

Rassette Arts Festival

RECIPES

Posh Beans on Toast

Ingredients

1 can of butter beans/lima beans, drained and rinsed
1 bag of spinach, washed (or kale)
1 med onion, diced
1 or 2 cloves of garlic, chopped finely (optional)
1 stock cube (veggie or chicken)
olive oil
wholemeal bread
butter

Method

Sweat the diced onions in the olive oil over medium heat for 10-15 mins in a medium pot
Add the spinach, garlic, beans, and stock cube with a bit of water (not to make a soup; to help the stock cube do it's thing)
Let it all come together for about 20 mins, stirring so it doesn't burn

Toast bread and lavish with butter. Spoon the bean and spinach mixture onto the toasted bread and enjoy!

Eggplant Stew

Serves 4, approximately 60 mins

Ingredients

1 med onion diced
1 large eggplant, cut into bite sized chunks
1 can of chopped tomatoes
1 can of butter beans/lima beans, drained and washed
1 bag of spinach or kale, wilted with a stock cube
1 bag of microwave wholegrain or white rice, cooked and with butter mixed in
1 ball of mozzarella, cut into bite sized chunks

salt and pepper
ground cumin to taste
chili flakes to taste
1 stock cube

Method

Sweat the onions for about 10-15 minutes in a large pot
Add the eggplant and cook with the chilli and cumin for a good 20 minutes until they are really soft
Add the wilted spinach/kale, beans, tomatoes and cook for about 10-15 minutes together
Add the rice and mozzarella and let it all 'stew' together (10-15mins) until you're happy!
Let it all come together for about 20 mins, stirring so it doesn't burn

Can be served with a good sourdough – enjoy!

Slow Cooker Beef Burgundy

Serves 6-8

Make sure to use the low setting on your slow cooker; the stew will burn on the high setting. Don't spend a lot of money for the wine in this recipe – in our testing, we found that California Pinot Noir wines in the \$6 to \$20 price range worked just fine. Boiled potatoes are the traditional accompaniment, but mashed potatoes or buttered noodles are nice as well.

Ingredients (Stew)

8 ounces (about 8 slices) bacon, cut into ¼ inch pieces
1 (4-pound) boneless beef chuck-eye roast, trimmed and cut into 1 ½ inch chunks
Table salt and ground black pepper
1 large onion, minced
2 carrots, peeled and minced
8 medium garlic cloves, minced or pressed through a garlic press (about 2 tablespoons plus 2 teaspoons)
2 teaspoons chopped fresh thyme leaves
4 tablespoons tomato paste
2 ½ cups Pinot Noir (see note)
1 ½ cups low-sodium chicken broth
1/3 cup soy sauce
3 bay leaves
3 tablespoons Minute tapioca
3 tablespoons minced fresh parsley leaves

Ingredients (Onion & Mushroom Garnish)

8 ounces (about 2 cups) frozen pearl onions
½ cup water
5 tablespoons unsalted butter
1 tablespoon sugar
10 ounces white mushrooms, wiped clean and quartered
Table salt

Method

1. FOR THE STEW: Cook the bacon in a 12-inch skillet over medium-high heat until crisp. Using a slotted spoon, transfer the bacon to a paper towel-lined plate and refrigerate. Pour half of the bacon fat into a small bowl; set the skillet with the remaining bacon fat aside.
2. Pat the beef dry with paper towels and season with salt and pepper; place half of the beef in a slow cooker insert. Heat the skillet with the remaining bacon fat over medium-high heat until smoking. Cook the remaining beef in a single layer until deep brown on all sides, about 8 minutes. Transfer the browned beef to the slow-cooker insert.
3. Add the reserved bacon fat to the now-empty skillet and heat over medium-high heat until shimmering. Add the onion, carrots, and 1/4 teaspoon salt and cook until the vegetables begin to brown, about 5 minutes. Add the garlic and thyme and cook until fragrant, about 30 seconds. Add the tomato paste and stir until beginning to brown, about 45 seconds. Transfer the mixture to the slow-cooker insert.
4. Return the now-empty skillet to high heat and add 1 ½ cups of the wine, the chicken broth, and soy sauce. Simmer, scraping up any browned bits for about 1 minute. Transfer the wine mixture to the slow-cooker insert.
5. Stir the bay leaves and tapioca into the slow-cooker insert. Set the slow cooker on low, cover, and cook until the meat is fork-tender, about 9 hours.
6. FOR THE ONION AND MUSHROOM GARNISH: Bring the pearl onions, water, butter, and sugar to a boil in a 12-inch skillet over high heat. Cover and simmer over medium-low heat until the onions are tender, about 5 minutes. Uncover, increase the heat to high, and cook until the liquid evaporates, about 3 minutes. Add the mushrooms and ¼ teaspoon salt and cook until the vegetables are browned and glazed, about 5 minutes.

7. When ready to serve, discard the bay leaves and stir in the onion and mushroom garnish and the reserved bacon. Bring the remaining 1 cup wine to a boil in a 12-inch skillet over high heat and simmer until reduced by half, about 5 minutes. Stir the reduced wine and parsley into the stew and season with salt and pepper to taste. Serve.

Steak Marinade (Best for steak, but works fine with alternatives)

Ingredients

1/3 cup soy sauce
1/2 cup olive oil
1/3 cup fresh lemon juice
1/4 cup Worcestershire sauce
1 1/2 Tablespoons garlic powder
3 tablespoons dried basil
1 1/2 tablespoons dried parsley flakes
1 teaspoon ground white pepper

Method

1. Place all ingredients in blender or food processor for 30 seconds or until thoroughly mixed.
2. Pour marinade over meat. Cover and refrigerate for up to 8 hours. Cook meat as desired.

Bourbon Chocolate Pecan Pie

Ingredients

1 single pie crust for 9" deep dish pie pan
1 C chocolate chips
1 C pecans, broken into large pieces
1 Tbsp flour
2/3 C light brown sugar
3 eggs
3/4 C light corn syrup
3 Tbsp Bourbon
1 tsp vanilla
1/3 C butter, melted and cooled

Method

Preheat oven to 300 degrees. Put chocolate chips into the pie crust and cover them with the pecans. Set aside.

In a bowl, combine flour and sugar. Stir together until flour is evenly distributed.

In a larger bowl, beat eggs and corn syrup. Add Bourbon, vanilla and the sugar mixture. Stir well.

Add butter, stirring well and pour mixture over the pecans.

Bake in the lower 1/3 of the oven for about an hour or until set.

May freeze for up to 30 days.

Andrea's Amazing Chicken Love

Ingredients

4C Chicken Stock
4 boneless chicken breasts
1 jalapeno pepper
1 garlic clove (or more)
1 16-oz jar of salsa (type/spiciness based on personal preference)
1 cup shredded cheddar
1/2 cup shredded Monterey
1/2 cup chopped cilantro
1 16-oz can enchilada sauce (spiciness level based on personal preference)
1 16-oz can green chile enchilada sauce (spiciness level based on personal preference)
1 2.25-oz can chopped black olives, drained
Choice of hot sauce to taste
Cayenne Pepper to taste
Package of tortillas (size/quantity based on personal preference)

Method

Pre-heat oven to 425
Grease 9x13 pan
Boil stock, chicken, jalapeno, and garlic
Strain chicken, shred
Mix strained chicken in salsa, set aside (use boiled chicken pan, one less dirty dish!)
Mix cheddar, Monterey cheese, cilantro, and olives in separate bowl
Combine and heat up enchilada sauces
Fill tortillas as desired with chicken and then cheese mixture (we only make the number we need and utilize the remaining as topping)
Put filled tortillas in greased pan
Pour heated enchilada sauce over the top
Sprinkle any remaining mixtures (chicken or cheese) on top, add extra cheese on top if you're cheese fans
Cover with tin foil and put in oven for 15 minutes
Uncover for 10 - 15 minutes more depending on crispiness and desired temperature

Alternatives

Instead of boiling chicken in the chicken stock, boil it in the enchilada sauce then shred chicken and add back to the enchilada sauce. The remaining mixtures will coat the top of the enchiladas along with the cheese. Less messy too.

Chocolate Chip Cookies

Ingredients

1/4 cup Butter, softened
1/2 cup Butter flavored Crisco
1/2 cup White Sugar
1/4 cup Honey
3/4 cup Brown sugar, packed (I usually use a mix of light brown and dark brown sugar)
2 Eggs, large
2 teaspoons Vanilla
2 1/4 cups All purpose Flour, unsifted
1 teaspoon Baking soda
1/2 teaspoon Salt
1/2 cup Walnuts or pecans, chopped (optional)
2 cups Ghirardelli Bittersweet 60% Cacao Baking Chips (can substitute other brand if needed)

Method

Heat oven to 375°F

Stir flour with baking soda and salt; set aside.

In large mixing bowl, beat butter and Crisco with sugar, honey, and brown sugar at medium speed until creamy and lightened in color.

Add eggs and vanilla, one at a time. Mix on low speed until incorporated.

Gradually blend dry mixture into creamed mixture. Stir in nuts (if desired) and chocolate chips.

Drop by tablespoon onto ungreased cookie sheets.

Bake for 8 to 10 minutes or until chocolate chip cookies are starting to have golden brown tinge. Don't overbake!

Fish Tacos

Recipe makes up to 24 tacos as-is, but can be easily scaled down.

Ingredients, Fish Tacos

24 small white corn tortillas
1 1/2 lb tilapia
1/2 tsp ground cumin
1/2 tsp cayenne pepper
1 tsp salt
1/4 tsp black pepper
1 Tbsp Olive oil
1 Tbsp Butter

Toppings

1/2 small purple cabbage
2 medium avocado sliced
2 roma tomatoes diced (optional)
1/2 diced red onion
1/2 bunch Cilantro longer stems removed
4 oz 1 cup Cotija cheese, grated
1 lime cut into 8 wedges to serve

Ingredients, Garlic Lime Crema Sauce

1/2 cup sour cream
1/3 cup [Mayo](#)
2 Tbsp lime juice from 1 medium lime
1 tsp [garlic powder](#)
1 tsp Sriracha sauce or to taste

Method

Line large baking sheet with parchment or silicone liner. In a small dish, combine seasonings: 1/2 tsp cumin, 1/2 tsp cayenne pepper, 1 tsp salt and 1/4 tsp black pepper and evenly sprinkle seasoning mix over both sides of tilapia.

Lightly drizzle fish with olive oil and dot each piece with butter. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired.

Combine all taco sauce ingredients in a medium bowl and whisk until well blended.

To serve the tacos, quickly toast the tortillas on a large dry skillet or griddle over medium/high heat or bake in oven for 4-8 minutes per side after lightly brushing with olive oil and salt.

To assemble: start with pieces of fish then add remaining ingredients finishing with a generous sprinkle of cotija cheese and finally that awesome taco sauce! Serve with a fresh lime wedge to squeeze over tacos.

Sweet Potato Gnocchi with Broccoli Rabe and Garlic Sage Butter Sauce

6-8 servings

Ingredients, Gnocchi

One 1-lb sweet potato
1 cup whole milk ricotta cheese
1/4 cup Parmesan cheese
1 1/2 teaspoons salt
1 1/4 cup flour (*more for dusting*)

Sauce and Other Ingredients

5 cups finely chopped broccoli rabe (*stems, leaves, and florets*) or roughly cut broccoli
8 tablespoons butter
1/3 cup heavy cream
2 cloves garlic, minced
5–6 sage leaves
1 teaspoon sea salt
1/4 cup Parmesan cheese

Method

For the Gnocchi

Stick the sweet potato a few times with a fork, wrap in a damp paper towel, and microwave until soft, about 7 minutes. (You can also bake the sweet potato in the oven, which will take closer to an hour.)

Scoop the flesh of the sweet potato into a mixing bowl. Discard the skin. Mix the ricotta, parmesan, and salt until well combined and almost completely smooth. Add the flour 1/2 cup at a time, kneading very gently after each addition (don't over knead it – you don't want it to get tough).

Eventually, as the dough becomes easier to handle, transfer it to a clean floured work surface and form it into a loaf, about 9x5 inches. Cut a slice off of the loaf on the short side (think of it as if it were a loaf of banana bread and you were going to cut a slice to eat). Roll and stretch the slice on a floured surface until it forms a long, skinny rope-like shape. Cut the rope into 1-inch segments and transfer to a bowl: this is your gnocchi.

Bring a large pot of water to boil, add the gnocchi, and boil until the gnocchi rise to the top of the water. Drain and toss gently with a little olive oil to prevent sticking. At this point you can make the rest of the recipe with the gnocchi, refrigerate the gnocchi to finish them later, or freeze them.

For the Broccoli

Blanch the broccoli or broccoli rabe

Putting it all together

Heat the butter in a large skillet over medium high heat until lightly bubbling and foaming. Add the gnocchi and pan-fry until golden brown on the outside (you may have to do this in batches).

Once the gnocchi is done, add the broccoli, garlic, sage, and salt and pan-fry for another few minutes (again, working in batches if needed). Remove from heat and let cool for a few minutes so the butter thickens just a little.

Add the cream to the pan along with the Parmesan cheese – toss gently a few times to combine (the sauce should coat the gnocchi and broccoli rabe very lightly) and serve immediately with salt, pepper, and a squeeze of lemon juice.