

Rassette Arts Festival

RECIPES

Caldo Verde

Ingredients

1/4 C clarified butter (can sub olive oil)

~12 oz Field Roast chorizo and/or Beyond Sausage hot Italian (note: can use actual chorizo too; have mixed the two fake meats as well and it was good)

10 oz baby bella mushrooms, stemmed, washed, and sliced.

1 onion, chopped fine

4 garlic cloves, minced

Salt and pepper

1/4 tsp red pepper flakes

~1.5 lbs Yukon Gold and/or red potatoes (Yukon Gold make it creamier), peeled and cut into bite sized pieces (~3/4")

4 C broth (veggie or chicken)

~3 C water

~1 lb collard greens or kale stemmed and cut into 1" pieces (we use kale)

15 oz garbanzo bean can, drained

2 tsp white wine vinegar

Method

1. Heat the butter in a large saucepan, then cook the mushrooms until they release their juice.
2. Add the meat/fake meat and cook, stirring until cooked through.
3. Remove the meat/mushroom mixture, leaving the oil/butter behind.
4. Add the onion with a pinch of salt, pepper, red pepper flakes, drawing the moisture out of the onion and picking up any fond from the meat/mushrooms, until onions are soft, about 5m.
5. Add the minced garlic, cooking until aromatic, about 30s-1m.
6. Add potatoes, broth, and water, increase heat to high and bring to a boil. Reduce heat to medium low and simmer, uncovered, until potatoes are tender, about 8-10m.
7. Transfer about 3/4 cup of solids and 3/4 cup broth to a blender, blending until smooth (alternate: transfer to another bowl and just mash it all together until smooth).
 - a. Optional: add ~2-3 tbsp olive oil to blender mixture.
8. Add the greens and garbanzos to the pot and cook for ~10m.
9. Stir in the pureed mixture, then the meat/mushroom mixture, then add the white wine vinegar, season with salt/pepper to taste.
10. Serve with yummy bread

Garlic Butter Chicken Meatballs with Creamy Orzo

Ingredients

- 1.5 lbs ground chicken, pork, or turkey
- 3 tbs Italian seasoning
- 1 tbs dijon mustard
- 1 C grated parmesan cheese (separated)
- Salt and black pepper
- 1 onion, quartered
- 1 head garlic, top trimmed off to reveal the cloves
- 1 C dry white wine
- 6 tbs salted butter
- 1 sprig rosemary
- 2 C dry orzo
- 2 C fresh baby spinach
- 1/2 C heavy whipping cream or canned full fat coconut milk

Method (choose one)

Slow Cooker

1. Add the chicken, Italian seasoning, dijon, and 1/2 cup parmesan to a bowl. Season with salt, and pepper. Mix to combine. Coat your hands with oil, and roll the meat into tablespoon-size balls (will make 15-16 meatballs). Add olive oil and place the meatballs in the bowl of your crockpot.
2. Pour over the wine and 1/2 cup water. Add the onion and garlic. Cover and cook on low for 3-4 hours or on high for 1-2 hours.
3. Preheat the broiler to high. Remove the meatballs and garlic from the slow cooker and place on a baking sheet.
4. Crank the heat on the slow cooker to high. Stir in the orzo, and 1 cup water. Cover and cook 20-30 minutes, or until the orzo is al dente. If the orzo needs more liquid, add additional water. Stir in the spinach, sun-dried tomatoes, cream, and 1/2 cup parmesan.
5. Arrange the butter and the rosemary around the meatballs and garlic, then broil 1-3 minutes, until crisp. Peel away the garlic skin, then chop and mix with the butter and rosemary on the sheet pan. Toss the meatballs in the butter.
6. Serve the meatballs over the orzo.

Pressure Cooker/Instant Pot

1. Add the chicken, Italian seasoning, dijon, and 1/2 cup parmesan to a bowl. Season with salt, and pepper. Mix to combine. Coat your hands with oil, and roll the meat into tablespoon-size balls (will make 15-16 meatballs).
2. Set the instant pot to sauté. Add olive oil, then add the meatballs to the instant pot and sear until browned, about 5 minutes. Pour in the wine and 1/2 cup water. Add 1 chopped onion. Cook 5 minutes, then add the butter, garlic and rosemary. Let the butter melt, another 2-3 minutes. Cover and cook on high pressure for 6 minutes.
3. Once done cooking, release the steam. Set the Instant pot to sauté. Remove the garlic. Stir in the orzo and 1 cup water. Cook 6-8 minutes, until the orzo is al dente. Stir in the spinach, tomatoes, cream, and parmesan.
4. Serve the meatballs over the orzo.

Stove Top

1. Add the chicken, Italian seasoning, dijon, and 1/2 cup parmesan to a bowl. Season with salt, and pepper. Mix to combine. Coat your hands with oil, and roll the meat into tablespoon-size balls (will make 15-16 meatballs).
2. Heat a large skillet over medium-high heat. Add olive oil, then add the meatballs and sear until browned, about 5 minutes. Add 1 chopped onion. Cook 5 minutes, then add the butter, garlic and rosemary. Let the butter melt, another 2-3 minutes.
3. Reduce the heat to medium. Pour in the wine. Stir in the orzo and 1 1/2 cups water. Cook, stirring often, another 6-8 minutes, until the orzo is al dente. Stir in the spinach, tomatoes, cream, and 1/2 cup parmesan.
4. Serve the chicken over the orzo. Enjoy!

Honey Garlic Chicken Thighs (Slow Cooker)

Ingredients

4 - 6 Bone-in/Skinless Thighs

Rub of equal parts paprika, onion powder, and garlic powder

1/2 C Soy Sauce

1/3 C Honey

1/2 Cup Ketchup

3 Cloves Garlic, minced

1 tsp. Dried Basil

Method

1. Pat thighs dry with paper towel and rub with mixture of paprika, onion powder and garlic powder.
2. Place in bottom of skillet over medium high heat and sear each side for about 2 -3 minutes. Then place thighs in bottom of 4 qt. Slow Cooker.
3. Whisk together all ingredients in a bowl and pour to cover Thighs.
4. Cook on Low for approx. 5 - 6 hrs. or on High for approx. 3 - 4 hrs. Check to make sure fork tender and an internal temperature of 165 degrees then remove thighs to rest.
5. There will be a good amount of sauce which can be thickened with a cornstarch slurry.
6. Serve with rice, noodles, or potatoes and veggies. Cover with sauce or serve on side for individual preference.

Kale and Onion Pizza

Ingredients

Pizza dough of choice (homemade, frozen, prepared, etc.)

Toppings (enough for approximately three pizzas depending on size)

3 tbsls grapeseed or olive oil, plus a little extra to trickle

2 onions, halved and thinly sliced

2 garlic cloves, finely slivered

300g curly kale or cavolo nero, stalks removed (about 2.4 C)

~100g mature cheddar, grated (about 1 1/4 C)

Sea salt and freshly ground black pepper

Method

Prepare the dough as appropriate

Preheat the oven to 250 degrees C (about 480 degrees F). Put a baking sheet not oven to heat it up.

Meanwhile, heat the oil in a frying pan over medium heat and add the onions. Once sizzling, reduce the heat to low and cook gently, stirring from time to time, until they are soft and golden (about 10-15 minutes); add the garlic halfway through.

Shred the kale or cavolo nero leaves into 1/2 cm wide ribbons. Stir them into the onions and cook for a further five minutes, stirring often, until the leaves have wilted. Season with salt and pepper.

Spread a third of the kale and onions on the pizza dough then top with a third of the grated cheddar.

Slide the pizza onto the hot baking sheet in the oven (for a crispy crust) or a fresh baking sheet to avoid a transfer. Trickle with a little more oil and bake for 10-12 minutes. Repeat with the remaining toppings and cheese on any remaining dough(s). Cut into wedges and serve hot.

Lasagna

Ingredients

1 lb sweet Italian sausage
3/4 lb lean ground beef
1/2 C minced onion
2 cloves garlic, crushed
1 (28 ounce) can crushed tomatoes
2 (6.5 ounce) cans canned tomato sauce
2 (6 ounce) cans tomato paste
1/2 C water
2 tbsps white sugar
4 tbsps chopped fresh parsley, divided
1 1/2 tsp dried basil leaves
1 1/2 tsp salt, divided, or to taste
1 tsp Italian seasoning
1/2 tsp fennel seeds
1/4 tsp ground black pepper
12 lasagna noodles
16 oz ricotta cheese
1 egg
3/4 lb mozzarella cheese, sliced
3/4 C grated parmesan cheese

Method

Cook sausage, ground beef, onion, and garlic in a dutch oven over medium heat until well browned. Stir in crushed tomatoes, tomato sauce, tomato paste, and water. Season with sugar, 2 tablespoons parsley, basil, 1 teaspoon salt, Italian seasoning, fennel seeds, and pepper. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley, and 1/2 teaspoon salt.

Preheat the oven to 375 degrees F (190 degrees C).

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese.

Bake in the preheated oven for 25 minutes. Remove the foil and bake for an additional 25 minutes. Rest lasagna for 15 minutes before serving.