBERRY MARCARPONE PARFAIT	142
LEMON CRUD	143
MEYER LEMON COFFE CAKE WITH STRAWBERRY TOMATO SAUCE	144
TOMATO CHEESECAKE	146
GREEN TOMATO BREAD.....	148
VANILLA PANNA COTTA WITH CATUS PEAR TOMATO SAUCE.....	150
TOMATO PUMPKIN SWIRL CHEESECAKE	152
STATE FAIR GREEN TOMATO BARS	154
HELPFUL COOKING WEIGTHS AND MEASURES	155
DRY MEASURES	155
LIQUID MEASURES	155
OVEN TEMPERATURE EQUIVALENTS	155
WEIGHTS	156
BASIC CONVERSIONS.....	156
SOLID CUP MEASURES	157
INDEX	158

A BRIEF HISTORY OF THE TOMATO

Walking back to the days of Aztecs and Incas as far back as 700 A.D. you will find a group of Native Americans in love with the earth and who had great farming civilizations alongside corn and potatoes grew a strange bright red fruit that eventually became known as the tomato. Soon Cortez conquered the Aztec city of Tenochtitlan, (Mexico City) taking the tomato across the Atlantic home to Spain, which eventually found its way throughout Europe and became an Italian favorite.

Considered at first a part of the nightshade family (as is the potato), the tomato was thought to be toxic. The plant was much-loved for its gorgeous yellow colored fruit called "manzanas" (apples) and "pomi d'oro" (apple of gold), because of its shape the tomato became known as pomme d'amour "the Love Apple". The English named it "tomate" a word which derived from the Aztec name of "tomatl". The German name for the tomato translates into "wolf peach".

Italians first grew the tomato about 1550 and apparently were the first Europeans to eat it. It took another quarter of a century before the English caught on along with other European nations, yet most grew the tomato mostly as a decorator plants and not for food.

The 18th century saw the tomato return to the Americans, yet the deadly rumours came along with them so none would touch the plant (now both yellow and red in color). On September 26th, 1830, Colonel Robert Gibbon Johnson stood on the steps of the courthouse in Salem, New Jersey where he consumed a basket of the dangerous fruit. Hundreds of spectators stood by awaiting him to wring with pain and curl up and die. His predictable death did not come about; soon the great taste of the fruit became wide spread and favored throughout the early states. Of course New Orleans cuisines of Cajun and Creole could not be so delicious without the tomato which found its way there in 1812, quickly the Cajun chefs adapted it to those famous French dishes laced with the flavors of Latin America along with the spices of the West Indies.

Sure tomatoes have outstanding antioxidant content, and a rich concentration of lycopene, but those are secret benefits encased in their taste. They protect your heart with phytonutrients, lower your cholesterol, and help keep your blood stream clean. When incorporating them with anchovies, arugula, basil, bread crumbs, cheese, chilies, chives, cucumbers, eggs, garlic, lemon, marjoram, mint, mushrooms, olive oil, olives, onions, oregano, parsley, pasta, pepper, peppers, saffron, salt, seafood, shallots, sugar, tarragon, thyme or vinegar your guest will never know you are watching over their health.

As this is a cookbook, the following is a list of those tomatoes best suited to the culinary effort, although extensive it is by no means complete, you're working with and experimenting with tomatoes may give you that extra special creation that can only speak of your resourcefulness to your guests:

Variety's: Alaskan Fancy, Amish Paste, Anna Russian, Antique Roman, Aperio, Auld Sod, Aviro, Black Pear, Black Plum, Blondkopfchen, Chili Verde, Chiquita, Cornue des Andes, Cream Sausage, Dasher, Doucet's

Plum Producer, Elfin, Floridity, Golden Fresh, Golden Rave, Golden Sweet, Goldman's Italian American, Grandma Mary's, Green Sleeves, Hungarian Italian, Ildi, Jersey Devil, Jersey Giant, Juliet, King Humbert, Long Tom, Monica, Mini-Charms, Old Ivory Egg, Olivade, Opalka, Orange Banana, Oroma, Patrona, Pink San Marzano, Polish Linguisa, Principe Borghese, Purple Russian, Red Pear, Rio Grande, Roma, Roman Candle, Roman Holiday, Rosada, Rudolph, San Marzano, San Marzano Lungo, Saucy, Specked Roman, Sunstream, Super Italian Paste, Tegucigalpa, Thai Pink, Ukrainian Pear, Vilms, Yellow Bell, Yellow Butterfly, Yellow Pear, Yellow Santa, Zuchello.

CANNING TOMATOES:

The majority of chefs use canned tomatoes for convenience, quality and flavoring. So making your own can give the same results as chefs get all year long. Almost every Italian restaurant use the highest quality of canned tomatoes such as: Stanisluas who calls themselves "The Real Italian Tomato Company" or Escalon's motto "Above All, A Better Tomato", these two high quality tomato canning companies are good representatives of what care and concern should be offered to the food service industry. For the consumer there also great brands but the very best are the ones canned at home by you. So we offer the following for canning tomatoes at home:

2 ¼ lbs	1 kg	Tomatoes per quart jar
½ tsp	3 ml	Citric Acid or 2 Tbsp (30 ml) lemon juice to each hot sterile quart jar.
1 tsp	5 ml	Salt to each quart jar
Glass canning jars with lids and bands		

Directions:

Wash the lids and bands in warm soapy water then reserve in a hot place. Wash your jars and place them in the water canner, heating the jars in the simmering water until ready for use. A coddle would be an ideal temperature to keep your jars sterile until you are ready to fill them.

Wash the tomatoes in salted water. Score the stem end of each of the tomatoes. Dip them into boiling water bath for 30 to 60 seconds. Immediately dip them into ice cold water, making it easy to peel off their skins. Trim away any area that is not high quality and cut out and discard the core. Now decide how you will cut your tomatoes: whole, or cut into halves, quarters, or diced.

Measure about 2 cups (500 ml) per jar. Place the tomatoes in a large stainless steel saucepan (do not use aluminum) and bring to a boil over medium-high heat, then, use a potato masher to crush the tomatoes to release juices. Bring the tomatoes to a gentle boil, stir occasionally to prevent any sticking to the bottom of the pan and burning, add additional tomatoes to the saucepan as they simmer and reduce. The additional tomatoes do not need to be crushed; they will soften with the heat and stirring. Continue until all tomatoes are added, then boil gently for 5 minutes.

Add the ½ tsp (3 ml) of Citric Acid or 2 Tbsp (30 ml) lemon juice to each hot quart jar.

Pack the hot tomatoes into the hot sterile jars, to within a 1/2 inch (1¼ cm) of the top of the jar. Press tomatoes into the jar until the spaces between the tomatoes fill with juice, leaving 1/2 inch headspace. Add 1 teaspoon of salt to each quart jar, if desired. Remove air bubbles add additional tomatoes, to bring the quantity to a proper headspace. Wipe the rims with cheesecloth and place a hot lid on the jar. Apply the band and adjust to secure the seal, do not over tighten.

Place the jars in the canner, cover, and bring to a boil and processing the jars for 45 minutes, adjusting for altitude. Remove the jars and allow to cool, check lids to be sure they are sealed after 24 hours. The lid should not pop up and down when center is pressed.

Altitude Adjustments for Boiling Water Bath Canner

Altitude in Feet	Altitude in Meters	Increase processing time
1001-3000	305-915	5 minutes
3001-6000	916-1829	10 minutes
6001-8000	1830-2439	15 minutes
8001-10000	2440-3048	20 minutes

WHOLE TOMATOES

Whole tomatoes are considered plum or round tomatoes that have been peeled and packed in juice. They are dipped in the water bath momentarily in order to peel off their skins. They are heated only long enough to kill any microorganisms. Whole canned tomatoes are usually used in sauces or stews, and are the freshest tasting of canned tomato product. They are usually broken up before or during cooking.

CRUSHED TOMATOES

Crushed tomatoes are whole peeled tomatoes that are crushed (put through a food processor) and enhanced with a small amount of tomato puree. Crushed tomatoes are often used in stews and sauces. Unlike tomato sauce however, crushed tomatoes may contain seeds.

GROUND TOMATOES

Ground tomatoes have an added 1 tablespoon (15 ml) of tomato paste per 2 cups (500 ml) of crushed tomatoes, and then continue with the canned processing above.

DICED, STRIPS, STEWED OR CHOPPED TOMATOES

Basically these are whole tomatoes that have been cut into the desired size. Pack diced tomatoes packed in juice; they have better flavor than those packed in puree. Diced tomatoes typically contain calcium chloride, which helps them hold their shape, making them good choices for soups and chunky

sauses. Use $\frac{3}{4}$ tsp (4 ml) of calcium chloride in each 2 cup (500 ml) jar. Calcium chloride is also known as or sold on the supermarket shelf as Pickle Crisp. This is often found in most canned tomato products, even those labelled as organic.

TOMATO PUREE

Tomato Puree is made from cooked tomatoes that have been strained of seeds and skins, not at all like crushed tomatoes; tomato puree is reconstituted tomato paste, made by adding water to tomato paste. Weak in tomato flavor it is not recommended for good culinary dishes. Use it in chilies, soups, and other long-cooked recipes, it is not recommended for classic Italian style pasta sauces.

TOMATO PASTE

Tomato paste is basically tomato puree with most of the moisture removed. The tomatoes are peeled then the flesh is put through a sieve to remove the seeds, and then finally the water is cooked out. Use tomato paste to add body, color, and concentration of flavor to many dishes.



HOMEMADE TOMATO JUICE

Ingredients:

3 lbs	1 ½ kg	Tomatoes, very ripe, cored, roughly chopped
1¼ cups	310 ml	Celery with leaves, chopped
½cup	80 ml	Onion, chopped
2 tbsp	30 ml	Sugar
1 tsp	5 ml	Salt
6-8 drops	6-8 drops	Tabasco™ sauce
		Pinch ground black pepper

Directions:

Put all the ingredients into a large non-reactive pot (use stainless steel, not aluminum). Bring to a simmer and cook, uncovered, until mixture is completely soupy, about 25 minutes.

Force mixture through a sieve, chinoise, or food mill. Cool completely.

Store covered and chilled. Juice will last for about 1 week in the refrigerator.

Yield: 1 quart

HOMEMADE V8 STYLE JUICE

Ingredients:

1 tbsp	15 ml	Extra Virgin olive oil
5	5	Medium-large tomatoes, chopped
½	½	Onion, chopped
2	2	Cloves garlic
1	1	Medium beet, chopped
1	1	Medium carrot, chopped
1 tbsp	15 ml	Honey
1 dash	1 dash	Tabasco™ sauce
1 dash	1 dash	Worcestershire sauce
Pinch	Pinch	Salt & Pepper
1	1	Long English cucumber, chopped
¼ cup	60 ml	Fresh parsley

Directions:

Place the olive oil in a large pot over medium-high heat, add the remaining ingredients except the cucumbers and parsley to the pot and bring to a simmer. Simmer over medium heat for about 30-45 minutes, stirring occasionally, season with the salt, pepper, the Tabasco™ and the Worcestershire sauce as desired. Remove from the heat and transfer to a blender, add the parsley and ½ the cucumber.

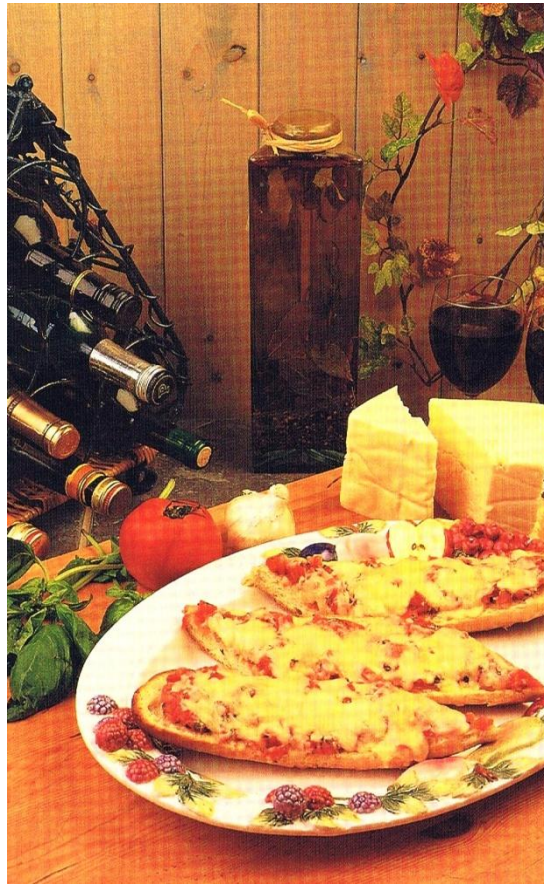
Pulse 2-3 times just to break up the chunks of vegetables remaining. Have a consistency on thick side. Be very careful in pulsing this or any other hot food items in a food processor.

Transfer from the blender to a food mill.

Using the smallest holed plate run the mixture through the food mill. Transfer the mixture back to the blender, add the rest of the cucumber and blend for 1 minute on high to get a nice smooth, juice consistency.

Serves 4

APPETIZERS/SOUP/SALADS



Summer fades, the days shorten, the nights get cooler and the most common fruit of the season bursts alive with ripeness and flavor. Yet as summer ends and fall begins your opportunity to express yourself with freshness at the beginning of every meal comes alive when you choose the tomato.

From Tomato Confit (see sauces) to fresh lively soups and absolutely delicious salads, the tomato is the first and last place you need to go to make a great meal. Tomatoes are the beginning and ending to any question anyone may have about the delicious offering you are placing before your guest.

As tomatoes marry so well with so much it takes just a little creativity to take your menu from dull to delicious. Flavours are impacted when consumed with the skins and seeds but enjoy tomatoes at the beginning of every meal in any manner for that exciting fresh start.

BRUSCHETTA

Ingredients:

1	1	French loaf
4	4	Tomatoes
2	2	Garlic cloves, minced
2 tsp	10 ml	Basil leaves, dried
1 tsp	5 ml	Salt
3 tbsp	45 ml	Olive oil
2 cups	500 ml	Mozzarella cheese, grated
½ cup	90 ml	Parmesan cheese, grated

Directions:

Slice the French loaf in half, lengthwise.

Peel and seed the tomatoes, then dice.

Mix the tomatoes with the garlic and seasonings.

Brush the bread with the oil. Cover with the tomato mixture. Sprinkle with the cheese and broil in the oven until the cheeses are melted.

Serves 4

THAI TOMATO SOUP

Ingredients:

1	1	Medium Vidalia onion, chopped
3 tbsp	45 ml	Vegetable oil
2 tbsp	30 ml	Red curry paste
1	1	Garlic clove, minced
½ tsp	3 ml	Cumin seeds
3 cups	750 ml	Vegetable broth
1 ½ cups	375 ml	Coconut milk
3 cups	750 ml	Tomatoes, diced
2 tbsp	30 ml	Fish sauce
1 tbsp	15 ml	Packed brown sugar
¼ cup	60 ml	Lime juice
½ cup	125 ml	Fresh cilantro, chopped

Directions:

In a heavy sauce pan over medium heat, add the oil, onion, red curry paste, garlic, and cumin seeds. Cook until onions have softened. Add the vegetable stock, coconut milk, diced tomatoes, fish sauce and brown sugar and simmer for 10 minutes. Add salt and pepper to taste. Remove from the heat and allow to cool.

Purée the soup with a hand blender. Return the soup to the pot and reheat. Squeeze in the lime juice and stir in the cilantro and serve.

Serves 4

MEXICANO PIMIENTA ROJA SOPA DE TOMATE

Ingredients:

4 tsp	20 ml	Olive oil
2	2	Onions, sliced
2	2	Red peppers, seeded and chopped
2	2	Garlic cloves, crushed
1 tbsp	15 ml	Mild chilli powder
½ tsp	3 ml	Ground cinnamon
2 cups	500 ml	Tomatoes, chopped
6 oz	170 ml	Can kidney beans
2 tbsp	30 ml	Tomato purée
3 cups	750 ml	Vegetable broth
4 oz	110 g	Cooked macaroni or other small pasta shape
		Salt to taste
		Fresh coriander or oregano, chopped (to garnish)

Directions:

Heat the oil in a large saucepan; add the onions, red peppers and garlic sauté on medium heat for about 5 minutes or until softened. Add the chilli powder and cinnamon; continue to cook for an additional minute.

Add the chopped tomatoes, kidney beans, tomato purée, and broth. Bring to a boil, reduce the heat, cover and simmer for 20 minutes.

Blend the soup with a hand blender or food processor until smooth.

Return to the saucepan, add the cooked pasta and reheat the soup gently.

Season with salt to taste serve the soup in warm bowls, garnish with chopped coriander or oregano.

Serves 4

CHICKEN TORTILLA SOUP WITH BLACK BEANS AND AVOCADO

Ingredients:

1 tbsp	15 ml	Vegetable oil
1	1	Medium green bell pepper, seeded, finely chopped
1	1	Small white or yellow onion, finely chopped
1	1	Jalapeño pepper, seeded, finely chopped
1 tbsp	15 ml	Chilli powder
5 cups	1 ¼ L	Chicken broth
3 cups	750 ml	Chicken breast, shredded and cooked
2 cups	500 ml	Tomatoes, chopped
2 cups	500 ml	Canned black beans, drained and rinsed
2 tbsp	30 ml	Fresh lime juice
¾ tsp	4 ml	Salt
½	½	Hass avocado, cut into chunks
1 cup	250 ml	Crumbled baked tortilla chips
½ cup	125 ml	Sour cream
1 cup	250 ml	Cheddar cheese, shredded

Directions:

Heat the oil in a saucepan; add the green pepper, onion and jalapeño cook for 6-8 minutes over medium heat. Add the chilli powder and cook for another minute. Add the broth and stir well. Bring the mixture to a boil, reduce the heat to low, and simmer for 10 minutes.

Add the chicken, tomatoes, beans, juice and salt. Continue to simmer an additional 5 minutes.

Serve, by dividing the avocado into soup bowls and ladle 1-1/2 cups of soup over the top.

Crush the chips on top and garnish with a dollop of sour cream then sprinkle with cheese.

Serves 6

ROASTED TOMATO GAZPACHO

Ingredients:

2 ¼ lbs	1kg	Tomatoes, sliced
1	1	White onion, peeled, sliced
2	2	Garlic cloves, peeled
1 tbsp	15 ml	Fresh thyme leaves
2 tbsp	30 ml	Olive oil
1	1	Jalapeño, seeded
1 cup	250 ml	Diced seedless cucumber
½ cup	125	Homemade V8 Juice (see canning)
2 tbsp	30 ml	Cilantro, chopped
2 tbsp	30 ml	Basil, chopped
½ cup	125 ml	Chicken stock
2 tsp	5 ml	Sherry vinegar

Directions:

Preheat the oven to 400°F (220°C). Line a baking sheet with aluminum foil.

Toss the tomatoes, onion, garlic and thyme with the oil and place on the foil.

Roast in the oven for 30 minutes, remove and cool for 10 minutes.

Pulse the jalapeños, cucumbers and the roasted tomato mixture with the juice in a food processor so that there is a chunky mixture.

Add the remaining ingredients to the food processor and pulse twice. Heat gently and ladle the mixture into serving bowls and serve with crackers and crusty bread.

Serves 4

FRIED GREEN TOMATOES

Ingredients:

4 cups	1 L	Vegetable Oil
6	6	Green tomatoes, cut into 1/4-inch rings
		Kosher salt and freshly ground black pepper
¾ cup	94 g	All-purpose flour
1 tbsp	15 ml	Garlic powder
4	4	Eggs
2 tbsp	30 ml	Milk
1 ½ cups	375 ml	Panko bread crumbs
		Pinch cayenne pepper
		Pinch paprika
		Buttermilk Dipping Sauce, recipe follows)

Directions:

In a deep-fryer, preheat oil to 350°F (180°C).

Season the tomatoes, on both sides, with the salt and pepper.

Place flour and garlic powder in a shallow dish. In second shallow dish, beat eggs with the milk. In third dish, mix bread crumbs with cayenne and paprika.

Coat the tomatoes with the flour, then dip into the eggs and lastly coat with the bread crumbs.

Fry in the oil a few pieces at a time, so they can cook evenly, about 2 to 3 minutes. Drain onto paper towels and serve with Buttermilk Dipping Sauce.

Serves 4

Buttermilk Dipping Sauce

Ingredients:

1 cup	250 ml	Apple cider
1 tbsp	15 ml	Brown sugar
$\frac{3}{4}$ cup	190 ml	Buttermilk
$\frac{3}{4}$ cup	190 ml	Mayonnaise
2 tbsp	30 ml	BBQ sauce (see sauces)
2 tbsp	30 ml	Fresh lime, juiced
4	4	Scallions, sliced thin
		Kosher salt and freshly ground black pepper

Directions:

In a small saucepan over medium heat, combine the apple cider and brown sugar. Reduce into thick syrup. Remove from the heat and cool.

In a medium bowl, add the buttermilk, mayonnaise, BBQ sauce and lime juice and whisk well. Stir in the scallions and the apple cider mixture. Cover and refrigerate until ready to serve with “Fried Green Tomatoes”.

Yields 2 cups (500 ml)

HORIATIKI SALATA: GREEK SALAD

Ingredients:

4-5	4-5	Large, ripe, tomatoes
1	1	Large red onion
1	1	Long English cucumber
1	1	Green bell pepper
1 tbsp	15 ml	Dried Greek oregano
		Sea salt
¼ cup	60 ml	Extra Virgin olive oil
2 tbsp	30 ml	Lemon juice, freshly squeezed
¼ lb	115 g	Greek feta cheese, sliced or crumbled
12	12	Greek olives (Kalamata)

Directions:

Wash and dry the tomatoes, cucumber, and green pepper. Clean off the outer skin from the onion, wash, and dry.

Cut the tomatoes into bite-sized irregularly shaped chunks, removing the core. Slice the cucumber into 1/4-inch slices, cutting slices in half. Slice the pepper into rings, removing the stem and seeds. Salt the vegetables lightly.

Combine the tomatoes, cucumbers, green pepper and onion in a large salad bowl. Sprinkle with the oregano, pour olive oil over the salad, and toss with the lemon juice. Just before serving, place the feta on top of the salad, and toss in the olives.

Serves 4

BACON & TOMATO GALETTE

Ingredients:

½ cup	30 g	Cold unsalted butter, cubed
1½ cups	187 g	All-purpose flour
⅓ cup	80 ml	Parmesan cheese, shredded
1 tsp	5 ml	Cracked black pepper
4 -6 tbsp	60-90 ml	Cold water
4	4	Tomatoes, large heirloom, cored (about 2 pounds)
1 tsp	5 ml	Kosher Salt
3 tbsp	45 ml	Fine dry bread crumbs
½ cup	125 ml	Shallot, thinly sliced
2 tsp	10 ml	Fresh thyme leaves
½ CUP	125 ml	Bacon, cooked crumbled
6 oz	170 g	Goat Cheese, semi-soft (chevre) or feta cheese, crumbled
1	1	Egg, lightly beaten
1 tbsp	15 ml	Water
		Fresh basil leaves

Directions:

In a large bowl cut the butter into flour with a pastry blender until pieces are pea-size. Stir in the Parmesan cheese and cracked pepper. Sprinkle 1 tablespoon of cold water over part of the mixture; and toss with a fork. Push moistened dough to the side of the bowl. Repeat, using 1 tablespoon of the water at a time, until all of the dough is moistened. Form dough into a ball, wrap with plastic wrap and chill at least 30 minutes or until firm but pliable.

Slice the tomatoes 1/4 inch thick and arrange on a wire rack over a baking pan, sprinkle with salt and let drain for 30 minutes.

Preheat the oven to 375°F (190°C). Lightly flour a smooth surface, roll dough to a 13" (32.5 cm) circle. Fold in half, transfer to a large baking sheet lined with parchment paper; unfold.

Evenly spread the bread crumbs on pastry, leaving about a 2" (5 cm) border. Layer tomatoes, shallot, thyme, bacon and goat cheese on the bread crumbs. Fold the crust over filling, pleating as necessary and leaving some filling exposed in center. Combine egg and 1 tbsp (15 ml) water; brush on edges of pastry.

Bake the crust for 30-40 minutes or until crust is brown and crisp. Cool at least 10 minutes. Serve warm or at room temperature, garnished with fresh basil and cut into wedges.

Serves 4



CAPRESES SALAD

Ingredients:

6	6	Medium very ripe tomatoes
4 oz	120 g	Fresh Mozzarella cheese
6	6	Large Basil leaves
4 tbsp	60 ml	Good quality extra virgin olive oil
4 tbsp	60 ml	Balsamic vinegar
		Salt, preferable fleur de sel

Directions:

Cut the tomatoes and Mozzarella into even slices. Layer or stack them on a serving platter or four individual salad plates.

Cut the basil leaves into thin ribbons and sprinkle them over the salad(s). Drizzle salad(s) with olive oil, balsamic vinegar and sprinkle with salt to taste. Serve immediately.

Serves 4



TOMATO MELON SALAD

Ingredients:

2 oz	60 g	Pancetta, thinly sliced
4 oz	120 g	Orecchiette (little ear pasta)
		Kosher salt
3½ tbsp	56 ml	Extra Virgin olive oil
2 ½ tbsp	38 ml	Champagne vinegar
1 cup	250 ml	Honeydew melon, peeled 1"x1"x ¼ " cut
1 cup	250 ml	Cherry tomatoes, sliced in half
⅓ cup	90 ml	Fresh mint, coarse chopped divided
3 tbsp	45 ml	Scallion, thinly sliced
Pinch	pinch	Crushed red pepper flakes
		Freshly ground black pepper
1 oz	30 g	Ricotta salata (salted dry ricotta), shaved, or crumbled feta

Directions:

Preheat the oven to 350°F (180°C). Arrange the pancetta in a single layer on a large rimmed baking sheet. Bake until brown and crisp, 20–25 minutes. Let pancetta stand until cool enough to handle, then break into bite-size pieces.

In a medium pot of boiling salted water cook the Orecchiette, stirring occasionally, until al dente. Drain the pasta; run under cold water to cool. Drain and set aside.

Whisk the oil and vinegar in a large bowl. Add half of the pancetta, cooked pasta, and melon, half of mint, scallion, and red pepper flakes. Toss to coat. Season with salt and pepper to taste, transfer to a serving dish. Sprinkle remaining pancetta and mint over. Garnish with the cheese.

Serves 4

SAUCES

Bechamel, Veloute, Hollandaise, Espagnole, Tomato sauce, these are five French mother sauces; they are called this because from them we create many secondary sauces, they are the foundation of all sauces, or, even converting the sauces into a creamy tomato or other soup. Combining one mother sauce with a second one, or with other ingredients will yield exciting flavor combinations that finish a dish exactly right, once you know how to make these



you can add a few different ingredients to each base to make 100's of different variations. Add a tablespoon or two of tomato sauce to Hollandaise sauce and the result is a Choron sauce, a great sauce for eggs, fish or poultry.

As a mother sauce, tomato sauce has many primary and secondary sauces can be made from it. Some are Creole Sauce, Spanish Sauce, Portuguese Sauce, Provencale Sauce, and Hussarde Sauce. It is understood that French tomato sauce differs greatly from marinara sauce (which most consider tomato sauce) we offer both within our pages but for the most part our sauce is Marinara with just a few simple ingredients. Yet like the tomato sauce, Marinara offers differing secondary sauces, with Marinara as the foundation, such sauces as: Tomato-Ricotta Sauce, Tuna Sauce, Tomato Mushroom Sauce, Neapolitan Pasta Sauce, Vodka sauce, Puttanesca Sauce and Amatriciana Sauce come alive. A few ingredients and soon you have a great sauce to spoon on or beneath your culinary features exactly as you want serve them. Choose your sauce and choose excitement.

TOMATO CONFIT

Ingredients:

12	12	Plum tomatoes ripe
⅓ cup	80 ml	Olive oil
6	6	Garlic cloves, lightly crushed
6	6	Sprigs of fresh thyme
1 tsp	5 ml	Kosher Salt
½ tsp	3 ml	Cracked black pepper

Directions:

Preheat the oven to 275°F (140°C).

Bring a large pot of water to boil. Remove the stem end of each tomato and score with a cross on the blossom end. Immerse the tomatoes into the boiling water until the skin starts to loosen. Plunge the tomatoes into ice water bath, then drain. Peel the tomatoes, then cut them in half, then remove the seeds.

Cover a cookie sheet with foil, then brush the foil with olive oil. Place the tomatoes, cut side down, on the baking sheet. Sprinkle with the garlic and thyme then sprinkle with salt and pepper drizzle with the remaining olive oil.

Bake for 2 hours or more, until the tomatoes are very soft and shriveled. Check the tomatoes every half hour to ensure they are not browning and rotate the baking sheet for even cooking. Cool to room temperature, store in a tightly covered glass jar in the fridge.

Yields 1 lb (454 g)

BOLOGNESE SAUCE

Ingredients:

2 tbsp	30 ml	Olive Oil
2 cups	500 ml	Yellow Onions (1/2" diced)
1 cup	250 ml	Carrots (1/2" diced)
¼ cup	60 ml	Fresh Garlic, chopped
2 lbs	900 g	Mild Italian Sausage
2 lbs	900 g	Lean Ground Beef
2 tbsp	30 ml	Fresh Rosemary, chopped
2 tbsp	30 ml	Fresh Oregano, chopped
6 cups	1.5 L	Marinara Sauce (follows)
6 cups	1.5 L	Tomato Strips in Juice
2 tbsp	30 ml	Fresh Basil, chopped
		Salt to taste
		Black Pepper to taste

Directions:

Sauté the onions, carrots, and garlic in the olive oil until soft.

Add the sausage, ground beef, rosemary and oregano. Cook until the meat browns (break meat up with a heavy spoon or metal spatula as it cooks).

Stir in the Marinara Sauce and tomato strips and bring sauce to a boil, reduce to a simmer. Cook the sauce down to the desired consistency.

Add fresh basil and remove sauce from heat.

Adjust seasoning with the salt and black pepper. Use as required.

Yields 8 cups (2L)

MARINARA SAUCE

Ingredients:

1 ½ cups	310 ml	Yellow Onions diced 1/2"
2 tbsp	30 ml	Olive Oil
1 ½ cups	310 ml	Fresh Garlic, chopped
1 tsp	5 ml	Fresh Oregano, chopped
12 cups	4 L	Puréed Tomatoes (see how to can tomatoes)
2 cups	500 ml	Tomatoes in Juice, chopped (see how to can tomatoes)
¼ cup	60 ml	Fresh Basil, chopped
		Salt to taste
		Black Pepper to taste

Directions:

Sauté the onions in the olive oil until they are transparent. Add the garlic and sauté until the aroma is apparent. Add the oregano and tomatoes to the onions and cook for 45 minutes over low heat. Add the basil and adjust the seasoning to taste. Use as required.

Yields 10 cups (2½ L)

PIZZA ACROSS THE WATERS

The “tomato pie” was brought to the Americas by Gennaro Lombardi who is credited as to having opened the first United States Pizzeria in New York City in 1905. The second pizzeria was Joe’s Tomato Pies opened in 1910 in Trenton NJ along with the third pizzeria Papa’s Tomato Pies also in Trenton.

Soon Chicago was introduced to the deep dish style, a leavened rising crust style pizza created at Pizzeria Uno in 1943. As the American vet returned home from fighting in Italy, the food they sampled there like spaghetti with “red gravy” and pizza became popular at home. Prior to the war Italian cuisine was appreciated most by those who migrated from Italy but now became a favorite all over the country.

While Dean Martin sang; "When the moon hits your eye like a big pizza pie, that's amore" Americans were more concerned with eating the pizza alongside the Italian crooners than singing about it.

While the” tomato pie” was first snickered at, because pies are made with apples or cherries not tomatoes after all, the name pizza soon took over for tomato pie and by the 1950’s pizza was well on its way to being one of the top three most loved “American” cuisines consuming more than 350 slices per second, today.

TOMATO CREAM SAUCE

Ingredients:

1 oz	30 g	Butter
1	1	Red Onions 1/4" diced
¾ cup	190 ml	Dry White Wine
3 ¼ cups	810 ml	Diced Tomatoes in Juice (see how to can tomatoes)
2 cups	500 ml	Heavy Cream
2 tbsp	30 ml	Fresh Basil ,chopped

Directions:

In a heavy saucepan melt the butter and sauté the red onions.

Add the white wine and let reduce by half.

Add the tomatoes and the heavy cream and reduce by 1/4 over low heat or until the sauce achieves desired consistency.

Stir in the basil and let set for 5 minutes.

Yields 6 cups (1½ L)

Lagniappe:

To make Tomato Cream Soup, purée the tomato cream sauce in a food processor, pass through a tomato mill, or use a hand held sauce wand. Process the soup until it achieves a smooth consistency. Then add basil to finish.

Lagniappe is Creole for a little extra, a small gift, a freebie usually seen by customers of merchants when the vendor would throw in a few extras as the customer would pay for their purchase. Similar to the purchase of a dozen doughnuts and the baker gives one more making that “baker’s dozen” that would be a form of lagniappe. So watch for my little extras throughout this book.

BACON AHOGADAS SAUCE

Ingredients:

¾ oz	21 g	Dried chiles de arbol (about 30), stemmed and seeded
3 oz	90 g	Red Onion
1 oz	30 g	Roasted Garlic
3 tbsp	45 ml	Canola Oil
5 oz	75 g	Bacon bits, precooked, shaved
2 tbsp	30 ml	Pickled Jalapeños, chopped
2 tbsp	30 ml	Pumpkin seeds, toasted
1½ tbsp	23 ml	Sesame seeds, toasted
1 tsp	5 ml	Dried oregano
1 tsp	5 ml	Kosher Salt
¼ tsp	2 ml	Ground cumin
⅛ tsp	1 ml	Ground allspice
⅛ tsp	1 ml	Ground cloves
2 tbsp	30 ml	Water
4 cups	1 L	New York style Pizza Sauce (see sauces)

Directions:

In a bowl, toss the chilies, onion, garlic, oil, bacon, jalapeño, seeds and spices with the water.

Place on a pizza pan baked in a preheated oven at 475° F (240°C) for 6 to 8 minutes until the onions are softened. Remove from the oven and cool.

Once the mixture has cooled place in a food processor, add the pizza sauce and pulse to smooth. Use as required.

Yields 4 cups (1 L)

CHICAGO-STYLE SALSICCE PIZZA SAUCE

Ingredients:

1 tbsp	15 ml	Olive Oil
¼ cups	60 ml	Onion 1/4" diced
1 tbsp	15 ml	Fresh Minced Garlic
2 cups	500 ml	Crushed Tomatoes (see how to can tomatoes)
¾ cups	180 ml	Tomato Purée (see how to can tomatoes)
1 tbsp	15 ml	Fresh Basil, chopped
½ tsp	3 ml	Dried Oregano
½ tsp	3 ml	Ground Black Pepper
½ tsp	3 ml	Salt

Directions:

In a sauce pan, brown the onions in the oil. Add the garlic and continue cooking just until garlic is translucent.

Remove the pan from the heat and stir in tomato products and seasonings.

Refrigerate and use as needed.

Yields 3 cups (750 ml)

Lagniappe: DEEP DISH PIZZA

Deep Dish Pizza, what would a trip be without trying a Chicago deep dish pizza, but you don't have to go, try ours. With a 3 inch crust side and a generous amount of toppings and cheese who can resist? The Uno's Deep Dish (The creators of the pizza) calls for a higher but thin crust as compared to the "pan" pizza sold throughout the rest of the country. Baked in a cake style pan (springform) rather a traditional pizza pan the deep dish pizza requires a longer cooking time, which could burn the pizza if assembled like pan pizzas. Instead the dough is pressed into the pan, then the cheese is layered on the dough, next the toppings and finally an uncooked sauce on top to finish, completely the reverse of other pizzas.

ORIGINAL PIZZA SAUCE

Ingredients:

1 ¼ cups	310ml	Pizza Sauce with Basil
1 ¼ cups	310ml	Puréed Tomatoes (see how to can tomatoes)
1 ¼ cups	310ml	Water
2 tbsp	30 ml	Leaf Oregano
1 tsp	5 ml	Black Pepper
1 tsp	5 ml	Granulated Garlic
1 tsp	5 ml	Granulated Onion
1 tbsp	15 ml	Kosher Salt

Directions:

Blend all ingredients in a large mixing bowl and place in a refrigerator for 12 hours before using.

Yields 3¾ cups (930 ml)

PIZZA HISTORY

Flat bread is one of the most ancient of the culinary offerings. Genesis 3:6 is the first mention of bread and likely Adam and Eve were enjoying it while still in the garden, most likely unleavened flat bread. The word “pizza” is first mention in the 900’s in the Mideast area of Italy. The ancient Greeks had flat bread which they top with various aromatics. Pizza as we know it today began as a street food in the 1600’s of Naples Italy sold by street hawkers to mainly the very poor of the area. In the 1800’s the Pizza Margherita (what is considered the authentic pizza) was created to honor the Queen consort Margherita of Savoy with tomatoes, (Buffalo) mozzarella and basil symbolizing the national colors of Italy.

After the introduction of the tomato and the assurance that it was not poisonous it became on the most popular items to top the pizza in the Naples region. Pizza "la marinara", the seaman's wife, (the oldest style of pizza) and the Margherita are consider by many Italians as the only true style of pizzas, there are restaurants within Italy that will only serve these two types to this day. A true pizza rolled by hand, 14” (35 cm) round, very thin 0.10” (1 cm) thick, baked in a wood fired oven are consider the best by True Neapolitan Pizza Association a global group for the preservation of authentic Neapolitan pizza. You may begin your group by creating your pizza any way you want, just be sure to use one of our great tasting sauces.

SPICY CREOLE PIZZA SAUCE

Ingredients:

3 tbsp	45 ml	Olive oil
½ cup	125 ml	Onion, finely chopped
½ cup	125 ml	Celery, finely chopped
½ cup	125 ml	Green or red bell pepper, finely chopped
2 tbsp	30 ml	Fresh garlic, finely chopped
½ tsp	3 ml	Thyme, basil, oregano, salt, granulated garlic each
¼ tsp	1 ml	Cayenne pepper, black pepper, granulated onion each
1	1	Bay leaf
4 cups	1 L	Whole canned tomatoes
3 oz	84 ml	Tomato paste
1 tsp	5 ml	Tabasco™ sauce
1 tbsp	15 ml	Worcestershire sauce
½	½	Lemon, grated rind and lemon juice
2 tbsp	30 ml	Parsley fresh chopped

Directions:

Heat the olive oil in a medium saucepan and sauté the onions, celery, red or green bell pepper and garlic over medium heat until soft. Add the spices, stirring for another minute. Add the tomatoes, tomato paste, Tabasco™ sauce, Worcestershire sauce, lemon juice and rind, cover and simmer on low heat for about 30 minutes.

Taste to adjust the seasonings and stir in the fresh parsley.

Yields 4 cups (1 L)

FRESH PIZZA SAUCE

Ingredients:

4 cups	1 L	Ground Tomatoes ((see how to can tomatoes))
1 tbsp	15 ml	Lemon Juice
¼ oz	8 g	Fresh Basil, chopped
2 tsp	10 ml	Dried Leaf Oregano
2 tbsp	30 ml	Fresh Parsley, chopped
1 tsp	6 ml	Dried Thyme
½ tsp	3 ml	Ground Black Pepper
1 tsp	5 ml	Fresh Puréed Garlic
2 tbsp	30 ml	Fresh Puréed Onion
2 tsp	10 ml	Salt

Directions:

Blend all the ingredients in a large mixing bowl and place in the fridge for 12 hours before using.

Yields 3 cups (1 L)

Lagniappe: Real Big Tomato Stuff

The heaviest tomato on record weighed in at 3.51 kg (7 pounds 12 ounces). A “delicious” variety, it was grown by Gordon Graham of Edmond, Oklahoma in 1986.

Guinness Book of World Records, the largest tomato tree grows at Walt Disney World Resort’s experimental greenhouse and yields a harvest of more than 32,000 tomatoes and weighs 1,151.84 pounds (522 kg). The plant was discovered in Beijing, China, by Yong Huang, Epcot’s manager of agricultural science, who took its seeds and grew them in the experimental greenhouse.

The largest tomato plant was recorded in 2000, reached 19.8 meters (65 feet) in length and was grown by Nutriculture Ltd. of Mawdesley, Lancashire, UK.

NEAPOLITAN PIZZA SAUCE

Ingredients:

2 cups	500 ml	Tomato Purée (see how to can tomatoes)
2 cups	500 ml	Ground Tomatoes (see how to can tomatoes)
1 tbsp	15 ml	Leaf Basil
1 tbsp	15 ml	Leaf Oregano
2 tsp	10 ml	Black Pepper
2 tsp	10 ml	Granulated Garlic
2 tsp	10 ml	Salt
1 tsp	5 ml	Ground Fennel Seed
2 tbsp	30 ml	Extra-Virgin Olive Oil

Directions:

Blend all the ingredients in a large mixing bowl and place in the fridge for 12 hours before using.

Lagniappe: If your tomato sauce seems to be high in acidity use ¼ tsp (5 ml) of baking soda to every cup of tomato sauce to neutralize any acid. Simply add the baking soda, cook stirring until the bubbles have dissipated. You are done and the sauce will now be less acidic.

Yields 4 cups (1 L)

NEW YORK-STYLE PIZZA SAUCE

Ingredients:

½ cup	125 ml	Fresh onions, 1/4" diced
1 tbsp	15 ml	Fresh Garlic, minced
1 tbsp	15 ml	Olive Oil
3 cups	750 ml	Ground Tomatoes (see how to can tomatoes)
1 cups	250 ml	Crushed Tomatoes (see how to can tomatoes)
½ cup	125 ml	Mushrooms, sliced canned
1 tbsp	15 ml	Dried Oregano
1 tbsp	15 ml	Sugar
1 tbsp	15 ml	Dried Basil
2 tsp	10 ml	Salt
½ tsp	3 ml	Ground Black Pepper

Directions:

In a large saucepan, sauté the onions and garlic in the oil, until slightly softened, remove the pan from the heat.

Stir in the tomato products and the remaining ingredients.

Refrigerate and use as needed.

Yields 5 cups (1.25 L)

Lagniappe: Originally from the state of Jalisco is filled with crisp roast pork, then "drowned" in a spicy chile de arbol sauce. Cover your pizza with pulled pork, drown the pork in this sauce, cheese on top and bake for great yet different pizza.

RICH AND HEARTY PIZZA SAUCE

Ingredients:

2 cups	500 ml	Tomato Purée (see how to can tomatoes)
¼ cup	60 ml	Water
3 tbsp	45 ml	Liquid Beef Soup concentrate
2 tbsp	30 ml	Extra-Virgin Olive Oil
1 tbsp	15 ml	Leaf Basil
1 tbsp	15 ml	Leaf Oregano
2 tsp	10 ml	Parsley Flakes
2 tsp	10 ml	Black Pepper
2 tsp	10 ml	Granulated Garlic
1 tsp	5 ml	Granulated Onion
1 tsp	5 ml	Celery Seed

Directions:

Blend all the ingredients in large mixing bowl and place in the cooler for 12 hours before using.

Yields 2½ cups (625 ml)

Lagniappe: Food Fight

La Tomatina is a food fight festival held on the last Wednesday of August each year in the town of Bunol near to Valencia in Spain. Tens of thousands of people make their way from all over the world to fight in this 'World's Biggest Food Fight' where more than one hundred metric tons of over-ripe tomatoes are thrown in the streets. Many trucks haul the tomatoes into the centre of the town, Plaza del Pueblo. The tomatoes come mostly from Extremadura. Other tomato festivals are held in Carmel CA. Seattle WA. Fairfield CA. Leamington ON. As well in farmers markets around the globe.

CARIBBEAN STYLE SALSA

Ingredients:

2 cups	500 ml	Tomatoes Diced (see how to can tomatoes)
⅔ cup	170 ml	Mango 1/2" diced
1 oz	30 g	Jalapeño's, canned diced
½ cup	125 ml	Green Bell Pepper 1/2" diced
½ cup	125 ml	Red Onions 1/2" diced
¼ cup	60 ml	Fresh Cilantro, chopped
2 tbsps	30 ml	Fresh Lime Juice
2 tsp	10 ml	Jerk Seasoning
		Salt & pepper to taste

Directions:

Combine all the ingredients in a mixing bowl and mix well.

Cover and refrigerate for 2 to 3 hours, taste and adjust seasoning with salt and pepper before serving.

Yields 4 cups (1 L)

Lagniappe: The big circle.

Tomatoes left the New World, settled in the Old World and then eventually made their way back via the Caribbean. Making their home throughout the island they influence many of the key dishes that make up signature dishes of the various islands. Dishes like colombos, gumbos, Jamaican run down (see seafood) and many many more welcomed the return of the tomato. With strong influences of the New Orleans Creoles, a bounty of the sea and the spices of the islands great Caribbean cuisine is now offered to the world over.

PARTY QUESO DIP

Ingredients:

2 cups	500 ml	Restaurant Style Salsa (recipe follows)
¼ cup	60 ml	Cilantro, fresh chopped
½ cup	125 ml	Corn kernels
		Salt to taste
½ lb	225 g	Cream Cheese
2 tbsp	30 ml	Green Onions, ¼ " chopped
¼ cup	60 ml	Black Beans, canned, drained
2 tbsp	30 ml	Jalapeño's, canned, sliced

Directions:

Place the cream cheese in the mixer with the paddle attachment and soften the cream cheese on low speed for 5 minutes.

Combine all the rest of the ingredients in a food processor and blend for 1 minute. Fold into the cream cheese and mix well.

Place Queso Dip in a microwave proof dish and heat on medium heat for 2-3 minutes.

Place in a 350°F (180°C) oven for 5 minutes. Remove from the oven and serve with the chips.

Yields 6 cups (1.5 L)

RESTAURANT STYLE SALSA

Ingredients:

3 ½ cups	810 ml	Tomatoes crushed
1 cup	250 ml	Green chilies canned
3 tbsp	45 ml	Jalapeños, sliced canned
1 tsp	5 ml	Salt
1 tsp	5 ml	Garlic granulated
¼ cup	60 ml	Cilantro fresh washed chopped

Directions:

Place all the ingredients into a food processor, blend well. Taste and adjust seasoning with salt and pepper.

Yields 5 cups (1.25 ml)

Lagniappe: Make your own Cream cheese.

Cream cheese: Combine 2 cups (500 ml) milk and 2 cups (500 ml) whipping cream and heat the mixture in a double boiler until it's about 90°F (32°C). Remove from the heat and stir in 2 tablespoons cultured buttermilk, cover, and let rest in a warm place for two days until it has the consistency of yogurt. Pour the mixture through a colander lined with butter muslin (or several layers of cheesecloth) and drain for several minutes. Replace the muslin or cheesecloth and place the colander in a deep bowl, wrap tightly with plastic wrap, refrigerate and let it continue to drain for a day or so until the cream cheese has the desired consistency. Adjust the taste with salt and/or add any additional flavorings like fresh herbs, roasted garlic or sundried tomatoes.

CHUNKY TOMATO SAUCE

Ingredients:

2 tbsp	30 ml	Olive oil
2	2	Garlic cloves, minced
1	1	Green bell pepper, diced
1	1	Onion, diced
2	2	Celery stalks, diced
4 oz	120 g	Mushrooms, sliced
1 tsp	5 ml	Salt
½ tsp	3 ml	Pepper
1 tsp	5 ml	Basil leaves
½ tsp	3 ml	Oregano leaves
½ tsp	3 ml	Thyme leaves
½ tsp	3 ml	Paprika
¼ tsp	1 ml	Cayenne
3 lbs	1.35 kg	Tomatoes peeled, seeded and chopped

Directions:

In a sauce pan heat the oil. Sauté the garlic, green pepper, onion, celery and mushrooms until tender, add the seasonings and tomatoes.

Simmer for 3 hours or until desired thickness. Use as required.

Yields 4 cups (1 L)

MORNAY SAUCE

Ingredients:

3 tbsp	45 ml	Butter
3 tbsp	45 ml	Flour, all purpose
1¼ cup	310 ml	Chicken broth
1 ¼ cup	310 ml	Half & half cream
½ cup	125 ml	Parmesan cheese, freshly grated

Directions:

Heat the butter in a sauce pan, add the flour and cook for 2 minutes over low heat. Stir in the chicken broth and cream. Reduce heat and simmer until thickened. Stir in the cheese and simmer for 2 more minutes.

Use as required.

Yields 3 cups (750 ml)

Lagniappe: Cheese & Tomatoes,

You would think cows had a love affair with tomatoes, for nearly any cheese type pairs with tomatoes, you pick it, it most likely will pair, even the strong cheeses, such as Roquefort, Maytag Blue, Gorgonzola or Danish Blue. However the great tomato cheese pairing will be found in the more common (not so costly as well) of the semi hard and hard cheeses like parmesan cheese, pecorino cheese, provolone or Oaxaca cheese for Latin dishes. Bel Paese, Brick, Cheddar, Caciocavallo, Fontina ,Taleggio, Goudam, Havarti, Samsoe, jack, Muenster and of course Mozzarella all make great accompanying cheeses for sauces of baking with tomato dishes, use a combination of three over more to pack flavor. These are also the cheeses you will want to use in combination for that perfect melt on your pizzas. Just keep in mind that cheese will be stringy if cooked too long.

When it comes to the soft cheese varieties or the unripened or fresh cheese, fresh cheeses have a higher moisture content and are usually lower in fat and sodium than other cheeses. Most are highly perishable, they break easily when heated so add them at the very end of the process if possible. Consider using, ricotta (of course is king) Boursin, Buttermilk cheese, Cream cheese, Farmers cheese, Neufchâtel (a great substitute for Cream) Queso Fresco for Latin cuisine and Paneer for Indian dishes.

WILD MUSHROOM TOMATO SAUCE

Ingredients:

1 tbsp	15 ml	Unsalted butter
3 tbsp	45 ml	Extra-virgin olive oil
2	2	Shallots, minced
2 ¼ lbs	1 kg	Mushrooms, such as Crimini, King oyster, shiitake, chanterelle,
1 tbsp	15 ml	Fresh thyme sprigs
1 tsp	5 m	Fleur de sel (see note)
½ tsp	3 ml	Freshly ground black pepper
½ cup	125 ml	Shiraz wine
½ cup	125 ml	Tomatoes Crushed
¼ cup	60 ml	Cream 35% whipping
1 tbsp	15 ml	Chives, chopped, fresh

Directions:

In a large skillet or small brazier heat the butter and oil. Add the shallots and sauté for 2 minutes or until they are translucent.

Add the mushrooms and thyme; season with the fleur de sel and pepper, continue to sauté for 5 minutes. Add the red wine, stirring along the bottom; continue cooking until the alcohol has evaporated and the liquid has reduced and has nearly disappeared completely. Add the crushed tomato. And again allow the liquid to evaporate by half. Remove from the heat, stir in the cream and chives, and season with salt and pepper.

Yields 4 cups (1 L)

Lagniappe: The ten best flavor accompaniments for tomatoes.

10, Oregano, use it whole or chopped, fresh, frozen paste or dried for wonderful strong pungent flavor with amazing odor that will fill your home.

9, Chives, with their delicate flavor they make a great substitute for onions and garlic when a more subtle is required.

8, Chili, kick up your dishes with this blended spice combinations, made from a mixture of cayenne or red peppers, paprika, garlic, cumin and oregano then ground super fine. Make your own with a coffee grinder.

7, Tarragon, want to scare your guest tell them you seasoned your sauce with “dragons wort” instead they will sample a wonderful licorice flavor that goes perfect with tomatoes. Use fresh whenever possible as this herb will lose its potency when dried. Choose French tarragon for cooking, it is just better.

6, Thyme, the choice of most cooks to accompany basil and oregano thyme can easily stand on its own in your sauce just add it at the beginning of cooking because thyme takes time to do its magic. Common English thyme will give the finest results.

5, Pepper, the most common of the spices, freshly ground pepper add that just right flavor profile to your cuisine. Use it for finishing your dish alongside its married companion, salt in this way you preserve the flavors of the dish and do not overwhelm the other herbs therein.

4, Dill, Strong at first dill loses strength with heat so add this toward the end of your cooking. Of course you can wow your guests when you add dill to fresh tomatoes and salads, or who can pickle anything without dill.

3, Basil, is it really Italian without basil, but which kind? There are at least 50 varieties, cinnamon basil, lemon basil, Thai basil and purple basil to name a few, but the most common in the cooks kitchen is sweet green basil. Pairs always well with Oregano and thyme tied in a bunch to add to a simmering pot.

2, Parsley, no other herb is served in so many way, to add flavor, color or just a simple finish parsley is the correct choice. Add it toward the end of cooking as it will fade with heat.

1, Garlic, yes garlic is an herb, Strong and pungent it adds immediate flavor and sweetness to your dishes along with that extraordinary kick of mild heat. Begin your dish or sauce with first sweating the garlic with a little oil or butter to extract that just right taste, just do not overcook it as it will turn slightly bitter.

GARLIC RANCH SAUCE

Ingredients:

4 tbsp	60 ml	Sour cream
6 tbsp	90 ml	Mayonnaise
3 ½ tbsp	53 ml	Milk
1 tsp	5 ml	Garlic salt
¼ tsp	1 ml	Dried chives, chopped
¼ tsp	1 ml	Dill
¼ tsp	1 ml	Dried parsley
¼ tsp	1 ml	Onion powder
		Salt and pepper, to taste

Directions:

Place all the ingredients in a small mixing bowl and blend well.

Yields 1 cup (250 ml)

FLEUR DE SEL

Is the highest quality of the salts, the flower of the salt, is a time consuming, labour intensive, exercise in salt harvesting (thus the price) but one well worth every effort. The harvester must gently rake the top of the salt, pan when salt crystals begin to form; these crystals are known as flowers. They do not easily melt so are perfect for any culinary use from marinating to finishing by sprinkling on top of your food.

The top five cooking salts are: Kosher, Sea, Infused Sea, Sel Gris and Fluer de sel. Hiwa Kai, Black Hawaiian Sea Salt, Kala Namak, “organic salt,” and Pink Himalayan Sea Salt are all basically the same and are also popular but be sure that they are absolutely pure as some like Pink Himalayan salt may contain 84 trace minerals they also may contain large amounts of Fluoride and Bromide.

CHEF K'S STEAK SAUCE

Ingredients:

½ cup	125 ml	Raisins
½ cup	125 ml	Orange juice concentrate
1½ cup	310 ml	Apple Cider vinegar
⅔ cup	170 ml	Balsamic vinegar
1 cup	250 ml	Apple juice concentrate
1 tbsp	15 ml	Dijon mustard
2 tbsp	30 ml	Worcestershire sauce
1 tsp	5 ml	Vegetable oil
1 tsp	5 ml	Lemon juice
1 tsp	5 ml	Onion powder
1 tsp	5 ml	Garlic powder
1 tsp	5 ml	Turmeric

Directions:

Make a raisin purée by combining the raisins with the orange juice concentrate in a food processor or blender, process on high speed for 1 minute or until the purée is smooth. Pour this purée into a medium saucepan. Add the remaining ingredients and whisk until smooth.

Turn heat up to medium/high and bring the mixture to a boil, reduce the heat to low and simmer, uncovered, for 1/2 hour or until thick. Let the sauce cool and then refrigerate it in a covered container for at least 24 hours. Yields 3 cups.

STEAK SPICE

1 tbsp	15ml	Each of Ground black pepper, ground white pepper, salt, garlic powder
1½ tsp	8 ml	Each of Celery seeds, dried thyme, dill seeds, mustard seeds, onion powder, dried basil, dried oregano

Grind coarsely in a coffee or spice grinder.

BASIC BEEF BROTH

Ingredients:

7	3.25 kg	Beef marrow bones sawed into 2-inch pieces, or chicken bones and pieces
1 ½ cups	375 ml	Tomato paste
2 cups	500 ml	Onions, chopped
1 cup	250 ml	Carrot, chopped
1 cup	250	Celery, chopped
2 cups	500 ml	Red wine
1	1	Bouquet garni
		Salt and pepper, to taste
8 quarts	7.5 L	Water

Directions:

Preheat the oven to 450 degrees F. Place the bones in a roasting pan and roast for 1 hour, or until a rich dark brown color being watchful not to burn the bones.

Remove the bones from the oven and brush with the tomato paste.

In a mixing bowl, combine the onions, carrots, and celery together. Lay the vegetables over the bones and return to the oven. Roast for 45 minutes. Remove from the oven and drain off any fat.

Place the roasting pan over the stove and deglaze the pan with the red wine, using a wooden spoon, scraping the bottom of the pan for browned particles.

Place everything into a large stockpot. Add the bouquet garni and season with salt and pepper. Add the water. Bring the liquid up to a boil, reduce the heat to simmer. Simmer the stock for 4 hours, skimming regularly removing the impurities any fat that floats to the top. Simmer until the liquid has reduced by half. Remove from the heat and strain through a China cap lined with cheesecloth. Use as required.

Yield: about 1 gallon

PIZZA



Pizza needs tomatoes, either as base or a topping or both. When two ingredients kiss each other greatness is made. More than flat bread with toppings, pizza provides a psychological comfort that no other food seems to accomplish. The King of comfort food is pizza, comes close to replacing the hamburger as the all time favorite. Crispy crusts, gooey stringy cheese, and flavor packed sauce all combine to satisfy a craving that no other cuisine simply cannot do.

Make a great dough, add a great sauce then go, toppings are limited to only what satisfies you or your guest, so pizza thrives on the creativity of the cook, you. So let your creativity flow.

BASIC PIZZA DOUGH

1 tsp	5 ml	Granulated sugar
1 cup	250 ml	Warm water
1 tbsp	15 ml	Active dry yeast
2 tbsp	30 ml	Melted butter, cooled
3 cups	360 g	Flour (all purpose)
pinch	pinch	Salt

Directions:

In a large bowl, dissolve the sugar in the warm water. Sprinkle with the yeast and let stand 10 minutes or until foamy. Stir in the butter.

Stir in half of the flour and the salt into the yeast mixture. Gradually stir in enough of the remaining flour to make a slightly sticky ball.

Knead the dough on a lightly flour surface until smooth and elastic, about 5 minutes.

Place the dough into a greased bowl and let rest 15 minutes. Punch down the dough; cut in half. Roll out each piece of dough into an 11" (28 cm) circle, allow to rise again, 15 minutes.

Place on a greased 16" (40 cm) pizza pan. With finger tips press from centre half of the pan, rest the dough for 10 minutes. Press once again until the dough covers the pan completely. Dough is now ready for the sauce and toppings.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

MILANO PIZZE

Ingredients:

1 quantity	1 quantity	Pizza Dough
1 cup	250 ml	Pizza Sauce (choose any from our list)
1 lb	454 g	Hot Italian sausage, diced and cooked
12 oz	340 g	Mozzarella cheese, diced
1 ½ cups	375 ml	Roasted red pepper, sliced
1 ½ cups	375 ml	Vidalia onion, sliced

Directions:

Pan the dough as per the instructions. Sauce the pizza and top with the sausage.

Sprinkle with the cheese, top with the red peppers and onions.

Bake in a preheated 450°F (225°C) oven on a pizza stone (if possible) until golden brown.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

B.L.T. PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
2 oz	60 ml	Olive Oil
4 oz	120 g	Mozzarella Cheese, shredded
2 oz	60 g	White Cheddar Cheese, shredded
4 oz	112 g	Asparagus Spears
4 oz	112 g	Broccoli Florets
4 oz	112 g	Sliced Zucchini Squash
2 oz	60 g	Green Peas
4 oz	112 g	Cherry Tomatoes, sliced
2 oz	60 g	Green Onions , chopped
		Dash Salt and Ground Pepper
1 oz	28 g	Parmesan Cheese, grated
1½ tbsp	23 ml	Fresh Tarragon, minced

Directions:

Start with your own fresh dough. Brush with olive oil.

Sprinkle the Mozzarella and Cheddar cheese on top.

Blanch the vegetables and arrange on top of the pizza, salt and pepper to taste.

Drizzle evenly with the remaining olive oil. Bake in the oven until the crust is golden brown.

Remove and sprinkle with the Parmesan cheese and tarragon.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

CALIFORNIA PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
2 ½ oz	75 ml	Pesto Sauce (see Sauces)
6 oz	170 g	Mozzarella Cheese
2 oz	60 g	Artichoke Hearts, sliced
3 oz	84 g	Avocado, sliced
5	5	Rings Yellow Bell Peppers
5 pieces	5	Sun Dried Tomatoes
1 oz	28 g	Parmesan Cheese

Directions:

Start with your own fresh dough or crust. Spread the Pesto Sauce over the dough.

Sprinkle the Mozzarella cheese, then add the sliced artichoke hearts, sliced avocado, yellow bell peppers and sun-dried tomatoes.

Sprinkle with the Parmesan cheese.

Bake the pizza in a preheated 450°F (225°C) oven on a pizza stone (if possible) until golden brown.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

CHICKEN FAJITA PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
4 oz	120 ml	New York Pizza Sauce (see Sauces)
6 oz	170 g	Cheddar Cheese, shredded
2 oz	56 g	Red Onion, chopped
2 oz	56 g	Chopped Green Pepper
6 oz	170 g	Cooked Chicken Fajita Strips (follows)
2 oz	56 g	Fresh Tomatoes, diced

Directions:

Start with your own fresh dough or crust.

Top with the New York Pizza Sauce.

Sprinkle the shredded Cheddar over entire surface.

Add the red onion and green pepper on top of the cheese.

Arrange the pre-cooked chicken fajita strips on pizza.

Bake the pizza in a preheated 450°F (225°C) oven on a pizza stone (if possible) until golden brown.

Remove from the oven and distribute diced tomatoes on top.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

Chicken Fajita Strips

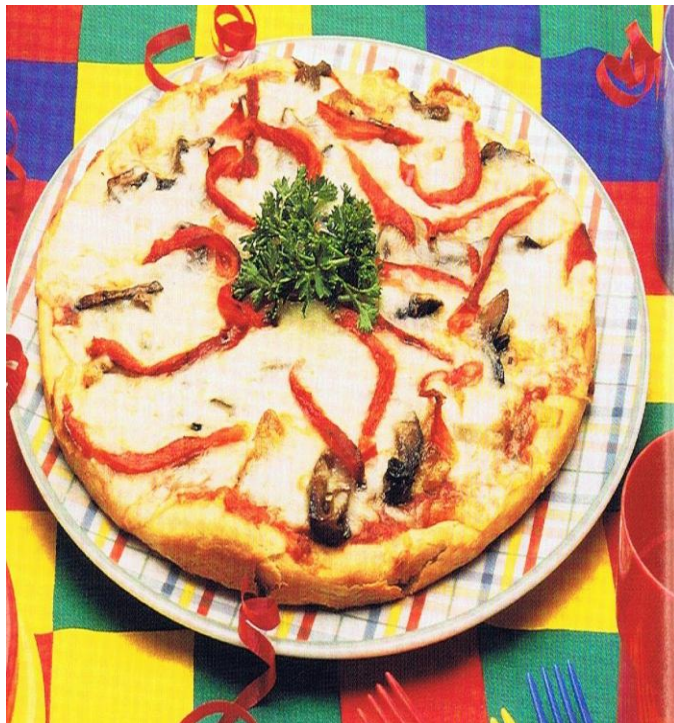
Ingredients:

2 tbsp	30 ml	Canola oil
2 tbsp	30 ml	Lemon juice
1 ½ tsp	8 ml	Each of Salt, oregano, ground cumin
1 tsp	5 ml	Each of Garlic powder, chili powder, paprika, crushed red pepper flakes
1 ½ lbs	680 g	Boneless skinless chicken breast, cut into thin strips

Directions:

In a large re-sealable plastic freezer bag, combine the oil, lemon juice and seasonings; add the chicken. Seal and turn to coat; refrigerate for 4 hours.

In a large skillet, sauté the chicken over medium-high heat for 5-6 minutes or until no longer pink. Use as required.



CREOLE PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
6 oz	170 ml	Spicy Creole Pizza Sauce (see Sauces)
6 oz	170 g	Blackened Chicken, diced 1/2" (follows)
6 oz	170 g	Andouille Sausage, cooked, sliced 1/4"
1 oz	30 g	Green peppers, julienne
1 oz	30 g	Onions, julienne
6 oz	170 g	Monterey Jack cheese, shredded

Directions:

Place pizza crust in lightly oiled pizza pan and evenly coat with sauce to within 1/4" of edge. Top with the chicken, sausage, peppers and onions, add the cheese sprinkling evenly over surface.

Bake pizza in a preheated 450°F (225°C) oven on a pizza stone (if possible) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

BLACKENED CHICKEN

½ tsp	3 ml	Each of white pepper, black pepper, oregano leaves, basil, thyme leaves, garlic powder, onion powder, chilli powder.
½ tsp	3 ml	Kosher salt
1 lb	454 g	Chicken breast

Blend the spices and herbs together with the salt.

Pound the chicken breast flat.

Heat a cast iron skillet hot. Season both sides of the chicken. Fry in the hot skillet without and oil or fats to golden brown on both sides.

Serve hot with Creole sauce over rice or use as your recipe may call for.

DEVONSHIRE PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
6 oz	170 ml	Classic Italian Sauce (see sauces)
3 oz	84 g	Cheddar cheese, shredded
3 oz	84 g	Jack Cheese, shredded
3 oz	84 g	Smoked turkey, sliced thin
2 oz	56 g	Fresh Tomato, diced 1/4"
1½ oz	42 g	Bacon, cooked and crumbled

Directions:

Place the pizza crust in a lightly oiled pizza pan and evenly coat with Classic Italian Sauce to within 1/4" of edge. Blend the cheeses together and sprinkle on the pizza, add the smoked turkey slices. Sprinkle with the diced tomatoes and crumbled bacon.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

Lagniappe: Do Not Make Pizza Mistakes

1. Too much cheese will make a greasy pizza with a soggy crust. The pizza can only hold a certain amount of cheese after that it falls apart.
2. Too many topping, this produces the same as too much cheese, as well as causing the crust to burn.
3. Too thin or too thick crust, a thin crust can only support topping when applied by a light hand. A too thin crust will also burn easily. With too thick the dough will not cook through, be sure that the oven has reached proper temperature before attempting to bake.
4. Wait, the pizza may look done but you may want wait 3 or 4 minutes longer to be sure. Checking the bottom of the pizza for a golden brown color is the surest way to know it is ready to come out and rest.
5. Yes rest, the cheese needs 3-4 minutes to cool and set, the sauce is at a boiling point so could burn your guest mouth, the dough also needs a few minutes to firm, so be patience, you will be rewarded with a great pizza.

DUCK SAUSAGE PIZZA



Ingredients:

1 quantity	1 quantity	Pizza dough
6 oz	170 g	Chunky Sicilian Sauce (see sauces)
6 oz	170 g	Buffalo Mozzarella, shredded
3 oz	84 g	Duck sausage, cooked and sliced 1/4"
1 tbsp	15 ml	Basil, fresh chopped
2 oz	56 g	Roasted Red pepper julienned

Directions:

Place the pizza crust in a lightly oiled pizza pan and evenly coat with Chunky Sicilian Blend Sauce to within 1/4" of edge. Top with the cheese followed by the duck sausage and peppers, spread evenly over the surface. Sprinkle with chopped basil.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into slices and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

GREEK-PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
1 tbsp	15 ml	Olive Oil
4 oz	112 g	Mozzarella Cheese
4 oz	112 g	Baby Spinach, Chopped
2 tbsp	30 ml	Canola Oil
½ tsp	3 ml	Dried oregano leaves
⅓ cup	90 ml	Tomatoes, diced
		Pinch of Salt and Pepper
1 oz	28 g	Pepperoncini, Chopped
1 oz	28 g	Red Onion, Chopped
4 oz	112 g	Feta Cheese

Directions:

Press the dough into a lightly oiled 12" pizza pan. Brush the Olive oil across dough's surface. Sprinkle a layer of mozzarella cheese.

Toss the spinach with the Canola oil, spread evenly across the pizza. Sprinkle with the oregano leaves.

Top with tomatoes, add salt and pepper to taste, top with the pepperoncini and onions. Sprinkle with the feta cheese.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

PIZZA BIANCA

Ingredients:

1 quantity	1 quantity	Pizza dough
½ oz	3 ml	Olive Oil
½ oz	3 ml	Fresh Garlic, chopped
¾ oz	21 g	Parmesan Cheese, grated
4 oz	112 g	Mozzarella Cheese, shredded
2 oz	56 g	Ricotta Cheese
2 oz	56 g	Broccoli Florets (blanched)
2 oz	56 g	Cauliflower Florets (blanched)
1 oz	28 g	Red Onion, chopped
6	6	Roma Tomatoes, sliced
		Pinch of salt and pepper
2 tbsp	30 ml	Fresh basil, chopped

Directions:

Press the dough into a lightly oiled 12" pizza pan. Sprinkle freshly chopped garlic evenly over the dough.

Sprinkle the Parmesan and Mozzarella cheese over the surface and then evenly dot the Ricotta cheese. Arrange the vegetable toppings across the cheeses, season with the salt and pepper then sprinkle with the basil.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

Lagniappe: Not So Saucy

A true Pizza Bianca or White Pizza is a term for a pizza made without any sauce. No, not even a white Alfredo type sauce, a real Pizza Bianca is sauceless. White pizzas derive their flavor from a combination of cheese, herbs and toppings. When a Pizza Bianca is made with a white sauce use a thin coating, as a thick sauce will prevent the crust from cooking properly and could result in a soggy pizza.

PIZZA DE MARE

Ingredients:

1 quantity	1 quantity	Pizza dough
6 oz	170 ml	Chunky Sicilian Sauce
6 oz	170 g	Mozzarella, shredded
3 oz	84 g	Shrimp, bay, cooked
1 ½ oz	42 g	Scallops, bay 60/80 count, cooked
1 oz	28 g	Artichoke hearts, chopped
½ oz	15 g	Kalamata Olives, pitted and sliced
½ oz	15 g	Roasted garlic, sliced

Directions:

Press the dough into a lightly oiled 12" pizza pan and coat with Chunky Sicilian Sauce to within 1/4" of the edge. Top the pizza with the cheese, the crown with the shrimp, scallops, artichokes, olives and garlic, spreading evenly over surface.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

POLYNESIAN PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
4 oz	112 ml	Pizza Sauce (see sauces)
6 oz	170 g	Shredded Mozzarella Cheese
4 oz	112 g	Ham and/or Canadian bacon
3 oz	840 g	Chunk Pineapple
1 oz	28 g	Maraschino Cherry Halves
1 oz	28 g	Mandarin Oranges segments

Directions:

Press the dough into a lightly oiled 12" pizza pan and top with Pizza Sauce and Mozzarella cheese.

Arrange ham and/or Canadian bacon, pineapple, maraschino cherries and mandarin oranges evenly over the cheese.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

Lagniappe: Pineapple Please

Hawaiian pizza as made above or similar became popular in the Western United States. The ham and pineapple combination is also an enjoyed topping combination in Australia, Canada and as well as many parts of the EU, though strangely not in Hawaii.

PIZZA PRIMAVERA

Ingredients:

1 quantity	1 quantity	Pizza dough
2 oz	30 ml	Olive Oil
4 oz	112 g	Mozzarella Cheese, shredded
2 oz	56 g	White Cheddar Cheese, shredded
4 oz	112 g	Asparagus Spears (blanched)
4 oz	112 g	Broccoli Florets (blanched)
4 oz	112 g	Sliced Zucchini Squash (blanched)
2 oz	56 g	Green Peas (blanched)
4 oz	112 g	Cherry Tomatoes, sliced
2 oz	56 g	Green Onions, chopped
¼ tsp	1 ml	Each of Salt and Fresh Ground Pepper
1 oz	28 g	Parmesan Cheese, grated
1½ tbsp	23 ml	Fresh Tarragon, minced

Directions:

Press the dough into a lightly oiled 12" pizza pan and brush with olive oil. Top with shredded mozzarella and cheddar cheese.

Arrange vegetables on top of pizza, salt and pepper to taste. Drizzle evenly with olive oil.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Remove and sprinkle with Parmesan cheese and tarragon. Cut into wedges and serve.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

TEX MEX PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
4 oz	120 ml	Burrito Sauce (follows)
3 oz	84 g	Monterey Jack cheese, shredded
3 oz	84 g	Cheddar Cheese, shredded
4 oz	112 g	Cooked, Seasoned Taco Meat
1 oz	28 g	Black Olives, sliced
1 oz	28 g	Green Pepper, diced
2 oz	56 g	Onion, diced
3 oz	84 g	Tomatoes, diced
		Guacamole, sour cream, lettuce and salsa to garnish (Optional)

Directions:

Press the dough into a lightly oiled 12" pizza pan and top with the Burrito Sauce and top with the seasoned taco meat and followed by cheeses. Arrange the sliced black olives, green peppers, and onions on top of the cheese.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Remove from the oven and top with fresh, diced tomatoes. Optional: Top with the shredded lettuce, guacamole, sour cream and a side of salsa.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

BURRITO SAUCE

Ingredients:

2 tbsp	30 ml	Butter
1	1	Onion, chopped
2 tbsp	30 ml	Flour
1 cup	250 ml	Chicken broth
1 cup	250 ml	Marinara sauce (see sauces)
½ tsp	3 ml	Garlic salt
2 tbsp	30 ml	Green chili peppers, chopped

Directions:

In a skillet, heat the butter and sauté onion, sprinkle with the flour and cook on low heat for 2 minutes.

Stir in the chicken broth and add the Marinara sauce along with the garlic salt and green chili peppers.

Cover and simmer for 20 minutes.

Yields 2 cups (500 ml)

MEXICAN FISHERMAN PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
4 oz	112 ml	Garlic Ranch Sauce (see sauces)
5	5	Jalapeño pepper slices, finely chopped
1 tsp	5 ml	Parsley flakes
1 oz	28 g	Parmesan cheese
½ cup	125 ml	Onions, chopped
1 lb	454 g	Bay Shrimp, fresh or frozen
1 ½ cups	375 ml	Mozzarella, shredded
½	½	Avocado
½ cup	125 ml	Tomatoes in Juice, diced
8	8	Cilantro, sprigs
1 tbsp	15 ml	Lime juice, fresh

Directions:

Press the dough into a lightly oiled 16" pizza pan, cover and let rise until doubled. Roll the edges to make the crust, forming a rim. Top the dough with the Garlic Ranch Sauce, followed by jalapeños and parsley flakes.

Sprinkle with Parmesan cheese and top with the onions, shrimp and Mozzarella.

Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom. Slice the pizza and transfer to a serving plate. Crown each pizza slice with 1 slice avocado, diced tomatoes, cilantro, and sprinkle with a touch of lime juice.

Serve at once.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

SAVORY SEARED STEAK PIZZA

Ingredients:

1 quantity	1 quantity	Pizza dough
3 tbsp	45 ml	Chef K Steak sauce (see sauces)
½ lb	225 g	Boneless Sirloin, Top Sirloin or Flank Steak
1 tbsp	15 ml	Steak spice (see sauces)
1 cup	250 ml	Tomatoes, ground (see how to can tomatoes)
1	1	Garlic clove, crushed
1 tsp	5 ml	Oregano, dried
1 tsp	5 ml	Basil, dried
2 tbsp	30 ml	Olive Oil
½ tbsp	8 ml	Red Pepper Flakes, crushed
4 oz	112 g	Mozzarella cheese, shredded
4 oz	112 g	Provolone cheese, shredded

Directions:

Press the dough into a lightly oiled 16" pizza pan, cover and let rise until doubled. Spread the steak sauce along the outer edge of the dough. Roll the edges to cause the crust to encase the steak sauce forming a rim.

While the dough rises grill or pan-fry the steak until it is a bit less than medium-rare, saving any meat juices.

Slice the steak 1/8"-inch thick, then cube each slice. Set aside.

Combine the ground tomatoes, garlic, oregano, basil, olive oil, red pepper flakes and add some of the juices from the cooking of the steak. Spread the mixture on the pizza crust. Place steak slices on top of the sauce, and sprinkle with the cheeses. Bake for 8 to 10 minutes at 425°F (210°C) until golden brown on the bottom.

Yields 1- 16" (40 cm) or 2-8" (20 cm) pizzas

PASTA



What would pasta be without tomatoes, lonely! It is thought that Marco Polo introduced "noodles" to Italy upon his return from far away Asiatic countries during his 13th century expedition to China.

Pasta however, was known to Italy before then, Prince Theodric of the Teutonic tribe from the Vistula area, invaded Italy in approximately 405 A.D. and brought with him a type of noodle. Yet there is evidence that noodles existed even earlier, Imperial Rome had a noodle very similar to the tagliatelle noodle, lasagna is one of the world's oldest pastas enjoyed by both the Greek and Romans. What is known is that upon the return of Marco Polo the noodle became a popular staple of the Italian people.

From Italy the pasta noodle (tagliarini) spread through-out Europe, becoming the "nouilles" of France, the "fideos" of Spain, the "nudein" of Germany and the "noodle" in England.

Tomatoes and pasta trace back actually to an Italian chef working for a Spanish viceroy, Chef Antonio Latini. His cookbook of "Lo scalco alla moderna" refers to his dish as in the Spanish style. Tomato sauce with pasta appears for the first time in the Italian cookbook L'Apicio moderno, by Roman chef Francesco Leonardi, soon thereafter the known world would fall in love with the "love apple".

Most, only consider the three basic pasta sauces, alfredo, marinara, and meat sauce for the preparations served at home, yet with little effort they make many more and tastier sauce for the pasta they serve. Such as, Carbonara a delicious sauce of fresh egg yolks, crisp cured pancetta, grated cheese and plenty of black pepper, or, puttanesca a spicy spaghetti dish of tomatoes, capers, anchovies and garlic, a restaurant owner made up the dish when customers instructed him to make a pasta dish “facci una puttana qualsiasi”, or, “make any kind of garbage.” Puttana, which also means prostitute, thus the dish has a mystique connotation of being the prostitute’s supper.

The princes of pasta are the long (strand) noodles spaghetti, capellini, linguini, and fettuccini, however, there are more than 400 distinctive types of pasta: sheets, strips, long strands, cylinders, unique shapes and flavors. There are unique shapes like Cavatelli (meaning to hollow), Fusilli (rifle), or Orecchiette (little ears) to serve for every occasion. There is Tubular Pasta like Bucatini (little holes) Ditalini (little fingers) Cavatappi (corkscrews) which hold the sauces better. Then there are the “strand” pastas Spaghetti (twine) Capellini (angel hair) Linguini (little tongues) and Fettuccini (little ribbons) for those who love twisting noodles around forks, Mirco pastas for soups and stews and stuffing pastas for standalone meals, Ravioli, Canneloni, Mannicotti or Tortellini (little snacks) can keep the creative ability flowing in any kitchen.



TRUMPETTI CAMPANOLA

Ingredients:

2	2	Yellow bell peppers
1 lb	454 g	Hot Italian sausage meat
2 tbsp	30 ml	Olive oil
1	1	Spanish onion, large
1 cup	250 ml	Marinated artichokes
3 oz	90 g	Porcini mushrooms, sliced
2 cups	500 ml	Tomatoes, peeled, seeded and diced
2 tbsp	30 ml	Butter
2 tbsp	30 ml	Flour
1 cup	250 ml	Milk
½ tsp	1 ml	Salt
¼tsp	1 ml	White pepper
pinch	pinch	Nutmeg
1 cup	250 ml	Ricotta Cheese
1 lb	454 g	Trumpet shaped pasta

Directions:

Preheat the oven to 400°F (200°C) and roast the peppers for 20 minutes. Remove from the oven and peel away the skin. Remove the core, seeds and membranes, dice fine.

In a sauce pan brown the sausage meat and drain excess fat. Add the oil and sauté the onion, artichokes and mushrooms until tender. Add the diced yellow pepper and tomatoes. Reduce the heat and simmer for 30 minutes.

Melt the butter in a second sauce pan. Add the flour and stir into a paste (roux) cook for 2 minutes over low heat.

Add the milk and stir, simmer until thickened. Add the seasonings and simmer 2 additional minutes.

Combine the tomato mixture with the white sauce. Simmer for 10 minutes.

While sauce simmers, cook the pasta in 8 cups (2L) of boiling salted water for 8-9 minutes or until al dente.

Stir the Ricotta into the sauce. Toss the pasta with a small amount of sauce. Plate the pasta, smother with the remaining sauce and serve.

SERVES 4

Lagniappe: Make your own Ricotta:

Ingredients:

3 cups	750 ml	Whole milk
1 cup	250 ml	Heavy cream
½ tsp	3 ml	Coarse Sea salt
3 tbsp	45 ml	Lemon juice, freshly squeezed

Directions:

Pour the milk, cream and salt into a 3-quart saucepan (not aluminum). Place a candy or deep-fry thermometer on the side. Heat the milk to 190°F (88°C), stirring it occasionally to keep it from scorching on the bottom. Remove from the heat and add the lemon juice, then stir it once or twice gently and slowly. Set aside for 10 minutes.

Line a colander or chinoise (China cap) with a few layers of cheesecloth and place it over a large bowl (to catch the whey). Pour the curds and whey into the colander and let the curds strain for at least an hour. For a very soft, spreadable ricotta, a couple of hours for cream cheese consistency and over night (refrigerated) for nice curds. Save the whey to store your cheese curds in for up to one week.

What to do with the whey? Use it to substitute for broths, especially in vegetarian cream soups, cook your pasta and soak your grains instead of water, substitute water with whey in any baking, or use in your smoothies instead of milk or yogurt.

BASIC PASTA DOUGH

Ingredients:

4 cups	1 L	Semolina flour
½ tsp	3 ml	Salt
4	4	Eggs
1 tbsp	15 ml	Oil
⅓ cup	80 ml	Ice cold water

Directions:

Sift the flour and salt together. Place into a mixing bowl. Slowly blend in the eggs one at a time. Add the oil and the water slowly until smooth soft dough is formed.

Knead the dough for 15 minutes and allow to rest for an additional 15 minutes. Roll out the dough. Lightly dust with flour, fold in three and roll out again. Repeat 6 to 8 times.

Now pass the dough through the pasta machine setting the rollers gradually down until you reach the desired thickness. The result should be a smooth sheet of dough ready to process as you require.

Pass through a pasta machine, or cut by hand to desired size. If processed by hand, simply roll the dough and cut into thin strips for noodles (fettuccini) or into wider strips for lasagna, cannelloni, ravioli, etc.

Process as any of the following recipes direct.

NOTE: Use only enough flour to prevent sticking while rolling.

Yields 2 lbs (900 g)

JUMBO SHELLS WITH CRAB MORNAY

Ingredients:

12	12	Jumbo pasta shells
3 tbsp	45 ml	Butter, unsalted
1	1	Onion, finely diced
½ cup	125 ml	Mushrooms, sliced
1 lb	454 g	Cooked crab meat
½ cup	125 ml	Ricotta cheese
1	1	Egg
½ tsp	3 ml	Black cracked pepper
2 tbsp	30 ml	All purpose flour
1 cup	250 ml	Chunky Tomato sauce (see sauces)
1 cup	250 ml	Chicken stock
½ cup	125 ml	Half & half cream
½ cup	80 ml	Freshly grated Parmesan cheese

Directions:

Cook the shells in 4 quarts (4 L) of boiling salted water for 12-14 minutes. Rinse under cold water.

Melt 1 tbsp (15 ml) of butter in a large skillet. Sauté the onion and mushrooms until tender and all moisture has evaporated. Allow to cool.

Blend the crab, Ricotta, sautéed onion, mushrooms, egg and pepper. Stuff each shell with the mixture pressing into the shell. Place shells in a lightly buttered casserole dish.

Heat the remaining butter in a sauce pan. Add the flour. Cook 2 minutes over low heat. Add the Chunky tomato sauce, chicken stock, simmer for 10 minutes. Add the cream, simmer until thickened. Add the Parmesan and simmer an additional 2 minutes. Pour the sauce over the shells. Bake in a preheated 350°F (180°C) oven for 20 minutes.

SERVES 6

PENNE ALLA ARRABBIATA

Ingredients:

¼ cup	60 ml	Butter
4 oz	120 g	Porcini mushrooms, sliced
2	2	Garlic cloves, minced
2	2	Carrots, diced
1	1	Onion, diced
2	2	Celery stalks, diced
2.2 lbs	1 kg	Tomatoes, peeled, seeded and chopped
3	3	Bay leaves
1 tsp	5 ml	Thyme leaves
1 tsp	5 ml	Oregano leaves
1 tsp	5 ml	Basil leaves
1 tbsp	15 ml	Salt
1 tsp	5 ml	Pepper
1 tbsp	15 ml	Crushed red chilli peppers
1 lb	454 g	Penne noodles
1/4 cup	60 ml	Parmesan cheese, grated

Directions:

In a large kettle heat the butter and sauté the mushrooms, garlic, carrots, onion and celery until tender. Add the tomatoes, seasonings and red chilli peppers. Reduce the heat and simmer for 3 hours. Purée, then strain the sauce and return to the kettle continuing to simmer until sauce is very thick.

Cook the Penne in 8 cups (2 L) of boiling salted water until al denté. Plate the noodles and smother with the sauce, sprinkle with the cheese and serve.

SERVES 6

SPAGHETTI AL GRANSEOLA

Ingredients:

2 tbsp	30 ml	Olive oil
2	2	Garlic cloves, minced
1	1	Small onion, diced
1 tsp	5 ml	Crushed red chillies
1 tbsp	5 ml	Fresh Basil, minced
2 cups	500 ml	Tomatoes, peeled, seeded and diced
1 lb	454 g	Dungeness crab meat
2 tbsp	30 ml	Butter
2 tbsp	30 ml	Flour
1 cup	250 ml	Milk
½ tsp	3 ml	Salt
½ tsp	3 ml	White pepper
pinch	pinch	Nutmeg
1 lb	454 g	Spaghetti
¼ cup	60 ml	Grated hard Caciocavallo cheese

Directions:

In a sauce pan heat the oil, add the garlic and onion, sauté until tender. Add the chillies, basil and tomatoes, reduce the heat and simmer for 20 minutes. Stir in the crab meat.

In a second sauce pan heat the butter, add the flour and cook over low heat for 2 minutes. Stir in the milk and seasonings, simmer until thick. Stir the cream sauce into the tomato sauce and blend. While sauces are simmering, cook the pasta al denté in 8 cups (2 L) of boiling salted water. Drain, place on serving plates, smother with the sauce and sprinkle with cheese.

Serves 6

**VEAL CAPPELLETTI WITH SMOKED CHICKEN,
SUN DRIED TOMATOES, MUSHROOMS IN MORNAY SAUCE**

Ingredients:

1 quantity	1 quantity	Basic Pasta Dough
2 tbsp	30 ml	Olive oil
¾ lb	345 g	Ground veal
2 oz	60 g	Prosciutto, minced
½ cup	125 ml	Parmesan cheese, freshly grated
¼ tsp	1 ml	Rosemary
¼ tsp	1 ml	Black pepper
1	1	Egg, beaten

SAUCE:

1 tbsp	15 ml	Butter, unsalted
3 oz	80 g	Mushrooms, sliced
½ lb	225 g	Chicken meat, cooked, smoked, and diced
6	6	Sun dried tomatoes, coarsely chopped
3 cups	750 ml	Mornay Sauce (see sauces)

Directions:

Process the pasta dough and roll out. Cut the dough into 3" (7.5 cm) squares with a scalloped edge pastry cutter. Cover with a damp cloth until required.

Heat the oil in a skillet. Fry the veal until completely cooked through, drain the excess oil. Place the veal into a large mixing bowl and cool. Blend into the veal the prosciutto, cheese, rosemary, pepper, and the egg.

Place a teaspoon of filling in the centre of each pasta square and brush the edges with a little water.

Fold into a triangle just over the fillings and press to seal. Leave a border of the dough around the filling.

Wrap the pasta around the index finger. Seal the two sides with your thumb. Curl the overlapping pasta outward. The result should be a small pasta hat (cappelletti).

Cook the cappelletti in a large kettle of boiling salted water. When they float to the top they are done. Place onto a serving platter and cover with the sauce. Serve.

SAUCE:

Heat the butter in a sauce pan. Sauté the mushrooms in the butter, add the chicken, tomatoes and Mornay Sauce, reduce to a simmer. Simmer for 10 minutes.

SERVES 6

ORIENTAL BEEF AND TOMATO ON NOODLES

Ingredients:

½ tsp	3 ml	Baking soda
3 tbsp	45 ml	Peanut oil
2	2	Garlic cloves, minced
2 tsp	10 ml	Sugar
1 tsp	5 ml	Salt
3 tbsp	45 ml	Soy sauce
2 tbsp	30 ml	Sherry
1 lb	450 g	Flank steak, thinly sliced
4 oz	120 g	Button mushrooms
1	1	Medium onion, sliced
1 cup	250 ml	Tomatoes, peeled, seeded, and chopped
1 tsp	5 ml	Cornstarch
1 tbsp	15 ml	Water
12 oz	345 g	Lo Mien noodles

Directions:

Blend the baking soda with 1 tbsp (15 ml) of oil and add the garlic, sugar, salt, soy sauce and sherry. In a large mixing bowl, pour the marinate over the beef and set aside for 20 minutes. Drain the beef and reserve the marinate.

In a large wok or skillet, heat the remaining oil. Fry the beef, mushrooms and onion for 3 minutes. Add the reserved marinate and tomatoes. Reduce heat and simmer for 1 minute. Mix the cornstarch with the water and add to the beef. Simmer until sauce thickens.

While cooking the beef, cook the noodles in a large kettle of boiling salted water. Drain and transfer to a large platter. Pour the beef over noodles and serve.

Serves 6

FETTUCINI CHICKEN JAMBALAYA

Ingredients:

1½ lbs	670 g	Boneless chicken, diced
2 tbsp	30 ml	Safflower oil
2 tbsp	30 ml	Butter
½ lb	225 g	Andouille sausage (or any hot raw sausage)
½ cup	125 ml	Onions, diced
2	2	Garlic cloves, minced
3 tbsp	45 ml	Parsley, chopped
½ cup	375 ml	Green bell pepper, diced
2	2	Celery stalks, diced
2 cups	500 ml	Tomatoes, peeled, seeded, and chopped
½ tsp	3 ml	Each of white pepper, black pepper, oregano leaves, basil, thyme leaves, garlic powder, onion powder, chilli powder.
2 tsp	10 ml	Worcestershire sauce
3 drops	3 drops	Tabasco™ sauce
1 lb	454 g	Fettuccini noodles

Directions:

In a Dutch oven or large kettle, sauté the chicken in the oil and butter, add the sausage and vegetables and continue to sauté until vegetables are tender.

Stir in the remaining ingredients (except pasta). Reduce heat. Cover and simmer on low heat for 40-45 minutes.

Cook the fettuccini to al denté in 8 cups (2 l) boiling salted water. Drain. Toss the pasta first with a small amount of the sauce then place on a serving platter. Pour the chicken on the noodles and serve.

SERVES 6

SEAFOOD À L'ÉTOUFFÉE

Ingredients:

½ cup	80 ml	Butter
¾ cup	180 ml	Onions, diced
1	1	Green bell pepper, diced
2 cups	500 ml	Tomatoes, peeled, seeded and diced
1 tsp	5 ml	Each of salt, pepper, paprika
½ tsp	3 ml	Each of oregano leaves, thyme leaves, cayenne pepper, garlic powder, onion powder, chilli powder
1 tsp	5 ml	Worcestershire sauce
5 drops	5 drops	Tabasco™ sauce
¼ cup	60 ml	Green onions, chopped
2 tbsp	30 ml	Parsley, chopped
1 lb	454 g	Shrimp, peeled and deveined
½ lb	225 g	Cooked crab meat
¼ lb	120 g	Cooked lobster meat
1 lb	454 g	Linguini noodles

Directions:

Melt the butter in a sauce pan. Add the onion and pepper, sauté until tender. Add the tomatoes, seasonings, Worcestershire and Tabasco™. Reduce the heat and simmer for 30 minutes.

Add the chopped onion, parsley and seafood. Cover and simmer for 15 minutes.

Cook the linguini in 8 cups (2 l) of boiling salted water until al denté. Drain and toss the pasta with small amount of sauce and transfer to a serving plate. Cover with Etouffée and serve at once.

Serves 6

SPAGHETTI WITH TENDERLOIN TIPS IN MARINARA SAUCE

Ingredients:

1 quantity	1	Basic Pasta Dough (see page)
3 tbsp	45 ml	Olive oil
1 lb	450 g	Beef tenderloin, diced in ½" cubes
1	1	Onion, sliced
4 oz	120 g	Button mushrooms
½ tsp	3 ml	Salt
½ tsp	3 ml	Cracked pepper
3 cups	750 ml	Marinara Sauce

Directions:

Process the pasta as directed. Cut into spaghetti.

In a large skillet heat the oil. Brown the tenderloin. Add the onion and mushrooms and sauté until tender, season with the salt and pepper.

Pour the Marinara Sauce over the beef and reduce to a simmer. Simmer for 8 10 minutes.

In a large kettle of boiling salted water, cook the pasta al denté. Drain and toss the pasta with a small amount of the sauce, then place on serving plates. Ladle generous amounts of sauce over the noodles. Serve.

Serves 6

ZUCCHINI LASAGNA WITH FIVE CHEESES

Sauce:

3 tbsp	45 ml	Olive oil
1	1	Garlic clove, minced
1	1	Medium onion, finely diced
2	2	Celery stalks, finely diced
2	2	Small zucchini, finely diced
4 oz	120 g	Button mushrooms, sliced
1 tsp	5 ml	Each of salt and basil leaves
½ tsp	3 ml	Each of thyme leaves, oregano leaves, paprika, pepper
¼ tsp	1 ml	Cayenne pepper
3 lbs	1.5 kg	Tomatoes, peeled, seeded and chopped

Pasta:

1 quantity	1	Basic Pasta Dough
1 cup	250 ml	Ricotta cheese
1 cup	250 ml	Cheddar cheese, grated
1 cup	250 ml	Monterey Jack cheese, grated
¼ cup	60 ml	Romano cheese, grated
¼ cup	60 ml	Parmesan cheese, grated
3 tbsp	45 ml	Chives, chopped
1 tsp	5 ml	Basil leaves
½ tsp	3 ml	Each of cracked black pepper and salt
2	2	Eggs

Directions Sauce:

In a large saucepan, heat the oil. Add the garlic, onion, celery, zucchini and mushrooms, sauté until tender.

Add the seasonings and the tomatoes. Simmer over low heat for 3 hours or until desired thickness is achieved.

Directions Pasta:

Process pasta as directed. Cut into lasagne noodles. Cook in 8 cups (2L) of boiling salted water, drain and rinse under cold water.

In a mixing bowl, blend the cheeses with the seasonings and eggs.

Spoon the mixture onto the noodles and roll in a jelly roll fashion.

Place in a baking dish and cover with the sauce. Bake in a 375°F (190°C) preheated oven for 30 minutes, covered. Remove cover and continue to bake for an additional 15 minutes. Serve.

Serves 6

BEEF, VEAL, PORK, GAME MEAT & LAMB



Grilling, frying, sous vide, roasting, braised etc. no matter the style of your choose to cook your beef or veal the addition of tomato will make your finished dish be the best bites. Of course the healthy bang you get from the combining beef with tomato makes those entrees just right. The tomatoes sweet and acidity will complement your protein; it is the right kiss at the right time.

Use the best cuts suited to your task and never compromise on quality, after all, you have to eat it as well. Trim away excess fat and follow the cooking methods for best results. The grain fed beef of Western Canada and the corn fed beef of Mid West America are the finest in the world, purchase them above all else. Always use the finest in ingredients; they will make all the difference in the final offering. Aged meats are preferred (21-30 days of aging) and they are usually not what one receives from the supermarket, so buy them from a good reliable butcher. That would be the first step in preparing your recipe. Salting and seasoning of grilled meats should be done when one is almost finished, adding these to the cooking of meats any earlier will tend to dry the food. Avoid salting if possible, try using herbs and spices instead, you'll find they provide a far superior product.

Slow long roasting will always provide an incomparable product over that of quick high heat. Try braising, grilling, sautéing or even boiling your meats. If people would be more creative in the fashion in which they cook they would not require so many trends in their food, for they would achieve all their dietary goals just by using creativity.

CHILI CON CARNE & CHEESE

Ingredients:

2-¼ lbs	1 kg	Lean ground beef
3 tbsp	45 ml	Safflower oil
1	1	Onion, diced
1	1	Green bell pepper, diced
1	1	Red bell pepper, diced
3 oz	90 g	Button mushrooms, sliced
3	3	Celery stalks, diced
1	1	Garlic clove, minced
3 cups	750 ml	Tomatoes, peeled, seeded and chopped
1 tsp	5 ml	Each of salt, pepper, paprika and thyme leaves
1 tbsp	15 ml	Chilli powder
2 tsp	10 ml	Worcestershire sauce
3 drops	3 drops	Tabasco™ sauce
2-¼ cups	560 ml	Canned red kidney beans, drained
¼ cup	60 ml	Tomato paste
1-½ cups	375 ml	Cheddar cheese, grated

Directions:

In a large Dutch oven or kettle, brown the beef in the oil. Add the vegetables and garlic and sauté until tender. Stir in all the remaining ingredients. Lower the heat, and simmer for 1 hour or until desired thickness is achieved.

Place into serving bowls, sprinkle with the cheese and serve.

Serves 4

CARRE AGNELLO AL FORNO

Lamb Racks:

4	4	Lamb racks, backbone removed
¼ cup	60 ml	Dijon mustard
2 tsp	10 ml	Kosher salt
1 tbsp	15 ml	Basil leaves, dried
1 tsp	5 ml	Cracked black pepper
½ cup	125 ml	Dry bread crumbs
3 tbsp	45 ml	Olive oil

Sauce:

2 tbsp	30 ml	Butter
2 tbsp	30 ml	Olive oil
4	4	Garlic cloves, sliced
12	12	Sliced thin, oil-packed sun-dried tomatoes
2 tbsp	30 ml	Fresh basil, chopped
1tsp	1 ml	Salt
1 tbsp	15 ml	Lemon juice

Directions:

Preheat the oven to 400°F (200°C).

Trim all the fat from the lamb racks. Trim the meat from the top and in between the rib bones. Crack bones at joint.

Spread the mustard over the lamb racks. Blend the salt, basil, pepper and bread crumbs together. Dredge the lamb through the bread crumb mixture.

Sprinkle with olive oil. Roast in the oven for 30 minutes. Carve and serve with sauce.

Sauce:

Heat the butter and the oil in a sauce pan. Add the garlic and fry until golden brown. Add the remaining ingredients, reduce the heat and simmer for 5 minutes. Pour over the lamb racks.

Serves 4

BUFFALO BURGERS

BURGER:

1 lb	450 g	Lean ground buffalo meat
4 oz	120 g	Ground pork, fatty
1	1	Egg
2 tbsp	30 ml	Fine bread crumbs
2 tbsp	30 ml	Onion, minced
1 tbsp	15 ml	Dijon mustard
1 tsp	5 ml	Worcestershire sauce

SAUCE:

3 tbsp	45 ml	Vegetable oil
¼ cup	60 ml	Onion, minced
¼ cup	60 ml	Green pepper, minced
¼ cup	60 ml	Celery, minced
3 cups	750 ml	Tomatoes, peeled, seeded and chopped
1 tbsp	15 ml	Hickory smoked salt
3 tbsp	45 ml	Wine vinegar
½ tsp	3 ml	Hot dry mustard
⅓ cup	80 ml	Tomato paste
½ tsp	3 ml	Each of basil, thyme, oregano, savory, paprika, garlic powder, pepper
⅓ cup	80 ml	Brown sugar

Directions Burger:

Place all the ingredients in a large mixing bowl and blend thoroughly. Form into patties, and place onto a baking sheet covered with wax paper. Cover with waxed paper, and refrigerate until required.

Directions Sauce:

Heat the oil in a sauce pan and add the vegetables and sauté until tender. Add all of the remaining ingredients reduce heat and simmer until liquid reaches one third its original volume.

Grill the burgers over medium heat brushing with the sauce frequently. Serve hot with extra sauce on your Kaiser rolls.

SERVES 4

BOEUF À LA TOMATE RAGOÛT

For a slow cooker

Ingredients:

1 tbsp	15 ml	Extra-virgin olive oil
1	1	Large yellow onion, diced small
3	3	Medium carrots cut into 1/4-inch rounds
3	3	Celery stalks, cut into 1/4-inch pieces
2 ¼ lbs	1 kg	Beef chuck, fat trimmed, cut into 1-inch pieces
3 cups	750 ml	Crushed tomatoes
1 cup	250 ml	Beef broth
3	3	Garlic cloves, smashed and peeled
		Coarse salt and ground pepper
4 cups	1 L	Cooked brown rice
6 tbsp	90 ml	Sour cream
½ cup	90 ml	Fresh parsley, chopped

Directions:

In a large skillet, heat the oil over medium. Add the onion, carrots, and celery and cook, stirring frequently, until vegetables are softened, 10 minutes. Transfer mixture to a 5-to-6-quart slow cooker and add the beef, tomatoes, broth, garlic and salt and pepper to taste.

Cover and cook on high, for 6 hours, stirring occasionally. To serve, divide brown rice and stew among six bowls and top with sour cream and parsley.

Serves 6

RHINELAND RIBS

4 ½ lbs	2 kg	Pork side or back ribs
2 tsp	10 ml	Salt
1 ½ cups	375 ml	Beef broth
1 cup	250 ml	Crushed tomatoes
2 tbsp	30 ml	Brown sugar
3 tbsp	45 ml	Red wine
¼ tsp	1 ml	Ground allspice
¼ tsp	1 ml	Caraway seeds
2 tbsp	30 ml	Worcestershire sauce
Pinch	pinch	Cayenne pepper
1 tsp	5 ml	Grated lemon peel
1 tbsp	15 ml	Cornstarch
2 tbsp	30 ml	Cold water

Directions:

Preheat the oven to 300°F (160°C).

Trim the ribs of any excess fat and the back blue skin. Place them on a shallow baking sheet. Sprinkle with salt, bake for 2 hours.

In a saucepan combine the remaining ingredients except the cornstarch and water. Heat to boiling. Blend the cornstarch with the water and add to the sauce. Reduce the heat and simmer until sauce thickens.

Transfer the ribs to a char broiler; cook 10 minutes per side basting frequently with the sauce. Serve.

Serves 6

BARON OF ROAST BEEF

¼ cup	60 ml	Flour
2 tbsp	30 ml	Dry mustard
1 tbsp	15 ml	Kosher salt
1 tsp	5 ml	Each of basil leaves and Rosemary dry
½ tsp	3 ml	Each of thyme leaves, chervil leaves, summer savoury leaves dry
5 lbs	2.2 kg	Baron of beef
2 tbsp	30 ml	Worcestershire sauce
1	1	Onion, chopped
2	2	Carrots, chopped
2	2	Celery stalks, chopped
1	1	Bay leaf
1 cup	250 ml	Crushed tomatoes
1 cup	250 ml	Red wine
1 cup	250 ml	Beef broth

Directions:

Combine the flour, mustard, salt and herbs together in a small mixing bowl.

Season the roast by rubbing the flour mixture into the meat and place in shallow roasting pan. Insert an oven-safe meat thermometer into the centre of the roast, avoiding fat or bone.

Pour the Worcestershire over the Roast. Surround the roast with the vegetables, add the bay leaf, tomatoes, red wine and beef broth.

Oven-sear seasoned roast in preheated 450°F (230°C) oven for 10 minutes.

Reduce the heat to 275°F (140°C); roast to desired doneness, removing from the oven when 5°F (3°C) below finished temperatures. (Cook Time charts are estimates only. The thermometer is the best way to determine doneness.)

Remove from the oven, cover loosely with foil and let rest at least 15 minutes until temperature rises by at least 5°F (3°C) before carving into thin slices. Use the pan juices to make gravy. Serves 6

Roasting Chart:

Weight (kg)	Weight (lb)	Medium-Rare 145°F (63°C)	Medium to Well-done 160°F (71°C)
1	2.2046	1 ³ / ₄ - 2 ¹ / ₄ hours	2 – 2 ¹ / ₂ hours
1.5	3	2 - 2 ¹ / ₂ hours	2 ¹ / ₄ - 2 ³ / ₄ hours
2	4	2 ¹ / ₄ - 2 ³ / ₄ hours	2 ¹ / ₂ - 3 hours
2.5	5.5	2 ¹ / ₂ - 3 hours	2 ³ / ₄ - 3 ¹ / ₄ hours

Rhineland Ribs



BEEF GOULASH

Ingredients:

5 tbsp	75 ml	Butter
3 tbsp	45 ml	Onions, minced
2 tsp	10 ml	Salt
1 tsp	5 ml	Pepper
1 tbsp	15 ml	Paprika
2½ lbs	1 kg	Cubed beef round
3 tbsp	45 ml	Flour
4 cups	1 L	Beef broth, hot
1	1	Bouquet garni*
1-½ cups	375 ml	Potatoes, diced
1 cup	250 ml	Crushed tomato
1	1	Sprig fresh marjoram
1 cup	250 ml	Sour cream
1 tsp	5 ml	Caraway seeds

Directions:

In a large kettle or Dutch oven heat 2 tbsp (30 ml) of the butter and add the onions, cook until tender without browning, remove from the kettle.

Blend the salt, pepper and paprika together in a small mixing bowl and dust the beef with the seasonings. Heat the remaining butter in the pot, add the beef and brown. Sprinkle with flour and continue to cook for 3 minutes over low heat.

Return the onions to the kettle, add the broth and bouquet simmer for 1-¼ hours.

Add the potatoes, tomatoes and marjoram, continue to simmer for an additional 30 minutes. Discard the bouquet. Stir in the sour cream and caraway seeds, simmer 5 minutes longer and serve at once with Goulash Dumpling (recipe follows).

Serves 6

GOULASH DUMPLINGS

Ingredients:

1 ¼ cups	310 ml	Flour
2 ½ tsp	12 ml	Baking powder
1 tsp	5 ml	Salt
1	1	Egg, beaten
⅔ cup	180 ml	Milk
1 tbsp	15 ml	Mixed dry herbs

Directions:

Mix flour, baking powder and salt in a bowl. Stir in egg, milk and herbs (basil, parsley, thyme, rosemary, summer savoury, parsley whatever you like.)

Drop by spoonfuls on top of simmering liquids (not boiling or they will fall apart) and cover.

Check to see if the dumplings are set after approximately 15 - 30 minutes. After they are set, they should be fine on the dish for about 2 hours.

Serves 6

BIFTECK MARCHAND DE VINS

Ingredients:

4 tbsp	60 ml	Butter
⅔ cup	160 ml	Green onions, chopped
1 cup	250 ml	Red wine
½ cup	125 ml	Crushed tomatoes
½ cup	125 ml	Cream style sherry
¼ tsp	2 ml	Rosemary, crushed
¼ tsp	2 ml	Marjoram, dried
4 tbsp	60 ml	Parsley, chopped
2 tbsp	30 ml	Flour
½ cup	125 ml	Beef broth
1 tbsp	15 ml	Lemon juice
6- 6 oz	6- 150 g	New York strip steaks

Directions:

Heat 2 tbsp (30 ml) of butter in a sauce pan, sauté the green onions for 3 minutes. Add the wine, tomatoes, sherry and herbs. Bring to a boil, reduce the heat and simmer to ¾ c (160 ml) of liquid. Strain through a fine sieve.

In a second sauce pan heat the remaining butter, add the flour and cook over low heat for 8 minutes or until hazelnut in colour. Add the strained sauce, beef broth and lemon juice, continue to simmer for an additional 7 minutes. Sprinkle with remaining parsley.

Trim the steaks of any excess fat, remove the grizzle along the fat strip as this will prevent the steaks from curling while they cook. Broil the steaks to the desired doneness. Place on serving plates, pour the sauce over the steaks and serve.

Serves 6

Grilling Chart

THICKNESS	MINUTES/SIDE		
	Med-Rare 145°F/63°C	Med 160°F/71°C	Well Done 170°F/77°C
½ - ¾ inch (1 - 2 cm)	3-4	4-5	5-6
1 inch (2.5 cm)	5-6	6-7	7-9
1½ inches (4 cm)	9-10	10-14	15-18
2 inches (5 cm)	11-14	14-18	18-22

BEEF RIBS DIABLE

Ingredients:

16	16	Standing rib roast ribs
1 cup	250 ml	Crushed tomatoes
¼ cup	60 ml	French Dijon mustard
2 tsp	10 ml	English dry mustard
¼ cup	60 ml	White wine
4 tbsps	60 ml	Molasses
1 tbsps	15 ml	Cider vinegar
¼ cup	60 ml	Worcestershire sauce
1 tsp	5 ml	Tabasco™ sauce
¼ tsp	1 ml	Each of ground ginger, onion powder, garlic powder

Directions:

Place the ribs in a large oven roaster.

Blend the remaining ingredients together thoroughly, pour over the ribs. Bake the ribs in a 350°F (180°C) oven for 1-¼ to 1-½ hours or until fork tender. Serve.

Serves 4

CEYLON BEEF

Ingredients:

3 tbsp	45 ml	Safflower oil
2 lbs	900 g	Shoulder beef, cut in thin strips
1 cup	250 ml	Onions, sliced
1 cup	250 ml	Button mushrooms, sliced
2	2	Garlic cloves, minced
3 tbsp	45 ml	Flour
½ tsp	3 ml	Salt
2 tsp	10 ml	Curry powder
4 cups	1 L	Tomatoes, seeded, peeled and diced
¼ cup	60 ml	Sherry
½ cup	125 ml	Almonds, blanched and slivered
2 cups	500 ml	Snow peas

Directions:

Heat the oil in a large skillet or saucepan and add the beef and sauté to brown.

Add the onions, mushrooms and garlic and continue cooking until the vegetables are tender. Sprinkle with the flour and reduce the heat and cook for an additional 2 minutes.

Add the salt, curry, tomatoes and Sherry. Bring to a boil, reduce heat and simmer for 15 20 minutes. Add the almonds and peas, continue cooking for an additional 3 minutes. Serve with rice.

Serves 6

BLANQUETTE DE VEAU

Ingredients:

2 tbsp	30 ml	Olive oil
2 lbs	900 g	Boneless veal, diced
1 lb	450 g	Tomatoes, peeled, seeded and chopped
6	6	Cloves
1 cup	250 ml	Chicken stock
2	2	Garlic cloves, minced
¼ tsp	1 ml	Each of basil, thyme and marjoram
½ tsp	3 ml	Salt and pepper
6 cups	6-250 ml	Cooked rice or noodles
1 tbsp	15 ml	Chopped parsley

Directions:

Heat the olive oil in a Dutch oven. Add the veal and brown. Add the tomatoes, cloves, stock, garlic and seasoning.

Cover, reduce heat and simmer for 2 hours.

Serve over the noodles or rice and sprinkled with parsley as a garnish.

Serves 6

COTTAGE OR SHEPHERD'S PIE

Ingredients:

3 tbsp	45 ml	Safflower oil
1 lb	454 g	Lean ground beef (Cottage Pie) or ground lamb (Shepherd's Pie)
1	1	Onion, minced
2	2	Celery stalks, minced
2	2	Carrots, pared and minced
3 oz	90 g	Mushrooms, sliced
1	1	Garlic clove, minced
¼ cup	60 ml	Flour
½ cup	125 ml	Beef broth
2 tbsp	30 ml	Tomato paste
1 tsp	5 ml	Worcestershire sauce
½ tsp	3 ml	Each of thyme leaves, chervil, salt, paprika, pepper
2 cups	500 ml	Creamed corn
4 cups	1 L	Hot mashed potatoes
2 cups	500 ml	Sharp cheddar, grated

Directions:

In a large skillet heat the oil and fry the ground meat. Add the vegetables and sauté until vegetables are tender. Sprinkle with the flour and continue to cook for 2 minutes. Add the broth, tomato paste, Worcestershire and seasonings. Simmer until thick.

Spoon into a large casserole dish and cover the mixture with the creamed corn. Spread the mashed potatoes over the corn and sprinkle the cheese over top.

Bake in a preheated 400°F (200°C) oven for 15 minutes or until the cheese is golden brown.

Serves 6

OLD FASHION BEEF STEW

Ingredients:

2-¼ lbs	1 kg	Beef round
3 tbsp	45 ml	Olive oil
3 tbsp	45 ml	Flour
3	3	Onions, diced
1	1	Garlic clove, minced
3	3	Large carrots, diced
4	4	Celery stalks, diced
20	20	Button mushrooms
3 cups	750 ml	Beef broth
½ cup	90 ml	Tomato paste
1 tbsp	15 ml	Worcestershire sauce
2 tbsp	30 ml	Soy sauce
½ tsp	3 ml	Each of salt, pepper, paprika, chili powder, thyme, oregano
6	6	Large potatoes

Directions:

Cut the beef in large cubes. Heat the oil in a large kettle or Dutch oven, add the beef and brown. Remove the beef.

Sprinkle with flour and cook over low heat for 5 minutes or until golden brown.

Add the onion, garlic, carrots, celery and mushrooms, sauté until tender. Stir in the beef, broth, tomato paste, Worcestershire, soya and seasonings. Cover and simmer for 45 minutes.

Pare and dice the potatoes, add to the stew and continue to simmer for an additional 30 minutes. Serve with Grandma's Best dumplings follows.

Serves 6

COCA COLA BEEF DINNER SOUP

Ingredients:

3 tbsp	45 ml	Butter
3 tbsp	45 ml	Onions, minced
1 tbsp	15 ml	Garlic, minced
1 tsp	5 ml	Salt
½ tsp	3 ml	Pepper
1 tbsp	15 ml	Paprika
2¼ lbs	1 kg	Cubed beef round
3 tbsp	45 ml	Flour
3 cups	750 ml	Beef broth (see sauces)
3 cups	750 ml	Coca Cola soft drink (Not diet)
2 cups	500 ml	Crushed tomatoes
1	1	Bouquet garni*
1½ cups	375 ml	Each, diced potatoes, carrots, celery
1	1	Sprig fresh marjoram
1 cup	250 ml	Sour cream
¼ cup	60 ml	Tomato paste
1 tsp	5 ml	Caraway seeds (optional)

Directions:

In a large kettle or Dutch oven heat the butter and add the onions and garlic, cook until tender without browning. Blend the salt, pepper and paprika together. Dust the beef with the seasonings and add to the pot, cook the beef until brown. Sprinkle with flour and continue to cook for 3 minutes over low heat. Add the broth, Cola, crushed tomatoes and bouquet garni, simmer for 1¼ hours.

Add the vegetables and marjoram; continue to simmer for an additional 45 minutes. Discard the bouquet. Stir in the sour cream, tomato paste and caraway seeds, simmer 5 minutes longer and serve at once. Serves 6.

CHICKEN & OTHER POULTRY



A journey to Newport Rhode Island would not be complete without a visit to the Corné House; Michele Felice Cornè (a artist of note) introduced the tomato into the American diet. In early 19th Century tomatoes were thought to be deadly poison. Cornè was accustomed to eating tomatoes in his native land (Italy) and would regularly eat them without ill effect and, thus, allayed the fears of the residents of his adopted country. Cornè came from Elba an island off the Tuscan coast of Italy where he dined on Sburrita (Rio style Rockfish) or Gurguglione dishes which contain substantial amounts of tomatoes. Thus tomatoes became an American standard thanks to the daring Corné.

Poisonous tomatoes proved false by Corné actually add to the health of those who enjoy them. Tomatoes with its lycopene help to prevent certain cancers. Eating tomatoes with a little olive oil, helps lycopene to be better absorbed by the body. The vitamins A and C found in tomatoes assist in preventing DNA damage and help to ward off disease like diabetes. Tomatoes contain significant amounts nutrients, such as niacin, folate and vitamin B6 which can help resist heart disease. Tomato juice has been found to help in the fight against Thrombosis and degenerative diseases; perhaps this is why Corné live to be 93 while most others were dying between 45 and 60.

Chicken was already the home favorite and remains so to this day, the marrying of these culinary standards is only natural. When choosing the right chicken entrée make it a tomato night and you will make it right. The sweet meat and the sweetness of tomatoes harmonize; add a few herbs or spices and a symphony of flavor is what your diners will experience.

Chicken provides health benefits for brain health, cancer control, heart health, energy boosts and so much more. So when combining chicken with tomatoes the culinary is providing a double infusion of healthy goodness hidden upon a plate of deliciousness.



CHICKEN CACCIATORE

Ingredients:

8	8	Pieces chicken thighs or legs
2 tbsp	30 ml	All purpose flour
½ tsp	2 ml	Salt
¼ tsp	1 ml	Pepper
2 tbsp	30 ml	Vegetable oil
1	1	Onion, diced
2	2	Cloves garlic, minced
1	1	Sweet bell pepper, chopped (red, yellow or green)
1 cup	250 ml	Button mushrooms quartered
1 tsp	5 ml	Dried Italian herb seasoning
3 cups	750 ml	Tomatoes, diced
½ cup	125 ml	Chicken broth
⅓ cup	75 ml	Tomato paste
¼ cup	60 ml	Grated cheese (your choice)
2 tbsp	30 ml	Fresh parsley, chopped

Directions:

Preheat the oven to 375°F (190°C).

Toss the chicken with the flour, salt and pepper. In large shallow Dutch oven heat half the oil over medium-high heat; brown the chicken, in batches and adding a little more of the oil if necessary. Transfer to a plate. Drain fat from the pan.

Heat the remaining oil in pan over medium heat; fry the onion, garlic, bell pepper and mushrooms until tender, 4 minutes. Stir in the tomatoes, broth and tomato paste and Italian seasoning bring to boil.

Return the chicken and any juices to the pan; place in the oven and bake until thickened and juice runs clear when the chicken is pierced, about 40 minutes. Serve over pasta or rice. Sprinkle with the cheese and parsley. Serves 4

AUSTRIAN STUFFED CHICKEN

Ingredients:

3 oz	80 g	Mushrooms, sliced
1	1	Medium onion, fine diced
1 tbsp	15 ml	Safflower oil
2 ½ cups	625 ml	Cooked rice, cold
½ cup	125 ml	Peas
1 ¼ tsp	7 ml	Each of salt, pepper, thyme leaves and basil
¼ tsp	1 ml	Cinnamon
1	1	Egg
5 lbs	2.2 kg	Roasting Chicken
1 cup	250 ml	Mornay Sauce (see sauces)
1 cup	250 ml	Tomato sauce (see sauces)

Directions:

Sauté the mushrooms and onions in a large skillet with the oil until all the liquid has evaporated. Cool to room temperature. Blend into the cooked rice along with the peas, seasonings and egg.

Stuff this mixture into the chicken, truss the chicken. Place the chicken into a roaster and roast into a preheated 325°F (160°C) oven for 2 ½ hours. Check for doneness. Remove chicken from the oven. Scoop the stuffing into a serving dish and let the chicken rest for 10 minutes. Carve the chicken.

Combine the tomato and Mornay sauces and gently heat; serve the sauce on the side.

Serves 6

THAI STYLE CHICKEN & TOMATOES

Ingredients:

3 tbsp	45 ml	Vegetable oil
1 ¼ lbs	567 g	Skinless, boneless chicken breasts, sliced crosswise 1/3 inch thick
		Salt and freshly ground pepper
1	1	Onion, sliced 1/4 inch thick
1 lb	454 g	Zucchini, cut into 2-by-1/2-inch sticks
1 ½ cups	375 ml	Cherry tomatoes
1 tbsp	15 ml	Thai red curry paste
2 tbsp	15 ml	Fish sauce
½ cup	125 ml	Unsweetened coconut milk
2 tbsp	30 ml	Water
1	1	Finely grated zest of the lime
1 tbsp	15 ml	Fresh lime juice
½ cup	125 ml	Cilantro, chopped
4 cups	1L	Cooked rice, for serving

Directions:

In a large skillet, heat 2 tablespoons of the oil. Add the chicken, season with salt and pepper and cook over high heat until just white throughout, 2 minutes. Transfer the chicken to a plate.

Add the remaining oil to the skillet. Add the onion and stir-fry over moderately high heat for 2 minutes. Add the zucchini and cherry tomatoes and stir-fry for 2 minutes. Stir in the curry paste, fish sauce, coconut milk, water, lime zest and lime juice and bring to a simmer. Add the chicken and stir for 20 seconds. Stir in the cilantro. Transfer to bowls and serve with rice.

Serves 4

POULET TOMATE RAGOÛT

Ingredients:

1 ½ lbs	675 g	Boneless chicken meat
1 ½ cups	325 ml	Chicken broth
1 ½ cups	325 ml	Tomato sauce
1 tsp	5 ml	Salt
¼ tsp	1 ml	Thyme leaves
1	1	Bay leaf
20	20	Pearl onions
4	4	Carrots, julienned cut
2 tbsp	30 ml	Butter
2 tbsp	30 ml	Flour
2 tbsp	30 ml	Lemon juice
2	2	Egg yolks
pinch	pinch	Cayenne pepper
1 tbsp	15 ml	Parsley, chopped

Directions:

In a Dutch oven or a large kettle put the chicken, broth, tomato sauce, salt, thyme, and bay leaf, cover and simmer for 45 minutes. Add the onions and carrots continue to simmer for an additional 10 minutes.

Remove 2 cups (500 ml) of liquid. Melt the butter in a small sauce pan, add the flour and cook for 2 minutes over low heat, (do not brown it). Slowly add the 2 cups of liquid stirring until thicken.

Whisk the lemon juice in the egg yolks. Blend into the sauce. Reheat but do not boil the sauce as this will curdle the eggs. Blend the sauce with the chicken. Stir in the cayenne. Pour into a serving bowl.

Sprinkle with parsley and serve over noodles or rice.

Serves 4

TIKKA CHICKEN MEATBALL CURRY

Ingredients:

2 lbs	900 g	Chicken meat
2 tbsp	30 g	Onion, chopped
¼ cup	60 ml	Bread crumbs
1	1	Egg
½ tsp	3 ml	Each of, cayenne, turmeric, ginger powder, black pepper, basil, thyme leaves, oregano, paprika
1 tsp	5 ml	Salt
1	1	Garlic clove, minced
3 tbsp	45 ml	Safflower oil
2 tbsp	30 ml	Butter
2 tbsp	30 ml	Flour
1 tbsp	15 ml	Garam Masala
2 tsp	10 ml	Ground cumin
1 tsp	5 ml	Curry powder
1 ½ cups	375 ml	Tomato purée
½ cup	125 ml	Greek yogurt
¾ cup	180 ml	Light cream
		Naan bread
		Cilantro to garnish

Directions:

In a food processor coarsely chop the chicken. Add the onion, bread crumbs, egg, seasonings and garlic, process into a fine mix. Remove and shape into small balls.

Heat the oil in a large skillet and brown the meat balls. Drain all oil. Transfer the meatballs to a casserole dish.

Heat the butter in a saucepan; add the flour and curry powder cook for 2 minutes over low heat. Add the tomato purée, yogurt and cream, simmer for 5 minutes. Pour the sauce over the meatballs.

Cover the dish and bake in a preheated 350°F (180°C) oven for 45 minutes. Serve with the Naan bread and sprinkle with cilantro.

Serves 4

Also good served with rice.

CHICKEN PROVENÇALE

Ingredients:

3 tbsp	45 ml	Olive oil
1	1	Garlic clove, minced
1 ½ lbs	675 g	Boneless chicken strips
3 oz	80 g	Button mushrooms
20	20	Pearl onions
¼ lb	345 g	Zucchini, julienne cut
2 cups	500 ml	Crushed tomatoes
3 tbsp	45 ml	Lemon juice
¼ tsp	1 ml	Each of thyme leaves, basil, paprika, salt
½ tsp	3 ml	Cracked black pepper

Directions:

Heat the oil in a Dutch oven add the garlic, chicken, mushrooms and onions, sauté until chicken is cooked thoroughly. Add the zucchini and continue cooking 5 minutes. Add the tomatoes, lemon juice and seasonings, reduce the heat and simmer for 30 minutes.

Serve with rice.

Serves 4

ANATRA CON MAFALDA

Ingredients:

¼ cup	60 ml	Olive oil
2 lbs	900 g	Boneless duck meat
1	1	Large Spanish onion, diced
1	1	Red bell pepper, diced
1	1	Green bell pepper, diced
3	3	Celery stalks, diced
1	1	Garlic clove, minced
3 cups	750 ml	Crushed tomatoes
½ tsp	3 ml	Each of salt, basil, marjoram
¼ tsp	1 ml	Each of pepper, paprika
1 tsp	5 ml	Worcestershire sauce
1 ¼ lbs	625 g	Mafalda noodles (aka Reginette)
¾ lb	345 g	Mozzarella cheese, grated

Directions:

Cut the duck meat into ½" cubes.

Heat the oil in a Dutch oven. Add the duck and vegetables and sauté until the duck has cooked through. Add the tomato, seasonings and Worcestershire. Reduce the heat and simmer for 1½ - 2 hours until the sauce is very thick. Skim any grease from the sauce as it floats to the top.

Cook the noodles in a large Dutch oven with plenty of salted water until they are al denté, drain and cool.

Alternate layers of noodles and sauce in a large grease casserole dish. Cover with the cheese. Bake in a preheated 350°F (180°C) oven for 15 minutes or until cheese is golden brown.

Serves 4

WILD MUSHROOM TOMATO CHICKEN

Ingredients:

6- 4oz	6 -120 g	Boneless chicken breasts
8 oz	225 g	Lean veal, finely diced
8 oz	225 g	Ham, finely diced
4 oz	120 g	Button mushrooms, finely diced
1	1	Small onion, finely diced
2 tbsp	30 ml	Safflower oil
¼ tsp	1 ml	Each of salt, pepper, paprika, basil, nutmeg
6	6	Bread rusks
1½ cups	375 ml	Wild Mushroom Tomato Sauce (see sauces)

Directions:

Pound the chicken breast flat with a meat mallet.

Blend the veal, ham, mushrooms and onion together.

Heat 1 tbsp (15 ml) of the oil in a skillet. Add the mixture and seasonings and sauté until mixture is cooked thoroughly, cool to room temperature.

Divide the filling equally over the chicken. Roll the chicken to enfold the mixture. Place on a broiling pan and refrigerate for 1 hour. Brush with the remaining oil and bake in a preheated 350°F (180°C) oven for 20 minutes or until golden brown.

Place the chicken on a bread rusk on a serving platter, and smother with the sauce and serve.

Serves 6

TURKEY FILLETS CREOLE

Ingredients:

1 ½ lbs	675 g	Turkey breast
3 tbsp	45 ml	Safflower oil
2	2	Spanish onion, diced
2	2	Green bell peppers, diced
3	3	Celery stalks, diced
½ tsp	3 ml	Each of Basil, oregano, thyme, paprika, garlic powder, onion powder, chilli powder
¼ tsp	1 ml	Each of Black pepper, white pepper, cayenne
1 tsp	5 ml	Salt
1 tbsp	15 ml	Worcestershire sauce
3 cups	750 ml	Crushed tomatoes
½ cup	125 ml	Green onions, chopped
2 tbsp	30 ml	Parsley, chopped

Directions:

Cut the turkey in ¾" wide strips.

In a large Dutch oven brown the turkey in the oil, add the onions, peppers and celery sautéing for 5 minutes. Add the seasoning, Worcestershire and tomatoes, reduce the heat and simmer for 1¼ hours.

Add the green onion and parsley simmer for 5 minutes longer. Serve over noodles or rice.

Serves 4

CHICKEN & SHRIMP PIE

Ingredients:

½ quantity	½ quantity	Pie dough (follows)
1 cup	250 ml	Cooked chicken, finely diced
1 cup	250 ml	Cooked shrimp, finely diced
2 cups	500 ml	Tomato Cream Sauce (see sauces)
¼ tsp	1 ml	Each of Salt, pepper, nutmeg
1 tbs	15 ml	Parsley
1 tbs	15 ml	Onion, diced
3	3	Eggs separated

Directions:

Roll out the pie dough and fit into a 9" deep dish pie shell.

In a mixing bowl blend the chicken, shrimp and tomato cream sauce. Add the seasonings and onion.

Beat the egg yolks and fold into the mixture. Beat the egg whites stiffly, fold into the mixture.

Pour the mixture into the pie shell and bake 25-30 minutes in a preheated 400°F (200°C) oven or until the mixture has risen and is golden brown. Serve at once.

Serves 6

FLAKY BUTTER PIE CRUST

Ingredients:

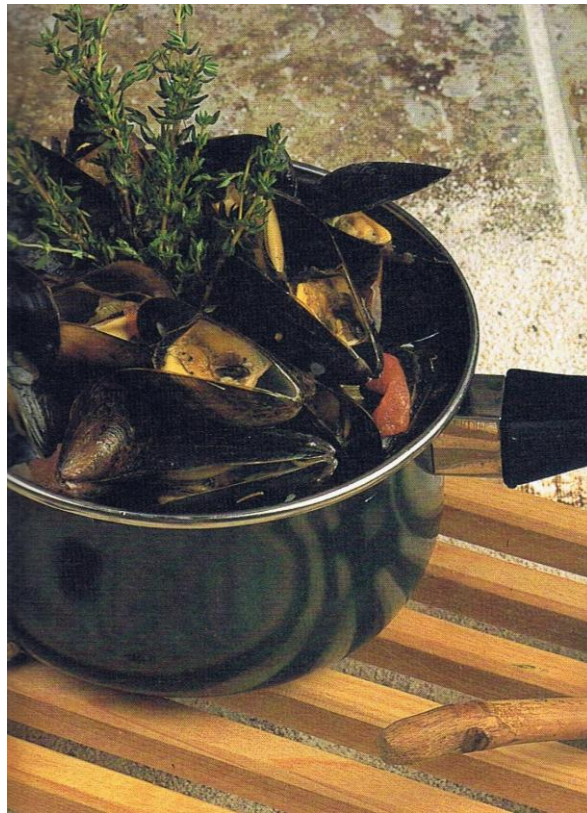
1 ¼ cups	310 ml	Flour, all-purpose
½ tsp	3 ml	Coarse Salt
½ cup	113 g	Cold unsalted butter, cut into 1/2-inch pieces
¼ cup	60 ml	Ice cold water

Directions:

In a food processor, pulse flour and salt to combine. Cut in the butter; mix until mixture forms a coarse meal.

Sprinkle with 2 tbsp (30 ml) ice water; mix until the dough is crumbly but holds together add a little more water if necessary. Form dough into a 1-inch-thick rectangle, wrap tightly in plastic, and refrigerate until firm, 1 hour (or up to 3 days.)

FISH & SEAFOOD



Fresh, when you think of fish fresh is best, IQF (Individually Quick Frozen) fillets are still not fresh, they will leave you with chills, they may work well for restaurants that do not concern themselves with fresh (even though many believe they are even with IQF). The IQF rule should apply only to select seafood, shrimp, and crayfish are better purchased as IQF as the fresh variety will not remain so very quickly, whereas IQF crab and lobster is just wrong.

You want the freshest finest fish for your meal, with the right flavors, then shop at a reputable fish market (monger) usually your local supermarket has thawed frozen fish and is marketing it as fresh, or it is many days old. A fresh fillet from a white fish should be translucent and not discolored.

Look at the fish's eyes if you are buying whole fish. They should be clear, not cloudy. If the eyes are cloudy, then the fish is old.

Check the flesh press the flesh to test it for elasticity. The flesh should be firm and springy, and it should appear shiny.

Smell the fish. It should not have a strong, “fishy” odor. Most fresh fish should smell faintly of the waters it has been taken from, ocean fish smell like the ocean. Fresh water fish should smell of melon or cucumber.

Look at the fish’s gills, which should be wet and appear bright red or bright pink. If they are faded or graying, or if the gills are dry or slimy, the fish is old.

Fish and tomatoes seemingly are made for each other. Serve grilled fish with grilled tomatoes. Fried tomatoes can accompany any fried fish dish. Pan fried fish and sautéed tomatoes go great together while roasted tomatoes finishes almost any seafood.

While freshness in ingredients is always the rule for the cook, harsh ingredients should be shunned as well. Both fish and tomatoes do well with ingredients that have big flavor when used with a gentle hand, garlic for example will compliment both fish and tomatoes but “too much” only leaves an unforgiving taste.

Use of curries to enhance both fish and seafood and tomatoes will do well, but as with any other ingredients curry can and often is much too strong for the delicate flavors of fish, so be sure that the choice of fish can withstand the strong heat of a curry; fish with very bland taste may do well with curry. Remember that each ingredient must tie the knot with the other ingredients to finish your dish with a well pleasing flavor that your guest enjoys.

Consider the following when choosing fish and seafood to serve with tomatoes, low in mercury, high in nutritional values and considered fishery safe: Anchovies, Bluefish (Atlantic), Catfish, Cod (Pacific) Crayfish (crawfish, crawdad), Crab (Dungeness), Herrings, Halibut (Pacific & Alaskan), Mackerel, Mahi-mahi (Dorado, Dolphinfin), Mussels (farmed), Oysters (farmed), Pollock (Pacific Surimi, Krab), Prawns, Salmon (wild Alaskan and Californian, Scallops, Shrimp, Squid (calamari), Striped Bass, Sturgeon, Tilapia, Trout (farmed), Tuna (not bluefin).

JAMACIAN RUN DOWN

Ingredients:

¼ cup	60 ml	Fresh lime juice
2 ½ lbs	1 kg	Firm mackerel, cut into large pieces
1 ½ cups	375 ml	Coconut milk, canned
1	1	Large onion, diced
2	2	Garlic cloves, sliced
1	1	Scotch Bonnet or jalapeño chili pepper, minced
¼ tsp	1 ml	Mild red pepper flakes
2 cups	500 ml	Tomatoes, chopped
¼ tsp	1 ml	Kosher Salt
¼ tsp	1 ml	Fresh black pepper
1 tsp	5 ml	Dried thyme leaf
1 tbsp	15 ml	White vinegar

Directions:

Toss the fish with the lime juice in a large bowl, set aside and marinate for 1 hour.

In a wok heat the coconut milk over medium heat to a boil, reduce heat and simmer for 3 minutes. Add the onion, garlic, pepper, pepper flakes, tomatoes, salt, pepper, thyme and vinegar, return to a boil and continue to cook for another 3 minutes. Reduce the heat to low, and add the fish and the lime juice.

Cover, and simmer on low for 10 minutes adjust seasoning with salt, pepper or additional lime juice. Ladle into large bowls and serve very hot.

Serves 4

CAPPONE DI MARE PROVINCIALE

Ingredients:

1 ½ lbs	750 g	Red snapper, fresh fillets
3 tbsp	45 ml	Olive oil
2	2	Garlic cloves, minced
1	1	Small onion, finely diced
½ cup	125 ml	Green bell pepper, finely diced
1 ½ cups	375 ml	Tomatoes peeled, seeded and chopped
¼ tsp	1 ml	Salt
¼ tsp	1 ml	Pepper
1 tsp	5 ml	Fresh thyme
2 tbsp	30 ml	Kalamata, pitted and sliced

Directions:

Brush the red snappers with the oil and reserve.

Heat the remaining oil in a skillet, sauté the garlic, onion and pepper until tender. Add the tomato and seasonings. Reduce heat and simmer until most of the liquid has evaporated.

Broil the fish on a grill or in the oven for 10 minutes per inch (2 ½ cm) turning over once.

Place on serving plate, and cover with the sauce. Sprinkle with olives and serve.

SERVES 4

LICORICE PRAWNS

Ingredients:

1 lb	450 g	Large Shrimp
½ cup	125 ml	Flour
¼ cup	60 ml	Olive oil
¼ cup	60 ml	Pernod liqueur
1 ½ cups	375 ml	Tomatoes peeled, seeded and diced
½ cup	125 ml	Light cream
2 tsp	10 ml	Curry powder
1 tbsp	15 ml	Parsley, chopped

Directions:

Peel and de-veined the shrimp then wash and pat dry. Dust the shrimp lightly with the flour.

Heat the oil in a large skillet and sauté the shrimp for 2 3 minutes, turn the pan away from you and carefully flame with the Pernod. Add the tomatoes, cream and curry powder. Reduce heat and simmer for 8 minutes.

Sprinkle with parsley and serve at once over cooked rice.

Serves 4

VONGOLE O COZZE SALTATE

Steamed Clams or Mussels

Ingredients:

2 ¼ lbs	1 kg	Fresh clams or mussels
2 tbsp	30 ml	Butter
2	2	Garlic cloves, minced
1	1	Onion, finely diced
1	1	Celery stalk, finely diced
1 cup	250 ml	White wine
2 cups	500 ml	Stewed Tomatoes
1 tsp	5 ml	Worcestershire sauce
½ tsp	3 ml	Salt
1 tbsp	15 ml	Fresh basil leaves, chopped
1 tsp	5 ml	Cracked black pepper

Directions:

Scrub and or de-beard the clams or mussels.

Heat the butter in a saucepan. Add the garlic, onion and celery and sauté until tender. Add the remaining ingredients and simmer for 15 minutes.

Add the mussels and continue to simmer an additional 10 minutes. Serve.

Serves 4

RISOTTO ALLA ICHIATANA

Seafood Rice Bake

Ingredients:

½ lb	225 g	Clams
½ lb	225 g	Mussels
2 tbsp	30 ml	Oil
1	1	Onion, diced
1	1	Green bell pepper, diced
3	3	Celery stalks, diced
2	2	Garlic cloves, minced
1 tsp	5 ml	Each of Thyme, oregano, basil, cracked black pepper
6 cups	1.5 L	Seafood broth
2 cups	500 ml	White wine
2 cups	500 ml	Crushed tomatoes
3 cups	750 ml	Arborio rice
1 lb	454 g	Crab legs & claws
1 lb	454 g	Lobster meat
1 lb	454 g	Peeled and de-veined shrimp
1 lb	454 g	Firm fish pieces
1 cup	250 ml	Peas

Directions:

Preheat the oven to 375°F (190°C).

Clean and debeard the clams and mussels.

Heat the oil in a large kettle or Dutch oven. Add the onion, green pepper, celery and garlic. Sauté until the vegetables are tender, drain excess oil. Add the seasonings and cook for 1 minute. Add the seafood broth, wine and tomatoes. Bring to a boil.

Place the rice into a very large casserole dish. Top with the mussels, clams, crab, lobster, shrimp fish and peas. Pour the stock over the seafood, cover and bake in the oven for 30-40 minutes or until rice is tender. Do not stir.

Remove from the oven, rest for 10 minutes before serving.

Serves 4

CIOPPINO

Italian Seafood & Fish Stew

Ingredients:

3 tbsp	45 ml	Butter
1	1	Red bell pepper, sliced
1	1	Green bell pepper, sliced
1	1	Small onion, sliced
1	1	Garlic clove, minced
1 tbsp	15 ml	Fresh parsley, chopped
2 cups	500 ml	Tomatoes, peeled, seeded and chopped
4 cups	1 L	Fish broth
2 cups	500 ml	White wine
½ lb	225 g	Arctic char or any firm fish, chopped
¼ lb	120 g	Peeled and de-veined shrimp
¼ lb	120 g	Greenshell Mussels
¼ lb	120 g	Clams, in shell
¼ lb	120 g	King crab claws
1	1	Bouquet Garni*

Directions:

In a large Dutch oven or kettle, heat the butter. Add the vegetables and sauté until tender. Add the parsley, tomatoes, broth and wine. Bring to a boil. Reduce heat and simmer for 10 minutes.

Add the fish, seafood and bouquet garni. Cover and simmer for 15 minutes. Discard the bouquet garni.

Serve the stew with fresh Italian bread.

Serves 4

* A bouquet garni is: thyme leaves, basil sprig, marjoram, bay leaf and five peppercorns tied together in cheesecloth.

ZUPPA DI PESCE

Ingredients:

2 tbsp	30 ml	Olive oil
4 oz	120 g	Halved large button mushrooms
1	1	Medium onion, diced
2	2	Carrots, diced
2	2	Celery stalks, diced
4 cups	1 L	Fish or seafood broth
1 ½ cups	375 ml	Tomatoes, peeled, seeded and chopped
8 oz	225 g	Red snapper, coarse diced
8 oz	225 g	Lobster meat, coarse diced
8 oz	225 g	Peeled and de-veined shrimp
8 oz	225 g	Scallops
16	16	De-bread, washed mussels
16	16	Washed, brushed clams
½ cup	125 ml	White wine
½ tsp	3 ml	Salt
1 tsp	5 ml	Fresh basil, chopped

Directions:

Heat the oil in a large Dutch oven or kettle. Add the vegetables and sauté until tender.

Add the tomatoes and broth, bring to a boil, reduce heat and simmer for 5 minutes.

Add all the remaining ingredients, cover and simmer gently for 15 minutes, and serve at once.

Serves 4

FLOUNDER WITH TOMATOES AND SWEET GARLIC SAUCE

Ingredients:

1	1	Head garlic peeled
¾ cup	190 ml	Virgin olive oil
2	2	Onions, minced
4	4	Ripe tomatoes, peeled, seeded and diced
6	6	Sprigs fresh thyme (or 1/4 tsp dried)
2 tbsp	30 ml	Fresh tarragon chopped (or 1 tbsp dried)
½ tsp	3 ml	Each Salt and freshly ground black pepper
½ cup	125 ml	All-purpose flour
1 tbsp	15 ml	Paprika
2 tbsp	30 ml	Unsalted butter
1 ½ lbs	750 g	Skinless flounder fillets
1 tbsp	15 ml	Fresh chervil , chopped
1 quantity	1 quantity	Spanish rice, follows

Directions:

Combine the garlic and 2 cups water in a small saucepan and boil for 15 minutes. Drain garlic, cool in ice water and drain again. Heat 1/2 cup of the olive oil in a skillet over high heat. Add the onions and tomatoes and sauté until golden, about 5 minutes, stirring. Add garlic, thyme, tarragon and salt and pepper to taste and simmer for 8 minutes. Discard the thyme. Purée the mixture in a blender or food processor and return to the saucepan, keep hot over low heat.

Combine the flour and paprika on a flat plate. Salt and pepper the fish fillets and coat them with the seasoned flour, shaking off excess.

In a skillet heat 2 tablespoons butter and the remaining 1/4 cup olive oil over high heat. Add the fish and sauté until browned, about 3 minutes on each side. Place fish fillets on 4 plates, spoon hot sauce over and sprinkle with chervil.

Serves 4

Spanish Rice

Ingredients:

2 tbsp	30 ml	Butter
2 tbsp	30 ml	Yellow onions, chopped
1 cup	250 ml	Long grain rice, converted
½ cup	125 ml	Tomato pureé
1 cup	250 ml	Chicken broth
3 dashes	3 dashes	Tabasco™ sauce
2 tsp	10 ml	Chili powder
1 tsp	5 ml	Kosher Salt
Pinch	1 ml	Black pepper
1	1	Roma tomato, chopped
2 tbsp	30 ml	Red bell peppers, chopped
2 tbsp	30 ml	Green bell peppers, chopped

Directions:

In a saucepan melt the butter and sauté the onions until soft. Add the rice and stir to coat the rice with the butter, add the tomato purée, chicken broth, Tabasco™ sauce, chili powder, salt and black pepper. Stir and bring to a boil, reduce the heat and simmer for 25 minutes covered.

Add the tomato and chopped peppers, cover and simmer for an additional 15 minutes. Stir and serve.

Serves 4

STUFFED PRAWNS

Ingredients:

2 tbsp	30 ml	Butter
1 tbsp	15 ml	Green onion, minced
½ cup	75 g	Flour
1 tbsp	15 ml	Dijon mustard
1 tsp	5 ml	Sage, chopped
1 cup	125 ml	Crab meat
¼ cup	60 ml	Heavy cream
24	24	Large prawns, butter-fried
2	2	Eggs
¼ cup	60 ml	Milk
2 cups	180 g	Fine breadcrumbs

Sauce:

1 cup	250 ml	Mayonnaise
1 tbsp	15 ml	Lemon juice
1/2 cup	125 ml	Chili sauce
1/4 tsp	2 ml	Worcestershire sauce
1 tbsp	15 ml	Onion, grated
1 tsp	5 ml	Sweet pickle relish
1 tsp	5 ml	Minced green pepper
		Salt & pepper to taste

Directions Shrimp:

Preheat the oil to 375°F (190°C).

In a sauce pan melt 2 tsp (10 ml) butter and sauté the onion until translucent, sprinkle with the 1 ½ tbsp (10 g) flour and cook gently for 2 minutes. Add the mustard, sage, crab meat, cream, to the onions and the remaining butter. Simmer until very thick. Set aside to cool.

Place 2 tbsp (30 ml) of mixture on each shrimp. Place on a baking sheet, set in a freezer for 1 hour.

Mix the eggs in the milk in a small mixing bowl. Place the breadcrumbs into a mixing bowl. Dip the stuffed shrimp into the remaining flour then into the eggs and finally into the breadcrumbs to coat.

Fry a few in the oil until golden brown, place on a cookie sheet with a oven screen, keep hot in a preheated 300°F (160°C) oven while the remaining shrimp fry. Serve at once with the sauce on the side.

Directions Sauce:

Mix all ingredients together and use as required.

Serves 4

COQUILLES ST. JAKUES À L'INDIENNE

Ingredients:

1 cup	250 ml	White wine
1 lb	450 g	Scallops
¼ cup	60 ml	Butter
1	1	Small onion, diced
1	1	Green pepper, diced
1	1	Celery stalk, diced
3 tbsp	45 ml	Flour
1 cup	250 ml	Heavy cream
½ cup	80 ml	Sherry
½ tsp	3 ml	Salt
2 tsp	10 ml	Curry powder
1 cup	250 ml	Heavy cream
½ tsp	3 ml	Salt
2 tsp	10 ml	Curry powder
1 cup	250 ml	Tomatoes, peeled, seeded and chopped
1 quantity	1 quantity	Recipe Risi e Bisi (follows)

Directions:

Begin the Risi e Bisi before the scallops. Half way through cooking the Risi e Bisi heat the wine in a second sauce pan, add the scallops and cook for 3 minutes. Set aside.

In a third saucepan heat the butter, add the vegetables and sauté until tender. Add the flour and stir. Cook for 2 minutes. Add the cream, sherry and seasonings, reduce the heat and simmer until thickened.

Add the tomatoes and scallops. Simmer for an additional 5 minutes.

Serve over the Risi e Bisi.

Risi E Bisi

Ingredients:

3 tbsp	45 ml	Butter
2 oz	57 g	Pancetta, diced
1	1	Onion, diced
6 cups	1.5 L	Chicken stock
1½ cups	375 ml	Arborio rice
¼ tsp	1 ml	Cracked pepper
1	1	Pinch salt
1 ½ cups	375 ml	Fresh peas
½ cup	125 ml	Fresh parsley, chopped
½ cup	125 ml	Parmesan cheese, grated

Directions:

In saucepan, melt half of the butter over medium heat; cook the pancetta and onion, stirring often, until the onion is softened, about 7 minutes.

Add the broth, rice, pepper and salt; bring to boil. Reduce the heat and simmer, uncovered and stirring occasionally, for 18 minutes.

Stir in peas and parsley; cook until peas and rice are tender, about 4 minutes.

Stir in remaining butter and Parmesan cheese; cover and let stand for 2 minutes. Serve with the Coquilles St. Jaques à l'Indienne

Serves 4

WHITE FISH CASSEROLE

Ingredients:

1 lb	450 g	Pike filets (or other firm white fish)
3 tbsp	45 ml	Butter
1	1	Small onion, diced
½	½	Green pepper, diced
1	1	Celery stalk, diced
½ cup	125 ml	Tomatoes, peeled, seeded and chopped
1 ½ cups	375 ml	Heavy cream
1 cup	250 ml	Grated Swiss cheese
½ cup	125 ml	Breadcrumbs
½ tsp	3 ml	Salt

Directions:

Preheat oven to 350°F (180°C).

Wash and dry the fish. Place the fish in a greased casserole dish.

Heat the butter in a saucepan.

Add the onion, pepper and celery; sauté until tender.

Add the tomatoes, reduce heat and simmer until liquid had evaporated. Spoon over the fish.

Add the cream and sprinkle with cheese and breadcrumbs.

Bake in the oven for 30 minutes.

Serves 4

DESSERTS



Dessert is the crowning achievement of the meal; it is the last item consumed yet the one the diners remember most. Do not serve the meal that is “to die for” let them live, and enjoy that incredible dessert. Marie-Antoinette did not say “let them eat cake” as many attribute it to her, it may be a good idea at the end of any meal. The actual quote (unknown who spoke it) is “Qu'ils mangent de la brioche” brioche is of course bread enriched with eggs and butter, not cake at all, but cake will do for dessert. If not cake, then what, cheesecake, pies, puddings, cookies when comes to dessert tomatoes can make them just right.

Tomatoes in cakes, in sauces, in puddings the sweetness of tomatoes shine when serve as a dessert. Desserts spelled backward is stressed so to relieve stress eat dessert, perhaps, but dessert can provide certain benefits: a healthy dessert can: Aid in digestion, add extra vitamins and fiber to your diet, boost your immunity to certain diseases, help to deduce your blood pressure, balance hormones in the body, help to lower the levels of LDL cholesterol (bad cholesterol) and improves HDL cholesterol (good cholesterol) as well as act as an anti-depressant.

Coupled with the heath benefits of the tomato desserts really can finish the meal exactly right, so, go and eat cake.

TOMATO SOUP SPICE CAKE

Ingredients:

4 tbsp	60 ml	Unsalted butter, softened
1 cup	250 ml	Granulated sugar
1	1	Large egg, well beaten
10 3/4 oz	300 ml	Can condensed tomato soup (do not add water)
1 tsp	6 ml	Baking soda
1 ½ cups	375 ml	All-Purpose Flour
½ tsp	3 ml	Baking powder
1 tsp	5 ml	Ground cloves
1 tsp	5 ml	Ground cinnamon
¼ tsp	2 ml	Ground nutmeg
⅓ tsp	2 ml	Ground ginger
½ cup	125 ml	Sun dried cranberries

Directions:

Preheat oven to 350°F (180°C). Lightly butter and flour a 9" (22.5 cm) round cake pan.

Cream the butter and sugar in large bowl. Add the egg and mix well.

Combine baking soda with the soup in can. Let foam for 1 minute. Pour the soup mixture into the butter mixture and blend well, allow the mixture to curdle.

In a small mixing bowl combine the flour, baking powder and spices. Whisk well and add to the tomato soup mixture. Beat together for 1 minute on medium speed. Fold in the cranberries. Pour into the buttered pan and bake for 30-35 minutes, or until an inserted toothpick is withdrawn clean. Cool on a wire rack and frost with tomato cream cheese frosting.

Yields 1-9" (22.5 cm)

Tomato Cream Cheese Frosting

Ingredients:

¼ C	60 ml	Butter, room temperature
8 oz	250 g	Package of cream cheese, room temperature
3 cups	336 g	Powdered Sugar
2 tbsp	30 ml	Extra-concentrated tomato paste
½ tsp	3 ml	Vanilla extract

Directions:

Mix the butter and cream cheese until smooth.

Slowly add the powdered sugar, add more or less to make it as stiff as you like.

Mix in the tomato paste and vanilla extract. Use as required.

TOMATO BREAD PUDDING

Ingredients:

2 cups	500 ml	Tomato purée
½ cup	125 ml	Water
¾ cup	160 g	Brown sugar
2 tsp	10 ml	Ground cinnamon
¼ cup	60 ml	Butter, melted
Pinch	Pinch	Salt, to taste
3 ½ cup	875 ml	White bread, sliced and cubed
½ cup	120 g	Walnuts, chopped
½ cup	120 g	Raisins

Direction:

Preheat the oven to 375°F (190°C).

In a saucepan over medium heat, stir together the water and tomato purée. Mix in the brown sugar, cinnamon and salt, bring to a boil. Simmer over low heat for five minutes, set aside.

Coat a two-quart casserole dish with cooking spray. Place bread cubs into the dish and drizzle with melted butter. Pour contents of tomato sauce mixture over casserole dish contents. Mix in the nuts and raisins.

Cover with a lid or aluminum foil. Bake covered for fifty minutes. Remove the lid then continue to bake uncovered for an additional 10 minutes. Allow to cool and serve.

Serves 4

V-8 JUICE COOKIES

Ingredients:

1 cup	250 ml	Homemade V-8 Juice
$\frac{1}{2}$ cup	160 ml	Shortening
1 $\frac{1}{2}$ cups	280 g	Sugar
1	1	Egg
1 $\frac{1}{2}$ tsp	8 ml	Vanilla extract
3 cups	330 g	Flour
1 tsp	5 ml	Baking soda
1 tsp	5 ml	Salt
$\frac{1}{2}$ cup	160 ml	Sifted cocoa
$\frac{1}{2}$ cup	60 g	Rolled oats

Direction:

Mix V-8 Juice, shortening, sugar, egg, and vanilla together. Sift the flour, salt, soda and cocoa together.

Add the rolled oats. Mix the wet and dry ingredient mixtures together. Drop from spoon on greased cookie sheet. Sprinkle with colored sugar if desired. Bake at 375 degrees for 15 minutes.

Yields 24–30 cookies.

TOMATO STRAWBERRY MARCARPONE PARFAIT

Sauce Ingredients:

1 lb	454 g	Fresh strawberries, cleaned and hulled
½ cup	125 ml	Green grapes
¾ lb	340 g	Ripe Tomatoes, peeled and diced
2 tbsp	30 ml	Honey
½ cup	125 ml	Strawberry preserves
2 tbsp	30 ml	Fresh lime juice

Parfait Ingredients:

1 cup	250 ml	Crushed chocolate wafers
1 lb	454 g	Mascarpone cheese
1 ½ cups	375 ml	Lemon curd (recipe follows)
1 cup	250 ml	Sweetened whipped cream
6-8	6-8	Whole chocolate wafers, for garnish

Sauce Directions:

Place the strawberries, grapes, tomatoes, and honey in a food processor. Pulse until smooth and strain the sauce through a fine mesh sieve. Return to the food processor.

Warm the strawberry preserves in the microwave. Add them to the processor, along with lime juice. Blend to smooth and reserve at room temperature.

Parfait Directions:

Chill 6 parfait or champagne tulips.

In a mixing bowl beat the mascarpone cheese with the lemon curd until smooth and creamy, about 2-3 minutes.

Spoon 1-2 tablespoons of crushed cookies into each glass.

On top of the cookie crumbs layer alternating layers of lemon mascarpone filling evenly with the sauce finishing with a layer of the mascarpone.

Top the lemon mascarpone layer with a dollop of whipped cream, and garnish with a cookie.

Refrigerate at least 1 hour before serving.

Serves 6

LEMON CRUD

Ingredients:

6 tbsp	90 g	Unsalted butter, softened at room temperature
1 cup	250 ml	Sugar
2	2	Large eggs
2	2	Large egg yolks
⅔ cup	180 ml	Fresh lemon juice
1 tsp	5 ml	Grated lemon zest

Directions:

In a large bowl, beat the butter and sugar with a mixer until very light and cream. Slowly add the eggs and yolks continue mixing for an additional minute. Add the lemon juice. You'll now have the curd, this will smooth in the cooking process.

In a medium, heavy-based saucepan, cook the mixture over low heat until smooth. Increase the heat to medium and cook, stirring constantly, until the mixture thickens, about 15 minutes. Don't let the mixture boil, cook until it coats the back of a spoon heavily or a candy thermometer reads 170°F (77°C).

Remove the curd from the heat; stir in the lemon zest. Transfer the curd to a bowl. Press plastic wrap on the surface of the lemon curd to keep a film from forming and chill the curd in the refrigerator. The curd will thicken further as it cools. Covered tightly, and keep in the refrigerator.

MEYER LEMON COFFE CAKE WITH STRAWBERRY TOMATO SAUCE

Sauce ingredients:

1 lb	454 g	Fresh strawberries, stemmed
¾ lb	370 g	Tomatoes, peeled and diced with juice
½ cup	125 ml	Sugar
½ cup	125 ml	Red currant or strawberry jelly
1 tbsp	15 ml	Fresh lime juice

For The Streusel:

1¾ cups	430 ml	All-purpose flour
¾ cup	180	Light Brown sugar, packed
1 tsp	5 ml	Salt
¾ cup	170 g	Cold unsalted butter

For The Cake:

5	5	Meyer lemons, cut into paper-thin slices
2 cups	500 ml	All-purpose flour
1 tsp	5 ml	Baking powder
1 tsp	5 ml	Baking soda
1½ tsp	3 ml	Salt
½ cup	85 g	Unsalted butter, room temperature
1 cup	225 g	Granulated sugar
3 tbsp	45 ml	Finely grated Meyer lemon zest (from 4 to 5 lemons)
2	2	Large eggs

1 tsp	5 ml	Vanilla extract
1 cup	250 ml	Sour cream

Sauce Directions:

In a food processor fitted blend the strawberries, tomatoes, and sugar to smooth, reserve.

Melt the jelly over low heat in a small sauce pan. Add the jelly and lime juice to the strawberry-tomato sauce in the processor, and pulse to incorporate.

Strain the sauce through a chinoise (China cap) into a mixing bowl. Chill thoroughly and serve cold.

Cake Directions:

Make the streusel first by mixing together the flour, brown sugar, and salt, cut butter into the flour mixture until the mixture has small pea size pieces. Cover, and refrigerate.

Make the cake: Cook the lemon slices in a medium saucepan of simmering water for 1 minute. Drain and reserve the liquid. Layer the lemon slices on a parchment-lined cookie sheet.

Preheat the oven to 350°F (180°C). Butter a 9-inch (22.5 cm) angel food cake pan. Sift the flour with the baking powder, baking soda, and salt.

Cream the butter, granulated sugar, and lemon zest with a mixer on medium speed in a large bowl until very light. Slowly add the eggs 1 at a time, then the vanilla. Fold in the flour mixture in 3 additions, alternating with the sour cream.

Spoon half of the batter evenly into the cake pan. Layer half of the lemon slices in a single layer over the batter. Spread remaining batter evenly over the top. Cover with the remaining lemon slices in a single layer. Sprinkle the chilled streusel evenly over the batter.

Bake the cake until it is golden brown and a toothpick inserted in the center comes out clean, about 55 minutes. Transfer the pan to a wire rack set over a baking sheet, and let cool in the pan for 15 minutes. Run a knife around the edges of the pan, and remove outer ring. Let cool on the rack for 15 minutes. Run a knife around the center tube. Slide 2 wide spatulas between the bottom of the cake and the pan, and lift cake to remove from the center tube. Let cool completely on the rack.

To serve drizzle the sauce over the cake, slice and plate, serve additional sauce on the side.

Yields 1-9" (22.5 cm) cake

TOMATO CHEESECAKE

Ingredients:

2 cups	500 ml	Graham Crackers , finely ground
½ tsp	3 ml	Ground cinnamon
4 oz	112 g	Unsalted butter, melted

Filling:

1 lb	454 g	Cream cheese softened
3	3	Eggs
1 cup	225 g	Sugar
2 cups	500 ml	Sour cream
3 tbsp	45 ml	Tomato paste
1	1	Lemon, zested
¼ tsp	1 ml	Vanilla extract

Warm Tomato Blueberries:

1 cup	250 ml	Fresh blueberries
1 cup	250 ml	Small grape tomatoes
1	1	Lemon, zest and juiced
2 tbsp	30 ml	Sugar

Directions for the Crust:

Preheat the oven to 325°F (160°C).

In a mixing bowl, combine the ingredients with a fork until evenly moistened. Lightly coat the bottom and sides of a 9-inch (22.5 cm) springform pan with non-stick cooking spray.

Pour the crumbs into the pan and, using the bottom of a measuring cup or the smooth bottom of a glass, press the crumbs down into the base and 1-inch up the sides. Refrigerate for 5 minutes.

Directions for the Filling:

In the bowl of an electric mixer, beat the cream cheese on low speed for 1 minute until smooth and free of any lumps. Add the eggs, 1 at a time, and continue to beat slowly until combined. Gradually add sugar and beat until creamy, for 1 to 2 minutes.

Add sour cream, tomato paste, lemon zest, and vanilla. Periodically scrape down the sides of the bowl and the beaters. The batter should be well-mixed but not overbeaten. Pour the filling into the crust-lined pan and smooth the top with a spatula.

Set the cheesecake pan on a large piece of aluminum foil and fold up the sides around it. Place the cake pan in a large roasting pan. Pour boiling water into the roasting pan until the water is about halfway up the sides of the cheesecake pan; the foil will keep the water from seeping into the cheesecake. Bake for 45 minutes. The cheesecake should still jiggle (it will firm up after chilling), so be careful not to overcook. Let cool in the pan for 30 minutes. Chill in the refrigerator, loosely covered, for at least 4 hours. Loosen the cheesecake from the sides of the pan by running a thin metal spatula around the inside rim. Unmold and transfer to a cake plate. Using a spatula spread a layer of Warm Lemon Blueberry topping over the surface.

Slice the cheesecake with a thin, non-serrated knife that has been dipped in hot water. Wipe dry after each cut.

Warm Tomato Blueberries:

In a small saucepan add all the ingredients and simmer over medium heat for 5 minutes or so until the fruit begins to break down slightly. Leave to cool before spreading on the cheesecake.

Yields 1-9" (22.5 cm) cake

GREEN TOMATO BREAD

Ingredients:

1 cup	250 ml	Green tomatoes or firm red tomatoes, grated (seeds, skins and all)
½ cup	75 g	Raisins
½ cup	60 g	Walnuts, coarsely
¾ cup	170 g	Sugar
½ cup	125 ml	Canola oil
2	2	Large eggs, slightly beaten
2 cups	250 g	All-purpose flour
¾ tsp	4 ml	Baking powder
¾ tsp	4 ml	Baking soda
¾ tsp	4 ml	Salt
½ tsp	3 ml	Cinnamon

Cream Cheese Frosting:

4 oz	112 g	Softened butter
3 oz	84 g	Softened cream cheese
1½ cups	187 g	Confectioners' sugar
2 tsp	10 ml	Vanilla

Directions:

Preheat the oven to 350°F (180°C). Lightly coat an 8x4-inch (20x10 cm) loaf pan with cooking spray.

In a large bowl, combine the grated tomatoes, raisins, walnuts, sugar, oil and the beaten eggs.

In a separate bowl, whisk together the flour, baking powder, baking soda, salt and cinnamon. Add to the tomato mixture and stir just until well combined. Do not over mix.

Transfer the batter to prepared loaf pan and bake 55 minutes or until toothpick tests clean. Let stand 10 minutes before removing from the pan. Cool to room temperature on a wire rack before slicing. Dust with confectioners' sugar, if desired or apply a thin coat of cream cheese frosting.

Frosting:

To make the frosting: In a medium bowl, whip together the softened butter and softened cream cheese until light and fluffy. Whip in the confectioners' sugar and vanilla. Spread frosting on the cooled quick bread. Refrigerate

Yield: 1 loaf

VANILLA PANNA COTTA WITH CATUS PEAR TOMATO SAUCE

Panna Cotta Ingredients:

2 tsp	5 g	Gelatine
½ cup	125 ml	Whole milk, cold
2 cups	250 ml	Whipping Cream
¼ cup	45 g	Caster sugar
½	½	Vanilla pod

Sauce Ingredients:

1½ lbs	680 g	Fresh prickly pears (tunas)
1 lb	454 g	Roma tomatoes, passed through a juicer
⅓ cup	66 g	Sugar
1 ½ tbsp	23 ml	Fresh lime juice
1 tbsp	15 ml	Orange liqueur

Panna Cotta Directions:

Soak the gelatine in the milk for 10 minutes, or until softened. Set aside.

Place the cream, sugar in a medium sauce pan. Split the vanilla pod lengthways and scrape the seeds with the blunt edge of a knife into the pan along with the pod heat over medium high heat. Once the mixture comes to a boil, reduce heat and remove the vanilla pod.

Stir in a small amount of the hot mixture into the gelatin, then add to the hot cream, bring the mixture back to a boil. Remove from the heat and carefully pour into 4 ramekins and allow to cool. Then refrigerate for 3 hours or until set.

Sauce Directions:

Cut a ½" slice off both ends of the prickly pears, make a ½" deep incision down the side of each one. Peel off the rind, starting from your incision. Coarsely chop the peeled prickly pears, purée in a food processor or blender, then press through a fine strainer into a bowl.

In a medium-size (2- to 3-quart) saucepan, combine 2 cups of the purée with the sugar, and simmer rapidly over medium heat, stirring frequently, until reduce to 1 cup. Cool to room temperature.

Combine the cooked mixture with the remaining uncooked purée in a small bowl. Taste and season with lime juice, orange liqueur and additional sugar if needed.

Serves 4

TOMATO PUMPKIN SWIRL CHEESECAKE

Ingredients:

¾ cup	64 g	Graham crackers, crushed finely
2 tbsp	30 ml	Butter, melted
8 oz	225 g	Neufchatel Cream cheese
½ cup	90 g	Sugar
½ cup	125 ml	18% cream
2 tsp	10 ml	Vanilla
½ tsp	3 ml	Orange peel, finely shredded
1 lb	454 g	Cream cheese
2 cups	500 ml	Pumpkin, canned
1 tsp	5 ml	Pumpkin pie spice
1 envelope	7 g	Unflavored gelatin
¼ cup	60 ml	Tomato juice

Directions for crust:

In a medium bowl, stir together crushed graham crackers and melted butter until the crackers are moistened. Press the mixture onto the bottom of a 9-inch (22.5 cm) springform pan. Cover and chill while preparing filling.

Directions for filling:

In a food processor or blender, combine the Neufchatel cream cheese, 1/4 cup of the sugar, 1/4 cup of the cream, the vanilla, and orange peel. Cover and process or blend until smooth. Transfer to a medium bowl; set aside. (Mixture 1)

In a food processor or blender, combine cream cheese, pumpkin, remaining 1/4 cup sugar, remaining 1/4 cup cream, and the pumpkin pie spice. Cover and process or blend until smooth. (Mixture 2)

In a small saucepan, sprinkle gelatin over the tomato juice; let stand for 5 minutes. Cook and stir over low heat until gelatin is dissolved. Stir 1 tablespoon of the gelatin mixture into the white cream cheese mixture (mixture 1) and the remaining gelatin mixture into the pumpkin mixture (mixture 2).

Pour mixture 2 over chilled crust in the pan. Carefully pour mixture 1 over mixture 2. Using a narrow, thin-bladed metal spatula or a table knife, swirl the mixtures.

Cover and chill overnight before serving. To serve, using a small sharp knife, loosen cheesecake from the side of spring form pan; remove side of pan. Cut into wedges.

Yields 1-9" (22.5 cm) cake

STATE FAIR GREEN TOMATO BARS

Ingredients:

4 cups	1 L	Green tomatoes, finely chopped
2 cups	400 g	Packed Brown sugar, divided
2 tbsp	30 ml	Lemon juice
1 tsp	5 ml	Lemon Extract
¾ cup	140 g	Butter, softened
1½ cups	375 ml	All-purpose flour
½ tsp	3 ml	Baking soda
½ tsp	3 ml	Salt
2 cups	160 g	Old-fashioned oats
½ cup	60 g	Chopped walnuts

Directions:

Drain the tomatoes on paper towels for 10 minutes. In a saucepan, combine the tomatoes, 1 cup of brown sugar and lemon juice. Simmer uncovered for 20-25 minutes or until thickened. Remove from the heat and stir in extract; set aside.

In a bowl, cream the butter and remaining brown sugar. Add the flour, baking soda and salt; mix well. Stir in the oats and nuts. Press 2-1/2 cups on a greased 13-in. x 9-in. baking pan. Spread the tomato mixture over the crust. Crumble remaining oat mixture on top. Bake at 375°F (190°C) for 30-35 minutes or until golden brown. Cool.

Yield: 2 dozen

HELPFUL COOKING WEIGTHS AND MEASURES

DRY MEASURES

1 cup = 16 Tbsp = 48 tsp = 250ml

3/4 cup = 12 Tbsp = 36 tsp = 175ml

2/3 cup = 10 2/3 Tbsp = 32 tsp = 150ml

1/2 cup = 8 Tbsp = 24 tsp = 125ml

1/3 cup = 5 1/3 Tbsp = 16 tsp = 75ml

1/4 cup = 4 Tbsp = 12 tsp = 50ml

1/8 cup = 2 Tbsp = 6 tsp = 30ml

1 Tbsp = 3 tsp = 15ml

1 tsp = 5ml

LIQUID MEASURES

1 gallon = 4 quarts = 8 pints = 16 cups = 128 fl. oz. = 3.78 litres

1/2 gallon = 2 quarts = 4 pints = 8 cups = 64 fl. oz. = 1.89 litres

1/4 gallon = 1 quart = 2 pints = 4 cups = 32 fl. oz. = 0.95 litres

1/2 quart = 1 pint = 2 cups = 16 fl. oz. = 0.47 litres

1/4 quart = 1/2 pint = 1 cup = 8 fl. oz. = 0.24 litres

OVEN TEMPERATURE EQUIVALENTS

225 Fahrenheit = 110 Celsius / Centigrade = 1/4 Gas Mark = Cool

250 Fahrenheit = 130 Celsius / Centigrade = 1/2 Gas Mark = Cool

275 Fahrenheit = 140 Celsius / Centigrade = 1 Gas Mark = Very Slow

300 Fahrenheit = 150 Celsius / Centigrade = 2 Gas Mark = Very Slow

325 Fahrenheit = 170 Celsius / Centigrade = 3 Gas Mark = Slow

350 Fahrenheit = 180 Celsius / Centigrade = 4 Gas Mark = Moderate

375 Fahrenheit = 190 Celsius / Centigrade = 5 Gas Mark = Moderate

400 Fahrenheit = 200 Celsius / Centigrade = 6 Gas Mark = Moderately Hot

425 Fahrenheit = 220 Celsius / Centigrade = 7 Gas Mark = Fairly Hot

450 Fahrenheit = 230 Celsius / Centigrade = 8 Gas Mark = Hot

475 Fahrenheit = 240 Celsius / Centigrade = 9 Gas Mark = Very Hot

500 Fahrenheit = 250 Celsius / Centigrade = 10 Gas Mark = Extremely Hot

WEIGHTS

2.2 pounds = 1 kg

1 pound = 16 oz. = 454 grams

1/4 pound = 4 oz. = 114 grams

1 oz. = 28 grams

BASIC CONVERSIONS

1cm = 0.394 in_

1g = 0.0353 oz

1kg = 2.2 lb

1ml = 0.0352 fl oz

1 litre = 32 fl oz, 1.76 pints

1 teaspoon = 5ml

1 Australian tablespoon = 20ml (4 teaspoons)

1 UK tablespoon = 15ml (3 teaspoons, 1/2 fl oz)

1 cup = 250ml (8 fl oz)

SOLID CUP MEASURES

1 cup almond meal = 110g (3 1/2 oz)

1 cup arborio rice = 220g (7 1/2 oz)

1 cup brown sugar = 200g (6 1/2 oz)

1 cup cocoa powder = 110g (3 1/2 oz)

1 cup cornflour (cornstarch) = 100g (3 1/2 oz)

1 cup demerara sugar = 250g (8 oz)

1 cup desiccated (shredded) coconut = 75g (3 oz)

1 cup finely grated parmesan cheese = 100g (3 1/2 oz)

1 cup fresh breadcrumbs = 50g (2 oz)

1 cup frozen mixed berries = 110g (3 1/2 oz)

1 cup grated cheddar cheese = 125g (4 oz)

1 cup icing (confectioner's) sugar = 125g (4 oz)

1 cup pine nuts = 125g (4 oz)

1 cup plain (all-purpose) or self-raising flour = 125g (4 oz)

1 cup raw sugar = 250g (8 oz)

1 cup rice flour = 185g (6 oz)

1 cup rolled oats = 100g (3 1/2 oz)

1 cup thick natural yoghurt, whole-egg mayonnaise, creme fraiche, mascarpone, sour cream or thick (double) cream = 250g (8 oz)

1 cup uncooked medium-grain rice = 220g (7 1/2 oz)

1 cup white or caster (superfine) sugar = 225g (7 oz)

1 cup wholegrain mustard = 280g (10 oz)

INDEX

A

Allspice, 32, 92
Almonds, 100
Andouille, 57, 80
Apple, 8, 21, 48
Apple cider, 21, 48
Arctic char, 127
Artichoke, 54, 62, 72
Asparagus, 53, 64
Avocado, 18, 54, 67

B

Bacon, 32, 58, 63
Baking powder, 96, 137, 143, 147
Baking soda, 79, 137, 140, 143, 147, 153
Balsamic, 25, 48
Basil, 8, 15, 19, 22, 23, 25, 29, 30, 31, 33, 34, 35, 36, 37, 38, 39, 43, 46, 48, 57, 59, 61, 68, 75, 76, 80, 83, 87, 88, 89, 93, 96, 101, 108, 111, 113, 114, 115, 116, 124, 125, 127, 128
Bay, 35, 67, 75, 93, 110
Beans, 17, 18, 41, 86
Beef, 29, 39, 79, 82, 85, 86, 91, 92, 93, 95, 97, 100, 102, 103
Beet, 13
Black Pepper, 29, 30, 33, 34, 36, 37, 38, 39
Bouquet garni, 49, 95, 104, 127
Bread crumbs, 8, 20, 22, 87, 88, 89, 112, 131, 132, 135, 156
Broccoli, 53, 61, 64
Broth, 16, 17, 18, 44, 66, 91, 92, 93, 95, 97, 102, 103, 107, 110, 125, 126, 127, 128, 130, 134
Butter, 22, 31, 42, 44, 45, 46, 51, 66, 72, 73, 74, 75, 76, 77, 78, 80, 81, 87, 88, 95, 97, 110, 111, 112, 118, 124, 127, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 142, 143, 144, 145, 147, 148, 151, 153
Buttermilk, 20, 21, 44

C

Caciocavallo, 44, 76
Caraway, 92, 95
Carrots, 13, 29, 75, 91, 93, 102, 103, 110, 128
Cauliflower, 61
Cayenne, 35, 43, 83, 92, 110
Celery, 12, 35, 39, 43, 48, 75, 80, 83, 84, 86, 89, 91, 93, 102, 103, 114, 116, 124, 125, 126, 128, 133, 135
Cheddar, 44, 53, 55, 58, 64, 65, 83
Cheese, 8, 15, 18, 22, 24, 26, 33, 38, 41, 42, 44, 50, 52, 53, 54, 55, 57, 58, 59, 60, 61, 62, 63, 64, 65, 67, 68, 70, 73, 74, 75, 76, 77, 78, 83, 86, 102, 114, 134, 135, 137, 138, 141, 145, 146, 147, 148, 151, 152, 156
Cherry, 26, 53, 63, 64, 109
Chervil, 93, 102, 129
Chicken, 18, 19, 44, 55, 56, 57, 66, 74, 78, 80, 101, 105, 106, 107, 108, 109, 110, 111, 112, 113, 115, 117, 126, 130, 134
Chili, 8, 11, 17, 18, 32, 42, 46, 56, 57, 66, 80, 81, 86, 103, 116, 121, 130, 131
Chives, 8, 45, 47, 83
Chocolate, 141
Cilantro, 16, 19, 40, 41, 42, 67, 109, 111, 112
Cinnamon, 17, 46, 108, 137, 139, 145, 147, 148
Clams, 124, 125, 126, 127, 128
Cloves, 13, 15, 17, 19, 28, 32, 43, 75, 76, 79, 80, 87, 91, 100, 101, 107, 121, 122, 124, 125, 137
Cocoa, 140, 156
Coconut, 16, 109, 121, 156
Coriander, 17
Corn, 8, 41, 85, 102
Cornstarch, 79, 92
Crab, 74, 76, 81, 119, 120, 125, 126, 127, 131, 132
Cranberries, 137

Cream, 8, 18, 31, 41, 42, 44, 45, 65, 73, 74, 76, 91, 95, 97, 111, 112, 117, 123, 131, 132, 133, 135, 137, 138, 141, 142, 144, 145, 146, 147, 148, 149, 151, 152, 153, 156
Cucumber, 13, 19, 24, 120
Cumin, 16, 32, 46, 56, 111
Curry, 16, 100, 109, 111, 112, 120, 123, 133

D

Dijon, 48, 87, 89, 99, 131
Dill, 46, 47
Dough, 51, 52, 53, 54, 55, 57, 58, 59, 60, 61, 62, 63, 64, 65, 67, 68, 77, 82
Duck, 59

E

Egg(s), 8, 9, 20, 22, 23, 27, 70, 71, 74, 77, 78, 84, 89, 96, 108, 110, 111, 112, 117, 131, 132, 136, 137, 140, 142, 143, 144, 145, 146, 147, 156

F

Feta, 60
Fettuccini, 70, 80
Fish, 16, 27, 109, 119, 120, 121, 122, 125, 126, 127, 128, 129, 135
Fleur de sel, 45
Flounder, 129
Flour, 20, 22, 44, 51, 66, 71, 73, 74, 76, 93, 95, 96, 97, 100, 102, 103, 107, 110, 111, 112, 118, 123, 129, 131, 133, 132, 133, 137, 140, 143, 144, 147, 148, 153, 156

G

Garam masala, 111
Garlic, 8, 13, 15, 16, 17, 19, 20, 28, 29, 30, 32, 33, 34, 35, 36, 38, 39, 42, 43, 46, 47, 48, 56, 57, 61, 62,

66, 67, 68, 70, 75, 76, 79, 80, 81,
83, 84, 86, 87, 88, 89, 91, 99,
100, 101, 102, 103, 107, 111,
112, 113, 114, 116, 120, 121,
122, 124, 125, 126, 127, 129
Gelatin, 149, 151, 152
Ginger, 99, 111, 137
Graham, 145, 151
Grapes, 141
Green bell, 24, 40, 114, 130
Green Peas, 53, 64
Ground, 12, 20, 21, 26, 29, 45, 46,
48, 56, 86, 89, 91, 99, 102, 109,
129, 145
Guacamole, 65

H

Ham, 63, 115
Honey, 13, 141

J

Jalapeño, 18, 19, 32, 40, 41, 42, 67
Jerk, 40

K

Kalamata, 24, 62, 122

L

Lagniappe, 31, 33, 36, 37, 38, 39,
40, 42, 44, 46, 58, 61, 63, 73
Lamb, 87
Lemon, 8, 9, 10, 24, 35, 36, 46, 48,
56, 73, 87, 92, 97, 110, 113, 131,
141, 142, 143, 144, 145, 146,
153
Lime, 16, 18, 21, 40, 67, 109, 121,
141, 143, 144, 149, 150
Linguini, 70, 81
Lobster, 81, 119, 125, 126, 128

M

Mackerel, 121
Mango, 40
Marjoram, 8, 95, 101, 114, 127
Mascarpone, 141
Mayonnaise, 21, 47, 131
Melon, 26, 120

Milk, 16, 20, 42, 72, 73, 76, 96, 109,
121, 131, 132, 149
Mint, 8, 26
Molasses, 99
Monterey, 57, 83
Mozzarella, 15, 25, 34, 44, 53, 54,
59, 60, 61, 62, 63, 64, 67, 38, 114
Mushrooms, 8, 38, 43, 45, 72, 74,
75, 77, 78, 79, 82, 83, 84, 86,
100, 102, 103, 108, 113, 115,
128
Mussels, 120, 124, 125, 126, 127,
128
Mustard, 48, 87, 88, 89, 93, 99, 131,
132, 156

N

Noodles, 69, 70, 71, 75, 79, 80, 82,
84, 101, 110, 114, 116
Nutmeg, 72, 76, 115, 117, 137

O

Oats, 140, 153, 156
Oil, 8, 13, 15, 16, 17, 18, 19, 20, 24,
25, 26, 28, 29, 30, 32, 33, 35, 37,
38, 39, 43, 45, 46, 48, 53, 56, 60,
64, 68, 71, 72, 76, 77, 78, 79, 80,
82, 83, 84, 86, 87, 88, 89, 90, 91,
100, 101, 102, 103, 105, 107,
108, 109, 111, 112, 113, 114,
115, 116, 122, 123, 125, 126,
128, 129, 132, 147
Olives, 8, 24, 62, 65, 122
Onion, 8, 12, 13, 16, 17, 18, 19, 24,
29, 30, 31, 32, 33, 34, 35, 36, 38,
39, 41, 43, 46, 47, 48, 52, 53, 55,
57, 60, 61, 64, 65, 66, 67, 72, 74,
75, 76, 79, 80, 81, 82, 83, 84, 86,
89, 91, 93, 95, 97, 99, 100, 102,
103, 107, 108, 109, 110, 111,
112, 113, 114, 115, 116, 117,
121, 122, 124, 125, 126, 127,
128, 129, 130, 131, 132, 133,
134, 135
Orange, 9, 48, 63, 149, 150, 151
Oregano, 8, 17, 24, 29, 30, 32, 33,
35, 38, 39, 43, 46, 48, 56, 57, 60,
68, 75, 80, 81, 83, 89, 103, 111,
116, 125

P

Pancetta, 26, 70, 134
Paprika, 20, 43, 46, 56, 81, 83, 86,
89, 95, 102, 103, 111, 113, 114,
115, 116, 129
Parmesan, 15, 22, 44, 53, 54, 61,
64, 67, 74, 75, 77, 83, 134
Parsley, 8, 13, 35, 36, 46, 47, 67, 80,
81, 91, 96, 97, 101, 107, 110,
116, 117, 123, 127, 134
Pasta, 8, 11, 17, 26, 69, 70, 71, 72,
73, 74, 76, 77, 78, 80, 81, 82, 83,
84
Peas, 100, 108, 125, 126, 134
Pepper, 8, 12, 13, 16, 18, 20, 21, 22,
24, 26, 28, 29, 35, 40, 42, 43, 45,
46, 47, 48, 52, 53, 55, 56, 57, 59,
60, 61, 64, 65, 68, 70, 72, 74, 75,
76, 77, 78, 80, 81, 82, 83, 86, 87,
88, 89, 91, 92, 95, 101, 102, 103,
107, 108, 109, 110, 111, 113,
114, 115, 116, 117, 121, 122,
124, 125, 126, 127, 129, 130,
131, 133, 134, 135
Pepperoncini, 60
Pernod, 123
Pesto, 54
Pineapple, 63
Pork, 38, 89
Potatoes, 8, 95, 102, 103
Prickly pears, 149, 150
Prosciutto, 77, 78
Pumpkin, 32, 151, 152
Purée, 10, 11, 17, 31, 48, 111, 112,
139, 150

R

Raisins, 48, 139, 147
Red bell, 114, 130
Red chillies, 76
Red peppers, 17
Red snapper, 128
Ribs, 92, 99
Rice, 91, 100, 101, 108, 109, 110,
112, 113, 116, 123, 125, 126,
129, 130, 134, 156
Ricotta, 26, 27, 61, 73, 74, 83
Rosemary, 29, 77, 78, 93, 96, 97

S

Salt, 8, 9, 10, 12, 13, 15, 16, 17, 18, 20, 21, 22, 24, 25, 26, 28, 29, 30, 32, 33, 34, 35, 37, 40, 41, 42, 43, 45, 46, 47, 48, 51, 53, 56, 60, 61, 64, 66, 71, 72, 73, 75, 76, 79, 81, 82, 83, 86, 87, 88, 89, 91, 92, 93, 95, 96, 100, 101, 102, 103, 107, 108, 109, 110, 111, 113, 114, 115, 116, 117, 118, 121, 122, 124, 128, 129, 130, 131, 134, 135, 139, 140, 143, 144, 147, 148, 153
Sausage, 8, 29, 52, 57, 59, 72, 80
Scallion, 21, 26
Scallops, 62, 120, 128, 133
Scotch Bonnet, 121
Sesame, 32
Shallot, 22, 45
Sherry, 19, 79, 100, 133
Shortening, 140
Shrimp, 62, 67, 81, 117, 119, 120, 123, 125, 126, 127, 128, 132
Snow peas, 100
Sour cream, 18, 47, 91, 95, 144, 145
Soy, 79, 103
Spaghetti, 70, 76
Spinach, 60
Squash, 53, 64
Steak, 68, 79, 97
Stock, 16, 17, 19, 74, 101, 126, 134
Strawberries, 141, 143, 144

Sugar, 8, 12, 16, 21, 38, 51, 79, 90, 92, 137, 138, 139, 140, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 156

T

Tabasco™, 12, 13, 35, 80, 81, 86, 99, 130
Tarragon, 46, 53, 64
Tenderloin, 82
Thyme, 8, 19, 22, 28, 35, 36, 43, 45, 46, 48, 57, 75, 80, 81, 83, 86, 89, 93, 96, 101, 102, 103, 108, 110, 111, 113, 116, 121, 122, 125, 127, 129
Tomato, 8, 9, 10, 11, 14, 15, 17, 19, 27, 28, 29, 30, 31, 33, 34, 35, 36, 37, 38, 39, 40, 44, 45, 55, 58, 69, 73, 74, 76, 78, 85, 86, 89, 95, 102, 103, 105, 107, 108, 110, 111, 112, 114, 115, 117, 122, 130, 136, 137, 138, 139, 140, 144, 145, 146, 148, 151, 152, 153
Tomatoes, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 24, 25, 26, 28, 30, 31, 33, 34, 35, 36, 37, 38, 39, 40, 42, 43, 44, 45, 46, 50, 53, 54, 55, 58, 60, 61, 64, 65, 67, 68, 69, 70, 72, 75, 76, 77, 79, 80, 81, 83, 84, 85, 86, 87, 89, 91, 92, 93, 95, 97, 99, 100, 101, 105,

106, 107, 109, 113, 114, 116, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 133, 135, 136, 141, 143, 144, 145, 147, 149, 153

Turkey, 58, 116

Turmeric, 48

V

Vanilla, 138, 140, 144, 145, 147, 149, 151
Veal, 77, 78, 85, 101, 115
Vinegar, 8, 19, 25, 26, 48, 89, 99, 121

W

Walnuts, 139, 147, 153
Wine, 31, 45, 89, 92, 93, 97, 99, 124, 125, 126, 127, 128, 133
Worcestershire, 13, 35, 48, 80, 81, 86, 89, 92, 93, 99, 102, 103, 114, 116, 124, 131

Y

Yeast, 51
Yellow Bell Peppers, 54
Yogurt, 42, 73, 111, 112

Z

Zucchini, 53, 64, 83, 84, 109, 113

Credits

Project Coordinator/Editor:

Dianna Kalenuik

Cuisine Coordinator:

Chef Ron Kalenuik MBA

Cuisine Assistants:

Pamela Beal

Jennifer Kalenuik

Joel Kalenuik

Art Direction:

Dianna Kalenuik

Photography:

Ron Kalenuik



ALL RIGHTS RESEVRSED, No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.



SIMPLY DELICIOUS

COOKING SERIES™

By Ron Kalenuik

Simply Delicious Cooking

Simply Delicious Cooking 2

The Original Pizza & Pasta Cookbook

Divine Cuisine Recipe Card Collection

The Fresh Ideas Cooking Series, 8 Titles

Championship Cooking

The Right Spice

Simply Irresistible

Cuisine Extraordinaire

International Family Favorites

