

3<sup>RD</sup> EDITION

# MetroCooking DC

The Metropolitan Cooking  
& Entertaining Show

## SUMMER RECIPE COLLECTION



Organized By:




E. J. KRAUSE &  
ASSOCIATES, INC.



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# CORN, FREGULA & SUN GOLD TOMATO SALAD

from *Season* cookbook

Serves 4



Fregula looks like a grain, but it's actually a toasted semolina pasta, similar to Israeli couscous. We love to combine it with corn kernels because the two look similar, but their textures are total opposites. The chewy fregula and the crunchy pop of the corn are a fun contrast. The recipe includes a simple technique for cooking the corn: you put the raw kernels in a colander and drain the just-cooked fregula and water right over them. That quick boiling-water bath is all the cooking fresh summer corn kernels need for a salad like this.

4 ears yellow corn, husks and silk removed  
Kosher salt  
1 cup fregula  
1 lb Sun Gold cherry tomatoes, halved

2 cups fresh purslane leaves and tender stems  
¼ cup minced fresh chives  
⅓ cup extra-virgin olive oil  
¼ cup rice vinegar

**TO PREPARE THE FREGULA AND CORN:** One at a time, stand each ear of corn upright on its stem end and, using a sharp knife, cut straight down between the kernels and cob to remove the kernels, rotating the ear after each cut. Transfer the kernels to a large colander with a base and set in the sink.

In a medium pot, combine 2 qt water and 2 tablespoons salt and bring to a boil over high heat. Add the fregula, adjust the heat to a simmer, and cook for 8 to 10 minutes, until tender.

Remove the pot from the heat and pour the fregula over the corn, allowing the hot water to drain through the kernels. Drain well and let cool to room temperature.

**TO ASSEMBLE THE SALAD AND SERVE:** In a serving bowl, combine the fregula and corn, tomatoes, 1 cup of the purslane leaves, the chives, oil, vinegar, and 1 tablespoon salt and toss to mix well. Taste and adjust the seasoning if needed. Sprinkle the remaining 1 cup purslane leaves on top.

**WINE PAIRING:** Kendall-Jackson Grand Reserve Chardonnay — The sweet, mild flavor of steamed corn with a buttery Chardonnay is a classic summer pairing. Here, the creamy texture of the pasta matches the elegantly layered richness of the wine.





# Sunday Brunch Crabby Quiche



Brunch isn't brunch without the option for a light & fun boozy pairing! We suggest pairing this delicious quiche with a light semi-sweet Rosé, such as the Pi'Goat Blanc from our Robin Hill Farm & Vineyards, a local Maryland Winery. ~ Shelby Watson-Hampton

## The Recipe

- |  |                                      |
|--|--------------------------------------|
| 1/2 cup mayonnaise   | 2 Tblsps. all-purpose flour          |
| 2 large eggs, beaten   | 1/2 cup whole milk                   |
| 12 oz. fresh Maryland crab meat (if unavailable, use 12 oz. canned, flaked crab meat, drained) |                                      |
| 1/3 cup chopped green onions   | 2 cups shredded white cheddar cheese |
| 1 Tblsp. minced fresh parsley  | 1 unbaked 9" pastry shell            |
| Old Bay seasoning  | Garlic powder                        |

In a large bowl, combine the mayonnaise, flour, eggs, and milk. Mix well. Stir in the crab, onion, parsley, and cheese. Stir gently until evenly mixed. Spoon into the pastry shell. Sprinkle the top evenly with a light coating of garlic powder and light coating of Old Bay seasoning. Bake at 350° for 1 hour or until a knife inserted in the center comes out clean.

## Food Facts from Real Farmers

No one knows food better than farmers. That's why CommonGround is your best resource for reliable food facts on topics like GMOs, animal welfare, food safety, and sustainability.

Check out our stories from the farm at [FindOurCommonGround.com](http://FindOurCommonGround.com)

We have answers to your food and farm questions!



Our 4th generation family farm is a story of transition as each generation found the key to thrive - starting with tobacco & hogs, then a tree nursery, next agritourism, and today, our family grows wine grapes and runs a winery.

BUILDING THE PERFECT  
*Cheese Board*

No other cheddar makes cheese boards more irresistibly delicious than Cabot farmers' award-winning best. Create stunning platters for summer parties, explore wine pairings, & more at [cabotchese.coop/cheese-culture](http://cabotchese.coop/cheese-culture)

**VARIETY**

A variety of Cabot cheeses means more dynamic flavors.

**SWEETNESS**

Sweet honey and apricots deliciously complement savory notes.

**ARRANGEMENT**

Evenly arrange cheeses, then tuck in other elements to create a visual feast.

**TEXTURE**

Crunchy textures from walnuts and pickles make for exciting bites.

**CONTRAST**

Creamy pears and briny olives add luscious depth and contrast.

**SPICE**

Cabot's fiery Hot Habanero Cheddar adds a taste of the unexpected.

In 2012, Cabot became the world's 1<sup>ST</sup> B Corp Certified dairy co-op.





**MEATLESS  
FARM**

~ LOVINGLY MADE FROM PLANTS ~

# FULL OF FLAVOR HIGH IN PROTEIN AND MEATLESS

## ASIAN POWER STIR FRY

🕒 40 mins

🍴 Serves 4

### How to prepare it:

1. Cook the rice according to the instructions on the pack, approx. 3oz per person in the meantime prepare the ground and extras. When the rice is cooked you can leave it in the pan until ready to serve.
2. Place a non-stick pan over a medium high heat with the sesame oil, carefully add the ground to the pan in one block, leave to cook on one side until well browned, carefully flip the block of grounds and color on the second side. Using a wooden spoon start to break the ground up. Keep cooking until the ground strands are well colored on all sides. This should take 10 -12 mins. When the ground is cooked and nice and crispy, remove the pan from the heat and set aside.
3. In the same pan add some more sesame oil to the pan on a medium heat and gently fry the whole chili, garlic and ginger to release the flavors. Cook for 3-4 mins being careful not to burn. The aim is to flavor the oil.
4. Mix the soy, mirin, rice vinegar and lime in a bowl and mix. Add this to the pan and stir on a low heat for 30 seconds. Add back the ground, tossing in the pan and allow it to caramelize again on a medium heat.
5. Boil or steam your broccoli for 3-4 mins and evenly portion out the rice into 4 bowls.
6. Spoon the grounds over the top, and garnish with the tomatoes, cashews, basil and oyster mushrooms. Finally sprinkle over the sesame seeds and scallions. A squeeze of lime or dash of soy sauce over the finished plate is optional for a zingy boost

### Ingredients:

- 1 pack of Meatless Farm Meat Free Ground
- 2 teaspoons of good quality sesame oil
- 1 red chili
- Thumb of ginger, finely chopped
- 4 cloves of garlic, finely chopped
- 1 tbsp soy sauce
- 1 tsp rice wine vinegar
- 2 tbsp mirin
- 12 oz Jasmine or wholegrain rice
- 8 stems of tender stem broccoli
- 8 oyster mushrooms
- 4oz of cashew nuts
- 8oz cherry tomatoes
- 1 scallion, finely sliced
- Handful of basil
- 1 lime
- Mixed sesame seeds



# KO DISTILLING'S SUMMER COCKTAILS



## THE STONE RUSH

1½ oz Distiller's Reserve  
½ oz Honey syrup  
¼ oz Peach juice  
¼ oz Lemon juice

Combine the ingredients into a rocks glass with ice. Stir, and garnish with a fresh peach slice.

## ORANGE THYME MANHATTAN

1 ½ oz Distiller's Reserve  
½ oz Dolin Vermouth Rouge  
½ oz Blood orange syrup  
2-3 Dashes of Orange bitters  
2-3 Thyme Sprigs

In a shaker, add 2 thyme sprigs, blood orange simple syrup, and 2 dashes of orange bitters. Muddle, then add ice, whiskey, and vermouth. Stir and strain into a coupe glass. Garnish with a blood orange slice and a sprig of thyme.

---

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DrinkKO Responsibly



## Cucumber Cooler

Build in a low ball glass

2 oz Vena's Cucumber Cooler Spirit Sipper w/ gin

1 oz fresh squeezed lime juice

.5 oz simple syrup

4 dashes Vena's Flowers Bitters

Spritz of seltzer; garnish with lime wedge

  
**Vena's**  
— FIZZ HOUSE™ —



Est. 2013

PORTLAND, MAINE

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# BUTTERFLY

## SPIRITS

### THE PARAMOUR COCKTAIL

- 1.75 OZ BUTTERFLY VODKA
- .25 OZ BUTTERFLY LIQUEUR
- .5 OZ SIMPLE SYRUP
- .75 OZ FRESH LEMON JUICE
- .75 OZ WHITE CRANBERRY JUICE



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# TENNESSEE COLD BREW

1.5 OZ UNCLE NEAREST 1884 SMALL BATCH WHISKEY

3 OZ COLD BREW COFFEE

.75 OZ UNSWEETENED OAT MILK  
(OR UNSWEETENED COCONUT MILK)

.5OZ CINNAMON SIMPLE SYRUP\*\*

*Shake all ingredients with ice and strain into a glass. Top with Coconut Whipped Cream and a sprinkle of Cinnamon.*

*\*\* To make Cinnamon Simple Syrup, simmer equal parts sugar and hot water until all sugar melts, and steep with a cinnamon stick!*



**UNCLE NEAREST**

PREMIUM WHISKEY



The  
**MOST AWARDED**  
AMERICAN WHISKEY - BOURBON  
of 2019 - 2020

Please Drink Honorably \*Uncle Nearest Premium Whiskey, 50% and 43% alc/vol. Nearest Green Distillery, Shelbyville, TN. © 2021 Uncle Nearest Inc.

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The Metropolitan Cooking & Entertaining Show

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# Cauliflower Shawarma

## Ingredients

5 lbs. cauliflower cut in medium florets  
1 medium red onion julienned  
Chop parsley 2 tablespoon  
Chop cilantro 1 tablespoon

## Marinate

1 cup soybean oil  
1 tablespoon garlic puree  
2 teaspoon ginger puree  
1 tablespoon lemon juice  
White Vinegar 2 teaspoon  
Salt 2 teaspoon  
Shawarma seasoning 2 tablespoon

## Method of preparation

Preheat oven to 375 degrees.  
Mix all the ingredients in the marinate. Toss the Cauliflower in the marinate. Rest for 5 min. Bake for 15-20 min until golden. Sprinkle chop parsley.



## Shawarma Seasoning

1/4 cup ground black pepper  
1/4 cup ground allspice  
2 tablespoons ground cloves  
2 tablespoons ground cinnamon  
2 tablespoons ground cardamom  
1 tablespoon chili powder  
1 tablespoons turmeric

## Instructions

Combine all the ingredients in a bowl. Store in an airtight container in a cool, dry place.

Sheesh

Falls Church, VA | Chantilly, VA | @mysheeshkabob | sheeshgrill.com

# SHRIMP CEVICHE \*

## INGREDIENTS

1 pound cooked shrimp peeled and deveined  
1/2 cup fresh lemon juice about two lemons  
1/2 cup fresh lime juice about 3 limes  
1/2 cup fresh squeezed orange juice  
4 whole plum tomatoes seeds removed and diced  
2 whole jalapeno peppers seeds and vein removed, minced  
1 cup jicama diced, or diced peeled apple  
1/2 cup fresh cilantro chopped  
1/2 cup red onion finely chopped  
1 avocado pitted and diced  
kosher salt and fresh ground pepper



## PREPARATION

In a large stainless steel bowl, combine the fish, lime and lemon juice. Use enough to cover the fish and allow it to cover the shrimp. This lemon/lime juice will 'cook' your shrimp. Cover the bowl and let it refrigerate for about 4 hours, until the shrimp no longer looks raw when you cut it. Then drain the juice in a colander.

In a separate bowl, slice the rest of your ingredients and stir in the shrimp, sprinkle with salt. Add the orange juice and cover it. Serve in a small bowl with a side of tostadas.

PARAISO

Capitol Hill, DC | @paraisotaqueria | paraisotaqueria.com





## Banana Carob Smoothie

Serves: 2

### Ingredients

- 8 ice cubes
- 2 medium bananas, peeled
- 2 Tbsp. peanut butter
- 2 Tbsp. carob powder
- 1 cup soy milk/ vanilla almond milk



# Strawberry Delight

Serves 4



## Ingredients:

10 oz strawberries  
4 pinches of turbinado sugar  
Big Bianc Reserve Barrel Aged White Balsamic Vinegar

## For Cremeux:

55g milk  
55g cream  
16 g sugar  
25g yolks  
70 g chopped white chocolate  
2.5g gelatin sheet (optional)  
½ teaspoon Big Bianc Reserve Barrel Aged White Balsamic Vinegar

## Directions:

### Step 1

#### Chocolate Cremeux

Bloom gelatin in a small bowl with 12oz of cold water and ice  
In a medium bowl, whisk sugar with yolks into a well combined mixture  
Bring the cream and milk to a gentle simmer  
Pour milk and cream mix little by little into the yolks while gently whisking to temper  
Pat dry gelatin and add to mixture  
Transfer tempered mixture to a saucepan over low to medium heat  
Continuously stir with a rubber spatula or wooden spoon until temperature reaches 180 Fahrenheit degrees (about 5 minutes)

In a medium bowl, place the chopped chocolate and pour the mixture over it.  
Let sit for 5 minutes while the chocolate melts  
Mix with a hand blender.  
Cover with plastic wrap gently pressing it into the surface of the cremeux.  
Place the cremeux in the fridge for 3 hours or overnight.

### Step 2

#### Quarter the strawberries

Mix the 4 pinches of turbinado sugar with strawberries  
Drizzle Big Bianc Reserve Barrel Aged White Balsamic Vinegar  
Stir to dissolve sugar and macerate for 10 min

Place the cremeux at the bottom of 4 serving bowls and spoon the macerated strawberries over it, finish with a sprinkle of turbinado sugar

# Pecan Caramel Pie

Sugar-free,  
Gluten-free,  
Vegan.

## Ingredients:

- 1 Jar of Indulge Right Sugar-free Bourbon Vanilla Bean Caramel Sauce (dairy or dairy-free)
- 8oz (2 cups) pecans, coarsely chopped.
- 1 Frozen gluten-free pie shell of choice (or use your favorite recipe)
- ¼ cup Bourbon or orange Liquor (optional)
- 2 squares of Unsweetened chocolate, melted (optional)

## Directions:

1. Bake the pie shell according to the manufacturer's, or your recipe's directions.
2. Empty the content of the Indulge Right sugar-free caramel sauce into a small saucepan.
3. Add the coarsely chopped pecans and bring to a quick boil, add bourbon or liquor if using, and cook for one minute.
4. Fill the pre-baked pie shell, cool, drizzle the melted chocolate (if being used) and refrigerate.
5. Serve cold or at room temperature.

**SINFULLY DELICIOUS, COMPLETELY GUILT FREE!**



[WWW.INDULGERIGHT.COM](http://WWW.INDULGERIGHT.COM)





## Cranberry Crunch Salad



### Dressing Ingredients:

- ½ cup mayonnaise
- Juice of 1 lemon
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Pinch of salt and pepper

### Salad Ingredients:

- 4 cups shredded red cabbage
- 2 cups shredded kale
- 2 cups shredded carrots
- ½ cup Decas Farms® Cranberries
- ½ cup sunflower seeds
- ½ cup chopped green onion
- 6 slices cooked bacon, crumbled



### Directions:

1. Whisk together the dressing ingredients in a small bowl.
2. Add cabbage, kale, carrots, Decas Farms® Cranberries, sunflower seeds, green onion, and bacon bits to a large salad bowl.
3. Pour dressing over the salad ingredients and toss until combined.

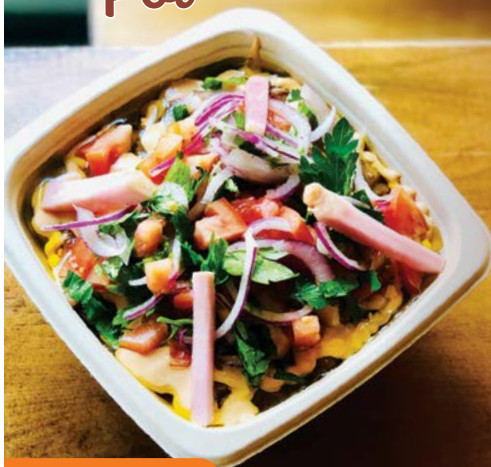
Servings: 6-8

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DecasFarms.com



## Fava Beans



### COOKING

- 2 cups Fava Beans
- 1 Tomato (cut in 4)
- 1 tsp of Cumin
- 1 tsp Red Lentil
- 1 tbsp Rice
- 3 whole Garlic (peeled)

1. Fill pot with water
2. Cook for 12 hours on a low flame

### MARINADE

- 2 cups cooked Fava Beans
- 3 tbsp Lime Juice (freshly squeezed)
- 5 tsp Cumin
- 6 tbsp Olive Oil
- 2 tsp Salt (to taste)

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✦ **TOONIE MOONIE ORGANICS** ✦  
✦ **COCONUT CREME CHOCOLATES!** ✦

**INGREDIENTS**

- 1 7oz Jar of Toonie Moonie Organics Vanilla or Chocolate Marshmallow Creme
- 2-2/3 Cups Sweetened Shredded Coconut, Toasted
- 1 Teaspoon Vanilla Extract
- Dash Salt
- 1 Milk Chocolate Candy Bar (5 ounces), Chopped
- 1 1/2 Teaspoons Shortening

**DIRECTIONS**

1. In a large bowl, mix marshmallow creme, coconut, vanilla and salt until blended. Refrigerate, covered, at least 1 hour.
2. Shape mixture into 1-in. balls. Place on a waxed paper-lined baking sheet. Refrigerate, covered, at least 3 hours.
3. In a microwave, melt chocolate and shortening; stir until smooth. Dip coconut balls in chocolate; allow excess to drip off. Place on waxed paper; let stand until set.

**Visit [www.Toonimoonie.com](http://www.Toonimoonie.com) for more!**



### **Jamming Chicken Breast**

- 4 pieces of fresh chicken breast
- 2 cloves of garlic smashed
- 2 1/2 teaspoons of onion powder
- 1 1/2 cup of chopped scallions
- 1/2 cup of picked cilantro
- 6-7 sprigs of thyme
- 1 tablespoon of olive oil
- 1/2 bottle of Habanero Flames
- 1 orange cut in half for slices and use the remaining for fresh squeezed orange juice

Let marinate for 35-40 minutes, discard liquid season with 1-2 teaspoons of coarse salt.

Baked in oven at 325 degrees for 35-40 minutes or until chicken internal temperature reaches 165 F.

[www.sunblazin.com](http://www.sunblazin.com)

[info@sunblazin.com](mailto:info@sunblazin.com)





# SAVORY GREENS

4 cups asparagus or brussels sprouts or  
or any greens  
3 tbs herbspice Everything Savory  
2 tbs olive oil  
COMBINE AND BAKE AT 350 F FOR 10-15  
OR UNTIL COOKED THOROUGHLY.



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## New Hampshire Maple Roasted Chicken Dinner

### Ingredients

1 Whole Roaster Chicken  
New Hampshire Maple Syrup Barbecue Sauce  
Olive Oil  
Salt  
Pepper  
Chili Powder  
Red Potatoes  
Steve's Original Sauce Barbecue Seasoning  
Dried Thyme

### Directions

Preheat Oven to 425 degrees.

Rinse and clean chicken, pat dry with paper towel. Brush with oil and season with salt, pepper and a little chili powder. Place in oven and set timer for 30 minutes. After 30 minutes lower oven to 375 degrees. Coat chicken with barbecue sauce and return to the oven for 60 minutes.

Meanwhile cut potatoes into cubes and coat with oil (enough to coat), season with thyme.

Barbecue Seasoning and place on sheet pan and roast in oven for 45 minutes.

Remove chicken from the oven and allow to rest for about 10 minutes. slice chicken and serve with roasted potatoes and vegetable of choice.



## ABOUT THE USO



The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation. In 1941, the USO was founded in preparation for World War II by national leaders who understood that maintaining high morale in a fighting force is vital to a nation's military success.

For more than 79 years, the USO, a private, nonprofit organization, has served the men and women in the U.S. military and their families - from the moment they join, through their deployments and as they transition back to their communities. Over time, the USO has become the vital bridge between Americans and its service members. Today's service members need the care, comfort, connection and support that can only be provided by an organization that is with them at every milepost of their military journey.

The USO is always by their side, continuously adapting to the needs of our men and women in uniform and their families, so they can focus on their very important mission. The USO provides programs, entertainment and services at more than 250 USO locations worldwide, including Germany, Japan, Guam, South Korea and the United States. USO centers provide a warm and comforting place where they can connect via Internet or telephone, play a video game, catch a movie, have a snack or just put their feet up and relax.

The USO delivers support and expeditionary outreach to service members stationed abroad, training in isolated locations, on arduous missions and those deployed to remote areas around the world. Additionally, through programs focused on connection, strengthening, wellness and resiliency, the



USO helps to nurture and maintain a strong bond between service members, their families and the community. To learn more visit, [USO.org/programs](https://www.uso.org/programs).

The USO's programs, services and entertainment tours are made possible by the American people, support from corporate partners and the dedication of volunteers and staff. The USO invites all military supporters to be a Force Behind the Forces® by showing support and gratitude for our service members and their families

The holidays are a particular time in which the USO mission goes into overdrive. This holiday season, hundreds of thousands of service members will remain on duty, away

from home and this can mean missing precious moments and favorite traditions. Now more than ever, they need the help of military supporters to bridge the distance — to family, home and country.

Even the smallest reminder of home can have a powerful impact and that's why the USO's mission is to bring a piece of home to service members and their families, no matter where they are. By delivering care packages, hosting holiday events or enabling technology that brings loved ones together, the USO is making sure that service members and their families are connected to the comforts of home this holiday season. Military supporters can learn more at [USO.org/Holidays](https://www.uso.org/Holidays).



*Scott Drewno and Danny Lee's*



# CHIKO DUMPLING SAUCE

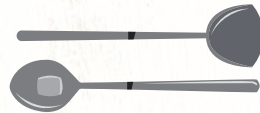
This soy-based dipping sauce recipe is a traditional accompaniment to dumplings, a staple of Chinese cuisine.

## Ingredients:

- ¼ cup – Chinese Black Vinegar
- ¼ cup – Soy Sauce
- 1 Tbsp – Sesame Oil
- 2 Tbsp – Sugar
- 1 Tbsp – Toban Djan
- 1 Tbsp – ChiKo Aromatics

## Method:

- Mix Well
- Refrigerate







*Erik Bruner-Yang's*

# Shrimp Fritters

## Ingredients:

300g fresh baby shrimp (small body shrimp, freshwater shrimp, or saltwater shrimp is fine)  
50g chopped scallions  
50g julienned carrots  
5g turmeric powder 125g rice flour  
50ml water  
50ml coconut water  
1/2 teaspoon baking soda 1/2 teaspoon salt  
200ml vegetable oil for frying

## Dipping Sauce:

2 teaspoon salt  
1 teaspoon msg  
1 teaspoon sugar  
1 teaspoon ground white pepper  
1 teaspoon ground black pepper  
1 teaspoon ground green peppercorn 2  
chopped thai chilis  
4 limes

## Method:

In a medium size mixing bowl stir all the the fritter ingredients in one bowl until everything is as uniform as possible with as little lumps as possible.

Put the vegetable oil in a non-stick frying pan. We will be doing a shallow fry on these fritters. Sear each side evenly until crispy. Remove from pan and set on a paper towel to help dampen the oil. Sprinkle lightly with salt.

Mix all the dipping sauce ingredients into a bowl. Squeeze the juice of the 4 limes on all the dry ingredients and stir gently to incorporate.

Serve and don't forget to dip the fritter in the sauce for that extra flavor! (have dipping sauce alongside fritters for presentation)



*Michael Schlow's*

# Mezzi Rigatoni with Spicy Sausage Ragu

Makes 2 portions



## Ingredients:

- 7 oz dry Mezzi rigatoni
- 2 oz extra virgin olive oil
- 1/2 red onion - medium dice
- 1/2 clove garlic - thinly sliced
- 1 pinch of fresh rosemary - chopped
- 4 Italian sausage links (2 hot 2 sweet)
- 2 pinches kosher salt
- 1 pinch black pepper
- 1 pinch crushed red pepper
- 1 cup red cooking wine
- 10 oz mild San Marzano tomatoes
- 1 tablespoon butter
- 1/2 cup grated parmesan
- 1 large tablespoon parsley - chopped

## Method:

- Bring large pot of salted water to a boil
- While water is heating start to prepare the sauce
- In a large saute pan place olive oil, garlic and onions
- Place pan over high heat and cook for approx. 2-3 minutes. Stirring occasionally
- Add rosemary
- Cut a slit in each sausage links, remove meat, and add to saute pan
- Add salt, pepper, and crushed red pepper
- Lower heat to medium and continue to break up sausage
- Once sausage is browned, add cooking wine, turn the heat up, and cook for approx. 5 minutes until majority of wine has reduced.
- Drop Mezzi rigatoni into water and cook for 7 minutes 45 seconds or as directed on box
- Add tomatoes to saute pan
- Lower heat to medium and cook for 5 minutes
- Add butter
- Taste for seasoning and adjust
- Test pasta - when al dente remove from water and add directly to saute pan
- Cook for approx. 1 minute tossing to ensure pasta and sauce become one
- Add cheese
- Toss again
- Add parsley
- Toss again
- Divide amongst two bowls

**Serve!**







*Lauren Katz's*

# Gluten Free Maple Donuts

## Ingredients:

1 cup gluten free flour blend with xanthan gum (Cup 4 Cup)  
1/4 teaspoon baking powder  
1/2 teaspoon baking soda  
1/8 teaspoon salt  
1/4 cup sugar  
1 packet instant yeast  
1/8 teaspoon ground nutmeg  
1 large egg  
1/2 cup buttermilk (or non-dairy milk plus 1 teaspoon vinegar)

1/4 cup melted butter or oil  
Zest of 1 tangerine or 1/2 orange, finely grated  
1 tablespoon maple syrup

## Glaze:

1 cup powdered sugar  
2 tablespoons maple syrup  
1 tablespoon melted butter  
1/2 teaspoon vanilla  
1/8 teaspoon maple extract (optional)  
2-4 tablespoons water to desired consistency

## Method:

Mix together GF flour, baking powder, baking soda, salt, sugar, yeast and nutmeg with whisk. In a separate bowl, combine egg, buttermilk, melted butter, zest, and maple syrup. Whisk well. Combine wet into dry mixture, stir until just incorporated. Place mixture in gallon zippered plastic bag, snip the corner, and pipe into donut pan. Bake at 375 for 10 minutes.

Or fry at 350 degree vegetable or canola oil, drop by rounded teaspoonful for a minute or 2, until very deep brown (keep these small so that centers get cooked through) Drain on paper towels. Coat in glaze.

## To make glaze:

Combine all ingredients, whisking well. Add water until desired thickness is achieved.





## Greek Veggie Flatbread

Prep 20 min / Cook 25 min / Serves 4

These flatbreads are absolutely gorgeous with their vibrant summer colors. We used individual naans (Indian flatbread) as our base, but you can use whatever you prefer – pizza crusts, French bread, you name it.

### Ingredients:

- 4 small naans
- 1 zucchini, diced
- 1 yellow bell pepper, seeded and diced
- ½ red onion, diced
- 2 garlic cloves, minced
- 2 tablespoons extra-virgin olive oil
- 1 pint cherry tomatoes, halved
- 1/3 cup kalamata olives, halved
- 1 teaspoon chopped oregano
- 1 teaspoon chopped dill
- 1 (5.2 ounce) package Boursin cheese
- 1/3 cup crumbled feta
- Salt and pepper
- ½ lemon

### Sheet Pan / Vegetarian

### Method:

1. Preheat oven to 425° F. Place the naans on a sheet pan and bake them until crispy, 3-4 minutes. Remove them from the sheet pan and set aside.
2. Spread the zucchini, bell pepper, and onion on the sheet pan. Toss with olive oil, salt, and pepper. Roast in 425° F for 15 minutes or until the zucchini is slightly browned.
3. Place the vegetables in a bowl and toss with the tomatoes, olives, oregano, and dill.
3. Place the naan back onto the sheet pan, lined with parchment paper. Spread each naan with 1 tablespoon of Boursin cheese. Top with the vegetable mixture. Garnish with feta.
4. Roast in the oven for 5 minutes. Give each a grind of black pepper, a pinch of salt, and a squirt of lemon juice before serving.

**In Season Now:** The oregano and dill really bring this dish to life, but if you can't find herbs, you can always use dried. Just be sure to use less than the recipe calls for.



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