

WALNUT GREMOLATA

Serves 2

Ingredients:

- 1 tablespoons olive oil
- 1 garlic clove, minced
- 2 tablespoons walnuts, toasted, finely chopped*
- 2 tablespoons finely chopped fresh Italian parsley or cilantro
- 2 teaspoons finely grated lemon peel
- salt and pepper

Preparation:

Whisk oil & garlic together. Mix walnuts, chopped parsley, finely grated lemon peel in small bowl. Add blended oil to nut mixture, mix well.

Season to taste with salt and pepper.

Eleanor's Notes: This gremolata can be made with hazelnuts, pistachios, cashews, or almonds.

Serve over cooked broccoli, kohlrabi, kale, brussels sprouts, or any other gross green vegetable to make it palatable. (hazelnut is especially good with brussels sprouts)

Also great tossed with pasta or stirred in as a last minute addition to rice.

Can be made up to 2 hours ahead. Cover and refrigerate.

'RAU' SAUCE/MARINADE FOR GRILLED FISH STEAKS

Ingredients:

- 2 Tbs soy sauce
- 1 Tbs firmly packed dark brown sugar
- 3 Tbs fine quality Sake or 2 Tbs fresh lime juice
- 2 Tbs oil (peanut, soy, or almond)
- 2 tsp dark sesame oil
- 4 garlic cloves, minced
- 1 Tbs fresh ginger root, peeled & finely minced
- 3 Tbs fresh cilantro, minced
- 1 Tbs fresh mint, minced
- 1 Tbs shallots or scallions, finely minced
- a pinch dried hot red pepper flakes (optional)

Preparation:

In a bowl, whisk together all ingredients until well combined.
Keep refrigerated (up to 4 hours) until ready to use.

To use as a marinade for fish: for two (6 - 8 ounce) tuna, swordfish or salmon steaks:
Place fish in a shallow dish. Pour half of the recipe over fish steaks. Marinate them, covered and chilled, for 20 minutes to 1 hour. Flip the fish at least once during the marinating time.

Discard sauce used as marinade.

Grill fish on an oiled rack about 5 minutes on each side for medium-rare, or until desired doneness. (Alternatively, fish may be broiled or pan seared.)

Serve with remaining sauce as an accompaniment.

SPICY-SWEET PEANUT SAUCE

Serve this Thai-style dressing over chilled noodles and mixed raw vegetables. Or use as a dipping sauce for Salad Wraps or a raw veggie platter.

Ingredients:

1 cup smooth old-fashioned peanut butter
1/2 cup freshly brewed black tea, room temperature
1/2 cup orange juice
3 Tbs oriental sesame oil
3 Tbs honey
2 Tbs soy sauce OR tamari
2 Tbs rice vinegar OR cider vinegar
1 Tbs peeled, minced fresh ginger
2 tsp orange peel (zest), grated
2 garlic cloves, minced

Preparation:

Mix all ingredients in medium bowl. Stir until mixture is blended and smooth. Makes about 2 1/2 cups.

MUSHROOM, LEEK & ASPARAGUS RISOTTO

Serves 4

Ingredients:

2 Tbs. olive oil
6 Tbs. unsalted butter, divided
1 medium leek, washed, white & light green only, thinly sliced
6 - 8 dried Shitake mushrooms
4 ounces Crimini mushrooms, cleaned, sliced very thin
1 pound fresh asparagus spears, cleaned, bottoms sliced on the bias until spears are trimmed to 5" each - reserve sliced stems
4 cups vegetable broth
1 cup water
1 1/2 cups Arborio rice
1 cup dry white wine
coarse salt and freshly ground black pepper (to taste)
1/3 cup parmesan cheese (optional)

Preparation:

Heat the 2 Tbs. of olive oil and 4 Tbs. of the butter in a large saucepan over moderate heat. When it begins to foam, add the leeks, increase heat to medium high and cook stirring constantly until soft and golden.

In another sauce pan, while the leeks are cooking, bring the 4 cups of broth & the cup of water to a boil. Add the dried Shitake mushrooms, lower heat & bring the broth to a steady simmer.

Remove the leeks from the pan once they are golden brown. Set them aside. Add one tablespoon of the butter and the rice to the same pan, and using a wooden spoon, stir until all the grains are well coated.

Add the dry white wine to the rice and cook until all the liquid is absorbed. While the wine is cooking out, remove the Shitake mushrooms from the simmering broth to a cutting board to cool.

Increase the heat on the pot of remaining broth. Add one cup of the broth to the rice and stir to incorporate.

Add the trimmed asparagus spears to the sauce pan with the broth as it is boiling. Reduce the heat & simmer the spears in the broth until bright green and still slightly firm (approx. 5 - 6 minutes).

Stir the rice frequently to prevent sticking.

Slice the cooked Shitake mushrooms now that they are cool enough to handle and put them aside.

Add about 1/2 a cup of broth at a time to the rice, stirring with each addition, waiting until it has been absorbed before adding more.

When only about 1 cup of broth remains in the sauce pan, and the previous addition of broth to the rice is mostly absorbed, add the Crimini, Shitake & sliced asparagus stems to the broth in the sauce pan. Stir frequently, until the mushrooms have softened and the slices of asparagus are bright green (approx. 2 min.)

Add the contents of the sauce pan to the rice and stir to incorporate.

When the final addition of broth is mostly absorbed into the rice, add the last tablespoon of butter, the Parmesan (if using it), and most of the sautéed leeks. Reserve some as garnish.

Stir vigorously to combine everything with the risotto.

Add salt & pepper to taste.

Serve immediately, using some of the sautéed leeks as a garnish.

HONEYDEW MELON with a MINT, BASIL & LIME SAUCE

Serves 2 - 4 (depending on what you do with it)

Ingredients:

2 Tbs fresh lime juice
2 Tbs granulated sugar
1 tsp fresh Opal, Thai, or sweet basil leaves, chopped
1 tsp fresh mint leaves, chopped
additional sugar to taste if desired
3 cups honeydew melon (about 1/2 melon) cut into 1-inch cubes

Preparation:

Combine all ingredients except the melon.

Combine sauce with melon in a large bowl and chill.

Eleanor's Notes:

- make the sauce a few hours ahead so flavors can meld
 - test the lime & sugar ratio before adding to melon - a lot will depend on how ripe/sweet the honeydew is and the strength of the lime juice
 - add some minced lime zest for color & flavor
 - use palm sugar (it's lower on the glycemic index)
 - try honey instead of sugar
 - don't forget the garnish (mint leaves, basil leaves &/or lime zest)
 - serve it with a chilled Riesling or Gewürztraminer on a hot summer evening
- **to make a cold soup:** puree 2/3 of this recipe in a blender - use smaller dice of remaining melon for "chunks" (particulate) in the soup
- **to make a granita:** puree all of it and freeze it, stirring twice during the freezing process to give a finer grain to the ice crystals.

GINGER MAPLE CREAM

Ingredients:

1 cup	heavy cream
4 slices (quarter-sized)	fresh ginger
1 stick	cinnamon
2 strips (3 inches each)	orange peel
1/3 cup	maple syrup
1/4 teaspoon	freshly grated nutmeg

Preparation:

1. In a saucepan, heat cream, ginger, cinnamon, and orange peel to a simmer; over low heat, simmer, covered, 10 minutes to infuse cream with flavor. Remove from heat. Stir in maple syrup and nutmeg; cover & cool slightly. Flavors will intensify as sauce rests.
2. Strain Ginger-Maple Cream; discard solids.
3. Serve over poached fruit, hot cereal, grilled or poached chicken breasts. Can also be stirred into hot cooked rice.

CURRIED HORSERADISH CREAM

Garnishing soups can turn an ordinary food into something elegant. This cream goes particularly well with lentil soup and puréed (orange) vegetable soups. Also great on cooked fish filets or boiled shrimp. Try it on poached eggs.

Ingredients:

1/2 cup	well-chilled heavy cream
1/2 cup	well-chilled sour cream
3/4 tsp	curry powder
2 tsp	bottled horseradish
	salt & pepper to taste

Preparation:

Whisk all the ingredients together. Adjust seasoning.
Cover & refrigerate.
Flavors meld as sauce rests.

BALSALMIC GLAZE

Use on grilled vegetables, grilled meats & fish, and on fresh fruit. (It's especially good on sliced fresh strawberries.)

Ingredients:

- 1 cup balsamic vinegar
- 2 Tbs dark brown sugar
- 1 Tbs tamari

Preparation:

- Combine the vinegar, brown sugar, and tamari in a small sauce pan. Stir **only** until sugar is completely dissolved.
- Bring to a boil.
- Reduce heat and on a high simmer, cook, without stirring, until reduced by approximately 1/3 and slightly thickened. (About 20 minutes.)
- Remove from heat and let cool.

The glaze will continue to thicken as it cools.

APRICOT PRESERVES WITH AMARETTO & CARDAMOM

Ingredients:

3/4 cup apricot preserves
1 Tbs Amaretto
1/4 tsp ground cardamom

Preparation:

Mix all the ingredients in a bowl.

Eleanor's notes: Use as a spread on baked goods.
 Use as a filling for baked brie *en crute*
 Use as a basting sauce
 Serve with grilled or roasted chicken

SIMPLE FIG VINAIGRETTE

Ingredients:

1/2 cup	fig preserves
4 leaves	fresh sage, finely chopped
1/3 cup	cider vinegar
3/4 cup	vegetable oil
	coarse salt & freshly ground black pepper

Preparation:

Put preserves and sage leaves into a food processor fitted with a metal blade. Puree the mixture for 1 minute. Add the vinegar and process for 30 seconds. With the machine running, slowly add the vegetable oil until the dressing is emulsified. Season the dressing with salt and pepper to taste.

Eleanor's Notes: Can be used as a salad dressing, or as a marinade and/or basting sauce for grilled pork or chicken. (think gourmet chicken wings here)

Try mixing with diced ripe pears & Gorgonzola, add some toasted walnuts & a little prosciutto... you get the idea.

FIG PRESERVES WITH FRANGELICO & NUTMEG

Ingredients:

3/4 cup fig preserves
2 Tbs Frangelico
1/4 tsp ground nutmeg

Preparation:

Mix all the ingredients in a bowl.

Eleanor's Notes: Use as a spread on baked goods.
Use as a filling for baked brie *en crute*
Use as a basting sauce
Serve with roasted pork