



Jared and Camine Cook / July 1, 2018

Camine Pappas / July 2018 / Serves 4-5



Roasted Cheese & Tomato Stuffed Mini Pepper Appetizer with Parsley Cilantro Pistou

INGREDIENTS:

- 10-12 mini bell peppers, washed and halved with sinews and seeds removed
- 1 C finely grated English Cheddar cheese or other sharp cheese
- ¼ C + 3 T Mayonnaise divided (just enough to make it a moist paste with the cheese)
- ¼ T chili powder
- ¼ t ground cumin

- ½ regular can of diced tomatoes, drained well. Or ¾ C fresh tomatoes with seeds removed and diced
- 1/2 C + loose bunch of cilantro. Cut another 3 T chopped fresh cilantro
- 1/2 C loose bunch of flat leaf parsley
- 3T+ or - light oil plus more for rubbing on peppers
- 1 large clove of garlic or 2 small. About 1 t chopped
- 1 generous T of lemon zest
- Sprinkling of red chili flakes
- Sea salt and fresh cracked black pepper to taste

METHOD:

Preheat oven to 400 degrees F.

Using a mini food chopper, stuff it with the loose parsley, and cilantro, the lemon zest, and drizzle in about 3 T oil, about 1 t salt and ½ t pepper, and the garlic. Pulse or chop until finely chopped. Add the mayonnaise. Pulse again until you get a wet slurry. Set aside.

Rub washed peppers with a little oil and make sure it covers inside and out of the peppers. Place evenly on a baking sheet covered in foil. Add the grated cheese, cumin, and chili pepper. Add mayonnaise just until a moist paste. Divide the cheese mixture evenly among the pepper halves, pushing it inside to fit flush with the top of the pepper. Top with two or three of the diced tomatoes. Sprinkle with the extra cilantro, a generous dusting of sea salt and black pepper. Add chili flakes to your liking of heat. Bake for 10-12 minutes. Remove, drizzle the pistou over and serve.

Red Plum, Goat Cheese, and Candied Pecan Salad over Baby Arugula With a Lemon Maple Vinaigrette

INGREDIENTS:

- 2 C baby arugula or other heirloom greens
- 3 large, ripe and sweet red plums (can use other stone fruit. Including grapes, nectarines, peaches, or apricots.)
- 4 oz good goat cheese

3/4 C candied pecans (recipe below)
¼ C fresh squeezed lemon juice
3 T light oil
1 t salt, ½ t cracked black pepper
1 t yellow mustard
3 t sugary maple syrup. (The cheap stuff is best!)

METHOD:

Whisk together the oil, lemon juice, salt and pepper, mustard, and maple syrup. Set aside.

Place the plain arugula or other greens on the bottom of the plate. The amount you use is up to you. I used a small handful per plate. Cut the plums into crescent sections and arrange over arugula. Top with goat cheese, and then drizzle with lemon vinaigrette.

(Candied pecans: Place ¼ C chopped pecans in a saucepan over high heat. Let them toast for a couple of minutes. Just until very hot and fragrant. Add 3 T salted butter and 3 heaping but loosely packed light brown sugar. Turn heat down a bit after butter has melted and let them bubble for about 3 – 4 minutes, or until you can see the sugary substance is clear. Dump out onto wax paper and let cool. Break apart and use to top salads, or desserts.)

Lemon and Tarragon Baked Ling Cod over Honey Mashed Sweet Potatoes with an Oyster Mushroom & Cipollini Onion Brown Butter Sauce

Fish:

INGREDIENTS:

1.5 lbs fresh ling cod, patted dry and brought to room temperature
2 ½ C thinly sliced oyster mushrooms (Make sure they're dry before cooking)
1 ½ C Cipollini onions
¾ C (12 T) salted butter
Several sprigs of fresh tarragon
3 T light oil
A few slices of fresh lemon
Sea salt and black pepper
Fresh lemon juice to drizzle at end
Fine parsley micro-greens to garnish
¼ C good chicken stock or white wine



METHOD:

Cut cod into 5 ounce portions, rub with oil and arrange in a baking dish about 2 inches apart. Top with a sprig of tarragon, and thin slice of lemon, and sprinkle generously with salt and pepper. Let sit and preheat the oven to 400 degrees F.

In a 12" saucepan, melt 4 T of butter and when hot and foam on butter begins to recede, add the onions. Let sear until partially caramelized. Remove from pan. Add the other 4 T butter and the mushrooms while the pan is very

hot. Cook until browned and caramelized, about 5 minutes. Now, put the fish in the oven. While it is cooking you can now add the onions back in to the saucepan with the mushrooms, and season generously with salt and pepper and then deglaze with the stock. When reduced by half add the last 4 T of butter and turn to low. Let simmer until ready to plate.

Sweet Potato Mash:

INGREDIENTS:

3 large sweet potatoes, about 3 – 3 ½ C, diced small
1/8 C honey
3 T salted butter
3 T heavy cream
Several sprigs of thyme tied together
Salt and pepper to taste

METHOD:

Bring 10 C of water to a boil. Add the potatoes and nestle the thyme on top. Boil until tender, about 10 minutes. Remove the thyme. Drain, and add the butter, honey, cream, and salt and pepper. Mash with a fork to make rustic potatoes or use an immersion blender to puree. Do not over mix with the blender or they will be gummy. Serve under the baked cod with the mushrooms and onions.

Apricot Ginger Preserves

INGREDIENTS:

10 – 11 C apricots cut into ½ inch chunks
4 C sugar
1 T good vanilla
2 t finely chopped fresh ginger root
1/2 C fresh squeezed lemon zest
1/8 C water

Put all ingredients in a large stock pot. Amount bubbles up to double in volume in the beginning so you need a deep pot. Bring to boil and then lower heat just to maintain the rolling boil. STIR VERY OFTEN to prevent burning and as you reach the end of the cooking time, keep lowering the heat. You only need it to keep bubbling and it will burn if you keep it on high. Stir every few minutes. After 25 minutes, put a spoonful of the liquid on a plate you had placed in the freezer for at least 10 minutes. Put the plate with the liquid on it back in the freezer for 3 minutes. Take out and if when you nudge it with your finger, it wrinkles a little it is done. If not, cook for another 3 minutes and test again. Place in clean mason jars leaving a bit of space at the top in case you want to freeze the jam. Put the lid on and tighten only until sealed, not too tight. Let sit on counter until cooled, about 6 hours. The lids should suck in and seal. They are NOT shelf stable but should stay good in the fridge for months!

©Recipe and Photo Copyright Camine Pappas, 2018. All rights reserved.