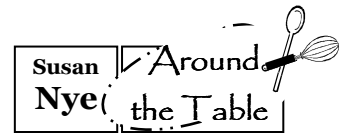




2008

January



Lentil and Sausage Soup

Serves 10-12

- 1 pound lentils
- 1 large yellow onion, chopped
- 2 leeks, white and light green parts only, chopped
- 8 stalks celery, chopped
- 5 carrots, chopped
- 2-3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 4 quarts chicken stock
- 2 cups peeled, crushed tomatoes
- 1/2 cup dry red wine
- 1 pound kielbasa, cut in quarters lengthwise & 1/2" thick
- Extra virgin olive oil

1. Put lentils in a large bowl; cover with boiling water. Let sit for 15 minutes and drain
2. Meanwhile, sauté the onions, leeks, celery, carrots, garlic, salt, pepper, cumin and thyme in 2-3 tablespoons of olive oil in a large stockpot over medium heat for about 20 minutes.
3. Add the chicken stock, red wine, tomatoes and lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 1 hour or until lentils are cooked through and tender. Check for seasoning; add salt and pepper to taste.
4. Add the kielbasa. Simmer until the kielbasa is heated through and serve.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lentils are traditionally eaten on New Year's Day in many countries for luck.	1 New Year's Day	2	3	4	5
6	7	8 NH Primary New Moon	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22 Full Moon	23	24	25	26
27	28	29	30	31		

Sorta' Like Jambalaya

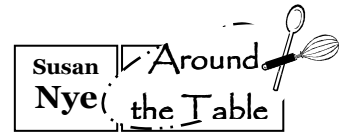
Serves 8

- 1 1/2 pounds boneless chicken breasts
- 1 pound hot Italian sausage
- 1 pound uncooked large shrimp, shelled and de-veined
- 1 yellow bell pepper, chopped
- 1 medium onion, chopped
- 3 cloves garlic
- 2 zucchini, chopped
- 1 tablespoon pepper sauce or to taste
- 1 tablespoon minced jalapeño pepper or to taste
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 bay leaf
- 3/4 lbs mushrooms - sliced
- 1 cup crushed tomatoes
- 1-2 cups chicken stock
- 1/2 cup dry white wine
- Olive oil

1. Simmer chicken in a little white wine until it is cooked through, about 6 minutes. Cool; cut/shred the chicken. Reserve the chicken and the liquid.
2. Combine peppers, onions, garlic, zucchini, pepper sauce, jalapeño pepper, thyme, sage, cumin, salt and bay leaf with 2-3 tablespoons of olive oil in a large roasting pan; roast at 350° for 20-30 minutes. Vegetables should be tender-crisp.
3. Sauté mushrooms until lightly browned, reserve.
4. Remove casings, sauté sausage until lightly browned breaking it up into bite size pieces, reserve.
5. Combine all ingredients except the shrimp in a large casserole. Cover and refrigerate overnight.
6. Bring to a simmer over medium heat until bubbling, about 30 minutes. Add the shrimp, return to a simmer. as soon as the shrimp are cooked through serve with saffron or plain rice or with crusty bread.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Ground Hog Day
3	4	5	6	7	8	9
Super Bowl		Fat Tuesday (Mardi Gras)	Ash Wednesday	New Moon		
10	11	12	13	14	15	16
				Valentine's Day		
17	18	19	20	21	22	23
	President's Day			Full Moon		
24	25	26	27	28	29	

March



Nana Nye's Prize Winning Fish Chowder

Serves 6 – 8

- 2 ounces salt pork, cut in small dice
- 1 tablespoon butter
- 1 medium onion, chopped
- 1/2 teaspoon dried thyme
- 1 bay leaf
- 1 1/2 pound red skin, peeled, cut in small cubes
- 1 quart Fish Stock
- 1 quart Chicken Stock
- Kosher or sea salt and freshly ground black pepper
- 2 – 2 1/2 pounds skinless haddock or cod fillets
- 2 cups milk
- 1 1/2 cups half & half
- 1 tablespoon chopped fresh flat leaf parsley, for garnish
- 1 tablespoon minced fresh chives, for garnish

1. Heat a heavy 5-quart pot over low heat; add the salt pork. Once it has rendered a few tablespoons of fat, remove and discard the cracklings. Add the butter, onions, thyme and bay leaf to the pot and sauté until the onions are softened but not browned.
2. Add the potatoes and enough stock to cover. Turn up the heat and bring to a boil; reduce heat to medium-low, cover and cook the potatoes for about 10 minutes or until tender. Add salt and pepper to taste. Add the fish; cook over low heat for 5 minutes. Remove the pot from the heat and let sit for 10 minutes.
3. Gently stir in remaining stock, milk and half & half; taste for salt and pepper. Let chowder cool and then refrigerate covered for several hours or overnight.
4. To serve, reheat the chowder over low heat; don't let it boil. Garnish with parsley and chives.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
					New Moon	
9	10	11	12	13	14	15
Day Light Savings Time Begins						
16	17	18	19	20	21	22
Palm Sunday	St. Paddy's Day			First Day of Spring	Good Friday Full Moon	
23	24	25	26	27	28	29
Easter Sunday						
30	31					

Pork Tenderloin with Mushrooms

Serves 4

1 (1 1/2 to 2 pound) marinated pork tenderloin
 1 pound mushrooms, cleaned, trimmed and sliced
 1/4 cup half & half
 2 tablespoons Cognac (optional)
 Kosher salt and freshly ground pepper
 Olive oil

1. Preheat oven to 375°.
2. Remove pork from the marinade and pat dry. Sprinkle with salt and pepper. Heat 2 tablespoons of olive oil in an oven-proof sauté pan over high heat. Sear tenderloin on all sides until nicely browned. Transfer pan to oven and roast for 10 minutes or until internal temperature reaches 145°. Remove from the skillet, cover loosely with foil and let rest for 10-15 minutes before slicing.
3. Sauté the mushrooms over medium-high in the skillet until lightly browned. Add the marinade; bring to a simmer; stir and cook for 10 minutes.

4. Add the half & half and cognac, stir to combine. Bring to a simmer, reduce heat to low and cook for 5-10 minutes. Check for seasoning. Serve immediately with the sliced pork.

Marinade for Pork Tenderloin

1 cup dry white wine
 3 cloves garlic, minced
 2 shallots, finely chopped
 2 tablespoons Dijon mustard
 2 teaspoons fresh rosemary, finely chopped
 1 teaspoon fresh thyme
 1/4 teaspoon Kosher salt
 1/4 teaspoon freshly ground pepper

1. Combine all ingredients. Put the pork and the marinade in a plastic, re-sealable bag. Let marinate for at least 4 hours or overnight.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		April Fool's Day				
6	7	8	9	10	11	12
New Moon						
13	14	15	16	17	18	19
		Tax Return Due				Passover Begins at Sundown
20	21	22	23	24	25	26
Full Moon		Earth Day				
27	28	29	30			

Lemon Pasta with Shrimp

Serves 4

- 1 pound large shrimp, peeled, de-veined
- 3 garlic cloves, minced
- 1 shallot, finely chopped
- Dried red pepper flakes to taste
- 1/4 cup dry white wine
- 3 tablespoon chopped fresh Italian parsley
- 3 tablespoon chopped fresh basil leaves
- 8-12 ounces spaghetti
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper
- Olive oil
- Grated peel of 1 lemon

1. Heat the 2 tablespoons oil in a heavy large skillet over medium-high heat. Add the shallot and red pepper flakes. Cook for 3-5 minutes, until shallot begins to become translucent. Reduce the heat to medium; add the garlic and cook for 1 minute. Add the wine and lemon; increase the heat and bring to a boil; reduce heat and simmer about 10 minutes. Add the shrimp and 1/4 teaspoon salt and toss, cooking until just cooked through, about 2 minutes. Correct seasoning.
2. Meanwhile, cook the pasta in a large pot of boiling salted water according to package directions. The pasta should be al dente, tender but still firm to the bite.
3. Drain the pasta, reserving some of the cooking liquid. Toss the pasta with the shrimp-lemon sauce; add a little of the reserved cooking liquid as needed to moisten. Drizzle with a little olive oil, sprinkle with parsley, basil and lemon peel; toss. Serve immediately.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 New Moon	6	7	8	9	10
11 Mothers' Day	12	13	14	15	16	17
18	19	20 Full Moon	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

Thai Salad

Serves 4

- 1 head romaine lettuce, shredded
- 1/2 cup cilantro leaves, roughly chopped
- 3 tablespoons fresh mint leaves, chopped
- 3-6 radishes, julienne
- 1/2 European cucumber, peeled, seeded and diced
- 2 cups bean sprouts
- 1 carrot; cut into curls (use a peeler)
- 1 avocado diced
- 1/2 red bell pepper; julienne
- 1/2 yellow bell pepper; julienne
- 2-3 green onions thinly sliced or 1/2 red onion, thinly sliced
- 12 ounces thinly sliced steak, chicken or shrimp (can use leftovers)
- Sesame seeds, for garnish

1. Toss together all vegetables in a large bowl.

2. Just before serving, toss the vegetables with enough dressing to lightly coat, sprinkle with the sesame seeds, arrange the steak on top of the salad, drizzle with a little more dressing and sprinkle with a few more sesame seeds.

Dressing:

- 1/4 cup plus 2 tablespoons red wine vinegar or lime juice
- 3/4 tablespoons olive, canola or vegetable oil
- 1 teaspoon honey
- 1 tablespoon soy sauce
- 1 tablespoon Thai or other chili sauce, or to taste
- 1 clove garlic
- 1 teaspoon sesame oil
- Salt and freshly ground black pepper

1. Combine the dressing ingredients together in a blender and chill.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 New Moon	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Fathers' Day	16	17	18 Full Moon	19	20	21 Summer Solstice
22	23	24	25	26	27	28
29	30					

Blueberry Crumble
Serves 8

- 2 pints blueberries
- Juice of 1 lemon
- Grated peel of 1 lemon
- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 pinch nutmeg
- Crumble Topping (recipe follows)

1. Preheat oven to 350°.
2. Combine blueberries, lemon juice, lemon peel, sugar and spices in a medium bowl; toss to combine. Pour blueberries into a 1 1/2 quart casserole. Sprinkle topping evenly over the blueberries.
3. Bake for 1 hour or until bubbling and the top is browned and crisp. Serve immediately with vanilla ice cream or store in the refrigerator and reheat at 350° for 20 or 30 minutes.

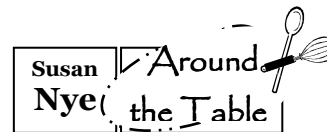
Crumble Topping

- 3/4 cup flour
- 1 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 pinch nutmeg
- 4 ounces cold, unsalted butter, cut into small piece
- 3/4 cup quick-cooking oatmeal

1. Combine flour, sugar, salt and spices in a food processor; pulse to combine. Add the butter, pulse until the mixture resembles coarse corn meal. Add the oatmeal; pulse until the topping comes together in large lumps.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					Independence Day	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Bastille Day				Full Moon	
20	21	22	23	24	25	26
27	28	29	30	31		

August



Grilled Swordfish with Warm Tomato-Cilantro Salsa

Serves 4

1 1/2 - 2 pounds Swordfish steaks
 Olive oil
 Juice from 1/2 - 1 lime
 Salt and pepper

1. Lightly brush the fish with olive oil and lemon or lime juice, sprinkle with salt and pepper
2. Preheat grill.
3. Grill fish over medium-heat 3 inches from the flame for 5 minutes per side or until the fish reaches desired doneness. Do not overcook.
4. Serve with Warm Tomato-Cilantro Salsa

Warm Tomato-Cilantro Salsa

1 tablespoon Virgin Olive Oil
 1 clove garlic minced
 1 shallot finely chopped

Pinch of dried pepper flakes
 1 pint red and yellow grape tomatoes, cut in half
 Juice of 1 lime
 1/4 cup dry white wine
 1/4 teaspoon salt
 1/8 teaspoon pepper
 2 tablespoons butter (optional)
 2 tablespoons chopped cilantro
 1 avocado, diced for garnish (optional)

1. Sauté shallot, garlic and pepper flakes in olive oil until vegetables are soft
2. Add lime juice, cook for 1 minute
3. Add white wine and reduce by half
4. Add tomatoes, salt and pepper and cook for 1-2 minutes – until just warmed through
5. Add butter, melt the butter in the sauce and toss/swirl/stir to blend and thicken the sauce
6. Remove from heat and sprinkle with cilantro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Swiss Federation Day New Moon	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Full Moon
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						New Moon

Rustic Apple Tart

Serves 8

4 apples, peeled (optional) and thinly sliced
 2-4 tablespoons brown sugar
 2 tablespoons all purpose flour
 Grated peel of 1/2 orange
 Juice of 1/2 orange
 1 tablespoon Grand Marnier
 1/2 teaspoon cinnamon
 1/4 teaspoon nutmeg
 Pinch of salt
 2 tablespoons cold butter, cut into small pieces
 Flakey Pastry (recipe follows)

1. Preheat oven to 400°. Roll out the dough into a rough circle 14 to 15 inches in diameter. Transfer the dough to a baking sheet and refrigerate.
2. Combine the brown sugar and flour in a small bowl. Toss the apples, orange peel, orange juice, Grand Marnier, cinnamon, nutmeg and salt together in a large bowl.
3. Leaving a 2 to 3-inch border, arrange the apples evenly over the pastry dough.

4. Sprinkle the apples with the sugar-flour mixture. Dot the top with butter. Gently fold the edge of the dough over the fruit. Bake until the crust is golden brown and the fruit is tender, about 40 minutes. Let rest for 10 minutes and serve.

Flakey Pastry

1 cup all purpose flour
 1 teaspoon sugar
 1/2 teaspoon salt
 4 tablespoons (1/2 stick) chilled butter, cut into pieces
 3 tablespoons solid vegetable shortening, cold
 2-4 tablespoons ice water

1. Blend flour, sugar and salt in a food processor. Add butter and shortening; and process until mixture resembles coarse meal.
2. Sprinkle with ice water, 1-2 tablespoons at a time, and process until dough comes together in a ball. Flatten into disk. Wrap dough in plastic; chill until firm enough to roll, at least 30 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Labor Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	Full Moon					
21	22	23	24	25	26	27
	First Day of Fall					
28	29	30				
	New Moon					

Roasted Butternut Squash Soup

Serves 8 to 12

- 2 1/2 pounds butternut squash, peeled, seeded, chopped
- 1 large potato, about 8 ounces, cut into chunks
- 3 carrots, chopped
- 4 celery stalks, chopped
- 2 medium onions, chopped
- 3 tablespoons olive oil
- 2 tablespoon balsamic vinegar
- 1-2 bay leaves
- 2 1/2 - 3 quarts chicken stock
- 1 cup dry white wine
- 1 tablespoon fresh sage, chopped, or 1 teaspoon dried and crumbled
- 1 tablespoon fresh thyme or 1 teaspoon dried
- 1 teaspoon coarse salt
- 1/2 teaspoon freshly ground pepper
- 1 cup half and half (optional)
- Fresh chopped chives

1. Preheat oven to 350°. Put the vegetables, herbs, olive oil, balsamic vinegar, salt and pepper in a large roasting pan– toss to coat. Add bay leaves. Roast for 45 minutes.
2. Add the white wine and 2 cups of chicken stock to the pan. Return to the oven and cook for 20 minutes.
3. Let the soup cool for about 30 minutes. Remove bay leaves from soup. Working in batches, puree the squash mixture in a blender or food processor with a little chicken stock until smooth.
4. Put the squash puree in a large soup pot. Add 2 quarts of chicken stock or more if you want a thinner soup. Reheat slowly on top of the stove and simmer on low for 15 minutes. Add the half and half, reheat until steaming. Add salt and pepper to taste. Garnish with chives and serve immediately.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Columbus Day	Full Moon	Yom Kippur Begins at Sundown			
19	20	21	22	23	24	25
26	27	28	29	30	31	
		New Moon			Halloween	

Wild Rice and Mushroom Stuffing

Enough for a 12 to 16 pound turkey

- 1 cup wild rice
- 1/2 cup brown rice
- 1/2 stick (4 tablespoons) butter
- 1 medium onion, finely chopped
- 4 celery stalks, finely chopped
- 12 ounces mushrooms, chopped
- 2 tablespoons chopped fresh tarragon or 2 teaspoons dried
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried
- Pinch of nutmeg
- Pinch of cayenne pepper
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 pound sour dough bread, torn into large bread crumbs
- 1/4-1/2 cup (or more) chicken stock

1. Cook the wild and brown rice according to package directions. Set aside to cool.
2. Meanwhile, melt the butter in a heavy large skillet over medium heat. Add the onions, celery, mushrooms, cayenne pepper, salt and pepper. Sauté until the onions are very tender, about 10 minutes. Gently toss in the tarragon, thyme and nutmeg.
3. Put the wild and brown rice in a large bowl. Transfer the mushroom-onion mixture to the bowl; toss to combine. Add the bread crumbs; toss to combine. Add enough broth to the stuffing mixture to moisten. Don't let it get soggy. Let the stuffing cool completely before stuffing your turkey. Cook any extra stuffing in a buttered casserole dish.

You can cook the stuffing separately. Transfer to a large, buttered casserole dish. Cover with buttered foil, buttered side down and bake at 350° until the stuffing is heated through, about 30 minutes. Uncover and continue baking until the top is crisp and golden, about 15 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Day Light Savings Time Ends		Election Day				
9	10	11	12	13	14	15
		Veteran's Day		Full Moon		
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				Thanksgiving Day New Moon		

Smoked Salmon Mousse

Makes 2 cups

- 1 pound smoked salmon
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- Juice of 1 lemon
- 1/8 teaspoon cayenne pepper

For garnish –

- Freshly ground black pepper
- 1-2 tablespoons salmon roe
- 1 tablespoon finely chopped chives

1. Put the fish, mayonnaise, sour cream, lemon juice and cayenne pepper in a food processor and process until fine. Taste for seasoning.
2. Spoon into a 2 cup ramekin. Store in the refrigerator for up to 1 day. When ready to serve, garnish with chives and salmon roe.

White Bean Bruschetta

Serves 6-8

- 1 cup cooked small white beans
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons finely cropped oil cured Greek olives
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon hot red pepper flakes
- 1/2 teaspoon chopped fresh rosemary
- 2 tablespoons basil leaves, cut in narrow ribbons
- 1 garlic clove, minced
- Kosher salt and freshly groundpepper
- Italian peasant bread, sliced and grilled

1. Combine all ingredients (except bread), season to taste with salt and pepper. Serve with slices of grilled Italian peasant bread.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
					Full Moon	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Winter Solstice Hanukah Begins at Sundown			Christmas Eve	Christmas Day	Kwanza Begins	New Moon
28	29	30	31			
			New Year's Eve			

