

# CAST IRON

## MULTI COOKER RECIPES

Fabian Blocher



Tortillada



Copyright 2021 - Fabian Blocher

Tortillada

# CONTENTS

Benefits of Cast Iron Cooker . . . . .	5
Tips for Using a Cast Iron Cooker. . . . .	7
Skillet Chicken with Corn and Miso Butter. . . . .	9
Chicken Legs with Sweet Tomatoes and Basil. . . . .	11
Chicken Kiev . . . . .	13
Chicken Breasts with Fresh Sage . . . . .	15
Creamy Turmeric Chicken Skillet . . . . .	17
Garlic Butter Chicken Thighs . . . . .	19
Goat Cheese and Spinach Stuffed Chicken . . . . .	21
Lemon Chicken and Rice . . . . .	23
Mediterranean Chicken . . . . .	25
Chicken and Rice with Olives and Lemon . . . . .	26
Seared Steak Majong with Shishito Peppers . . . . .	28
Beef and Broccoli . . . . .	30
Beef Stroganoff. . . . .	32
Pan-Seared Ribeye Steak with Blue Cheese Butter . . . . .	34
Philly Cheesesteak Burgers . . . . .	36
Garlic-Topped Flank Steak Roulade . . . . .	38
Flank Steak Stuffed With Parmesan, Spinach and Lemon Zest . . . . .	40
Skillet Steak, Caramelized Potato Gratin with Kale Salad . . . . .	42
Steak with Mustard and Mushrooms. . . . .	45
Seared Steak . . . . .	47
Pork Chops with Dijon Sauce . . . . .	49
Pork Schnitzel . . . . .	51
Pork Chops . . . . .	52

Pork Ribs . . . . .	54
Skillet Pork Cacciatore. . . . .	55
Egg Roll Noodle Skillet With Ground Pork . . . . .	57
Roasted Cranberry Orange Pork Loin With Green Beans . . . . .	59
Italian Meatballs . . . . .	61
Potato- Bacon Hash . . . . .	62
Bacon-Hash Brown Quiche . . . . .	64
Cod with Garlic Butter . . . . .	66
Shrimp with Herby White Beans and Tomatoes. . . . .	67
Clams in White Bean Sauce . . . . .	69
Chile-Lime Clams with Tomatoes and Grilled Bread . . . . .	71
Cod with Lemon, Olives, and Onion Relish . . . . .	73
Cioppino Seafood Stew with Gremolata Toasts . . . . .	75
Crispy Honey Ginger Salmon . . . . .	77
Garlic Basil Barramundi Skillet With Tomato Butter Sauce . . . . .	79
Cajun Shrimp and Sausage Vegetable Skillet . . . . .	81
Swordfish with Crushed Olives and Oregano . . . . .	82
Summer Style Enchiladas . . . . .	84
Mexican Quinoa . . . . .	86
Veggie Fajitas. . . . .	88
Tofu Chow Mein . . . . .	89
Spring Ragout with Asparagus and Poached Eggs . . . . .	91
Roasted Vegetables Couscous Bowl . . . . .	93
Tofu & Vegetable Scramble . . . . .	95
Crispy Gnocchi Pasta with Tomatoes & Leeks . . . . .	96
Vegan Jambalaya. . . . .	98
Vegetarian Linguine . . . . .	100



# BENEFITS OF CAST IRON COOKER

If you still think that cast iron skillet is something from the previous century and you can use something better than it, check all the benefits that a cast iron skillet has.

## 1. DOESN'T CONTAIN ANY HARMFUL CHEMICALS.

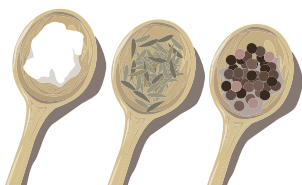
All cast iron cookware is chemical free and that's for sure. Unlike modern skillets that might have different types of coating, cast iron doesn't contain any perfluorocarbons. And this is a very dangerous chemical that can lead to cancer, liver damage and more.

## 2. MULTI FUNCTIONAL.

You can use one skillet for both oven and stovetop. Many people still use cast iron cookware that they inherited from parents or grandparents.

## 3. IT LASTS LONG.

If you treat your cast iron cookware right, it may serve for really, really long time. Even your children and grandchildren can use it later.



Tortillada



## 4. IT'S NONSTICK.

Cast iron skillets have non-stick cover, so you can cook with using less or no oil, which makes your dishes even healthier.

## 5. IT'S JUST PERFECT FOR COOKING.

Cast iron skillets have thick bottom, which makes them perfect for cooking steaks for example. You can cook anything in it and sometimes the products will even taste a bit better when cooked in cast iron skillet.

## 6. IT COSTS LESS.

Another benefit of the cast iron skillet is the cost. It is relatively inexpensive, which might be a great addition to all other benefits.

## 7. EASY TO MAINTAIN AND CLEAN.

You will not have to buy any specific sponges to clean the skillet, you can just use water, a small amount of soap and wipe it with a paper towel.



# TIPS FOR USING A CAST IRON COOKER

## CAST IRON CARE TIPS

Cast iron material is thicker compared to stainless steel and has many benefits when used in the kitchen. It can endure high temperatures and maintain them; the kitchen appliances made of cast iron look nice and vintage. If you have a cast iron appliances at home it is important to know how to take care of them properly.

### 1. WASHING TIPS

If you just recently got your new or second hand cast iron product, you should start with washing it. It is recommended to wash the cast iron utensils with a nylon scrub brush. There is a myth that soap should not be used for washing cast iron, it is not true, you can use it in very small amount. Also do not use much water for cleaning.

If there are bits stuck on the surface, you can use a pan scraper and remove them carefully. Just pour a little hot water on the surface and let rest for 1 minute, and then remove the stuck pieces, they will come off easily. Always remember to dry the press after cleaning and coat with oil cooking spray after you washed it, this will protect the surface.



Tortillada



## 2. SEASONING TIPS

All cast iron kitchen appliances should be seasoned after some time, this helps to bring back its luster and also protects from rusting. Your product also needs seasoning from time to time if you want it to look nice and last you longer. The process is very easy; you basically just need to scrub the product well in hot soapy water. Then dry it thoroughly and spread a thin layer of vegetable oil on the surface. Place it in the oven heated to 375°F and bake for 1 hour. It is better to use vegetable oil or melted shortening for this procedure, or you can get a Seasoning Spray. Re-season your press every time when you notice that it becomes rusty, dull or splotchy.

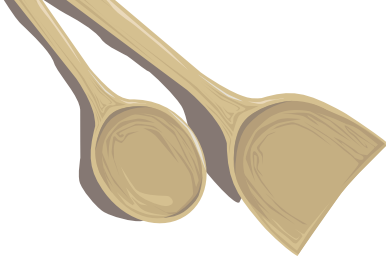
## 3. STORING TIPS

Always dry your cast iron appliances before storing. The cabinet for storage should be dry too, so do not store it underneath the sink. Do not stack heavy cast iron utensils as this may also scratch the surface, so arrange the space in your cabinets.

The cast iron utensils can look like new and last you a long time if you take care after them right. That is why it is important to remember these simple tips.







# SKILLET CHICKEN WITH CORN AND MISO BUTTER



COOKING TIME: 30 MINUTES



SERVINGS: 4

## INGREDIENTS

- kosher salt, to taste
- 1 tablespoon butter, softened
- 2 tablespoons white miso, separated
- 1 tablespoon fresh thyme, chopped
- 3 tablespoons olive oil, separated
- 3-3 1/2 cups corn
- 1 tablespoon lime juice
- 3/4 cup Vidalia onion, finely chopped
- 1/2 teaspoon honey
- 1 1/2 lbs. boneless, skinless chicken thighs or breasts

## OPTIONAL SERVINGS

- lime wedges
- a big handful of cilantro or chives, chopped



Tortillada



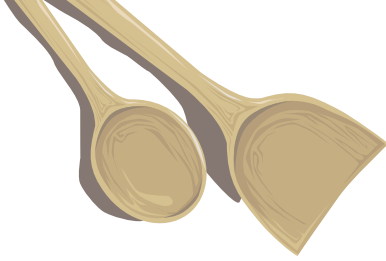
# INSTRUCTIONS .....

1. Stir together 1/2 teaspoon honey, 2 tablespoons olive oil, 1 tablespoon miso, and 1 tablespoon lime juice until smooth.
2. Pat dry chicken and season both sides with salt lightly (keeping in mind that miso is salty too).
3. Spoon miso-honey rub over chicken and rub evenly by using your hands over both sides.
4. Preheat a tablespoon of oil in a cast-iron skillet. Add chicken thighs and cook first side for about 10 minutes, until nicely browned. Lower the heat if starts burning. Flip over and cook for another side until cooked through, for about 8-10 minutes. Remove chicken to a platter, pouring off the excess fat, leaving a tablespoon in the skillet.
5. Add in onions and cook for about 5 minutes, until tender (to deglaze the pan, add a tablespoon of water, if needed).
6. In the meantime, combine together the remaining miso and butter in a small bowl and stir well until integrated.
7. Add 1 tablespoon fresh chopped thyme and 3-3 1/2 cups corn to a skillet and cook for about 3-4 minutes, stirring several times.
8. Add in miso-butter paste and stir well. Cook for 60 seconds, then turn off the heat.
9. Squeeze in lime juice and adjust the seasonings, if desired.
10. Top with chopped cilantro or chives and garnish with lime wedges.



Tortillada





# CHICKEN LEGS WITH SWEET TOMATOES AND BASIL



COOKING TIME: 1 HOUR 30 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 1 whole bulb garlic, broken into cloves
- 4 chicken leg quarters
- 1 (14.5-oz.) can cannellini beans, drained and rinsed (optional)
- 1 pinch sea salt and freshly ground black pepper, to taste
- 1 splash olive oil
- 1 big bunch fresh basil, leaves picked and stalks finely chopped
- 1 fresh red chili, finely chopped
- 1 cup cherry tomatoes, halved
- 2-3 ripe plum tomatoes, quartered



Tortillada



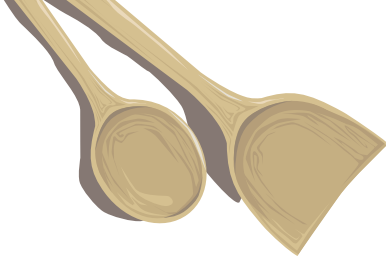
# INSTRUCTIONS .....

1. Preheat oil in a multi cooker over medium heat.
2. Season chicken pieces with pepper and salt and add to the cooker skin side up. Cook for 3-4 minutes. Flip the chicken and cook for 3-4 mire minutes.
3. Add in basil leaves and stalks, then tomatoes.
4. Scatter garlic cloves all over the pan along with chopped chile.
5. Drizzle some olive oil over top. Mix a bit.
6. Bake in a preheated oven at 350°F, for about 1 1/2 hours,.
7. Shred the chicken. Enjoy!



Tortillada





# CHICKEN KIEV



COOKING TIME: 30 MINUTES



SERVINGS: 8

## INGREDIENTS

- 8 fresh basil leaves, finely chiffonade
- 8 lemon wedges
- 4 boneless chicken breasts
- extra lemon juice, for sauce
- salt and pepper, to taste
- 1 cup white wine
- 3 garlic cloves, finely minced
- 3 tablespoons olive oil
- 1 handful Italian parsley, finely chopped
- 1/2 cup flour
- 2 tablespoons fresh thyme, chopped
- 8 tablespoons butter, slightly softened



Tortillada



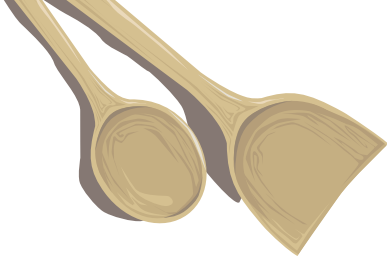
# INSTRUCTIONS .....

1. Pound or flatten chicken breasts by using a rolling pin or mallet, placing each piece of breast between plastic wrap. Thickness should be around 1/4-inch. Then slice each flattened breast piece into half.
2. Season chicken with pepper and salt lightly (smooth side down).
3. Next, divide herbs and garlic into eighths and sprinkle each breast piece with an eighth of herbs and garlic.
4. Place a tablespoon of butter in the center of breast. Now you have to fold chicken to keep butter from leaking out. Fold over the sides first, then top and bottom.
5. Dust your kiev's lightly with flour and place in refrigerator for half an hour.
6. Preheat olive oil in a cast-iron skillet and cook until golden brown on all sides, for about 10-15 minutes.
7. Place in a 300 F oven and prepare the sauce.
8. Add wine to a cast-iron skillet, scraping all the good bits into wine. Add a bit of butter, if desired. Cook until shimmering and reduced a bit.
9. Add a bit of lemon juice for brightness (optional).
10. Garnish with lime wedges and serve.



Tortillada





# CHICKEN BREASTS WITH FRESH SAGE



COOKING TIME: 20 MINUTES



SERVINGS: 2-4

## INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts
- 2 teaspoons sea salt
- 3 tablespoons lemon juice
- 3 tablespoons unsalted butter
- 28 fresh sage leaves

## INSTRUCTIONS

1. Marinate chicken with 3 tablespoons olive oil, 28 fresh sage leaves, and 3 tablespoons lemon juice for half an hour.
2. After 30 minutes, remove chicken from marinade and pat it dry, reserving sage leaves separately.
3. Strain marinade and set aside.



Tortillada



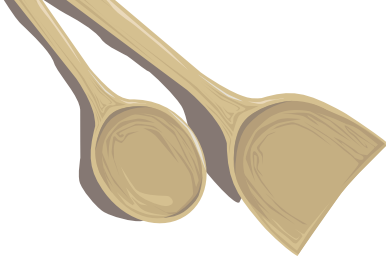
4. Add 3 tablespoons of butter to a cast-iron skillet along with 2 tablespoons of olive oil and cook until bubbly.
5. Add chicken breast in a way that smooth side remains down and cook for about 5 minutes, until evenly brown.
6. Flip over and season with a generous pinch of pepper and salt. Place sage leaves around the chicken and cook further for 5-10 minutes, until bottom of chicken is browned. Do not scorch the sage.
7. Remove chicken breast to a serving platter and season another side with pepper and salt. Scatter sage leaves over top and garnish with lime wedges.
8. Cover the platter with foil loosely.
9. Discard fat from the skillet and add in reserved marinade.
10. Add a tablespoon of butter and cook for a minute.
11. Serve.



Tortillada







# CREAMY TURMERIC CHICKEN SKILLET



COOKING TIME: 35 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 1 1/2 lbs. boneless, skinless chicken thighs
- chopped fresh cilantro leaves and tender stems, for garnish
- 2 tablespoons unsalted butter
- cooked basmati or jasmine rice, for serving
- 1 medium yellow onion, thinly sliced
- 1/2 cup low-sodium chicken broth
- 1 tablespoon fresh turmeric root, peeled and minced
- 1/2 cup heavy cream
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup dry white wine
- 1/2 teaspoon kosher salt, plus more for seasoning
- 1 1/2 teaspoons ground turmeric

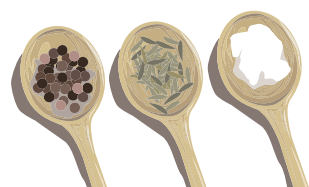


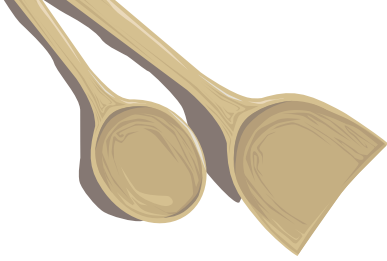
# INSTRUCTIONS .....

1. Add butter to a cast-iron skillet and allow to melt over medium flame.
2. Add in 1 tablespoon fresh minced turmeric root, thinly sliced onion, 1/4 teaspoon black pepper and 1/2 teaspoon kosher salt. Stir-cook for about 5 minutes, until softened.
3. In the meantime, place chicken in a plate (smooth-top side facing up). Season with 1 1/2 teaspoons ground turmeric and salt, to taste
4. Push onions to one side of cast-iron skillet and add in chicken in the mid of pan evenly (seasoned-side down).
5. Season with more salt and cook for 3-4 minutes, until chicken starts browning.
6. Flip over chicken by using and continue cooking for 2-3 minutes.
7. Pour in 1/2 cup dry white wine, scraping the bits from bottom of your pan. Cook for 60 seconds.
8. Then add in 1/2 cup chicken broth and 1/2 cup heavy cream. Stir to combine.
9. Turn down the heat and cook until chicken is cooked through and tender, or until an internal temperature reaches up to 165 F, for about 18-22 minutes.
10. Serve over rice and garnish with fresh cilantro.



Tortillada





# GARLIC BUTTER CHICKEN THIGHS



COOKING TIME: 35 MINUTES



SERVINGS: 4-6

## INGREDIENTS

- 3 lbs. bone-in, skin-on chicken thighs
- 1 1/4 teaspoons
- kosher salt, divided
- 4 cloves garlic, minced
- 3 tablespoons
- unsalted butter
- 12 oz. fresh or frozen green beans, trimmed and cut in half crosswise

## INSTRUCTIONS

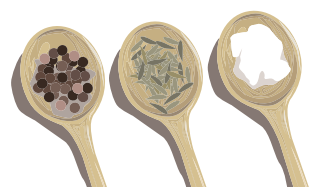
1. Place rack in the center of the oven and heat to 425 F.
2. Flip chicken thigh over so skin-side will down. Cut through the meat by using kitchen shears along both sides of center bone (don't cut all the way through skin and meat).
3. Cut off cartilage from bottom and top of the bone.

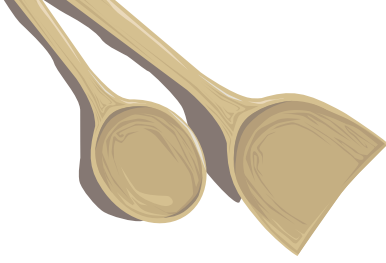


4. Cut underneath the bone so that the bone is cut off completely from the thigh.
5. Trim off excess fat, skin or cartilage by using shears.
6. Pat dry chicken and season with a teaspoon of salt on all sides.
7. Place chicken thigh in an oven-safe cast-iron skillet (skin-side down) and turn the heat to medium. Cook until skin is crispy and golden, for about 15-18 minutes, moving thighs with tongs every 10 minutes to ensure even browning.
8. In the meantime, add 2 tablespoons butter microwave-safe bowl and microwave for 30-45 seconds on high, until melted.
9. Add minced garlic to butter.
10. Remove chicken to a platter (skin-side up), leaving fat in the skillet.
11. Add in green beans and season with the remaining salt. Toss well to coat beans in the leftover fat and place chicken thighs over green beans (skin-side up).
12. Drizzle top with the garlic-butter mix and transfer to a skillet. Roast for 12-15 minutes, until chicken is crispy, golden brown and cooked through.

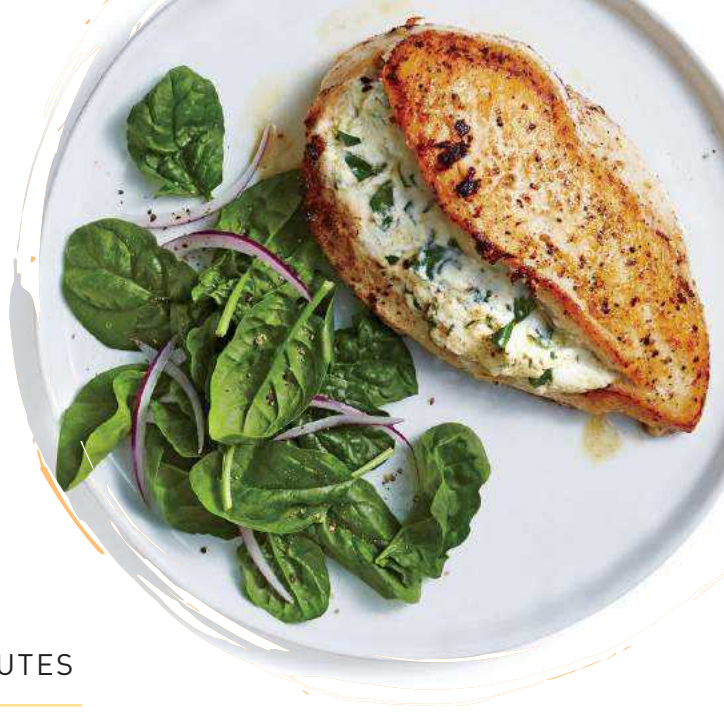


Tortillada





# GOAT CHEESE AND SPINACH STUFFED CHICKEN



COOKING TIME: 20 MINUTES



SERVINGS: 2

## ..... INGREDIENTS .....

- 1/2 teaspoon pepper, divided
- aged balsamic vinegar or balsamic glaze (optional)
- 1 1/2 cups fresh spinach, chopped
- 1/2 lb. fresh asparagus, trimmed
- 1/3 cup julienned soft sun-dried tomatoes (not packed in oil), chopped
- 1 tablespoon olive oil, divided
- 1/4 cup goat cheese, crumbled
- 2 (6 oz. each) boneless skinless chicken breasts
- 2 garlic cloves, minced
- 1/4 teaspoon salt, divided



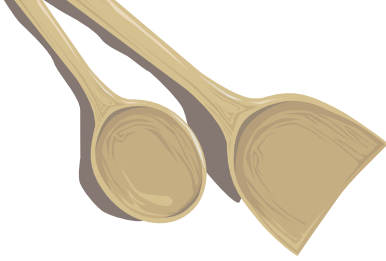
# INSTRUCTIONS .....

1. Combine together sun-dried tomatoes, 1 1/2 cups fresh chopped spinach, 1/8 teaspoon salt, 2 minced cloves of garlic, 1/4 cup crumbled goat cheese, and 1/4 teaspoon pepper in a medium bowl.
2. Cut a pocket in each chicken breast horizontally and fill each with spinach-cheese mixture. Secure with toothpicks.
3. Preheat 1 1/2 teaspoons oil in an ovenproof cast-iron skillet over medium heat and cook chicken on all sides until browned.
4. Then bake in a preheated oven at 400 F, for about 10 minutes.
5. Toss asparagus with 1/8 teaspoon salt, 1/4 teaspoon pepper, and 1-1/2 teaspoons oil and add to a skillet.
6. Bake for about 10-15 minutes, until asparagus is tender or until an internal temperature of chicken reaches up to 165 F.
7. Drizzle with vinegar and discard toothpicks.
8. Serve.



Tortillada





# LEMON CHICKEN AND RICE



COOKING TIME: 20-25 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 1 tablespoon cornstarch
- 1 1/2 cups instant rice, uncooked
- 2 tablespoons butter
- 1 cup frozen peas
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1/4 teaspoon salt
- 1 medium onion, chopped
- 2 tablespoons lemon juice
- 1 large carrot, thinly sliced
- 1 can (14-1/2 oz.) chicken broth
- 2 garlic cloves, minced



# INSTRUCTIONS .....

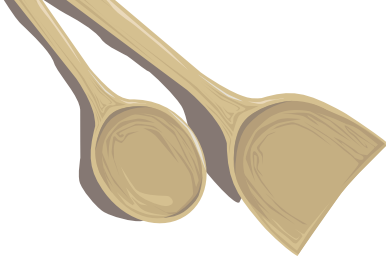
1. Preheat butter in a cast-iron skillet over medium flame.
2. Add in chopped onion, 2 minced cloves of garlic, thinly sliced carrot, and chicken strips. Sauté for about 5-7 minutes, until chicken is no longer pink.
3. Combine together 2 tablespoons lemon juice, can of chicken broth, 1 tablespoon cornstarch, and 1/4 teaspoon salt in a small bowl until smooth, then add to a skillet gradually. Bring everything to a boil, then stir-cook for 1-2 minutes, until thickened.
4. Next, stir in peas and boil again.
5. Stir in rice and turn off the heat. Leave for 5 minutes, covered.
6. Serve.



Tortillada







# MEDITERRANEAN CHICKEN



COOKING TIME: 25 MINUTES



SERVINGS: 4

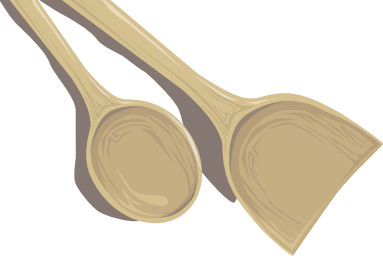
## INGREDIENTS

- 3 tablespoons olive oil
- 3 tablespoons capers, drained
- 4 (6 oz. each) boneless skinless chicken breast halves
- 16 pitted Greek or ripe olives, sliced
- 1/4 teaspoon salt
- 1 pint grape tomatoes
- 1/4 teaspoon pepper

## INSTRUCTIONS

1. Season chicken with pepper and salt and cook in a large ovenproof cast-iron skillet in oil, each side for a few minutes, until golden brown.
2. Add in olives, tomatoes and capers.
3. Bake for 10-14 minutes at 475 F, or until an internal temperature reaches up to 170 F.





# CHICKEN AND RICE WITH OLIVES AND LEMON



COOKING TIME: 1 HOUR 10 MINUTES



SERVINGS: 4

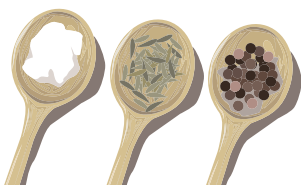
## INGREDIENTS

- 1 teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley leaves, finely chopped
- 1 medium yellow onion, thinly sliced
- 1/2 medium lemon
- 2 cloves garlic, minced
- 2 1/4 cups unsalted chicken broth
- 1/2 cup Castelvetrano olives, pitted
- 1/2 cup dry white wine
- 2 teaspoons fresh thyme leaves, finely chopped
- 1 1/2 cups long grain white rice
- 4 bone-in, skin-on chicken thighs
- 1 tablespoon olive oil
- 2 teaspoons kosher salt, divided



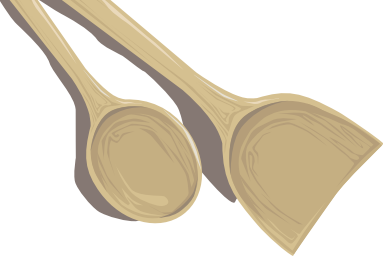
# INSTRUCTIONS .....

1. Place rack in the center of the oven and heat to 350 F.
2. Season chicken thighs with a teaspoon of pepper, 1 1/2 teaspoon of salt and 2 teaspoons of chopped thyme leaves.
3. Preheat a tablespoon of oil in a cast-iron skillet until shimmering.
4. Add in chicken thighs (skin-side down) and cook for about 5 minutes, until golden brown. Flip over and cook another side until done, for a few more minutes. Remove to a plate, once done.
5. Sauté onion in a skillet for about 7 minutes, until softened.
6. Add in olives and garlic and continue sautéing for another 30 seconds.
7. Stir in 1 1/2 cups long grain white rice and cook for about a minute, until toasted.
8. Add in 1/2 cup dry white wine and cook for 1-2 minutes, until evaporated, scraping down the browned bits from bottom, if any.
9. Add leftover salt and chicken broth and bring to a boil.
10. Nestle chicken into rice (skin-side up) and pour in accumulated juices.
11. Bake for half an hour, covered. Then uncover and bake further for 20-25 minutes, until chicken is cooked through.
12. Squeeze half lemon over top and garnish with chopped parsley leaves.



Tortillada





# SEARED STEAK MAJONG WITH SHISHITO PEPPERS



COOKING TIME: 35 MINUTES



SERVINGS: 4-6

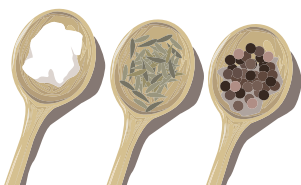
## ..... INGREDIENTS .....

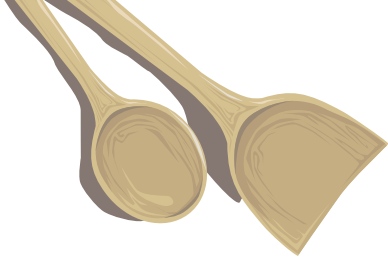
- 3 garlic cloves, minced
- steamed rice, for serving
- 1/4 cup plus 1 teaspoon canola oil
- 1/2 teaspoon toasted sesame oil
- 1 lb. shishito peppers, stemmed
- 1 teaspoon toasted sesame seeds
- kosher salt, to taste
- 1 tablespoon fresh lemon juice
- pepper, to taste
- 2 tablespoons kecap manis or 1 tablespoon soy sauce mixed with 1 tablespoon tomato paste
- 1 lb. filet mignon, New York strip or rib eye steak, cut into pieces (1-inch)
- 2 tablespoons rice wine, vermouth or dry white wine
- 1 tablespoon potato starch or cornstarch
- 1 small shallot, minced



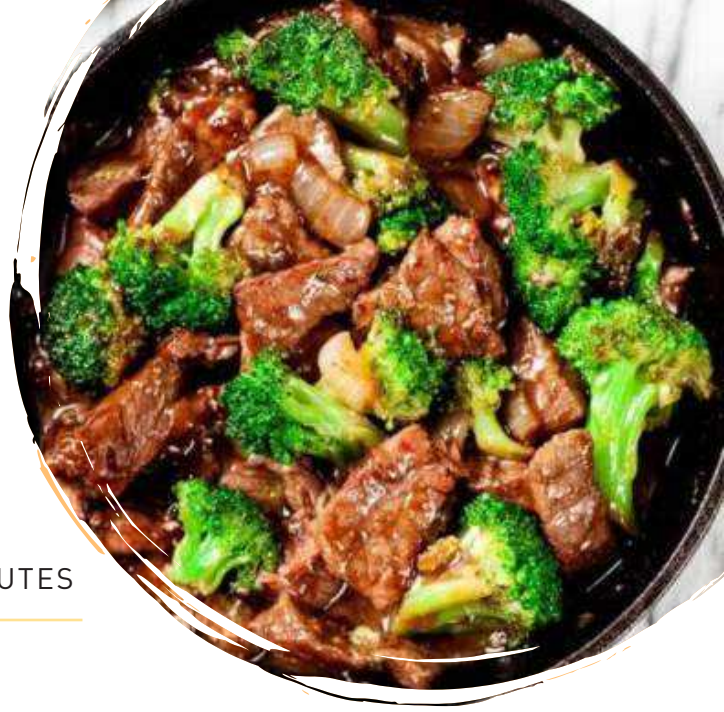
# INSTRUCTIONS .....

1. Preheat a tablespoon of canola oil in a cast-iron skillet.
2. Add in half of the shishito peppers and season them with pepper and salt. Stir-fry for 4-5 minutes until crisp-tender. Once done, remove to a bowl. Repeat the same with remaining shishitos, oil, pepper and salt.
3. Add steak to a bowl and season with pepper and salt and toss with a teaspoon of oil.
4. Sprinkle with 1 tablespoon potato starch and toss well.
5. Add the remaining oil to a skillet and add in steak. Stir-fry for about 3-4 minutes, until browned. Once cooked, add to shishitos.
6. Add in minced shallot and 3 minced cloves of garlic and cook for about 2 minutes, until golden-brown.
7. Add 2 tablespoons rice wine and scrap browned bits from the bottom of skillet.
8. Add in 2 tablespoons kecap manis, steak and shishito peppers. Stir-fry for 2 minutes, until glazed nicely.
9. Stir in 1/2 teaspoon toasted sesame oil, 1 teaspoon toasted sesame seeds, and 1 tablespoon fresh lemon juice.
10. Season with pepper and salt, to taste and serve with steamed rice.





# BEEF AND BROCCOLI



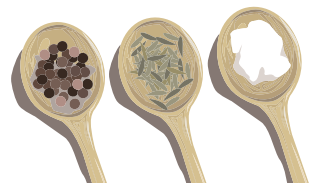
COOKING TIME: 15 MINUTES



SERVINGS: 4

## INGREDIENTS

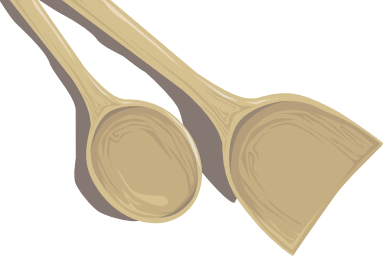
- 3 tablespoons cornstarch, divided
- 1 cup onion wedges
- 1/2 cup soy sauce
- 5 cups broccoli florets
- 2 tablespoons brown sugar
- 1 lb. flank steak, trimmed and thinly sliced
- 1 teaspoon ground ginger
- 3 tablespoons olive oil, divided
- 1/2 teaspoon red pepper flakes
- 1 tablespoon garlic, minced
- 1/2 cup beef broth
- 2 tablespoons cold water



# INSTRUCTIONS .....

1. Mix together 1/2 teaspoon red pepper flakes, 2 tablespoons brown sugar, 1/2 cup soy sauce, 1 teaspoon ground ginger, 1 tablespoon of each beef broth and cornstarch. Set aside.
2. Take another bowl and combine together 2 tablespoons cold water, 2 tablespoons of cornstarch, and 1 tablespoon minced garlic.
3. Add in sliced beef and stir until coated.
4. Add 2 tablespoons of oil to a pan allow to heat. Add in beef and stir-fry for a few minutes, until cooked through. Remove from the pan and keep it aside.
5. Add in onion and broccoli florets and continue stir-frying until tender, for 3-5 minutes.
6. Transfer beef back to the pan and add in the prepared mixture of soy sauce. Cook until thickened, for 3-5 minutes.
7. Serve beef and broccoli over rice, if desired.





# BEEF STROGANOFF



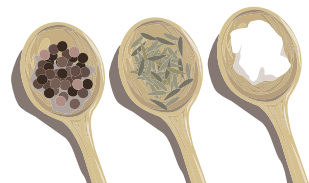
COOKING TIME: 20 MINUTES



SERVINGS: 4

## INGREDIENTS

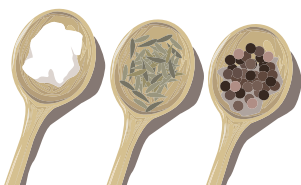
- salt, to taste
- 3-4 sprigs-flat-leaf parsley chopped
- 1 tablespoon oil
- 1 cup full fat creme fraiche or sour cream
- 1 tablespoon butter
- 1 teaspoon whole grain mustard
- 1 onion, thinly sliced
- 1 bay leaf
- ½ lb. crimini mushrooms/chestnut mushrooms, sliced
- 1/2 cup beef stock
- 1 lb. beef steak, cut in strips
- freshly ground pepper, to taste
- ¼ cup brandy





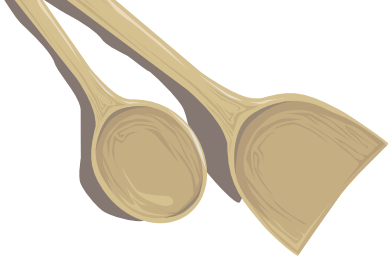
# INSTRUCTIONS .....

1. Add butter and oil to a pan and allow to heat. Add in mushrooms and onion and cook for about 7-10 minutes. Once done, remove from the pan and set aside.
2. Add in steak strips and fry for 3-5 minutes.
3. Next, add ¼ cup brandy and cook until alcohol burs off.
4. Add 1/2 cup beef stock, 1 bay leaf, salt, 1 teaspoon whole grain mustard and pepper, to taste, scraping down browned bits from the bottom of the pan.
5. Transfer mushrooms and onion back to the pan and cook until heated through, for a few minutes.
6. Reduce the heat and stir in 1 cup sour cream.
7. Sprinkle with parsley and turn off the heat.
8. Serve with mashed potatoes or rice.



Tortillada





# PAN-SEARED RIBEYE STEAK WITH BLUE CHEESE BUTTER



COOKING TIME: 10 MINUTES



SERVINGS: 1

## ..... INGREDIENTS .....

- salt and pepper, to taste
- 2 tablespoon extra-virgin olive oil
- 1 (20 oz.) bone-in ribeye steak
- 2 tablespoons butter
- 1 tablespoon fresh rosemary, removed from sprig

### FOR THE BLUE CHEESE BUTTER:

- 1/2 stick butter
- 1 tablespoon garlic, minced
- 2 tablespoons blue cheese, crumbled



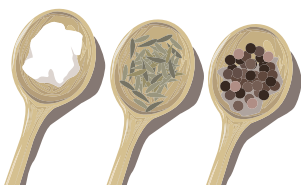
# INSTRUCTIONS .....

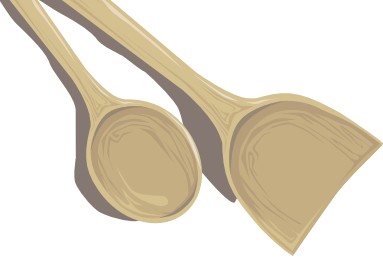
## TO MAKE THE BLUE CHEESE BUTTER:

1. Add butter to a microwave-safe bowl and microwave for 10-15 seconds, until melted. Stir in 2 tablespoons crumbled blue cheese and 1 tablespoon minced garlic until fully mixed. Spoon onto tin foil, reshaping it to resemble a butter stick.
2. Roll and refrigerate for about 10 minutes.
3. Remove 5 minutes before serving.

## TO MAKE THE RIBEYE:

1. Take out steak from the fridge half an hour before cooking. Season both sides with pepper and salt.
2. Add 2 tablespoons butter to an oven safe cast-iron skillet along with 2 tablespoon of olive oil. Raise the heat and place it ribeye (face-side down) and sear for about 2 minutes. Then flip over and continue searing for another 2 minutes.
3. Add in 1 tablespoon fresh rosemary and place skillet in a preheated oven at 415. Bake for 4 minutes for rare, 5-6 minutes for medium rare, 6-7 minutes for medium and 8-9 minutes for medium-well. It may take more or less time, deepening upon the thickness of the steak.
4. Drizzle with melted rosemary butter.
5. Transfer ribeye to a platter and top with blue cheese butter slice.
6. Leave for 5 minutes and serve.





# PHILLY CHEESESTEAK BURGERS



COOKING TIME: 20 MINUTES



SERVINGS: 4

## INGREDIENTS

- 4 hamburger buns, toasted if desired
- 1 lb. ground beef, form into 4 burger patties
- 4 oz. cheddar, cut into 12 slices
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon coarse kosher salt
- ½ sweet bell pepper, sliced
- ½ teaspoon ground pepper
- ½ medium onion, sliced

## INSTRUCTIONS

1. Preheat a cast-iron skillet (12-inch).
2. Sprinkle pepper and salt all over burger patties.
3. Add oil to a skillet and swirl to coat. Place pepper and onions in a skillet evenly and cook for about 3 minutes, until vegetables are sizzling.

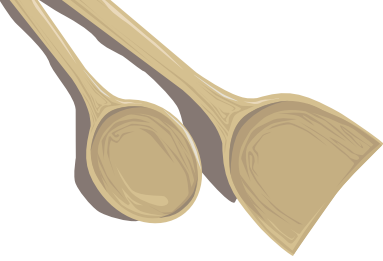


4. Stir veggies and continue further for about 12 minutes, stirring often.
5. Then cook burgers till ready.
6. Push onions and peppers to one side of your skillet and flip 2 burgers onto their uncooked side on the plain side of the skillet.
7. Top burgers with half of the pepper mixture. Repeat with the remaining burgers.
8. Top each burger with 3 cheese slices. Cover and let it cook until cheese is melted completely, for 4-6 minutes.
9. Serve on buns.



## Tortillada





# GARLIC-TOPPED FLANK STEAK ROULADE



COOKING TIME: 25-30 MINUTES



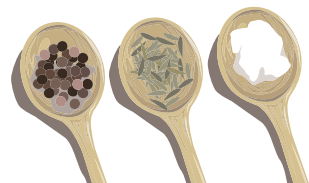
SERVINGS: 4-6

## INGREDIENTS

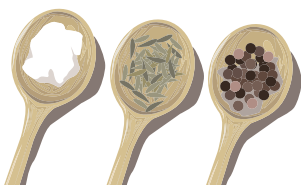
- 2 cups loosely paked organic spinach leaves, chopped
- 5 organic garlic cloves, minced
- 2 lbs. grass-fed flank steak
- 2 tablespoons coconut oil
- sea salt and freshly ground black pepper, to taste
- 1 cup organic button mushrooms, chopped
- 4 strips pork bacon, cooked (but not crispy) and chopped
- 1/3 cup chopped organic sun-dried tomatoes

## INSTRUCTIONS

1. Pound flank steak to a thickness of 1/3-inch.
2. Season both sides with pepper and salt, to taste, then lay it out on flat.
3. Sprinkle top with chopped bacon evenly, followed by a layer of spinach, tomatoes, and mushrooms.

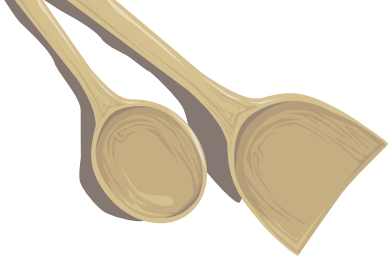


4. Roll up steak tightly into a log lengthwise, then tie with kitchen twine in 2-3 places to hold it together.
5. Add oil to a cast-iron skillet (12-inch) and allow to heat. Once hot, sear roulade on all sides for a few minutes, until browned. Remove from the skillet and sprinkle with minced garlic all over.
6. Place skillet in a preheated oven at 425 F, for 10-15 minutes. Once done, remove from the oven and leave for 10 minutes.
7. Slice into pinwheels after removing twine and serve.



## Tortillada





# FLANK STEAK STUFFED WITH PARMESAN, SPINACH AND LEMON ZEST



COOKING TIME: 13 MINUTES

---



SERVINGS: 4

---

## ..... INGREDIENTS .....

- 2 cups spinach torn, tear into pieces
- zest from one lemon
- 2 teaspoons dried parsley
- 1 1/2 cups parmesan cheese
- salt, to taste
- 1 tablespoon butter or vegetable oil
- pepper, to taste
- 1 1/2 lbs. flank steak



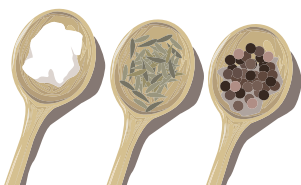
Tortillada





# INSTRUCTIONS .....

1. Pound steak after wrapping it into a wax paper or plastic wrap.
2. Butterfly the steak and season both of its sides with pepper, salt, and parsley.
3. Sprinkle cheese all over the steak leaving a border of 1 inch along the edge. Scatter lemon zest over top.
4. Add spinach to a bowl and season with a pinch of salt. Toss well and place over lemon zest.
5. Began rolling up tightly, starting from the end closest to you. Tie the pinwheels with the help of kitchen twine or toothpicks to avoid from falling apart. Slice beef between the twine by using a sharp knife. There should be about 6-7 pinwheels.
6. Preheat vegetable oil in a cast-iron skillet and add in stuffed flank steaks. Cook both sides until browned, each side for about 2-3 minutes.
7. Then cook for about 5 minutes in a preheated oven at 375 F. To determine whether it is done or not, insert a thermometer into the thickest part. It must read 125 F for rare and 160 F for well done.
8. Serve.



Tortillada





# SKILLET STEAK, CARMELIZED POTATO GRATIN WITH KALE SALAD



COOKING TIME: 1 HOUR



SERVINGS: 4-6

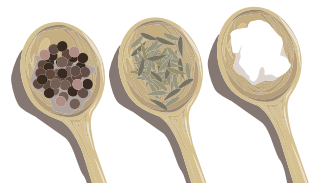
## ..... INGREDIENTS .....

### FOR THE CAST IRON SKILLET STEAK:

- 1 (12 oz.) ribeye steak
- 1 tablespoon canola oil
- salt and pepper, to taste

### FOR THE CARMELIZED POTATO GRATIN:

- salt and pepper, to taste
- 1/2 cup heavy cream
- 1 large white onion, chopped
- 1/4 cup parmesan cheese + additional for topping
- 2 sprigs fresh thyme
- 1 tablespoon olive oil
- 1/4 cup mozzarella cheese
- 2 russet potatoes, washed and sliced into thin rounds



## FOR THE KALE SALAD WITH POMEGRANATE VINAIGRETTE:

- salt and pepper, to taste
- 1 large bunch kale, washed, stems and ribs removed
- 1 tablespoon Dijon mustard
- 1/4 cup olive oil + 1 tablespoon additional for greens
- 2 tablespoons pomegranate juice
- 1 teaspoon honey
- 1 tablespoon cider vinegar

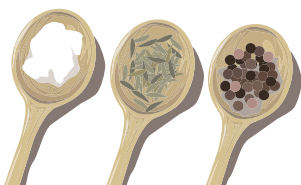
## INSTRUCTIONS .....

### TO MAKE THE CAST IRON SKILLET STEAK:

1. Remove steak from package and pat it dry. Bring it to a room temperature and season with a generous pinch of pepper and salt.
2. Add a tablespoon of canola oil to a cast-iron skillet and swirl the skillet to coat. Sear stake each side for 30 seconds.
3. Then move the skillet to the oven under broiler. Broil for about 4 minutes, flipping once in between. Remove to a cutting board tented under foil.

### TO MAKE THE CARAMELIZED POTATO GRATIN:

4. Preheat olive oil in a cast-iron skillet over medium-high heat and add in onion, season with pepper and salt and stir-cook for about 10 minutes. Deglaze the skillet with a bit of water and turn down the heat. Cook for 5 minutes, until all water evaporates.
5. Stir well and repeat again until onions take on caramel, brown color, for about 20 minutes.
6. Combine together 1/4 cup mozzarella cheese, 1/4 cup parmesan cheese, 1/2 cup heavy cream, 2 sprigs fresh thyme, pepper and salt in a small bowl. Add in potatoes and toss well until coated.



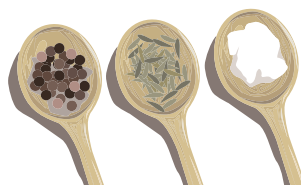
7. Now grease two ramekins and spread bottoms with a dollop of caramelized onions. Top with slices of potato, working in a circular motion until you reach the end of the dish.
8. Layer with onions followed by more potato slices on top, again in a circular motion.
9. Top with the additional cream mixture.
10. Cover and bake in a preheated oven at 400 F for half an hour.
11. Remove the cover and top with additional cheese.
12. Cook further until potatoes are tender, for about 15 minutes.

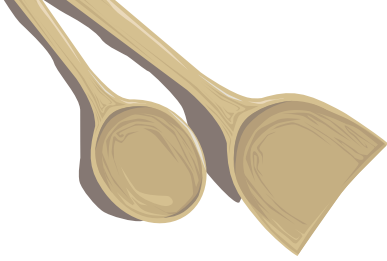
### TO MAKE THE KALE SALAD WITH POMEGRANATE VINAIGRETTE:

13. Slice kale leaves into chiffonade.
14. Add kale to a bowl and toss with a tablespoon of oil until leaves are coated. Leave for an hour.
15. Prepare the dressing by combining together 1 teaspoon honey, tablespoon cider vinegar, 2 tablespoons pomegranate juice, 1 tablespoon Dijon mustard, pepper and salt in a small bowl.
16. Whisk in  $\frac{1}{4}$  cup oil slowly and gradually until emulsified.
17. Toss greens with the prepared dressing and serve.



Tortillada





# STEAK WITH MUSTARD AND MUSHROOMS



COOKING TIME: 40 MINUTES



SERVINGS: 4

## INGREDIENTS

- kosher salt and freshly ground black pepper
- 2 tablespoons fresh parsley leaves, minced
- 4 (2-inch-thick) filets mignons, tied (10-12 oz. each)
- 1/2 teaspoon whole-grain mustard
- 2 tablespoons canola oil
- 1/4 cup Dijon mustard
- 1 1/2 tablespoons fleur de sel
- 1 1/4 cups heavy cream
- 2 teaspoons coarsely cracked black peppercorns
- 3 tablespoons Cognac or brandy
- 2 tablespoons unsalted butter
- 1/2 cup shallots, minced
- 12 oz. cremini mushrooms, stemmed and sliced into 1/4-inch pieces
- 1 tablespoon good olive oil
- 2 tablespoons dry sherry



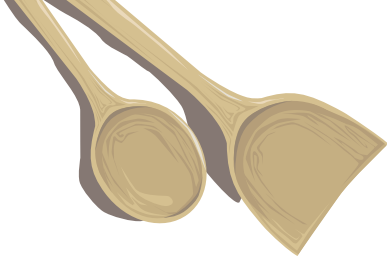
# INSTRUCTIONS .....

1. Preheat a cast-iron skillet (10-inch) for 5-7 minutes over medium-high heat.
2. Pat dry fillets with clean paper towels and brush canola oil all over.
3. In a small bowl, combine together 1 1/2 tablespoons fleur de sel and 2 teaspoons cracked black peppercorns. Place in fillets and coat with the seasoning on all sides.
4. Sear each side in a preheat skillet, each side for 2 minutes. Transfer the skillet to a preheated oven and cook at 400 F, until steak an internal temperature reaches up to 120 F, for about 8-12 minutes. Once done, take it out from the oven and cover with aluminum foil tightly. Allow to sit for 10 minutes.
5. In the meantime, add butter to a cast-iron skillet and allow to heat over medium-high heat.
6. Add in mushrooms and sauté until cooked through, for 10-12 minutes. Sprinkle with 1/4 teaspoon pepper and 1/2 teaspoon kosher salt and set aside.
7. Add olive oil to a skillet and cook shallots for 2 minutes.
8. Add in 3 tablespoons Cognac or brandy and cook for 2 minutes, or until shallots are tender and Cognac evaporates, stirring to deglaze the pan.
9. Stir in 1 1/4 cups heavy cream and cook until thickened, for 4-5 minutes.
10. Add mustard and taste for seasonings.
11. Remove strings from fillets and place on 4 platters.
12. Spoon mustard sauce around fillets and mushrooms over top.
13. Garnish all platters with parsley and serve.



Tortillada





# SEARED STEAK



COOKING TIME: 12 MINUTES



SERVINGS: 2

## INGREDIENTS

- ½ cup Worcestershire sauce
- sea salt, to taste
- 2 (6 oz.) beef top sirloin steaks
- freshly ground black pepper, to taste
- 2 cups orange juice
- 1 ½ tablespoons steak seasoning, or to taste
- 1 cup apple cider vinegar
- 2 teaspoons olive oil

## INSTRUCTIONS

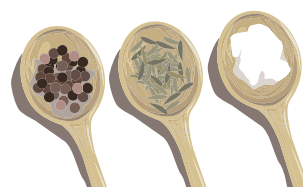
1. Place steaks in a large casserole dish side by side.
2. Add in ½ cup Worcestershire sauce, 1 cup apple cider vinegar, and 2 cups orange juice and refrigerate for 45 minutes, uncovered.



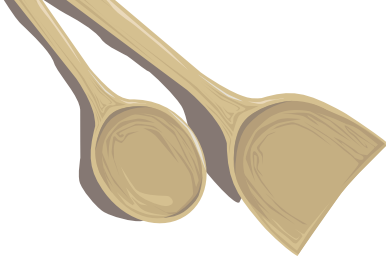
3. After 45 minutes, take steaks out and cover with plastic wrap. Allow to sit for 15 minutes, then preheat oil in a large cast-iron skillet.
4. Rub steak with pepper and seasoning.
5. Place steak in a preheated cast-iron skillet and cook until both sides are light brown, for about 5 minutes in total.
6. Now move skillet carefully to a preheated oven at 425 degrees F). Bake until steaks are firm and cooked through, for 8-10 minutes or until an internal temperature reaches 130-140 F.
7. Take out from oven and season with salt, to taste.
8. Serve.



Tortillada







# PORK CHOPS WITH DIJON SAUCE



COOK TIME: 35 MINUTES



SERVINGS: 4

## INGREDIENTS

- 3 tablespoons salted butter
- 4 boneless pork chops
- 1 pinch garlic powder
- 1 pinch onion powder
- 1 tablespoon olive oil
- 1 pinch salt and ground pepper
- 1 cup dry white wine
- 1 medium onion, thinly sliced
- 1 cup chicken broth
- ¾ cup heavy cream
- 1 tablespoon parsley, chopped
- 2 tablespoons Dijon mustard



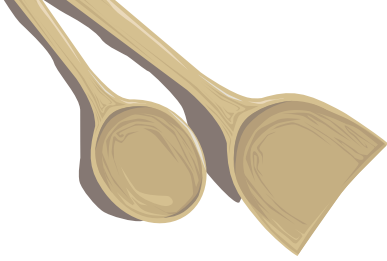
# INSTRUCTIONS .....

1. Preheat the oven to 350 F.
2. Pat dry pork chops with paper towels. Score fat along the sides. Season pork chops with onion powder, garlic powder, salt and pepper on both sides.
3. Heat 1 ½ tablespoons olive oil and butter in a cast-iron skillet over medium high heat. Cook pork chops in the skillet for 2 minutes per side and transfer to a baking dish.
4. Bake the chops in the oven for 15 minutes.
5. Leave 2 tablespoons of fat in the skillet and pour off the excess. Reduce heat to medium, add onion and cook for 4 minutes.
6. Add ½ cup wine and bring to boil. When reduced by half, scrape up the bits from the bottom.
7. Add in chicken broth and wine. Bring to boil again and reduce by half.
8. Add in cream, bring to boil and cook until thick. Remove from the heat and add the remaining butter and Dijon mustard.
9. Add in parsley.
10. Remove chops from the oven, top with sauce and serve.



Tortillada





# PORK SCHNITZEL



COOK TIME: 35 MINUTES



SERVINGS: 4 PORK CHOPS



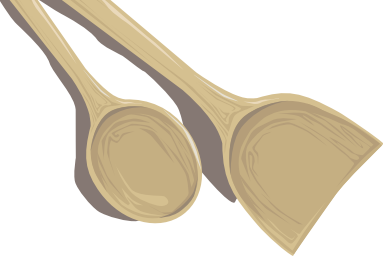
## ..... INGREDIENTS .....

- ¼ cup flour
- 4 boneless pork chops
- 2 eggs, beaten
- salt and pepper
- 3 tablespoons olive oil
- 1 cup panko breadcrumbs
- 2 tablespoons butter
- lemon wedges

## INSTRUCTIONS .....

1. Place pork between 2 sheets of plastic wrap and pound to ¼” thickness. Season with salt and pepper.
2. Add 1 tablespoon butter and 2 tablespoons olive oil to a cast-iron skillet. Heat the pan for a few minutes over medium-high heat. Coat pork chops in flour, then egg, then panko breadcrumbs. Fry 2 schnitzels at a time for 3 minutes per side.
3. Add the remaining oil and butter and repeat with the remaining pork chops.
4. Serve with lemon wedges.





# PORK CHOPS



COOK TIME: 1  
HOUR 10 MINUTES



SERVINGS: 2



## ..... INGREDIENTS .....

- ¼ cup olive oil
- 1 tablespoon garlic, roughly chopped
- 2 bone-in pork chops, 1 ¼ lbs., 1" thick
- 2 teaspoons parsley, chopped
- 2 teaspoons thyme, chopped
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon unsalted butter
- 5 thyme sprigs

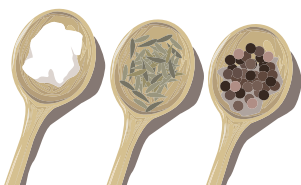


Tortillada



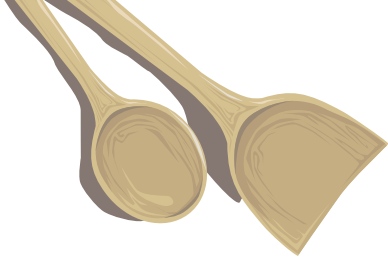
# INSTRUCTIONS .....

1. Mix 2 tablespoons olive oil, garlic, parsley, thyme, salt and pepper in a bowl. Rub this mixture on both sides of the pork chops. Marinate for 1 hour. Scrape off some of the chopped garlic off the pork.
2. Heat a cast-iron skillet over medium high heat. Add 2 tablespoon olive oil and add the pork chops. Cook for 1 minute, flip and cook for 1 more minute. Cook sides of the pork to render fat for 1 minute. Turn heat to medium, cook chops for 6 minutes and flip on every minute.
3. Turn off heat and add butter and thyme sprigs. Once butter melts, pour it over the top of the pork chops.
4. Transfer pork to a cutting board and let it rest for 5 minutes.
5. Carve and serve.



Tortillada





# PORK RIBS



COOK TIME: 1 HOUR



SERVINGS: 6



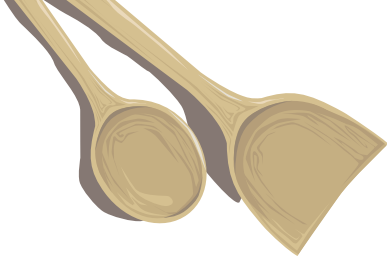
## ..... INGREDIENTS .....

- 10 garlic cloves, crushed
- 10 pork spareribs
- ½ cup soy sauce
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 lime, juiced
- 2 bay leaves
- 10 sprigs fresh parsley
- 2 limes, cut into wedges
- black pepper

## INSTRUCTIONS .....

1. Add spareribs into a pot and fill with water to cover. Add garlic, soy sauce, oregano, rosemary, bay leaves, ¾ parsley and lime juice. Bring to boil, then cook for 25 minutes, uncovered.
2. Remove bay leaves once the water evaporates and cook until meat browns, turning occasionally. Scrape brown bits and garlic from the bottom of the pan and toss with the pork. Remove meat and drain on paper towels.
3. Season with black pepper and garnish with parsley and lime wedges.
4. Serve.





# SKILLET PORK CACCIATORE



COOK TIME: 20 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 3 garlic cloves
- 1 pack Smithfield Rotisserie Flavored pork or similar
- 2 tablespoon olive oil
- 8 oz. mushrooms, sliced
- 1 red bell pepper, sliced
- ½ cup carrots, sliced
- 1 cup chicken broth
- 28 oz. can diced tomatoes
- 1 tablespoon Italian seasoning
- 2 tablespoons tomato paste
- ½ cup basil, chopped



Tortillada



# INSTRUCTIONS .....

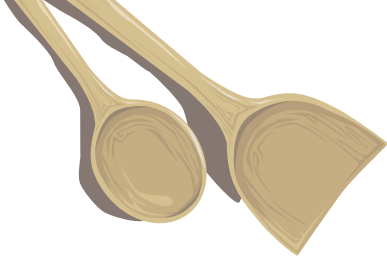
1. Cut pork into 1" pieces. Add 1 tablespoon olive oil to a cast-iron skillet over medium high heat. Cook the pork until well done. Set aside.
2. Add garlic, 1 tablespoon olive oil, carrots, mushrooms and bell pepper to the pan and cook until tender.
3. Add diced tomatoes, chicken broth, tomato paste and Italian seasoning and mix well.
4. Add pork back to the skillet and cook until sauce thickens.
5. Serve.



Tortillada







# EGG ROLL NOODLE SKILLET WITH GROUND PORK



COOK TIME: 15 MINUTES



SERVINGS: 4

## INGREDIENTS

- 1 lb. ground pork
- 1 tablespoon sesame oil
- 1 small head cabbage, shredded
- 1 garlic clove, minced
- 2 stalks celery, diced
- 2 cups carrots, shredded
- 4 oz. ramen noodles
- 8 oz. mushrooms, sliced
- 3 tablespoons hoisin sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoons soy sauce
- 2 teaspoons red chili paste
- green onions, chopped



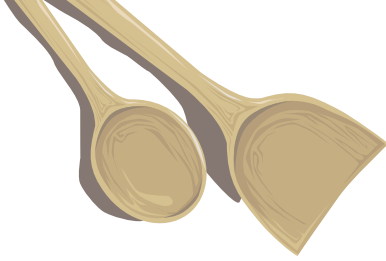
# INSTRUCTIONS .....

1. Add sesame oil to a cast-iron skillet and heat over medium high heat. Add pork and cook and crumble until brown.
2. Add ramen seasonings, garlic, carrots, cabbage, celery, mushrooms and cook for 6 minutes.
3. Cook ramen noodles according to package instructions. Drain and add to skillet.
4. Add rice wine vinegar, hoisin sauce and chili paste and mix until heated. Garnish with green onions.
5. Serve.



Tortillada





# ROASTED CRANBERRY ORANGE PORK LOIN WITH GREEN BEANS



COOK TIME: 40 MINUTES

---



SERVINGS: 4

---

## ..... INGREDIENTS .....

- 3 tablespoons olive oil, separated
- 1 lb. fresh green beans
- 1 pack Smithfield Slow Roasted Golden Rotisserie Marinated Pork Tenderloin
- Salt and pepper
- 2 tablespoons apple cider vinegar
- ¼ cup + 2 tablespoons orange juice, separated
- ¼ jar sweet orange marmalade
- ¼ can whole cranberry sauce
- Fresh cranberries



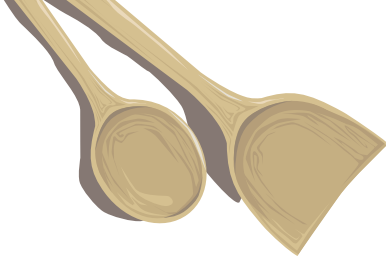
# INSTRUCTIONS .....

1. Preheat the oven to 400 F.
2. Heat a cast-iron skillet over medium high heat. Add 2 tablespoons olive oil. Once shimmering, add pork tenderloin and cook for 2 minutes on one side. Flip and cook for 2 minutes.
3. Stir vinegar, orange juice, marmalade and cranberry sauce in a bowl. Add half of the sauce over tenderloin in a skillet. Roast for 15 minutes.
4. Toss green beans with the remaining oil and salt and pepper. Add green beans around the pork. Roast for 10 more minutes. Remove and tent pork with foil. Let stand for 10 minutes.
5. Take the remaining 2 tablespoons orange juice and the remaining sauce and add to a pan and cook over medium heat. Bring sauce to a boil and reduce to simmer.
6. Garnish with rosemary and cranberries. Serve and enjoy.



Tortillada





# ITALIAN MEATBALLS



COOK TIME: 25 MINUTES



SERVINGS: 3

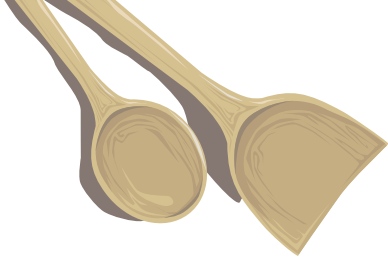
## INGREDIENTS

- 1 lb ground beef
- 1 jar (24 oz) marinara sauce
- 1 egg
- 1 tablespoon olive oil
- 1/3 cup almond flour
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons salt

## INSTRUCTIONS

1. Preheat the oven to 350 F. Add oil to the cast iron cooker.
2. Mix beef, egg, flour and all the seasonings in a bowl. Shape into the meatballs and add to the hot cooker.
3. Cook for a few minutes per side until the meatballs are browned on all sides.





# POTATO- BACON HASH



COOK TIME: 40 MINUTES

---

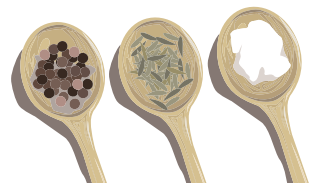


SERVINGS: 4

---

## ..... INGREDIENTS .....

- 1 ½ lbs. russet potatoes, peeled and cut into ½” pieces
- 6 thick-cut bacon slices
- 1 cup red bell pepper, chopped
- 1 cup yellow onion, chopped
- 1 teaspoon garlic, chopped
- 4 cups baby spinach
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- hot sauce



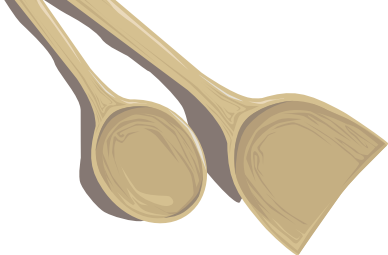
# INSTRUCTIONS .....

1. Cook bacon in a cast-iron skillet over medium heat for 12 minutes, turning often. Transfer bacon to a plate lined with paper towels. Reserve drippings in skillet.
2. Add onion, potatoes and bell pepper to the reserved dripping and spread in an even layer. Cover and cook for 5 minutes over medium heat. Uncover and cook for 5 minutes, without stirring.
3. Add salt, pepper and garlic. Cook for 6 minutes, in 2 minute intervals, stirring in between, until potatoes are done.
4. Crumble bacon and add it with spinach to a skillet. Remove skillet from heat and stir for 2 minutes.
5. Serve with hot sauce.



Tortillada





# BACON-HASH BROWN QUICHE



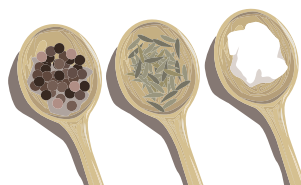
COOK TIME:  
1 HOUR 20 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

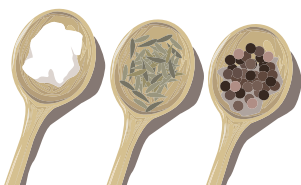
- 6 large eggs
- 4 thick-cut bacon slices, cut into 1/2" pieces
- 4 cups hash browns, shredded
- 8 oz. fresh asparagus, cut into 2" pieces
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon black pepper
- 1 cup half-and-half
- 2 tablespoons Dijon mustard
- 4 oz. Gruyere cheese, shredded
- 1/4 cup sliced scallions





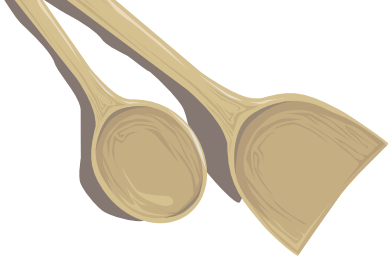
# INSTRUCTIONS .....

1. Preheat the oven to 375 F and cook bacon in a ovenproof cast-iron skillet over medium heat for 6 minutes. Transfer bacon to a plate lined with paper towels. Reserve drippings in the skillet.
2. Add asparagus to the skillet and cook for 3 minutes over medium high heat, stirring occasionally. Transfer asparagus to a bowl.
3. Add bacon, hash browns, ½ teaspoon salt and ¼ teaspoon pepper to the hot drippings in the skillet over medium high heat and mix well. Spread the mixture into an even layer on the bottom of the skillet. Transfer to a preheated oven and bake for 30 minutes.
4. Whisk eggs, Gruyere, half-and-half, Dijon and the remaining 1 teaspoon salt and ½ teaspoon pepper in a bowl.
5. Add in scallions and mix.
6. Remove skillet from the oven and add asparagus over the crust.
7. Add the egg mixture over the asparagus and return to oven.
8. Bake for 25 minutes. Cool for 5 minutes.
9. Serve.



Tortillada





# COD WITH GARLIC BUTTER



COOK TIME: 30 MINUTES



SERVINGS: 4

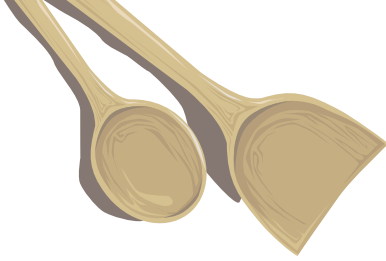
## INGREDIENTS

- 2 cod fillets, skinless
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter, softened
- 2 teaspoons parsley, chopped
- 1/2 teaspoon garlic, minced
- 1 teaspoon onion, minced
- 1/4 teaspoon Dijon mustard
- 1/2 tablespoon all-purpose flour
- 1/2 tablespoon lemon juice
- Salt, black pepper, to taste

## INSTRUCTIONS

1. Preheat the oven to 450 F.
2. Mix together butter, parsley, garlic, onion, mustard, lemon juice, flour, salt and pepper in a bowl.
3. Preheat oil in a multicooker over medium heat.
4. Add cod and season with salt and pepper. Cook for about 1-2 minutes per side.
5. Add butter mixture on top of code fillets and bake in the oven for 2-4 minutes.
6. Serve with the remaining butter.





# SHRIMP WITH HERBY WHITE BEANS AND TOMATOES



COOK TIME: 20 MINUTES



SERVINGS: 2

## ..... INGREDIENTS .....

- 1 medium shallot, thinly sliced
- 3 tablespoons olive oil
- 14 ½ oz. can diced tomatoes
- 15 oz. can white beans, rinsed and drained
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 8 oz. shrimp, peeled and deveined
- ¼ cup roasted garlic herb sauce
- crusty toasted bread



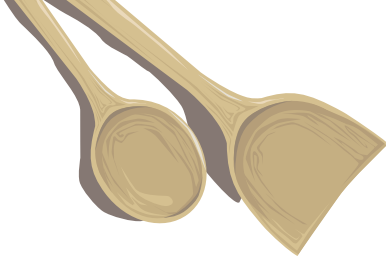
# INSTRUCTIONS .....

1. Heat 2 tablespoon oil in a cast-iron skillet over medium heat and cook shallot for 2 minutes.
2. Add tomatoes, ¼ teaspoon salt and pepper each and ¼ cup water. Increase the heat to high and bring to boil. Cook for 5 minutes.
3. Reduce the heat to low, add herb sauce and beans and cook for 2 minutes, stirring constantly. Taste and season. Divide among 2 bowls.
4. Wipe the skillet and heat the remaining oil in it over medium high heat. Add shrimp and the remaining salt and pepper. Cook for 3 minutes, stirring constantly.
5. Add shrimp to bowls with beans.
6. Serve with toast.



Tortillada





# CLAMS IN WHITE BEAN SAUCE



COOK TIME: 14 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- ¼ cup olive oil
- 15 oz. can baby lima, rinsed
- 1 fennel bulb
- 1 sprig rosemary
- 3 garlic cloves
- kosher salt and black pepper
- 1 lemon
- 36 Manila clams, scrubbed
- 4 thick slices bread, toasted
- handful parsley leaves



Tortillada

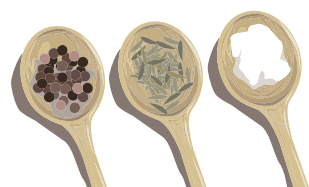


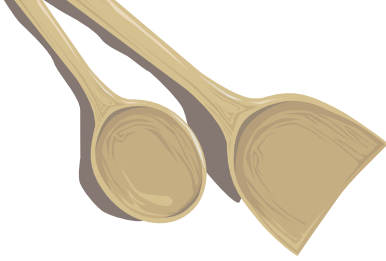
# INSTRUCTIONS .....

1. Toss beans in a bowl with oil and season with salt and pepper. Set aside.
2. Cut fennel in half and remove fronds. Slice one half of the fennel and transfer to a bowl with fronds. Place a damp paper towel on the fennel and set aside. Chop the remaining half of fennel and slice the garlic.
3. Heat  $\frac{1}{4}$  cup oil in a cast-iron skillet over medium heat. Add garlic, chopped fennel and rosemary sprig and cook for 5 minutes, stirring occasionally.
4. Remove 2 wide strips of zest from lemon, halve the lemon and pick out seeds. Chop parsley.
5. Add lemon zest and clams to the pot and squeeze juice from one lemon half. Cover and cook for 7 minutes.
6. Toss and stir the clams and transfer open ones to another bowl. Cover and cook for 9 minutes, transferring open clams to the bowl. Discard any closed clams.
7. Add reserved seasoned beans to the pot and mix well. Return clams to the pot, add half parsley and toss well.
8. Add the remaining parsley to the pot with reserved sliced fennel and squeeze juice from lemon half. Season and toss to coat.
9. Add oil and toss again.
10. Top clams with salad and toast.
11. Serve.



Tortillada





# CHILE-LIME CLAMS WITH TOMATOES AND GRILLED BREAD



COOK TIME: 16 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 2 large shallots, chopped
- 4 garlic cloves, thinly sliced
- 1 cup beer
- 1 tablespoon tomato paste
- 6 tablespoons unsalted butter, cut into pieces
- 15 ½ oz. can chickpeas, rinsed
- 1 cup cherry tomatoes
- 2 tablespoons sambal oelek
- 1 tablespoon fresh lime juice
- 24 littleneck clams, scrubbed
- 4 thick slices bread
- 2 tablespoons olive oil
- ½ cup cilantro leaves with tender stems
- Kosher salt and lime wedges



Tortillada



# INSTRUCTIONS .....

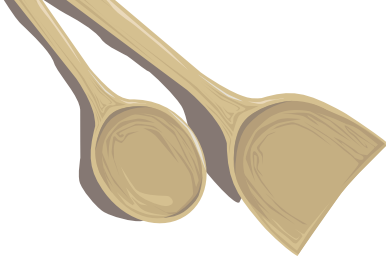
1. Place a cast-iron skillet and add 4 tablespoons butter on the skillet and heat it. Add garlic and shallots and cook for 4 minutes, stirring occasionally.
2. Add tomato paste and cook for 1 minute, stirring occasionally.
3. Add tomatoes and beer. Bring to boil and cook for 4 minutes.
4. Add sambal oelek, chickpeas and clams. Cover and cook for 10 minutes, stirring occasionally. Remove from the heat and discard closed clams.
5. Add in 2 tablespoon butter and lime juice.
6. Add oil on the bread and season with salt. Grill in the skillet for 2 minutes per side.
7. Place toasts on a plate and add clam mixture over it. Top with cilantro.
8. Serve with lime wedges.



Tortillada







# COD WITH LEMON, OLIVES, AND ONION RELISH



COOK TIME: 20 MINUTES



SERVINGS: 8

## INGREDIENTS

- 8 skinless cod fillets
- ½ small red onion, sliced into rings
- 2 lemons
- 1 ¼ cups olive oil
- 2 tablespoons drained capers, chopped
- ½ cup olives, chopped
- 1 teaspoon kosher salt
- ¼ cup parsley leaves
- ¼ teaspoon red pepper flakes, crushed
- kosher salt and black pepper



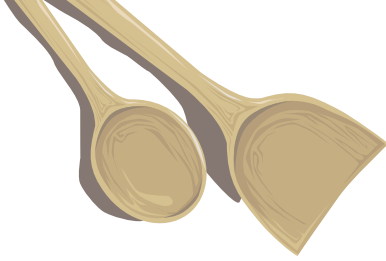
# INSTRUCTIONS .....

1. Grate lemon zest and set aside. Juice the lemons and set aside.
2. Add 1 teaspoon salt and onion to a bowl and let sit for 10 minutes. Squeeze onion to remove excess liquid and add to the bowl with segments of lemon.
3. Add the reserved lemon zest, olives, capers and oil. Season and toss to combine. Cover relish and refrigerate for 4 hours.
4. Preheat some oil in a cast iron multi cooker over medium heat. Add cod fillets, season with salt and pepper. Cook for 1-2 minutes per side.
5. Preheat the oven to 250 F and bring relish to room temp. Add relish to the skillet and coat the fish. Season with salt. Roast for 40 minutes.
6. Transfer to a plate. Add parsley to the relish, mix and add over the fish. Serve.



Tortillada





# CIOPPINO SEAFOOD STEW WITH GREMOLATA TOASTS



COOKING TIME: 1 HOUR 30 MINUTES



SERVINGS: 6

## ..... INGREDIENTS .....

- 1 lb. littleneck clams, soaked in water for 1 hour
- ½ lb. medium tail-on shrimp, peeled and deveined
- 1 lb. mussels, scrubbed and de-bearded
- ½ lb. skinless flaky halibut, chopped
- ½ lb. cleaned squid, bodies sliced into 1/2-inch rings, tentacles halved lengthwise if large
- 1 cup dry white wine
- 1 ½ cups seafood stock
- ¾ cup onion, chopped
- ½ cup fennel, sliced
- ¼ cup finely chopped celery
- 1 15-oz. can tomatoes, crushed
- 1 8-oz. bottle clam juice
- 1 baguette, sliced and toasted
- 3 garlic cloves, 2 minced, 1 halved
- 2 tablespoons olive oil
- ½ teaspoon red-pepper flakes
- ½ tablespoon tomato paste
- 1 teaspoon dried oregano

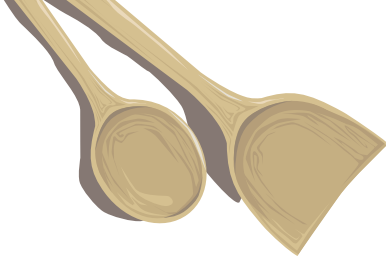


- 2 bay leaves
- 4 tablespoons butter, unsalted and at room temperature
- 3 tablespoons chopped flat-leaf parsley, divided
- ½ teaspoon lemon zest
- salt and pepper

## INSTRUCTIONS .....

1. Place a cast-iron skillet over medium heat. Add oil.
2. Add onion and cook for 1 minute.
3. Add fennel, celery and season with salt and pepper. Cook for 7 minutes.
4. Add garlic and red pepper flakes and cook for additional 2 minutes.
5. Add squid, reduce the heat to low. Cook for 20 minutes until squid is opaque.
6. Add tomato paste and oregano. Stir and cook for 60 seconds.
7. Increase the heat to medium high and add wine. Cook for 8 minutes until the cooking liquid reduces.
8. Add clam juice, tomatoes and their juice, stock and bay leaves. Bring the mixture to a boil, then reduce the heat and let it simmer for ½ an hour.
9. Season with salt and pepper.
10. In a separate bowl combine butter, 1 tablespoon parsley, lemon zest and salt.
11. Rub toasts with the remaining garlic.
12. Spread flavored butter on toasts.
13. Add clams and cook for 4 minutes while covered.
14. Add in the shrimp and mussels.
15. Add in fish on top and cook for 6 minutes.
16. Remove from the heat, discard bay leaves and add the remaining parsley
17. Serve.





# CRISPY HONEY GINGER SALMON



COOKING TIME: 20 MINUTES



SERVINGS: 4

## INGREDIENTS

- 4 salmon fillets
- 2/3 cup honey
- 2 tablespoons sambal oelek
- 2 tablespoons low sodium soy sauce
- 1 knob fresh ginger, grated
- 2 cloves garlic, chopped
- 1 tablespoon sesame oil
- 2 tablespoon lime juice
- 1 tablespoon lime zest

### FOR THE ASIAN SUMMER SLAW:

- ½ head purple cabbage, shredded
- 2 nectarines, sliced
- 1 cup fresh cilantro, chopped
- 2 carrots, shredded



- 1 green jalapeño, chopped
- 2 tablespoons lime juice
- 2 tablespoons rice vinegar
- salt

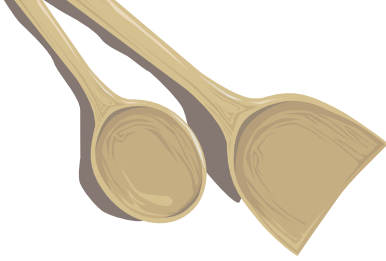
## INSTRUCTIONS .....

1. Preheat the oven broiler to high.
2. Place an ovenproof cast-iron skillet over medium high heat.
3. Place salmon on a large plate and rub sesame oil all over it.
4. In a bowl mix honey, sambal oelek, soy sauce, ginger, garlic, lime juice, lime zest. Mix well.
5. Add the honey sauce to the skillet and let it boil for 3 minutes.
6. Remove from the heat and add salmon.
7. Transfer the skillet to the oven and broil for 3-5 minutes until crisp.
8. Meanwhile in a large bowl combine salad ingredients.
9. Remove salmon from the oven.
10. Serve salmon with slaw, drizzle sauce on top



Tortillada





# GARLIC BASIL BARRAMUNDI SKILLET WITH TOMATO BUTTER SAUCE



COOKING TIME: 2 HOURS 30 MINUTES

---



SERVINGS: 4

---

## ..... INGREDIENTS .....

- 16 oz. barramundi, pat it dry
- ½ cup chicken broth
- 1 ½ cups tomatoes, diced
- 1 12-oz. can white beans, rinsed and drained
- 1 ½ tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons basil
- 2 tablespoons parsley, minced
- 4 tablespoons butter
- parmesan cheese for topping
- salt and pepper



# INSTRUCTIONS .....

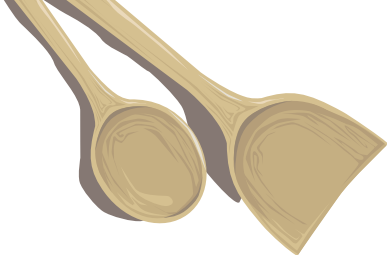
1. In a large bowl mix white beans, 1 tablespoon olive oil, garlic, herbs, tomatoes and juice, salt and pepper. Set aside for about 2 hours.
2. Place a cast-iron skillet over medium heat. Add the remaining olive oil.
3. Season fish with salt and pepper.
4. Fry fish on each side for about 4 minutes. Set aside.
5. Return the skillet to heat. Add the bean mixture and butter. Reduce the heat and let it simmer until sauce thickens.
6. Add chicken broth, salt and pepper. Mix well.
7. Add fish back and let it cook for 5 minutes. Remove from the heat.
8. Serve fish topped with sauce and cheese.



Tortillada







# CAJUN SHRIMP AND SAUSAGE VEGETABLE SKILLET



COOKING TIME: 15 MINUTES



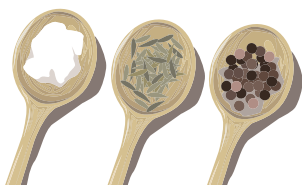
SERVINGS: 6

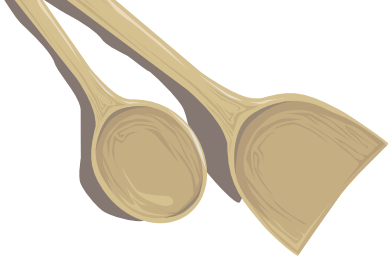
## INGREDIENTS

- 1 lb. large shrimp, peeled and deveined
- 14 oz. pork sausage, sliced
- 2 medium zucchini, sliced
- 2 medium squash, sliced
- ½ bunch asparagus, sliced
- 2 bell peppers, chopped
- 2 tablespoons olive oil
- 2 tablespoons Cajun seasoning
- salt and pepper

## INSTRUCTIONS

1. In a large bowl combine shrimp, sausage, squash, asparagus and bell peppers.
2. Season the mixture with salt and pepper.
3. Add olive oil, Cajun seasoning. Mix well.
4. Place a cast-iron skillet over medium high heat.
5. Add the shrimp mixture and cook for 7 minutes until meat is pink
6. Serve.





# SWORDFISH WITH CRUSHED OLIVES AND OREGANO



COOKING TIME: 30 MINUTES



SERVINGS: 6

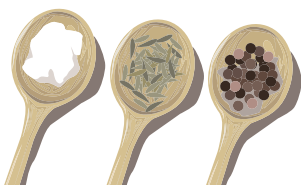
## ..... INGREDIENTS .....

- 4 swordfish steaks , 1-inch thick
- 2 cups mild green olives, pitted and crushed
- ¼ cup + 2 tablespoons olive oil, divided
- ¼ cup fresh parsley leaves
- 2 tablespoons white wine vinegar
- 4 tablespoons oregano
- 2 garlic cloves, sliced
- 2 lemons, halved, for serving
- salt and pepper



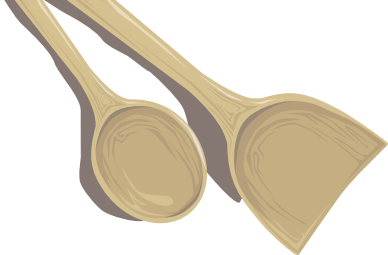
# INSTRUCTIONS .....

1. In a bowl mix olives, vinegar, 2 tablespoons oregano, salt, pepper and ¼ cup olive oil. Set aside for 1 hour.
2. Season fish with salt and pepper.
3. Place a skillet over medium high heat. Add the remaining olive oil.
4. Cook fish steak until golden brown for about 8-10 minutes. Flip steak and cook for 5 minutes. Transfer to a large serving plate.
5. Return the skillet to heat and add the garlic. Cook for 2 minutes.
6. To the skillet add the olives mixture. Cook for ½ a minute.
7. Remove from the heat. Spoon the mixture onto the fish steaks and set aside for 5 minutes.
8. Serve topped with parsley, oregano and lemon halves.



Tortillada





# SUMMER STYLE ENCHILADAS



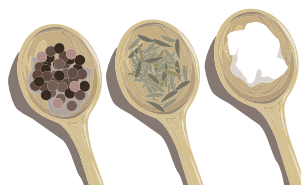
COOKING TIME: 20 MINUTES



SERVINGS: 6

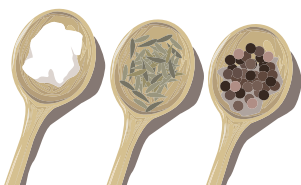
## INGREDIENTS

- 8 corn tortillas, cut into 1 inch pieces
- $\frac{3}{4}$  cup fresh corn kernels
- 1 15 oz. can black beans, rinsed and drained
- 1  $\frac{1}{2}$  cups grated cheese, divided
- 1  $\frac{1}{2}$  cups enchilada sauce
- $\frac{1}{2}$  onion, chopped
- 1 zucchini, diced
- 1 small yellow squash, diced
- 1 small red bell pepper, diced
- 3 teaspoons olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- $\frac{1}{2}$  teaspoon onion powder
- 2 tablespoons cilantro leaves
- salt and pepper



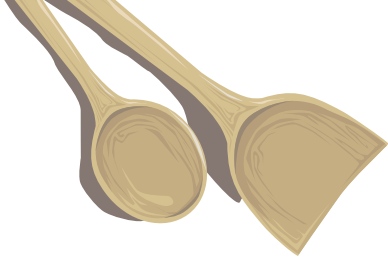
# INSTRUCTIONS .....

1. Place cast-iron skillet over medium heat. Add 2 tablespoons oil.
2. To the skillet add tortilla pieces and cook for 5 minutes, set aside.
3. Return the skillet to heat. Add the remaining oil.
4. Add onions and salt. Cook for 3 minutes.
5. To the skillet add zucchini, squash, pepper, garlic, corn, black beans, cumin, paprika, garlic and onion powder. Cook for about 10 minutes.
6. Add tortilla back to the skillet.
7. Add  $\frac{1}{2}$  cup grated cheese and stir for about 1 minute.
8. Add enchilada sauce and stir.
9. Top with the remaining cheese. Remove from the heat, set aside for 5 minutes while covered.
10. Serve topped with cilantro



Tortillada





# MEXICAN QUINOA



COOKING TIME: 45 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

- 1 15 oz. can black beans, drained and rinsed
- $\frac{3}{4}$  cup uncooked quinoa, rinsed
- 15 oz. tomato sauce, unsalted
- 1  $\frac{1}{3}$  cups water
- 1 small onion, diced
- 2 bell peppers, cored and diced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- salt



Tortillada

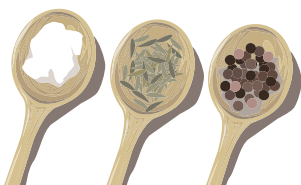


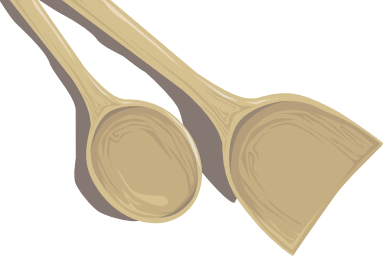
## FOR THE GUACAMOLE:

- 2 avocados, pitted and mashed
- ¼ cup fresh cilantro, chopped
- ½ red onion, chopped
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest

## INSTRUCTIONS .....

1. Place a cast-iron skillet over medium heat. Add oil.
2. To the skillet add onion and cook for 3 minutes.
3. Add bell pepper, garlic, chili powder, cumin and oregano. Cook for 5 minutes.
4. To the skillet add beans, quinoa, tomato sauce and water. Increase the heat to medium high and bring mixture to a boil. Cover and cook for ½ an hour.
5. In a small bowl mix the guacamole.
6. Serve quinoa, guacamole, cilantro and tortilla chips.





# VEGGIE FAJITAS



COOKING TIME:  
25 MINUTES



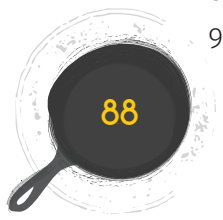
SERVINGS: 8

## ..... INGREDIENTS .....

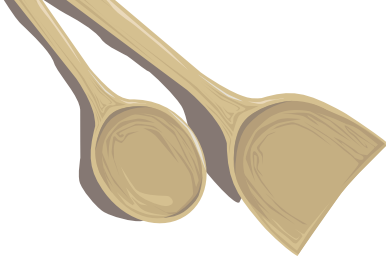
- ½ lb. mushrooms, sliced
- 8 flour tortillas (8 inches), warmed
- 2 cups shredded cheddar cheese
- 1 cup sour cream
- 1 cup salsa
- 1 zucchini, sliced
- 1 squash, sliced
- 1 onion, sliced
- 1 carrot, julienned
- 1 tablespoon canola oil
- salt and pepper

## INSTRUCTIONS .....

1. Place a cast-iron skillet over medium heat. Add oil.
2. To the skillet add onions and cook for 2 minutes.
3. Add carrots, zucchini, squash, mushrooms and cook for 8 minutes.
4. Season vegetables with salt and pepper.
5. Place tortilla on a large serving plate.
6. Scoop ½ cup of cooked vegetables and place at the middle of each tortilla.
7. Top with cheese, sour cream and salsa.
8. Fold each tortilla.
9. Serve.







# TOFU CHOW MEIN



COOKING TIME: 30 MINUTES



SERVINGS: 4



## ..... INGREDIENTS .....

- 8 oz. whole wheat pasta, uncooked
- 3 tablespoons sesame oil, divided
- 1 16 oz. extra-firm tofu, cubed
- 2 cups mushrooms, sliced
- 1 sweet red pepper, chopped
- ¼ cup reduced-sodium soy sauce
- 3 green onions, sliced

## INSTRUCTIONS .....

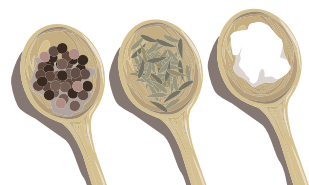
1. Cook pasta according to directions, rinse under cold tap water.
2. In a bowl combine pasta with 1 tablespoon oil. Mix well and set aside for 1 hour.
3. Wrap tofu cubes with a towel and place in the fridge.
4. Place a large skillet over the medium heat. Add 1 tablespoon oil.

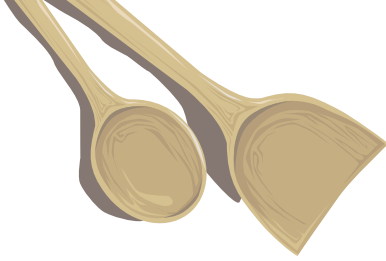


5. Add pasta and cook for 5 minutes. Remove pasta and set aside.
6. Return the skillet to heat. Add the remaining oil.
7. To the skillet add mushrooms, pepper and tofu cubes. Cook for 5 minutes.
8. Add pasta back to the skillet and soy sauce.
9. Stir, top with green onions.
10. Remove from the heat.
11. Serve.



Tortillada





# SPRING RAGOUT WITH ASPARAGUS AND POACHED EGGS



COOKING TIME: 1 HOUR



SERVINGS: 8

## INGREDIENTS

- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 yellow onion (1 1/2 cups), finely chopped
- 3 cloves garlic, peeled and smashed
- 1 1/4 lbs. (4 cups) tomatillos, husked, well washed, and cut into 1-inch wedges
- 4 cups packed spinach
- 1 cup scallions, chopped
- 2 15 oz. cans chickpeas, drained and rinsed
- 4 1/2 asparagus, trimmed and chopped
- 8 poached eggs
- 1 jalapeno, seeded and sliced
- 2 tablespoons cilantro stems, minced plus leaves for serving
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- salt and pepper



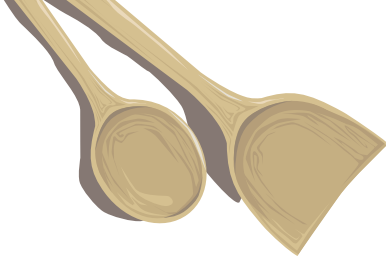
# INSTRUCTIONS .....

1. Place a cast-iron skillet over medium heat. Add ½ cup oil.
2. To the skillet add onion, garlic, jalapeno and salt. Cook for 7 minutes.
3. Add tomatillos and cook for 7 more minutes. Remove from the heat and let it cool.
4. Transfer the mixture to a food processor.
5. Add 2 cups spinach, cilantro stems, ½ cup water, salt and pepper. Blend until smooth.
6. Clean the skillet and return to medium heat. Add ¼ cup oil to the cast iron.
7. Add coriander and cumin seeds. Cook for 2 minutes.
8. To the skillet add scallions and salt. Cook for 3 minutes.
9. Add in chickpeas and stir.
10. Add in the tomatillo smooth mixture, asparagus and the remaining spinach.
11. Add in the poached eggs, cover and cook for 5 minutes.
12. Serve topped with cilantro.



Tortillada





# ROASTED VEGETABLES COUSCOUS BOWL



COOKING TIME: 1 HOUR



SERVINGS: 4

## INGREDIENTS

- 1 14 oz. can chickpeas, rinsed and drained
- 1 ½ lbs. head cauliflower, trimmed and cut into quarters
- 10 oz. couscous
- 1 cup feta cheese, crumbled
- ¼ cup cilantro leaves, chopped
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 4 carrots, sliced
- 2 teaspoons curry powder
- 1 lemon, halved
- Salt and pepper, to taste



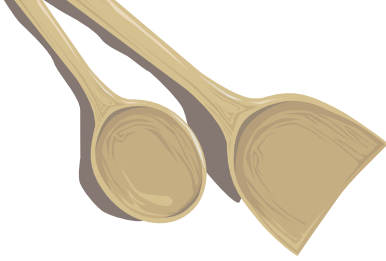
# INSTRUCTIONS .....

1. Preheat the oven to 475 F.
2. In a bowl combine chickpeas, cauliflower, carrots, curry powder and oil. Transfer to the multi cooker.
3. Add lemon cut-sides up, season with salt and pepper. Roast for about ½ an hour. Set the lemon aside.
4. Reduce the oven temperature to 350 F.
5. To the baking dish add couscous, 2 cups boiling water and salt. Cover and return to the oven.
6. Bake for 10 minutes and set aside to cool.
7. Remove the cover and squeeze the lemons you had set aside over the couscous.
8. Serve the couscous with vegetables topped with feta cheese, cilantro and drizzle olive oil. Enjoy!

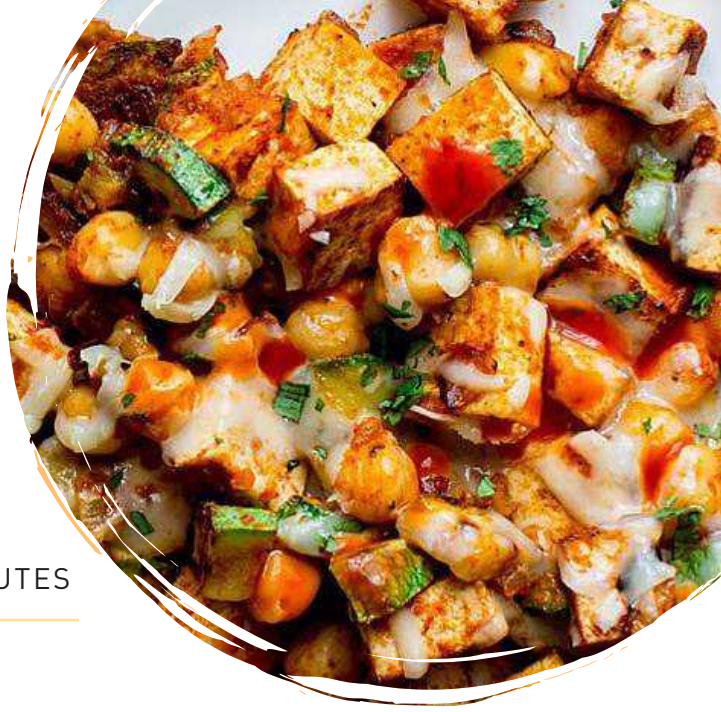


Tortillada





# TOFU & VEGETABLE SCRAMBLE



COOKING TIME: 20 MINUTES



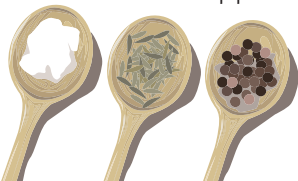
SERVINGS: 1

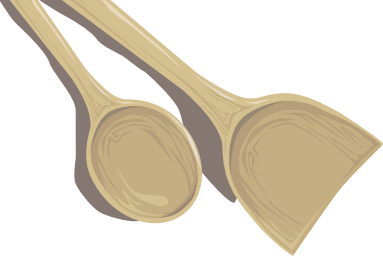
## INGREDIENTS

- 5 oz. extra-firm tofu, drained and cubed
- 1 cup vegetables (zucchini, mushrooms and onions), chopped
- 1/3 cup canned chickpeas, rinsed
- 1/4 cup salsa
- 1/4 cup sharp Cheddar cheese, shredded
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1 tablespoon cilantro, chopped
- 1 pinch ground pepper

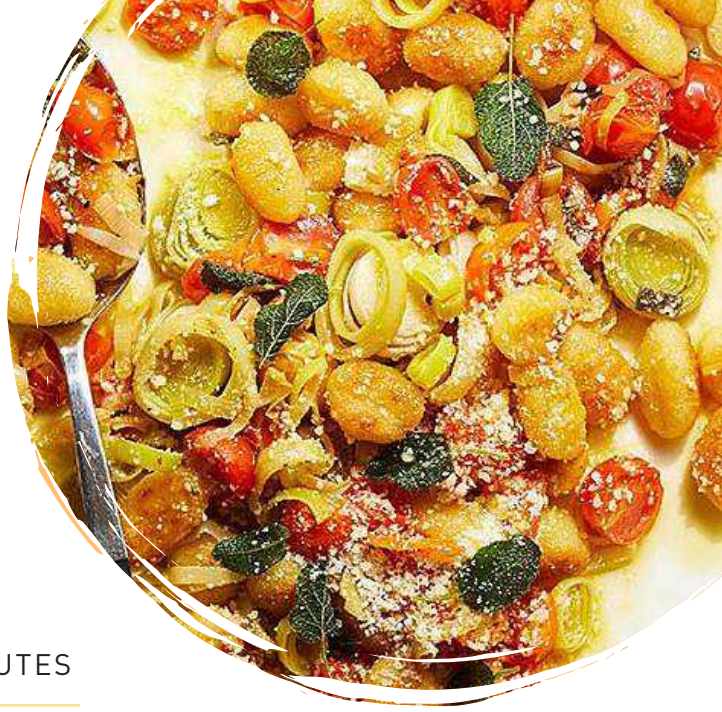
## INSTRUCTIONS

1. Place a cast-iron skillet over medium high heat. Add oil.
2. To the skillet add tofu, chopped vegetables, cumin and pepper. Cook for 7 minutes.
3. Add chickpeas and salsa. Cook for 2 minutes.
4. Remove from the heat and top with cheese. Set aside for 5 minutes.
5. Serve topped with cilantro.





# CRISPY GNOCCHI PASTA WITH TOMATOES & LEEKS



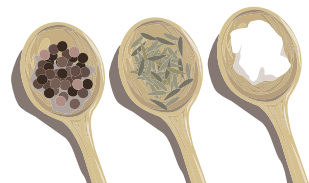
COOKING TIME: 20 MINUTES



SERVINGS: 4

## ..... INGREDIENTS .....

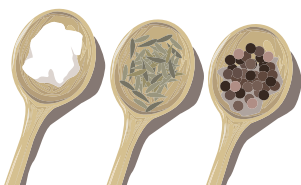
- 1 lb. whole wheat gnocchi
- 2 cups leek, sliced
- ¼ cup dry white wine
- ¼ cup grated Parmesan cheese
- 16 oz. cherry tomatoes, halved
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon fresh sage, chopped plus more for garnish
- 1 clove garlic, minced
- 2 tablespoons butter
- ¼ teaspoon ground pepper





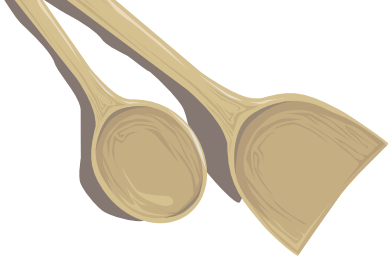
# INSTRUCTIONS .....

1. Place a cast-iron skillet over medium high heat. Add 2 tablespoons oil.
2. Add gnocchi and cook for 7 minutes. Set aside.
3. Return the skillet to medium high heat. Add the remaining oil.
4. Add leek and cook for 3 minutes.
5. Add tomatoes and cook for 4 minutes.
6. Add sage, garlic and cook for 60 seconds.
7. Add wine and butter. Cook for 60 seconds.
8. Return gnocchi back to the pan and cook for 3 extra minutes.
9. Serve gnocchi, vegetables topped with cheese, pepper and sage.



Tortillada





# VEGAN JAMBALAYA



COOKING TIME: 45 MINUTES



SERVINGS: 6

## ..... INGREDIENTS .....

- 6 oz. vegan spicy smoked sausage, chopped
- 2 cups chopped onion
- 1 cup bell peppers, chopped
- 1 cup celery, chopped
- 1 cup long-grain white rice
- 2 cups low-sodium vegetable broth
- ½ cup scallions, chopped
- 1 15 oz. diced tomatoes, unsalted and undrained
- 2 medium jalapeño peppers, seeded and minced
- 1 tablespoon canola oil
- salt and pepper



Tortillada



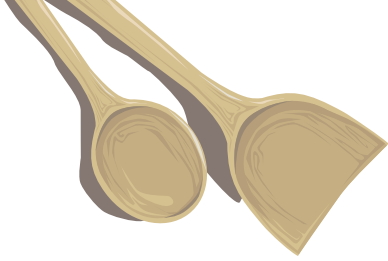
# INSTRUCTIONS .....

1. Place a cast-iron skillet over medium heat. Add oil.
2. To the skillet add sausage and cook for 5 minutes.
3. Add onion, bell pepper, celery and jalapeños. Cook for 7 minutes until softened.
4. To the skillet add rice and stir.
5. Add broth, tomatoes and their juice, pepper and salt. Let it come to a boil.
6. Reduce the heat to low cover and let it simmer for 20 minutes.
7. Remove from the heat.
8. Serve topped with scallions.



Tortillada





# VEGETARIAN LINGUINE



COOKING TIME: 30 MINUTES



SERVINGS: 6



## ..... INGREDIENTS .....

- 6 oz. uncooked linguine
- ½ lbs. mushrooms, sliced
- 1 cup provolone cheese, shredded
- 2 zucchinis, sliced
- 1 tomato, chopped
- 2 green onions, chopped
- 1 garlic clove, minced
- 2 tablespoons butter
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese, shredded
- 2 teaspoons basil, minced
- salt and pepper



Tortillada



# INSTRUCTIONS .....

1. Cook linguine according to directions. Set aside.
2. Place a cast-iron skillet over medium heat.
3. Add butter and oil.
4. To the skillet add zucchini and mushrooms. Cook for 5 minutes.
5. Add tomato, onions, garlic, salt and pepper. Stir, reduce heat, cover and cook for 3 minutes.
6. Add linguine and stir.
7. Top with cheeses and basil.
8. Serve.



Tortillada

