



2010 Home & Garden Show Recipes

Wednesday

Coconut Curry Sauce **By KSTP's Rebekah Wood**

1 stick of real butter
1 medium onion chopped
1 green pepper, cut in strips
2 garlic cloves minced
1 1/2 tablespoons curry powder
4 chicken breasts, boned, skinned and cut into 1 in pieces
4 medium potatoes, peeled and diced into 1 in pieces
2 cups coconut milk
salt
2 cups chicken stock.
Large box of Minute Rice

Caprese Salad – Mozzarella, Tomato and Basil Plate **By WCCP Radio's Susie Jones**

½ pound fresh mozzarella cheese, sliced ¼-inch thick
2 large ripe tomatoes, sliced ¼-inch thick
1 cup fresh basil leaves
Coarse salt, and freshly ground pepper
2 Tablespoons drained capers (optional)
¼ cup extra virgin olive oil

In a circular design around the side of a serving place, alternate fresh mozzarella slices on a large platter (or individual plates if you are doing individual portions) with sliced tomatoes, overlapping for effect.

Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste. Sprinkle capers over the top.

Just before serving, drizzle on some excellent extra-virgin olive oil. NOTE: Insalata Caprese should never be allowed to sit in oil for any length of time and become soggy, and no vinegar of any kind goes on Insalata Caprese!

Makes 4 servings.

Can also be served with bread or crackers.

Wild Rice Salad

By Mpls. St. Paul Magazine's Beth Dooley and Bill Coy

This recipe serves 8 to 12 (this recipe was doubled)

2 cup fresh apple cider

2 pound shiitake mushrooms, stemmed

4 tablespoons canola oil

4 cups hand harvested wild rice

2 pound smoked turkey (please get good quality freshly smoked turkey)

2 cup dried cranberries

4 tart apples, peeled and chopped

2 stalk celery, chopped

2 bunch scallions, white part only, chopped

2 clove garlic

2 tablespoon apple cider vinegar

4 teaspoons honey

4 teaspoons Dijon mustard

1-cup canola oil

Coarse sea salt

Freshly ground black pepper

Chopped fresh parsley

Put the cider into a small sauce pan and bring to a boil. Reduce the heat and simmer until the cider is reduced to 2/3 cup. While the cider is simmering, toss the mushrooms with the oil and sprinkle with coarse salt and spread out on a baking sheet. Roast in a preheated 450 degree oven, shaking occasionally, until crisped, about 20 minutes. Remove and set aside. While the mushrooms are roasting, put the rice in a medium pot, add water to cover and bring to a boil. Reduce the heat, cover, and cook until the rice has opened, about 20 minutes. Drain and set aside.

Turn the roasted mushrooms, cooked rice, the turnkey, the cranberries, apple, celery and scallions into a big bowl.

In a small bowl, whisk together the garlic, vinegar, honey, mustard and the reduced cider. Whisk in the oil. Add salt and pepper to taste. Pour into the wild rice mix and toss. Taste and adjust the seasonings. Toss in the parsley and serve at room temperature.

Princess Kay of the Milky Way

Confetti Quesadillas and Fruity Splash Smoothie

Confetti Quesadillas

Ingredients:

- 6 cups fat-free plain yogurt
- 3 cups finely minced cilantro
- 3 teaspoons ground cumin
- 36 soft corn tortillas
- 3 cups (12 ounces) shredded reduced-fat Monterey Jack cheese
- 3 cups (12 ounces) shredded reduced fat Colby cheese
- 1-1/2 cups fresh corn kernels, rinsed
- 1-1/2 cups black beans, rinsed
- 1-1/2 cups coarsely chopped cilantro
- 3 red bell peppers, finely minced
- 3 jalapeño peppers, finely minced

Fruity Splash Smoothie

Ingredients:

- 5 cups fat-free skim milk
- 25 to 35 large unsweetened frozen strawberries (approx. 2-3 one-pound bags?)
- 5 medium bananas, cut into 1-inch chunks
- 5 tablespoons honey
- 3-3/4 cups orange juice
- 2-1/2 teaspoons vanilla extract

Thursday Recipes

TWO-CHEESE WALNUT PIE

James Norton & Becca Dilley | heavytable.com | co-authors, "The Master Cheesemakers of Wisconsin"

This recipe puts a Midwestern spin on Sfoglia Di Funghi Alla Creme Di Noci (Mushroom Pie with Walnut Cream) from "The Silver Spoon," a classic Italian cookbook. Our adaptation incorporates chevre and parmesan to add a bit more depth of flavor without compromising texture or taste. If you're a walnut fan, you can halve the chevre and bring out the walnut flavor more clearly.

This nutty, creamy, and soulful pie works as an entree, an appetizer, and even a savory brunch item. The addition of Minnesota and Wisconsin cheeses and local meat makes it all the more winning.

WALNUT CREAM FILLING

1 tablespoon butter
1 shallot, thinly sliced
1/4 cup Sartori SarVecchio or other aged parmesan-style cheese, finely grated
4 oz. Stickney Hill chevre or other plain chevre
1 egg
1/3 cup uncured deli ham from Lorentz Meats or other local producer, chopped
scant 1 cup shelled walnuts, chopped roughly salt and pepper
1/4 cup heavy cream

TOPPING

3/4 pounds mixed mushrooms -- crimini, porcini, shiitake, and white mushrooms are all fine

CRUST

all-purpose flour for dusting
11 ounces puff pastry dough, thawed if frozen
1 tablespoon butter
1 garlic clove, halved

1. If you're using frozen puff pastry dough, starting thawing it out (about 30 minutes).
2. Melt the butter in a small skillet. Sautee the shallot until it's softened, about 5 minutes.

3. Pulse the walnuts in a food processor until they're a coarse meal.
4. Add the egg, ham, walnuts, parmesan, and shallot and process until smooth.
5. Scrape into a bowl. Mix in your chevre, season with salt and pepper, and refrigerate for 45 minutes.
6. Meanwhile, parboil the mushrooms in salted water for 5 minutes. Drain them, pat dry (they don't have to be bone dry, just not sopping wet) and slice thickly.
7. Preheat the oven to 325 degrees F.
8. Sprinkle a pie pan with flour. Unfold your puff pastry and place it into the pie pan. Line with baking parchment, fill with pie weights, chain, or baking beans and bake blind for 10 minutes.
9. Meanwhile, melt butter in skillet and add the split garlic clove. Cook for 2-3 minutes. Remove the garlic.
10. Remove the filling mixture from the refrigerator, and stir in the cream.
11. Remove the parchment and weights from the pie shell and bring the oven temperature up to 400 degrees. Pour the walnut cream filling into the pie shell.
12. Arrange your mushrooms in a decorative shape on top of the filling. If you've got corners (from a square puff pastry) hanging over the side of your pan, you can optionally trim them and put them on top of your filling as edible decorative elements. Brush with the rim of the pastry with garlic-flavored butter and bake for 30 minutes.

Butter -- at least a half stick -- we prefer Hope Creamery (of Minnesota)

Flour (a half cup)

Two shallots

1/2 lb. of Sartori SarVecchio aged parmesan

4 oz. of Stickney Hill chevre

2 eggs -- a Minnesota farm preferred

A package of cooked uncured deli ham from a local producer (I suggest Seward Co-op -- Lorentz Meats is a great label to look for),

2 cups of shelled walnuts Salt Pepper A half cup of heavy cream, a Minnesota dairy preferred

1/2 pound of crimini mushrooms (washed if possible)

1/2 pound of shiitake mushrooms (washed if possible)

Frozen puff pastry dough (ideally it would be thawing for about 20 minutes before we took the stage)

2 cloves of garlic

Pizza

By Star Tribune's C.J.

Stick of butter
5 lb bag of whole wheat flour
Honey
Grape seed oil (NOT olive oil)
Six packets of yeast
Kraft mayo with olive oil (the one with ½ fat) the 14 ounce size is fine
1 pound Fontina cheese
1 pound Buffalo Mozzarella
½ pound of Parmesan Reggiano
Fresh Thyme
Fresh Rosemary

The recipe goes like this:

Make a pizza dough
Roll out pizza dough
Spread on Kraft Mayo w/ Olive Oil, to which you have added Grape seed oil
Lay Provolone cheese on top
Lay Blackforest Ham slices that have been cut up on top of Provolone
Add Fontina cheese on top
Bake in convection oven set at 500 degrees for 5 minutes
Then open oven, and toss on Buffalo Mozzarella.

By KARE 11's Belinda Jensen and Bobby Jensen Southwestern Breakfast Casserole

1 (8 1/2-ounce) package corn muffin mix (please have them make ahead of time)
3 cups (1/2-inch) cubed white bread
8 ounces hot turkey Italian sausage
1 cup chopped onion
2 1/2 cups fat-free milk
1 teaspoon ground cumin
1/8 teaspoon black pepper
1 (10-ounce) can diced tomatoes and green chiles, undrained
1 (8-ounce) carton egg substitute
Cooking spray
1 cup (4 ounces) shredded reduced-fat Monterey Jack or mild cheddar cheese, divided

Prepare corn muffin mix according to package directions; cool. Crumble muffins into a large bowl; stir in bread. Set aside.

Remove casings from sausage. Cook sausage and onion in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain.

Combine milk, cumin, pepper, tomatoes, and egg substitute; stir with a whisk until well-blended.

Add sausage mixture; stir well. Stir into bread mixture.

Spoon half of bread mixture into an 11 x 7-inch baking dish coated with cooking spray.

Top with 1/2 cup cheese. Spoon remaining bread mixture over cheese.

Preheat oven to 350°.

Bake casserole at 350° for 20 minutes or until set. Top with 1/2 cup cheese, and bake an additional 20 minutes or until set.

Let stand 10 minutes before serving.

ReHabbed HotDish

By Mpls. St. Paul Magazine's Stephanie March

Chicken and Orzo Hotdish

- 2 1/2 cups chicken stock
- 1 1/2 lbs. skinless boneless chicken breasts
- 3 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 3/4 cup heavy cream
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 cup freshly chopped sage
- 1/2 cup chopped shallots
- 1/2 cup crème fraîche
- 1/2 cup chopped prosciutto

- 1 cup fresh spinach
- 1 cup whole wheat orzo pasta
- 1 cup panko bread crumbs
- 1/2 cup grated parmesan

Preheat oven to 350 degrees. In a 4-quart pot, bring stock to a slight boil. Add chicken and simmer, turning once, for about 6 minutes. Remove from heat and cover pot, letting chicken stand until just cooked through, about 15 minutes.

Remove chicken to bowl to cool, but keep stock in covered pot.

Over low heat, melt butter in 2- to 3-quart saucepan. Add flour and stir for 3 minutes, making a roux. Add warm stock while whisking, and simmer gently for 10 minutes, whisking occasionally. Whisk in cream and simmer for 5 minutes, whisking occasionally. Remove from heat, transfer to large bowl and stir in salt, pepper, sage, and shallots.

Remove 1/2 cup of sauce to separate bowl and stir in crème fraîche. Chop chicken into 1-inch pieces and stir into remaining sauce.

Cook orzo in boiling water until just al dente, then drain. Stir into chicken mixture along with spinach and prosciutto. Transfer the mix to casserole dish, spreading evenly. Spread crème fraîche topping evenly.

Apple Crisp with Ice Cream **By KSTP's Vineeta Sawkar**

6 medium sized apples peeled and sliced. (Harralson are good when in season. Otherwise a mix of Granny Smith and Braeburn)

1 cup of sugar

1/2 tsp cinnamon

Topping:

1 stick butter, at room temperature

1/2 cup flour

1/2 cup quick oats
1/2 cup packed light brown sugar
1/2 tsp nutmeg
1/2 tsp cinnamon
Vanilla Ice Cream

Preheat oven to 350 degrees. Peel and slice apples. Toss with sugar and 1/2 tsp cinnamon in a large bowl.

In a medium bowl, mix together topping ingredients until small clumps of the topping come together. Use your hands.

Place apples in a 9 x 11 glass lasagna pan. Crumble topping on top of apples. Bake for 40 - 45 minutes or until bubbling on the sides and the topping is golden brown.

Let stand for 15 minutes. Serve with ice cream.

Friday Recipes

K102's Donna & Muss' Quick, Easy & Economical Dinner: Dirty Chicken

4 Chicken breasts
Hot Sauce
bottle of white wine
Generic Cajun Spices
salt and pepper
Extra Virgin Olive Oil

Mushroom Ramen

2 8oz pkg fresh crimini (aka baby bella) mushrooms
2 8 oz fresh shitake mushrooms*
**(if not available: white mushrooms are fine, too or any type/combo)*

2-3 pkgs of chicken flavored reduced sodium Ramen noodles

hot water (or water & a microwave)

1/2 cup of shredded parmesan cheese

(1 Tbsp olive oil....can use from chicken recipe above)

LoCal Banana Chocolate Sorbet

4 frozen bananas (peeled, wrapped in wax paper, in freezer bag), @ least 5 hours
water
1 small bag bittersweet Ghirardelli (60% cocoa) chocolate chips
1 small container dark chocolate syrup
1 tiny container of half and half (lowfat preferred)

Chicken Wild Rice Soup By KSTP's Leah McLean

2 cups cooked cubed chicken
2 cups cooked wild rice
16 oz chicken stock
1/2 cup cream
1 can cream of mushroom soup, Healthy Choice low sodium if you can find it
1 cup chopped celery
1/2 onion chopped
1 bag frozen veggies- corn, carrots, and peas

By ShopNBC's Daniel Green New York Strips in Red Wine and Pomegranate Sauce

I made this dish quite by accident. I was shooting a promo for a show called weekend kitchen for QVC, they had a huge amount of food lined up for me to use, I started cooking the steak as I normally would and then saw these pomegranate seeds, I cannot tell you the tart brilliant flavour they gave this dish

4 new your strips steaks about 8 oz each
1 pint red wine
4 cloves crushed garlic
1/2 pomegranate seeds
2 table spoons olive oil
Steamed Spinach

Serve over some steamed spinach to soak up the flavor

In a large non stick pan heat some olive oil at a very high heat and seat the steaks on each side for about 3-4 minutes each side, take out the pan and set aside

No in the pan add some more olive oil and cook the garlic for just a minute, add the red wine and let it cook for 2-3 minutes and reduce now place the steak back in the pan and add the pomegranate seeds, cook until you have the steak cooked the way you like it and serve over a bed of spinach

Serves 4

Prep time 35 minutes

Breaded Shrimp and Corn Salsa Tacos **By Cities 97 BT Turner**

2 lb. Medium Shrimp...26-30 count...peeled and deveined
4 cups milk
2 cups heavy whipping cream
Small bottle Tabasco
2 cups flour (AP)
2 cups cornmeal
1 head Iceberg lettuce
8 cups frozen sweet corn (thawed in fridge)
1 red pepper
1 red onion
1 4oz can minced Jalapenos
2 cloves garlic
small Chili Powder
small Olive Oil
1 bunch cilantro
small package soft flour tortillas

This is a soft taco recipe...but those are a bit messy to serve to audience, etc...so, we'll have some soft taco examples from the stage...but we'll need the small serving bowls (6oz. or so type disposable units) to dish up our goodies for those in attendance.

Saturday Recipes

Grilled Cheese Sandwich **Twin Cities Live John Hanson**

Ingredients:

Pre-sliced cheddar cheese
Ketchup
Whole wheat bread
Butter

Equipment:

Large skillet (or a large electric griddle would work too)
Spatula
Knife

The Ultimate Spaghetti Carbonara (it's a Tyler Florence recipe that I'm obsessed with). **By Twin Cities Live Elizabeth Ries**

Ingredients:

Kosher Salt
Extra-virgin olive oil
8 bacon slices
1 onion
4 large eggs
6 tablespoons heavy cream
¼ cup freshly grated Parmigiano-Reggiano cheese
1 lb spaghetti
Cracked black pepper
¼ cup chopped flat leaf parsley
crushed red pepper flakes

Instructions:

Bring a big pot of salted water to a boil for the spaghetti.

Heat a 3-count of olive oil in a skillet over medium heat. Add the bacon and onion and cook for 7-8 minutes, until the onion is caramelized and the bacon is crisp. While that's going, crack the eggs into a big serving bowl. Add the cream and the cheese and whisk. Scrape the bacon and onion into the bowl along with the cooking fat.

By now your pasta water has come to a boil. Throw in the spaghetti and give it a stir to separate the strands. Cook for 8 to 9 minutes, until al dente. Scoop out

about ¼ cup of the pasta cooking water and add that to the bowl with the bacon and eggs. Then drain the spaghetti, add it to the bowl and give everything a toss. Invert a plate on top of the bowl to hold in the heat and let the pasta set for 5 minutes. Remove the plate, toss in the some salt and lots of black pepper and the parsley.

Francesca's Simple Tomato Soup

This is a very delicious and simple recipe:

- 6 celery ribs, diced
- 1 medium onion, diced
- 1 small garlic clove, minced
- 1 medium carrot, diced
- 1 medium sweet red pepper, diced
- 1/4 cup butter, cubed
- 3 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2 tablespoon tomato paste
- 3/4 cup loosely packed basil leaves, coarsely chopped
- 3 teaspoons sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon ground nutmeg(secret weapon ingredient!)
- 2- ½ cups vegetable stock
- 1- ½ cups heavy whipping cream

Directions:

In a large saucepan, sauté the celery, onion, carrot and red pepper in butter for 5-6 minutes or until tender. Add tomatoes and tomato paste. Bring to a boil.

Reduce heat; cover and simmer for 40 minutes.

Remove from the heat. Stir in the basil, sugar, salt and pepper; cool slightly.

Transfer half of the soup mixture to a blender. While processing, gradually add cream; process until pureed. Return to the pan; heat through (do not boil). Yield:

5-6 servings

Francesca's Savory Cheese Scones

Enjoy this quick-bread often!

- 2 c flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2 tablespoon snipped chives
- 1 ½ cups grated cheddar cheese

3 tablespoons parmesan cheese

½ cup butter, very cold

½ cup buttermilk

2 large eggs

Preheat the oven to 375 F. Combine all the dry ingredients, cut in butter. Work the mixture quickly to pea size. Stir in the cheeses and toss well. Combine eggs and milk, add to flour and cheese mixture- pull it all together with a few swift strokes. Knead lightly and pat into an 8" disc. Cut into wedges. You can scoop the batter if you like with a small ice cream scoop. Place on parchment covered sheet pan, brush with beaten egg and a dash of milk. Bake 15-17 minutes, until lightly golden.

Sunday Recipes

Chicken Coconut Curry

By KSTP's Art Barron and Cindy Montgomery

4 pkgs of linguini

10 skinless and boneless chicken breasts

2 yellow onions

1 bunch of green onions

1 pkg of coconut flakes (shredded)

1 box of raisins - yellow and black

1 jar of honey roasted peanuts

1 curry powder (yellow)

2 box of cherry tomatoes are the best

2 bell peppers green

1 large bunch of cilantro

2 avocado - soft but not too soft and not hard

3 cans of chicken broth

6 cans of coconut milk (rich)

2 large heavy cream

salt

pepper

Prime Rib-Blue Cheese Crostini **By KSTP's Megan Newquist**

The ingredients are simple:
small container of cream
small container of blue cheese crumbles
2.5 lbs of prime rib
2(large) or 3(small) baguettes
salt & pepper
olive oil
skewer

Gingersnaps **By Blue Ribbon Bakery and Jay Leno Favorite** **Marjorie Johnson**



Ingredients:

Dough

- 3/4 cup shortening
- 1 cup packed light brown sugar
- 1/4 cup molasses
- 1 large egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1/4 ~~teaspoon~~ salt

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1/2 cup sugar (for dipping)

Preheat oven to 375 degrees.

Cream shortening, brown sugar, molasses and egg in large bowl. In a separate bowl sift flour, baking soda, salt and spices. Gradually add the dry ingredients to the creamed mixture, blending until mixed. Dough can be chilled for easy handling.

Shape the dough into balls the size of whole walnuts. Roll balls in sugar, place on baking sheet. Bake 8-9 minutes at 375 degrees. Cool on sheet one minute before transferring to rack.

Makes 3-4 dozen.