



2020 REGIONAL CULINARY MENU

Warm Brussel Sprout Salad with Walnuts and Cranberries

Chicken Breast Stuffed with Fontina Cheese and Spinach

Cooked Quinoa

Garlic Vegetables Sautee

Chocolate and Olive Oil Cakes

To promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

WARM BRUSSELS SPROUTS SALAD with WALNUTS AND CRANBERRIES

Ingredients:

1 pound	Brussel Sprouts, trimmed and quartered
2 tablespoons	Olive Oil
To taste	Iodized Salt and Table Ground Black Pepper
3 slices	Thick-cut Bacon, chopped
2 tablespoons	Maple Syrup
1 tablespoon	Fresh Rosemary, chopped
½ cup	Walnuts, chopped
½ cup	Cranberries, dried
¼ cup	Pecorino-Romano Cheese, grated

Directions:

1. Preheat oven to 400 degrees.
2. Toss brussels sprouts with olive oil, salt and pepper together in a bowl until coated. Transfer coated sprouts to a baking sheet.
3. Bake in a preheated oven until sprouts are tender, about 15 minutes.
4. Cook and stir bacon in a skillet over medium heat until crisp, about 10 minutes. Add maple syrup and rosemary; cook, stirring often, until the bacon drippings and maple syrup begins to thicken and sticks to the back of the spoon, about 10 minutes.
5. Combine cooked brussels sprouts and bacon mixture together in a large bowl; toss until sprouts are coated with maple syrup sauce. Sprinkle in walnuts, cranberries and Pecorino-Romano cheese; toss well.
6. Serve.

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CHICKEN BREASTS STUFFED with FONTINA CHEESE AND SPINACH

Sauce Ingredients:

¼ cup	White Wine Vinegar
3 ounces	Heavy Cream
2 tablespoons	Lemon Juice
1 ounce	Shallot, chopped
3 ounces	Butter, cut into pieces
1/8 teaspoon	Iodized Salt and Table Ground Black Pepper

Chicken Ingredients:

4 (5 ounce)	Skinless Chicken Breast, halves
2 teaspoons	Olive Oil
2 teaspoons	Garlic, minced
5 ounces	Fontina Cheese, coarsely grated
12	Fresh Spinach leaves
2 tablespoons	Olive Oil

Directions:

1. For sauce: combine vinegar, cream, lemon juice, shallot and pepper in medium saucepan.
2. Boil until reduced to ¼ cup, about 8 minutes.
3. For chicken: Pound each chicken breast between sheets of wax paper to 7x 4 rectangle.
4. Place smooth side down on work surface.
5. Rub ½ teaspoon olive oil and ½ teaspoon minced garlic over each chicken breast.
6. Divide the fontina cheese onto each chicken breast.
7. Top each with 3 slices spinach leaves, overlapping if necessary.
8. Starting at short end, tightly roll up chicken, jelly-roll style.
9. Tie with string in several places.
10. Preheat oven to 350 degrees.
11. Heat remaining 2 tablespoons olive oil in heavy, large ovenproof skillet.
12. Season chicken with salt and pepper.
13. Brown well on all sides, about 10 minutes.
14. Transfer skillet to oven and bake until chicken is cooked through, about 15 minutes.
15. Transfer to plate and cool 5 minutes.
16. Bring sauce to a simmer.
17. Add butter, one piece at a time, whisking just until butter melts and sauce is smooth.
18. Spoon sauce onto plate
19. Cut string off chicken.
20. Cut chicken crosswise into ½ inch thick slices and fan out on plates, overlapping.

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COOKED QUINOA

Ingredients:

½ pound	Yellow Onion, Julienne
1 cup	White Quinoa
2 tablespoons	Olive Oil
½ pounds	Cremini Mushrooms, sliced
2 cups	Chicken Broth, canned
To Taste	Iodized Salt and Table Ground Black Pepper
1 tablespoon	Fresh Dill, chopped

Directions:

1. In skillet, add Olive Oil and sauté onions and mushrooms.
2. Cook until onions are slightly caramelized.
3. Add quinoa and toss lightly.
4. Add broth and cook quinoa until done.
5. Add salt and pepper to taste.
6. Add dill and serve.

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GARLIC VEGETABLES SAUTEE

Ingredients:

1 tablespoon	Olive Oil
1 tablespoon	Butter
3	Garlic Cloves, finely minced
1	Jalapeno Pepper, seeds and ribs removed, minced
2	Zucchini, halved lengthwise and sliced ¼ inch
1	Yellow Bell Pepper, Julienne
1	Red Bell Pepper, Julienne
1	Shallot, ring sliced
To Taste	Iodized Salt and Table Ground Black Pepper
1 pinch	Paprika

Directions:

1. Heat olive oil and butter in a large skillet; cook and stir garlic and jalapeno in hot skillet until softened, about 5 minutes.
2. Add zucchini, yellow bell pepper, red bell pepper, and shallot; continue to cook and stir until tender, about 5 minutes more.
3. Season with salt, pepper and paprika.
4. Serve.

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CHOCOLATE AND OLIVE OIL CAKE

Cake Ingredients:

1/3 cup	Extra Virgin Olive Oil
½ cup	All -Purpose Flour, plus more for dusting
¼ cup	Cocoa Powder
¼ cup	Hot Tap Water
1/3 teaspoon	Baking Soda
¼ teaspoon	Kosher Salt
½ cup	Granulated Sugar
1 + 1	Large Egg, plus one Egg Yolk
½ teaspoon	Vanilla Extract
½ teaspoon	Lemon Zest, finely grated

Glaze Ingredients:

4 ounces	Bittersweet Chocolate, chopped
2 teaspoons	Honey
2 teaspoons	Extra Virgin Olive Oil
Large pinch	Kosher Salt

Garnish Ingredients:

2 cups	Fresh Strawberries, sliced
¼ cup	Granulated Sugar
1 teaspoon	Vanilla Extract
1 teaspoon	Almond Extract

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Directions:

1. Preheat oven to 350 degrees.
2. Brush a 6-cup muffin pan with olive oil and dust with flour.
3. Whisk the cocoa powder and $\frac{1}{4}$ cup hot water in a small bowl, let cool slightly.
4. Combine flour, salt and baking soda in another bowl.
5. Combine sugar, egg, egg yolk, vanilla and lemon zest in a stand mixer fitted with the whisk attachment and beat on medium-high speed until pale and thick, about 1 minute.
6. With the mixer running, drizzle in the olive oil.
7. Add cocoa mixture and beat until combined.
8. Reduce the mixer speed to low, add flour mixture and beat until just incorporated.
9. Divide batter evenly among the prepared muffin cups.
10. Bake until a toothpick inserted into the center comes out with a few crumbs, 8 to 10 minutes.
11. Let cool in the pan on a rack, about 15-20 minutes.
12. Remove the cakes from the pan and let cool completely on the rack.
13. Mix sugar, almond extract and vanilla, add strawberries for garnish.
14. For the glaze, put the chocolate, honey, olive oil, salt in a double boiler pan. Continuously stir the mixture until chocolate is completely melted and glaze is smooth.
15. For service, place half of the glaze on the plate, top with cake, and garnish with strawberries.

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