

Menu Item	Wilted Spinach Salad with Warm Bacon Vinaigrette	Yield	2 Portions
Amounts	Ingredients		
2 Slices	Bacon		
1 Tbsp.	Shallot, minced		
1 tsp.	Garlic, minced		
1 tsp.	Dijon Mustard		
1 Tbsp.	Brown Sugar		
2 Tbsp.	Apple Cider or red wine vinegar		
3 Tbsp.	Vegetable or olive oil		
To taste	Salt and pepper		
4 each	Button mushroomed, sliced		
¼ Cup	Red onion, fine julienne		
6 cups	Spinach, loosely packed, washed steams removed		
Procedure			
<ol style="list-style-type: none"> 1. In sauté pan cook bacon until crispy. Remove from pan reserving fat. Crumble and hold. 2. In bacon fat over medium-low heat, cook shallot and garlic until softened. 3. Whisk in Dijon, brown sugar, and vinegar. Heat, stirring until combined. 4. Whisk in oil. Remove from pan and hold, leaving 1 Tablespoon in pan. 5. Add mushrooms and slightly cook. Remove from pan and hold. 6. Place spinach in a bowl. 7. Reheat vinaigrette and toss with spinach to wilt. 8. Remove spinach to serving plate and arrange onion, mushroom, and bacon. 9. Serve room temperature. 			

Menu Item	Pan Roasted Pork Tenderloin with Whole Mustard Sauce.	Yield	2 Portions
Amounts	Ingredients		
1 Tbsp.	Olive or Vegetable Oil		
10 oz.	Pork Tenderloin, trimmed		
To taste	Salt		
To taste	Pepper		
1 tsp.	Shallots, minced		
1 oz	Chicken Stock or broth		
2 tsp.	Whole grain mustard		
4 oz	Demi-glaze		
½ oz	Whole butter, diced		
To taste	Salt		
To taste	Pepper		
Procedure			
<ol style="list-style-type: none"> 1. Season pork with salt and pepper. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 d. internal. Remove from pan and keep warm on a clean plate. 2. Add shallots to the pan and sauté briefly for about thirty seconds. 3. Add stock to deglaze. 4. Add mustard and the demi-glaze and bring to a simmer. Reduce the heat again to low and swirl in the butter. 5. Check the seasoning on the sauce. 6. Slice the pork into six slices and plate accordingly. Ladle some sauce over the slices and serve with the appropriate accompaniments. 			

Menu Item	Braised Zucchini	Yield	2 Portions
Amounts	Ingredients		
1 Tbsp.	Clarified butter		
1 clove	Garlic, crushed		
½ each	Onions, sliced or diced		
1 medium	Zucchini, cut as desired		
¼ cup	Tomato, diced		
1-2 oz.	Chicken or vegetable stock		
To taste	Salt		
To taste	Pepper		
Procedure			
<ol style="list-style-type: none"> 1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender. 2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is almost tender, approximately 2-3 minutes. 3. Add tomato and cook for approximately two additional minutes or until all vegetables are tender. 4. Adjust seasoning as necessary. 			

Menu Item	Jasmine or Basmati Rice and Red Pepper	Yield	2 Portions
Amounts	Ingredients		
1 tsp.	Butter		
¼ Cup	Onion, minced		
¼ Cup	Red pepper, medium diced		
1 Cup	Jasmine or Basmati Rice		
2 2-1 Cups	Chicken Stock or broth		
1 tsp.	Butter		
To taste	Salt		
To taste	Pepper		
Procedure			
<ol style="list-style-type: none"> 1. Heat a sauce pan on medium heat and add the fat. 2. Sweat onion and red pepper in the fat until translucent. 3. Add rice; toast the rice lightly in the onion mixture. 4. Add stock or broth. Bring to a boil. Reduce to a very slow simmer and cook covered for approx. 20-25 minutes. Allow pot to remain at room temperature for 5 minutes. 5. Add butter and seasoning. Fluff with a fork and serve. 			

Menu Item	Berry Crisp	Yield	2 Portions
Amounts	Ingredients		
3 Tbsp.	Quick Oats		
¼ Cup	All-purpose Flour		
3 Tbsp.	Brown Sugar		
1/8 tsp.	Kosher salt		
3 Tbsp.	Butter, cold and diced		
1 Cup	Mixed berries, fresh or frozen		
2 tsp.	Granulated sugar		
1 tsp.	Orange juice		
¼ tsp.	Vanilla extract		
2 tsp.	Flour		
Procedure			
<ol style="list-style-type: none"> 1. Preheat oven to 350°F. Coat 2 ramekins with nonstick spray, set aside. 2. In a large bowl mix together the oats, flour, sugar, and salt. Mix in the butter with your hands or a pastry cutter until mixture form crumbs when squeezed together. 3. Place berries in another large bowl. Stir in the sugar, juice, and vanilla into the berries. Sprinkle the flour on top of the berries and toss to coat. 4. Place the berry mixture into the prepared dish, and sprinkle with the oat mixture evenly. 5. Bake for 25 minutes, until the top is golden and the berries are bubbly. 			

Menu Item	Chantilly Cream	Yield	2 Portions
Amounts	Ingredients		
1 Cup	Heavy Whipping Cream		
1 Tbsp.	Granulated Sugar		
½ tsp.	Vanilla Extract		
Procedure			
<ol style="list-style-type: none"> 1. Using a whisk, whisk the cold heavy whipping until it is thick enough that it doesn't collapse when you lift up the whisk or place some on a spoon. 2. After this happens, add the sugar and vanilla and whisk to incorporate. 3. Top on dessert 			