

ENTREES

(Fish, Seafood, Poultry, Meat, Game, Tofu, Vegetarian, etc...)



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Barbecued Hot and Spicy Chicken



2 Tbsp. sweet or hot paprika
Vegetable stock
2 Tbsp. ground cumin
2 Tbsp. ground coriander
2 Tbsp. ground caraway
2 tsp. cardamom seeds
2 Tbsp. cayenne pepper
2 Tbsp. black pepper
2 tsp. salt
3 garlic cloves
2 oz. grapeseed oil
4 to 5 lbs. chicken legs and wings

Purée the paprika, cumin, coriander, caraway, cardamom seeds, cayenne pepper, black pepper, salt, garlic and oil in a blender. If too thick to your liking, feel free to add a little vegetable stock. Rub the marinade all over the chicken pieces in a bowl. Cover and refrigerate for 8 to 12 hours or overnight. Try to mix a couple of times, so the marinade is well-distributed.

Heat up the grill on medium. Brown the chicken pieces on each side. Then finish cooking on low-heat, switching sides to avoid burning.

Number of servings will vary based on piece sizes.

My Healthy Chicken Marengo



*4 tsp. grapeseed oil
2 1/2 lbs. chicken breast, cut into medium size pieces
1 medium onion, diced
2 large carrots, diced
2 large garlic cloves, minced
2 Tbsp. flour
3/4 cup dry white wine
2 cups low-fat and low-sodium chicken stock
1/2 tsp. Italian dried herbs
24 small white pearl onions, peeled
1 large green bell pepper, diced
1 cup canned tomatoes, drained
1/2 cup pitted black olives
8 oz. mushrooms, diced
2 Tbsp. freshly minced parsley
Salt and pepper to taste*

Lightly season the chicken pieces with salt and pepper. Heat half of the oil in a nonstick pan over high heat. Add half of the chicken breasts and brown on all sides. Transfer to a bowl and set aside. Repeat with the remaining oil and chicken. Add the onion, carrots and garlic to the pan. Sauté for a minute and then mix in the flour. Add the white wine and cook for 2 minutes. Add the chicken stock, mix, and transfer to a larger pan. Add the chicken, herbs, pearl onions, pepper, tomatoes, and bring to a boil. Reduce heat, cover, and simmer for 30 minutes. Add the mushrooms, parsley, and continue to cook, uncovered, for 5 minutes. Add the black olives and adjust seasonings. Serve immediately over brown rice.

Comments: if you do not want to use wine, substitute the quantity with chicken stock. If you also do not want to use flour, you can thicken the sauce at the end with a mixture of cornstarch and water. Makes 8 servings.

Corned Beef with Vegetables



3 to 4 lbs. corned beef
6 medium-sized carrots, chopped
6 medium-sized potatoes, chopped
6 medium-sized turnips, chopped
1 large head of cabbage, quartered
1 bunch of fresh parsley, chopped

Place corned beef in a deep stock pan and add enough cold water to cover. Bring to a boil over high heat. Skim the surface from any residue. Cover, reduce heat and simmer for 3 to 3 1/2 hours or until the meat is almost tender. Time may vary based on the corned beef thickness. Keep skimming the surface as long as residue rise. Add carrots, potatoes, turnips, cabbage, and parsley. Continue to cook for another 20 to 30 minutes.

Comments: I do not add salt or pepper, since usually corned beef is already very salty and peppery. However, be your own judge, based on the type of meat you get!

Serve 6 to 8 servings.

Fall Apple Slaw with White Fish



2 medium granny smith apples; peeled, cored and shredded
2 carrots, peeled and shredded
1 small onion, peeled and shredded
1/4 cabbage, shredded
1/4 cup lemon juice plus 1 lemon
1 Tbsp. rice vinegar
1 Tbsp. ginger powder
2 Tbsp. Thai basil, chopped
4 tsp. chopped walnuts
4 - 6 oz. white fish fillets
Olive oil
Salt and pepper to taste

In a bowl; mix the apples, carrots, onion, cabbage, lemon juice, vinegar, garlic and basil. Set aside or refrigerate for later use.

Preheat the oven to 400°F and lightly oil a roasting pan. Place the fillets on the pan. Drizzle a little olive oil and squeeze a little lemon juice over each fillet. Season to taste and broil for 5 to 7 minutes. Time may vary based on fish thickness. Keep a close eye to avoid burning. The fish is done when it starts to flake and look opaque. Transfer to serving platter and top with the prepared slaw. Sprinkle chopped walnuts and serve immediately.

Option: Add a little soy sauce or Liquid Aminos to the slaw.

Makes 4 servings.

Fish Stew



| | |
|--|--|
| <i>2 large tomatoes</i> | <i>1/4 cup freshly minced parsley</i> |
| <i>2 tsp. olive oil</i> | <i>2 long and wide strips orange zest</i> |
| <i>1 large onion, finely diced</i> | <i>4 saffron threads</i> |
| <i>1 large carrot, finely diced</i> | <i>1 tsp. fennel seeds</i> |
| <i>5 garlic cloves, minced</i> | <i>2 large potatoes, peeled and sliced</i> |
| <i>6 oz. Chardonnay</i> | <i>1 large red bell pepper, sliced</i> |
| <i>1/4 cup orange juice</i> | <i>4 lbs. various fish (see below)</i> |
| <i>5- 3/4 cups low-sodium fish stock</i> | <i>8 large shrimps</i> |
| <i>1 bouquet garni</i> | <i>2 Tbsp. chopped basil leaves</i> |
| <i>Salt and cayenne pepper to taste</i> | |

Make a small X incision at the top and bottom of the tomatoes. Blanch them in simmering water for 20 seconds. Remove and place the tomatoes in ice-cold water to stop the cooking process. Peel, seed, and dice the tomatoes. Set aside.

Heat the oil in a large deep pan over high heat. Add the onion and sauté until translucent. Add the carrots, garlic, and sauté for 2 minutes. Add the wine, orange juice, and reduce by half. Add the stock, bouquet garni, tomatoes, parsley, orange zest strips, saffron, fennel seeds, potatoes, red bell pepper, and bring to a simmer. Reduce heat and simmer for 10 minutes. Add the fish, shrimps, basil, and simmer until fish cooked through. Time may vary based on piece sizes. Sim the surface of any foam that formed while cooking. Remove the bouquet garni and zest. Season to taste and serve immediately.

Comments - Any combination of the following fish works best for this stew: cod, bream, eel, hake, monkfish, halibut, mackerel, perch, red snapper, tuna or any white fish. If a less fishy stew taste is desired, you may substitute half or all the fish stock with vegetables stock.

Makes 8 servings.

Grilled Monkfish with Pancetta or Smoked Ham



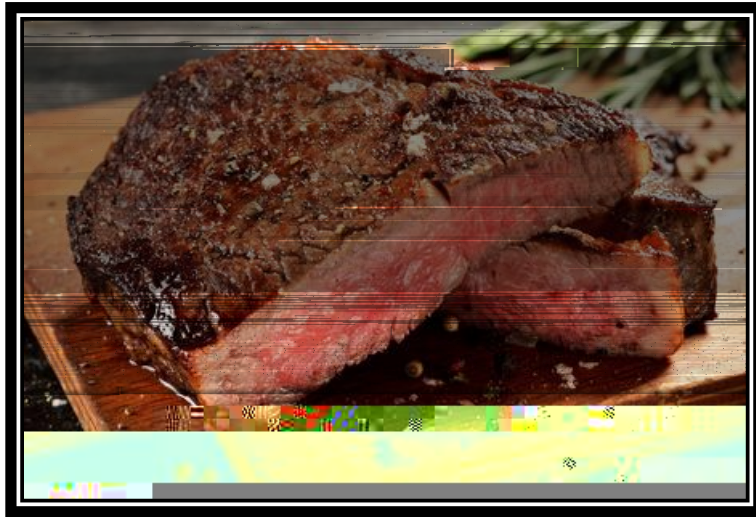
4 – 6 oz. monkfish filets
4 large slices of Pancetta or smoked ham
8 fresh basil leaves
Garlic powder
Salt and pepper to taste

Lightly season the monkfish and sprinkle a little garlic powder all over the fish. Spread two basil leaves on each filet center. Wrap the filet and basil with the Pancetta or smoked ham slice. Brush with oil and grill for 5 minutes, time may vary based on thickness of the fish. Moisten with oil and turn the fish over. Grill until the flesh starts to flake, approximately another 3 to 5 minutes. Serve immediately with your favorite grilled vegetables, asparagus or salad.

Comments: You may substitute the fish with a mild flavored fish filet.

Makes 4 servings.

Grilled Ribeye Steak with Avocado Sauce



*4 Ribeye steaks
1 avocado, seeded and peeled
1 Tbsp. freshly minced parsley
1/2 tsp. onion powder
1/4 tsp. garlic powder
1 tsp. freshly minced rosemary
1/4 cup plain goat yogurt
Salt and cayenne pepper to taste*

Place the avocado, goat yogurt, parsley, onion powder and garlic powder in a blender. Mix until smooth. If too thick to your like, add a little water or vegetable broth to the mixture until you obtained desired consistency.

Preheat the grill to medium-high heat. Season the steaks with salt and pepper. Sprinkle the rosemary and place on the hot grill. Cook for 4 minutes. Flip over and continue to cook for another 2 to 3 minutes (rare to medium rare) or longer to desired doneness. Serve immediately with the prepared avocado sauce.

Makes 4 servings.

Lamb Roast



*5 lbs. lamb roast
6 garlic cloves, chopped
6 fresh rosemary sprigs
1/3 cup olive oil
1 large onion, quartered
2 large carrots, chopped
2 lbs. of baby white potatoes, halved
Salt and pepper to taste
1 large plastic bag*

Mix the garlic, rosemary sprigs and olive oil in the plastic bag. Season the lamb roast and transfer to the bag. Place in refrigerator for 24 hours. Rotate the bag a few times, as it will better infuse the roast.

Prepare a roasting pan and preheat the oven to 350°F. Mix the onion, carrots and potatoes with a little olive oil, just enough to moisten. Sprinkle some garlic powder and season to taste. Set aside for later use.

Transfer the roast, fat side up, to the roasting pan. Spread the rosemary sprigs over the roast. Pour a little bit of the flavored oil over the roast and around it. Bake for 45 minutes, basting every 15 minutes. Add the onion, carrots and potatoes mixture. Cook another 45 minutes or longer until meat thermometer registers 160°F for medium rare. Remove from the oven and let rest, covered with foil, for a few minutes. Keep in mind, as it rests, it will continue to slightly cook. Slice the roast and serve immediately.

Suggestions: Serve with mustard (Grey Poupon), ketchup or Aioli as an accompaniment to the meat and a spinach/greens salad.

Makes 6 to 8 servings.

Leftover Turkey Curry



*2 Tbsp. + 1 tsp. grapeseed oil
2 Tbsp. flour
2 cups turkey or chicken stock
1 large onion, sliced
2 carrots, sliced
2 cups cooked turkey, chopped
1 to 2 Tbsp. curry powder
2 granny smith apples, peeled and chopped
1 Tbsp. currants
2 Tbsp. coconut milk
Salt and pepper to taste*

Heat the 2 Tbsp. oil and flour in a large pan over medium heat. Start to add the stock slowly mixing constantly. Keep adding until all used and then add the curry powder. Bring to a boil and continue to cook until thickened to a sauce consistency, stirring often to avoid scorching.

Heat the 1 tsp. oil in a large skillet over medium heat. Add the onion and cook until translucent. Add the carrot and cook until tender. Add the turkey, apples, currants, and mix well. Pour the prepared sauce and bring to a boil. Continue to cook for 4 to 5 minutes. Add the coconut milk and bring to boil. Adjust seasonings and serve immediately over rice.

Makes 4 servings.

Orange Chicken



1 tsp. grapeseed oil
4 skinless chicken breasts
½ small onion, small diced
3 oranges
½ cup sugar
½ cup vinegar
½ cup Porto
1 cup beef stock
1 Tbsp. Grand Marnier or Orange Liquor
1 Tbsp. fresh minced parsley
Salt and pepper to taste

From one orange, julienne zest, blanch 2-3 minutes, and set aside. Remove all white part left over from that orange, dice, and set aside. Juice the last two oranges and set aside. Melt sugar with vinegar in a sauté pan over medium heat, and caramelize until golden brown. Add the Porto, orange juice, stock, onion, and reduce by half. Remove from heat and set aside.

Heat grapeseed oil in a sauté pan over medium high heat. Add the chicken breasts and cook until golden brown on one side. Turnover and brown the other side. Deglaze the pan with a little bit of the prepared sauce (enough to reach the bottom of the chicken breasts). Reduce heat, cover, and simmer until the chicken is cooked through (about 5 minutes, though this may vary based on the thickness of the chicken pieces). Transfer the chicken breasts to a serving platter and cover with aluminum foil to keep warm. Add the remaining sauce and reduce to the right consistency. Pass through a sieve and return to pan. Add liquor, zest, any rendered chicken juices, and bring to a boil. Taste and adjust seasonings. Finish by adding the diced oranges and parsley. Serve immediately over the prepared chicken breasts.

Makes 4 servings.

Oven Roasted Turkey



*3 lbs. turkey breast
2 tsp. grapeseed oil
2 tsp. dry Italian herbs
Salt and pepper to taste*

Preheat the oven to 375°F.

Careful lift the turkey breast skin. Rub half of the oil on the turkey flesh and spread 1 tsp. dry Italian herbs. Push back the skin on the flesh. Brush the remaining oil on the skin, season to taste, and sprinkle the last teaspoon of herbs. Place in a greased pan and bake for an hour or until cooked through.

Option: use different herbs and spices to vary flavors.

Comments: Slice it thin for sandwiches or cube it for salads or soups.

You can also slice it a little bit thicker for a main dish. Accompany it with your favorite sauce or au jus, sweet potato and vegetables.

Makes 6 servings.

Provençal Beef Stew



*2 yellow bell peppers
3 tablespoons olive oil
3 tablespoons lime juice
1" fresh ginger, minced
1 tablespoon freshly minced Thai basil
2 tablespoons freshly minced cilantro
1 teaspoon lime zest
1 jalapeno, seeded and minced
12 extra-large shrimps
4 plums, quartered
Salt and pepper to taste*

Cut the yellow bell peppers into the size of the plum pieces. You need to end up with 12 pieces. It is ok to end up with a few extras which you can use for a salad or another side dish. Mix the olive oil, lime juice, ginger, Thai basil, cilantro, lime zest and jalapeno in a bowl. Season to taste and mix well. Transfer half of the mixture to another bowl. Add the 12 bell peppers pieces, shrimps, plums, and mix. Refrigerate for 20 minutes.

Make 4 kebabs with the ingredients. Start in the following order: plum, shrimp, bell pepper, and repeat two more times for each kebab. Preheat the barbecue on medium high. Barbecue the kebab, turning once, until the shrimps are cooked through. Time may vary based on the size of the shrimps. They are done when a beautiful pink color appears. Transfer to a serving plate and drizzle the remaining dressing.

Makes 4 servings.

Baked Rockfish A La Meunière



*3 lbs. Rockfish filets
Garlic powder
Salt and pepper
Minced parsley or cilantro
2 limes, juiced
Olive oil*

Preheat the oven to 350°F.

Place a parchment paper over a cookie sheet. Spread the fish filets over the sheet and sprinkle garlic powder, salt, pepper and parsley or cilantro. Pour the lime juice over and drizzle a little bit of olive oil. Cover with aluminum foil and bake for 10 minutes. Remove foil and continue to bake for another 10 minutes, time may vary based on thickness of the filets. Serve immediately with your favorite vegetables.

Option: Serve with a quarter lime and drizzle a little more olive oil, as needed.

Makes 8 servings.

Roasted Chicken Au Jus



*1 whole organic chicken
3 tsp. dried thyme, minced
3 tsp. dried rosemary, minced
1 small onion, cut into 4 pieces
1 medium carrot, cut into 4 pieces
1 celery stalk, cut into 2 pieces
4 slices organic lemon
2 cups organic low-fat/low-sodium chicken stock
Grape seed oil
1 Tbsp. cornstarch, mixed with a little water
Salt and pepper to taste*

Preheat the oven to 325°F.

Remove the giblets from the chicken. Rinse the chicken under cold water and pat dry. Carefully lift the breast skin area and spread 1 tsp. thyme and rosemary over the flesh. Insert the lemon slices spreading them apart. Bring the skin back to its normal spot. Season the chicken cavity and add in 1 tsp. thyme and rosemary. Brush some oil over the chicken. Sprinkle the remaining 1 tsp. herbs over the top of the chicken and season to taste. Place the chicken in a roasting pan and roast for 2 to 2.5 hours or until the juices run clear.

Remove the chicken from the pan and set aside covered to keep warm. If any, remove excess fat from the roasting pan. Add the onion, carrot, celery and chicken stock. Deglaze the pan, scraping the bottom with a spoon, over medium heat on the stovetop. Bring to boil and reduce to 1 cup. Strain, discard solids, place the liquid in a saucepan, add any rendered chicken juices, and bring to boil again. Thicken with cornstarch mixture, adding a little at a time, until the desired consistency is obtained. Serve immediately with the chicken.

Makes 4 to 6 servings.

Roasted Goose with Chestnuts



2 lbs. chestnuts

4 cups chicken stock (low-fat/low-sodium)

2 large apples; peeled, finely chopped and mixed with a little lemon juice

4 large celery stalks, finely diced

1/2 tsp. dried thyme

1/2 tsp. dried marjoram

4 Tbsp. freshly minced parsley

2 tsp. salt and 1/2 tsp. pepper

1 Tbsp. canola oil

Cornstarch mixed with a little water

Kitchen twine

6 to 7 lbs. goose

Watercress:

3 Tbsp. sunflower oil

1 Tbsp. lemon juice

1 Tbsp. salad herbs

1 Tbsp. mustard

3 bunches watercress, washed and pat dry

Salt and pepper to taste

For the goose: Slit the chestnut shells and place them in a pan. Cover with water and bring to a boil. Simmer for 2 minutes and remove from heat. Let cool for approximately 5 minutes, then peel the chestnuts, removing them from the water one at a time. Place the peeled chestnuts in a saucepan and add enough chicken stock to cover them. Bring to a boil over medium high heat. Cover, reduce heat and cook for 20 minutes or until just barely tender. Strain the chestnuts, reserving the stock. Preheat the oven to 350°F. In a bowl; mix the chestnuts, apples and celery. Add the thyme, marjoram, parsley, salt and pepper. Mix well and stuff the goose with the mixture. Close the opening tight with twine. Place the goose on a rack over a roasting pan. Add 1 cup water to the pan. Rub the goose with oil and roast for 2.5 to 3 hours or until done. Baste the goose every 20 minutes and add water in the pan as it evaporates during the cooking process. Remove from the oven and transfer the goose to a serving platter. Cover with aluminum foil to keep warm. Add 1.5 cups of the stock to the saucepan and bring to a boil over medium high heat. With a spoon, remove any fat floating on the surface. Reduce the sauce to concentrate its flavors. Thicken with a little cornstarch mixture, bring to a boil and adjust seasonings. Spoon out the goose stuffing in a serving bowl. Slice the goose and place on a serving platter. Pour over a little bit of the sauce and place the remaining sauce in a sauceboat. Serve immediately with the watercress and the stuffing.

For the watercress: In a bowl; mix the oil, lemon juice, mustard, herbs and season to taste. Top with the watercress, but do not mix until serving time. Makes 4 to 6 servings.

Roasted Leg of Lamb



1 leg of lamb (approximately 5-6 lbs. fat trimmed)
4 oz. onions, chopped
2 oz. carrots, chopped
2 oz. celery, chopped
1 Tbsp. of grape seed oil
2 garlic cloves, peeled
2 tsp. dry thyme
1 tsp. dry rosemary
4 large garlic cloves, peeled
2 cups of lamb, beef or chicken stock
Salt and pepper to taste

Preheat oven at 475°F.

Cut one-garlic clove in half and rub each half all over the leg of lamb. Brush with grape seed oil. Sprinkle with thyme, rosemary and pepper to taste (1/8 tsp should be enough). Place lamb in a roasting pan and cook for 15 minutes. Reduce temperature to 400° F and continue to cook for 15 more minutes. Add mirepoix (onion, carrot and celery) to bottom of pan; turn over the leg of lamb, and continue to cook for another 20-30 minutes or until reaching a 160° F inside temperature. When done; place lamb in a plate and cover with aluminum foil. Wait 15 minutes before carving.

Meanwhile, add a little stock to the pan and deglaze bottom and sides of the pan. Pass through a sieve and return to pan. Bring the liquid to a boil over high heat. Move half the pan off the heat; then remove the fat that starts to separate and rise on one side of the pan. Bring the whole pan over medium heat, add remaining garlic cloves, stock, and simmer for 20 minutes. Adjust seasonings and serve immediately with the roasted leg of lamb sliced.

Option: Substitute 3 Tbsps. of Dijon mustard for the oil. For lower fat, you may place the leg of lamb on a rack, so it does not touch the bottom of the pan.

Suggestions: Serve with green beans and roasted potatoes on the side.

Makes about 8 servings.

Shrimp and Avocado Tostada



*8 corn tortillas
12 oz. cooked shrimps, chopped
1 small red onion, chopped
2 medium tomatoes, chopped
1 medium yellow bell pepper, chopped
1 small jalapeno, seeded and chopped
2 Tbsp. chopped cilantro
1/4 cup lime juice
1 cup shredded lettuce
1 large avocado, cut into 8 slices
1 lime, quartered
Salt and pepper to taste*

Place the shrimps, red onion, tomatoes, bell pepper, jalapeno, cilantro and lime juice in a large bowl. Season to taste and carefully mix.

Place the corn tortillas in two large nonstick pan. Over medium high heat, brown the tortillas on both sides. Transfer to a serving platter. Top each tortilla with lettuce and prepared mixture. Garnish each tortilla with 2 slices of avocado and a lime wedge. Serve immediately.

Option: You can substitute the shrimp with chicken or turkey meat.

By the way, you can also heat up the corn tortilla without browning. You will quickly obtain a soft, bendable texture that you can fill for soft tacos.

Makes 4 servings.

Shrimp and Plum Kebabs



*2 yellow bell peppers
3 Tbsp. olive oil
3 Tbsp. lime juice
1" fresh ginger, minced
1 Tbsp. freshly minced Thai basil
2 Tbsp. freshly minced cilantro
1 tsp. lime zest
1 jalapeno, seeded and minced
12 extra-large shrimps
4 plums, quartered
Salt and pepper to taste*

Cut the yellow bell peppers into the size of the plum pieces. You need to end up with 12 pieces. It is ok to end up with a few extras which you can use for a salad or another side dish. Mix the olive oil, lime juice, ginger, Thai basil, cilantro, lime zest, and jalapeno in a bowl. Season to taste and mix well. Transfer half of the mixture to another bowl. Add the 12 bell peppers pieces, shrimps, plums, and mix. Refrigerate for 20 minutes.

Make 4 kebabs with the ingredients. Start in the following order: plum, shrimp, bell pepper, and repeat two more times for each kebab.

Preheat the barbecue on medium high. Barbecue the kebab, turning once, until the shrimps are cooked through. Time may vary based on the size of the shrimps. They are done when a beautiful pink color appears. Transfer to a serving plate and drizzle the remaining dressing.

Makes 4 servings.

Spiced Lamb Patties



*1 lb. ground lamb meat
1 small onion, thinly shredded
1 small carrot, thinly shredded
1 Tbsp. olive oil
1 Tbsp. paprika
1 tsp. cayenne pepper
2 tsp. freshly minced oregano
2 tsp. minced mint leaves
1/2 tsp. salt*

Place the lamb meat in a bowl and set aside.

Place the olive oil, paprika, cayenne pepper, oregano and mint in a skillet. Heat up the mixture on low for thirty seconds. Remove from heat and set aside to cool off. Transfer to the lamb and mix by hand. Form 4 elongated narrow rectangular patties. Place on a parchment paper lined cookie sheet.

Heat the broiler. Place the elongated patties under the broiler and cook for 3 minutes. Turnover and continue to cook for another 3 minutes (or till cooked through). Time may vary, based on your thickness.

Suggestions: Serve with ratatouille, an eggplant dish, or couscous accompanied with vegetables.

Makes 4 servings.

Stuffed Chicken Ménagère



8 large skinless chicken breasts
3 tsp. grapeseed oil
1 medium onion, minced
2 garlic cloves, minced
1/4 tsp. dried thyme
1 Tbsp. chopped parsley
14 oz. lean ground pork

1 cup Italian breadcrumbs
3/4 cup dry white wine
3/4 cup brown stock
1 bay leaf
2 large pinches of salt - Pepper to taste
1 Tbsp. dried parsley
Twine

With a mallet, pound the chicken breasts to thin out. It should resemble a scaloppini. Be careful not to rip the breast. Heat 1 tsp. grapeseed oil in a pan over medium heat. Add the onion and garlic. Sauté until translucent and then transfer to a large bowl. Mix in thyme, parsley, ground pork and breadcrumbs. Season with salt and pepper. Stuffed each chicken breast with the prepared mixture. Fold the sides and then roll over. Tie with twine. Preheat the oven to 375°F.

In a large skillet, heat 1 tsp. oil over medium-high heat. Add 4 stuffed chicken and brown on all sides. Transfer the chicken pieces to an oven proof pan. Deglaze the skillet with a little white wine and add to the chicken pan. Repeat the process with remaining oil and chicken. Deglaze the skillet with the remaining wine and bring to a boil. Reduce a little bit, add the brown stock, bay leaf, and bring to a boil. Transfer to the chicken pan and bake uncovered for 1 hour to 1 hour and 15 minutes. Baste every 15 minutes to keep the chicken moist.

Transfer the stuffed chicken to a serving platter and remove twine. Strain the sauce and skim the fat from the surface. Reduce a little bit over high heat to concentrate the flavors. Pour a little sauce over the chicken and serve the remainder in a sauceboat. Sprinkle with parsley and serve immediately.

Comments: Each piece is large and can easily be split in half. This will considerably reduce calories, if you are watching your diet. **Suggestions:** Serve with vegetables medley, green beans, or cold over greens.

Makes 8 servings.

Swordfish with Mustard Sauce



*2 tsp. olive oil
4 swordfish fillets
1 small shallot, minced
1 garlic clove, minced
2 Tbsp. Dijon Mustard
1/2 cup Sauvignon Blanc wine
1/2 cup vegetable stock
4 Tbsp. crème fraîche (optional)
3-4 fresh tarragon branches, plus 1 tsp. dried tarragon
Salt and pepper to taste*

Wash and dry swordfish fillets. On a cutting board, mince the fresh tarragon (do not use the trunk part) and set aside. Sprinkle a pinch of dry tarragon over each fillet meaty side.

Heat the oil in a sauté pan over high heat. Add the fillets, on meaty side first, and brown. Turnover and brown. Remove fillets and keep warm in a plate covered with aluminum foil. Remove any oil remaining in the pan. Add the wine, stock, shallot, garlic and half of the fresh tarragon. Bring to a boil and simmer for 2 minutes. Pass the liquid through a sieve and return it to the pan. Add the mustard and mix briefly. Add the crème fraîche (optional), remaining fresh tarragon, and bring to a simmer. Taste and adjust seasonings. Serve immediately over the fillets.

Option: Omit the crème fraîche for lower fat.

Makes 4 servings.

Trout Filet with Pesto



*2 tsp. olive oil
4 - 6 oz. fish filets
1/8 cup white wine
1 Tbsp. lemon juice
1/4 cup Pesto
8 baby corns
1 bunch fresh basil, chiffonade
Flour
Salt and pepper to taste*

Season the fish filets to taste, before dredging them into the flour. Tap off the excess flour and set aside in a plate.

Heat the olive oil in a large pan over medium heat. Add the fish filets and brown on both sides. Add the wine, lemon juice, pesto, and bring to a simmer. Top the fish with the baby corn, cover, and continue to cook until the fish starts to flake. Season to taste, add the basil chiffonade, and serve immediately.

Comments: I like to serve this trout with pasta mixed with pesto or a little rice on the side. If you like a thicker sauce, remove the fish filets when cooked through, and then reduce the sauce a little more.

Makes 4 servings.

Wild Salmon en Papilote



*1 large wild whole salmon filet
1 tsp. garlic powder
Freshly minced salad herbs
1 lemon, juiced
Olive oil
Salt and cayenne pepper to taste*

Preheat the oven to 400°F.

Cut two foil pieces large enough to cover the filet. Place the two pieces, overlapping each other, on a baking sheet. Add the filet in the middle and fold the foil a bit. Top with the garlic powder, herbs, and season to taste. Pour over the lemon juice and drizzle a little bit of olive oil. Fold loosely, leaving space between the fish and the foil, and seal tightly at the edges. Bake for 20 minutes or till done through. Time may vary based on the filet thickness. Remove from oven and serve immediately.

Makes 4 to 6 servings.