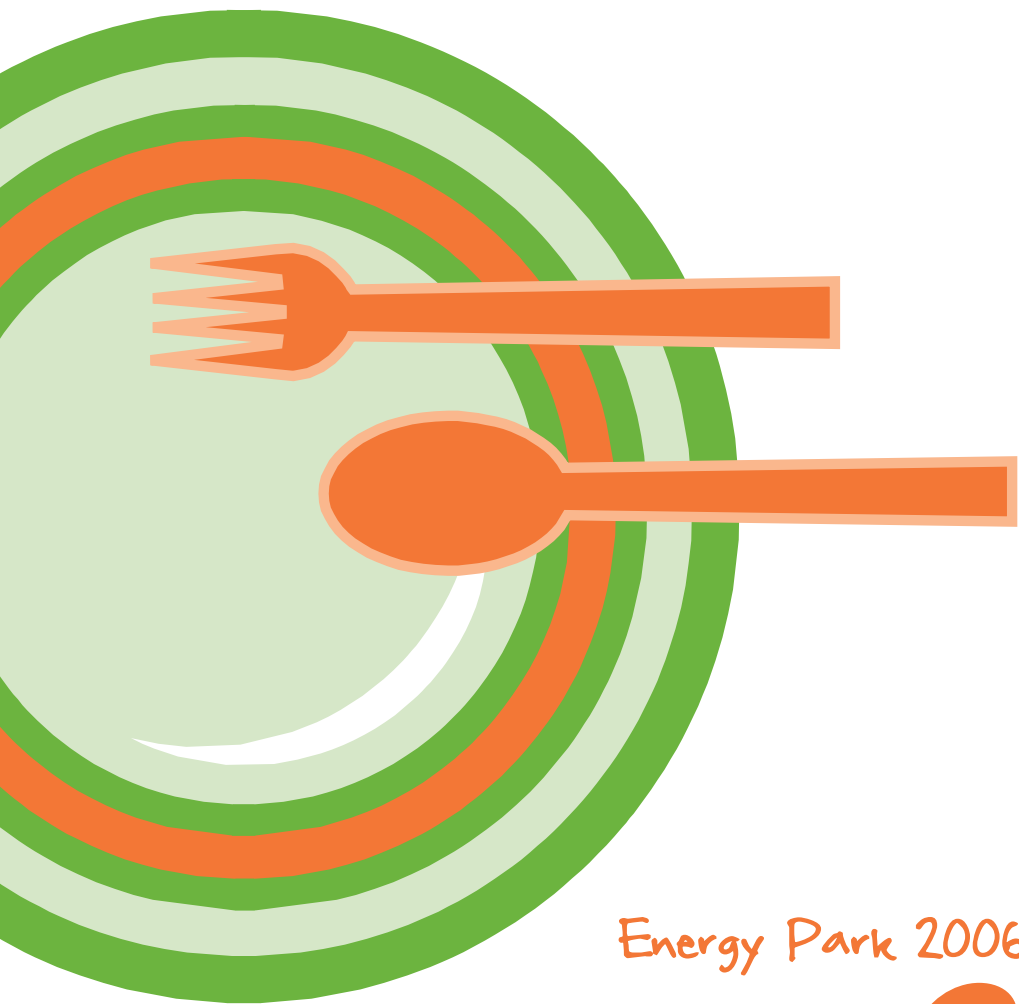


Sensational Servings



Energy Park 2006

we energies 

Mark J. Olson, C.E.C., is a Hartland native and a 1987 graduate of the Culinary Institute of America in Hyde Park, NY. He has held chef positions at the American Club's Immigrant Room and Winery, Grenadiers, The Abbey Resort, Interlaken Resort and Spa, Janesville Country Club, and Country Club of Beloit. He is currently the culinary arts instructor at Blackhawk Technical College in Janesville, WI.

We Energies welcomes Chef Mark to Energy Park for his first year of cooking demonstrations.

CONTENTS

Thursday, August 3

Coconut Sticky Rice with Mangoes	1
Grilled Italian Sausages with Roasted Vegetables and Potatoes	2

Friday, August 4

Rissoto Rice Pudding with Cinnamon	3
Grilled Salmon Kodiak	3

Saturday, August 5

Fresh Fruit Pizza	4
English Muffin Pizzas	5

Sunday, August 6

Chicken Brochettes with Mint Vinaigrette	6
Asparagus and Wild Mushroom Rissoto	7

Monday, August 7

Curried Turkey and Almond Salad	8-9
Terrapin Crab Cakes with Pickled Ginger Sauce	9-10

Tuesday, August 8

Bacon and Honey Mustard Potato Salad with Apples	11
Grilled Tuna with Avocado Salsa	12

Wednesday, August 9 - Cookie Day

Lemonade Cookies	10
Crunchy Topped Butter Cookies	10
Apricot Filled Cookies	11
Almond Cookie Cuplets	12

Thursday, August 10

Goat Cheesecake with Port Poached Pears	13
Roast Pork Tenderloin with Cracked Black Pepper and Balsamic Honey Glaze	14

Friday, August 11

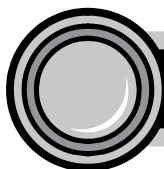
Five Spice Tuna with Wasabi Vinaigrette and Field Greens	14
Grilled Chicken Blue 'Tini	15

Saturday, August 12

Thai Chicken Cucumber Salad	16
Sushi Rice, Vegetable and Surimi Nori Rolls	17

Sunday, August 13

Marscapone and Shitake Mushroom Mac and Cheese	18
Chimichurri Turkey Kabobs with Black Beans and Rice	1



Thursday August 3rd

COCONUT STICKY RICE WITH MANGOES

Makes 4 servings

- 1 cup sticky rice, preferably jasmine
- 1-1/2 cup water
- 1 cup coconut milk
- 1/3 cup granulated sugar
- Pinch of salt
- 1/4 tsp. vanilla or 1/2 vanilla bean
- 1 ripe mango
- 1 Tbs. toasted sesame seeds

Rinse the sticky rice and allow it to soak overnight or for at least four hours. Drain the rice, and either steam for approximately 30 minutes or simmer in 1-1/2 cups of water until tender. While the rice is cooking, prepare the sauce by heating the coconut milk, sugar, salt and vanilla in a small heavy saucepan. Whisk until the milk is smooth, creamy and slightly reduced. Remove from heat and keep warm.

When the rice is fully cooked, but still hot, transfer to a bowl and while fluffing the rice, drizzle half of the sauce into the rice.

To serve, place about 1/4 of the rice in the center of the plate, top with mango slices and sprinkle with toasted sesame seeds. Drizzle 1/4 of the remaining coconut sauce around the rice.

NOTE: Can also be garnished with raspberries, strawberries or blueberries.

GRILLED ITALIAN SAUSAGES WITH ROASTED VEGETABLES AND POTATOES

Makes 4 servings

- 6 oz. quartered golden Yukon potatoes
- 6 oz. quartered baby red potatoes
- 1/2 medium green pepper, large chunks
- 1/2 medium red pepper, large chunks
- 1/2 medium yellow pepper, large chunks
- 1/2 large red onion, large chunks
- 4 peeled garlic cloves

1/2 pt. cherry or grape tomatoes
1 lb. sweet Italian sausages
1/4 cup olive oil
1 tsp. Spanish paprika
Salt and pepper to taste
Fresh herbs for garnish
Balsamic vinegar
Italian bread

Pre-heat oven to 375 degrees. Place the potatoes, peppers, onions and garlic in a bowl and toss with the olive oil, paprika, salt and pepper. Roast vegetables in a non-stick or oiled pan until brown and tender. Grill sausages over low heat until caramelized and thoroughly cooked. While the sausages are cooking, sprinkle cherry tomatoes over vegetables and roast an additional 10 minutes being careful to not over roast the tomatoes. Serve on a platter with fresh herb garnish, sliced Italian bread, and balsamic vinegar.



Friday August 4th

RISSOTO RICE PUDDING WITH CINNAMON

Makes 12 servings

Pastry Cream

12 oz. milk
2 Tbs. sugar, divided
1 Tbs. cornstarch
1 Tbs. bread flour
1 Tbs. sugar
1 whole egg
1 egg yolk
Pinch of salt
1 Tbs. butter
1/2 tsp. vanilla

Combine milk and 1 Tbs. sugar in saucepan and bring to a boil. In separate bowl combine remaining 1Tbs. sugar, cornstarch, flour and salt. Add egg and egg yolk; mix until smooth. Temper egg mixture with hot milk and bring to a simmer. Remove from heat and add butter and vanilla, stirring until smooth. Cover and refrigerate.

Rice

1 cup Arborio rice
1/2 cup sugar
3 cups milk
1/2 cinnamon stick
1/2 tsp. vanilla
1/2 orange, segmented

Combine all ingredients; bring to a boil. Reduce to a simmer stirring until mixture resembles oatmeal and all of the milk has been absorbed. Remove cinnamon stick and any of the orange that remains. Cool completely.

Whipped Cream

1 cup heavy cream
2 Tbs. powdered sugar

Whip cream with powdered sugar until medium peaks form.

Make sure both the pastry cream and rice mixtures are cold. In a bowl, combine rice mixture with pastry cream and fold together. Fold in whipped cream. Serve immediately.

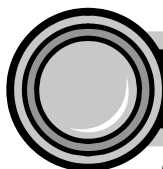
GRILLED SALMON KODIAK

Makes 4 servings

4 – 5-6 oz boneless, skinless salmon fillets
Oil for grilling
Salt and pepper to taste
1/4 lb. soft butter
1 tsp. freshly ground ginger
1/4 cup soft brown sugar
Juice from 1 lime
Juice from 1 lemon
2 Tbs. soy sauce

Preheat grill to smoking hot. Oil and season the fish. Wipe grill down with a clean oiled cloth or paper towel and place the salmon (skin side up) onto the grates. Allow the salmon to sear for about 1-1/2 to 2 minutes; rotate 45 degrees with a sharp metal spatula. Sear again for an additional 1-1/2 to 2 minutes. Remove fillet from grill and finish in 350 degree oven until fish flakes easily with a fork.

Melt butter in a heavy bottomed saucepan and sweat the ginger. Add the brown sugar and cook until sugar is dissolved. Add juices and soy sauce; cook over medium heat until smooth. Generously ladle sauce over salmon and serve.



Saturday August 5th

KID'S DAY

FRESH FRUIT PIZZA

Makes 1 pizza

2 pkgs. (20 oz.) refrigerated sugar cookie dough

2 8 oz. pkgs. cream cheese, softened

2/3 cup granulated sugar

1 pt. liquid whip topping

Dry sliced fresh fruit (strawberries, raspberries, kiwi, mandarin oranges, etc.)

Lightly oil 1/2 sheet pan and firmly press cookie dough into it. Bake at 350 degrees for about 15 - 20 minutes until dough just starts to brown. Remove and allow to cool.

Whip topping until firm peaks form. Add softened cream cheese and sugar; combine. Spread evenly over the cooled cookie dough. In straight rows place the sliced fruit onto the whipped topping. Refrigerate at least one hour, slice and serve.

ENGLISH MUFFIN PIZZA

Makes 4 servings

4 English muffins, split in half

1-1/2 cup pizza sauce

1-1/2 cup shredded mozzarella cheese

2 oz. sliced pepperoni or 4 oz. cooked Italian sausage

Other toppings if desired (vegetables, mushrooms, ham, etc.)

Split English muffins in half and toast in an oven until lightly brown. Spread evenly with sauce and any other toppings, sprinkle with cheese and bake at 350 degrees for 10 – 15 minutes.



Sunday August 6th

CHICKEN BROCHETTES WITH MINT VINAIGRETTE

Makes 12 servings

6 oz. boneless, skinless chicken breasts

Marinade:

- 1 tsp. curry powder
- 1/2 tsp. dried cumin
- 1/2 Tbs. black pepper
- 1/2 Tbs. salt
- 1 Tbs. peanut oil

Slice chicken lengthwise into 12 uniform slices. Weave the chicken onto 12" bamboo skewers and place on baking sheet. Combine curry powder, cumin, salt and pepper. Coat the skewers with the oil and season with dry mixture. Allow to marinate for 1 hour.

Vinaigrette

- 1 egg yolk
- 1 Tbs. soy sauce
- 3 Tbs. rice wine vinegar
- 1 Tbs. fresh cilantro leaves
- 2 Tbs. fresh mint leaves
- Pinch of salt and pepper
- 1/2 cup olive/canola oil blend
- 2 tsp. sliced mint leaves

In a food processor, blend together egg yolk, soy sauce, vinegar, cilantro, mint and salt and pepper mixture. When smooth, drizzle in the oil until a sauce forms. Garnish with the sliced mint.

Preheat grill until smoking hot. Reduce heat and place skewers on grill. Turn occasionally to produce a well-browned and thoroughly cooked skewer. Baste lightly with vinaigrette and arrange on serving plate. Serve remaining mint vinaigrette as a dipping sauce.

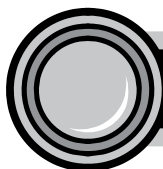
ASPARAGUS AND WILD MUSHROOM RISSOTO

Makes 4 servings

1/4 cup olive oil
4 oz. minced onion
2 minced garlic cloves
2 cups Arborio rice
1/2 cup dry white wine
6 cups rich, but not salty, chicken or vegetable stock (warm)
2 Tbs. butter
1/2 lb. assorted wild mushrooms, roughly chopped
1/2 lb. asparagus spears, cut in 2" lengths
1/4 cup heavy cream
1 vine ripened tomato, large dice
3 oz. grated parmesan cheese
1 Tbs. chopped fresh parsley
Freshly ground pepper to taste

In a heavy bottomed saucepan, heat oil. Add onion and garlic and sauté until translucent. Add rice and coat with oil. Deglaze the pan with wine and add 2 cups of the stock. Cook until stock is absorbed, stirring continuously. In a separate pan, heat the butter and sauté mushrooms and asparagus until tender. Add cream and reduce slightly. Add additional 2 cups of stock to the rice and cook until absorbed, stirring continuously. Add final 2 cups of the stock to the rice; add mushroom mixture. When all of the stock has been absorbed and the rice is tender and creamy, stir in the tomatoes and parmesan. Garnish with chopped parsley and ground pepper. Serve immediately.





Monday August 7th

CURRIED TURKEY AND ALMOND SALAD

Makes 4 servings

- 1 lb. cooked, diced turkey meat
- 1/2 cup diced celery
- 1/4 cup diced Granny Smith apples
- 2 Tbs. soft raisins
- 2 Tbs. roasted pecans
- 1 tsp. yellow curry powder
- 1 tsp. apple cider vinegar
- Tabasco sauce to taste
- Salt and pepper to taste
- 3/4 cup mayonnaise
- 4 vine ripened beefsteak tomatoes, made into crowns

Combine diced turkey, celery, apples, raisins, pecans, curry powder and vinegar in a large mixing bowl. Toss gently to combine. Season with the Tabasco sauce and salt and pepper. Add mayonnaise and blend gently. More mayonnaise can be added to moisten, or less can be used if desired. Refrigerate overnight. Taste and adjust seasoning. Serve in fresh tomato crowns.

TERRAPIN CRAB CAKES WITH PICKLED GINGER SAUCE

Makes 4 servings

- 1/2 lb. shredded crab meat (canned, surimi, frozen or fresh)
- 3 oz. cream
- 1/2 red or green pepper, small dice
- 1 Tbs. olive oil
- 1/2 minced onion
- 6 Tbs. fresh bread crumbs evenly divided
- 2 tsp. Dijon mustard
- 3 dashes Worcestershire sauce
- 3 dashes Tabasco sauce
- 1 egg, beaten
- Salt and pepper to taste

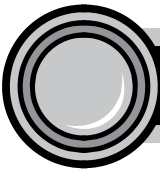
Reduce the cream by half in a heavy bottomed saucepan. Remove from heat and cool. Sauté onions and peppers in olive oil until tender. Cool. Combine together in a bowl with

the crab meat, cream, half the bread crumbs, mustard, Worcestershire, Tabasco sauce, egg and salt and pepper. When cool, form into 8 uniform cakes; coat with remaining bread crumbs. Fry in clarified butter or oil until brown and warm. Serve in a pool of sauce.

Sauce Ingredients

2 Tbs. olive oil
5 ea. minced garlic cloves
1 Tbs. ginger
1/8 ea. minced yellow onion
1 cup dry white wine
1 cup light clam juice
1 Tbs. curry powder
2 cups heavy cream
1/2 tsp. red pepper flakes
1 Tbs. balsamic vinegar
2 oz. whole butter
Salt and pepper to taste

Sweat the garlic, ginger, and onions in the oil until translucent. Deglaze the pan with the wine and clam stock. Reduce volume by half. Add the cream and reduce by half. Add the pepper flakes, vinegar; whisk in the butter. Season with salt and pepper and serve.



Tuesday August 8th

BACON AND HONEY MUSTARD POTATO SALAD WITH APPLES

Makes 6 servings

Dressing

3 strips diced bacon
1/2 cup cider vinegar
1/4 cup brown sugar
1/4 cup granulated sugar
1/2 cup water
2 Tbs. honey
2 Tbs. Dijon mustard
Cornstarch and water slurry (mixture of water and cornstarch used to thicken sauces but remain clear)

Brown bacon until crisp in a saucepan over medium heat; drain fat. Add vinegar, sugars, water, honey and mustard. Bring to a boil and thicken to the consistency of French dressing with the slurry. Cool and reserve.

Salad

1/2 lb. diced red potatoes
1/2 lb. diced Yukon gold potatoes
1 red delicious apple, diced
1 Fuji apple, diced
1/2 cup celery diced
1 Tbs. lemon juice
1/4 cup finely diced green onion
1 Tbs. freshly chopped parsley
Salt and pepper to taste

Simmer potatoes in lightly salted water until tender; drain. Shock with cold water and refrigerate. When completely cool, combine with the apples, celery, lemon juice, onion and parsley. Toss together potato mixture with dressing. Adjust seasonings to taste and serve.

GRILLED TUNA WITH AVOCADO SALSA

Makes 4 servings

4 – 5 oz. tuna steaks
1 Tbs. olive oil
Chili powder to taste
Salt and pepper to taste

Salsa

1/4 finely diced green pepper
1/4 finely diced yellow pepper
1/4 finely diced red pepper
2 Tbs. finely diced red onion
2 Tbs. fresh lime juice
2 garlic cloves, roasted and pureed
1/2 jalapeno pepper, fire roasted, peeled and finely diced
1 Tbs. chopped cilantro
1 tsp. chopped oregano
Freshly ground black pepper
2/3 cup seeded and diced ripe tomato
1 avocado diced

Marinate tuna steaks in mixture of olive oil, chili powder and salt and pepper. Make the salsa. In a stainless steel bowl, combine the peppers, onion, lime juice, garlic, jalapeno,

cilantro, oregano and black pepper. Carefully stir in tomatoes and adjust seasonings. Add diced avocado and set aside at room temperature.

Heat grill to smoking hot. Grill the tuna steaks for approximately 1-1/2 minutes on each side. Remove from grill while still pink inside. Serve warm with salsa.



Wednesday August 9th

COOKIE DAY

LEMONADE COOKIES

Makes about 8 dozen

1 cup soft butter
1 cup sugar
2 eggs
3 cups all-purpose flour
1 tsp. baking soda
1 (6 ounce) can frozen lemonade concentrate, room temperature
Yellow decorating sugar

Preheat oven to 375 degrees F. Cream butter; add sugar gradually. Beat in eggs one at a time. Blend in sifted dry ingredients alternately with **ONLY ONE-HALF CUP** lemonade concentrate. Drop teaspoonfuls of dough onto ungreased cookie sheets. Bake at 375 degrees until lightly browned around the edges, about 7 to 9 minutes. Lightly brush hot cookies with remaining lemonade concentrate. Sprinkle with decorating sugar

CRUNCHY TOPPED BUTTER COOKIES

Makes about 6 dozen

1 cup soft butter
1 cup sugar
4 egg yolks
2 egg whites
1 tsp. grated lemon rind
3 cup sifted all-purpose flour
1 tsp. baking powder
1/2 tsp. salt

Cream butter; add sugar gradually. Beat in egg yolks and unbeaten egg whites one at a time; blend in lemon rind and sifted dry ingredients. Chill several hours. Make Crunchy Topping.

Crunchy Topping

1/4 cup soft butter
1/3 cup sugar
1 egg
1 cup crushed corn flakes
3 Tbs. chopped candied cherries
1/4 tsp. almond extract
1/2 cup chopped nuts

Cream butter, sugar, and egg until fluffy. Stir in remaining ingredients.

Preheat oven to 350 degrees F. Shape chilled dough into 1 inch balls; place on greased cookie sheets. Make a depression in center of each ball with thumb; place about 1 teaspoonful of topping in each depression. Bake at 350 degrees for 15 to 18 minutes.

APRICOT FILLED COOKIES

Makes about 3-1/2 dozen

1 cup soft butter
1 cup sugar
2 eggs
1 tsp. vanilla
3 1/2 cups all-purpose flour
1 tsp. salt
1 (12 oz.) can apricot filling
Powdered sugar (optional)

Preheat oven to 375 degrees F. Cream butter. Add sugar gradually. Cream well. Add eggs one at a time; beat well after each addition. Add vanilla. Mix flour and salt in a bowl. Gradually add flour mixture to the creamed mixture. Chill if desired.

Roll to 1/8 inch thickness on a well floured surface. Cut with a 2-3/4 inch cookie cutter. In half of the cookies, cut a small design with a cookie cutter or a knife. Remove the small cookie and save for the top of the cookie. Place plain cookies on a greased cookie sheet. Place about 1 teaspoonful of apricot filling in center of plain cookies. Place the designed cookie on top of filling. Put small cookie on top. Press outside edges together. Bake at 375 degrees about 10 minutes. Dust with powdered sugar if desired.

ALMOND COOKIE CUPLETS

Makes about 4 –1/2 dozen

Crust

1/3 cup soft butter
1/2 cup powdered sugar
1 egg
1 cup sifted all-purpose flour
1/4 tsp. baking powder

Cream butter; add sugar gradually; beat in egg. Sift together dry ingredients; blend into creamed mixture. Chill 30 minutes. While dough is chilling, make almond filling.

Almond Filling

2 eggs
1 cup powdered sugar
2 Tbs. butter, melted
1 cup ground almonds
1 tsp. almond extract

Beat eggs slightly; add sugar gradually. Stir in melted butter, almonds, and almond extract.

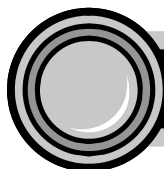
Preheat oven to 350 degrees F. Press 1 teaspoonful of chilled dough onto bottom and about two thirds of the way up the sides of small muffin cups (1 3/4 inch top measurement). Place one rounded teaspoonful of Almond Filling in each pastry shell. Bake at 350 degrees about 12 minutes. Make frosting.

Frosting

1 cup powdered sugar
1 Tbs. cream or half-and-half (approximate)
1/2 tsp. almond extract
2 drops yellow food coloring
1/2 cup pistachio nuts, shelled and chopped

Blend sugar, cream, almond extract and food coloring. Mix until smooth.

Frost cooled couplets with frosting. Sprinkle with pistachio nuts.



Thursday August 10th

GOAT CHEESECAKE WITH PORT POACHED PEARS

Makes 8 servings

Cheesecake

- 1 Tbs. butter
- 2 Tbs. granulated sugar
- 12 oz. goat cheese, softened
- 4 oz. cream cheese, softened
- 4 oz. granulated sugar
- 3 eggs
- 1 Tbs. heavy cream
- 2 tsp. vanilla extract

Coat eight 4 oz. soufflé molds (china soup cups will also work) with butter; sprinkle with sugar. Cream cheeses and sugar in a mixing bowl until very smooth. Combine eggs, cream and vanilla in a separate bowl. Slowly add egg mixture to cheese mixture in at least two stages, scraping bowl occasionally to prevent any lumping. Pour the batter into prepared molds and bake in a warm water bath at 325 degrees for at least 30 minutes or until set in the center of the cake. Remove from water bath, cool and serve.

Pears

- 2 red pears, peeled and cut in half lengthwise
- 2 cups port wine
- 1 cup water
- 1 cup granulated sugar
- 1 cinnamon stick
- 1 whole clove

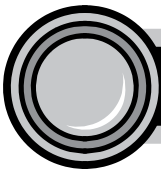
Combine all ingredients in a pan and bring to a simmer. Add pears and poach until tender. (Cooking time depends on ripeness of pears.) Remove pears and cool. Remove cinnamon stick and clove and discard. Reduce liquid over medium heat until syrupy; cool. Slice pears into quarters, fan each quarter and coat in syrup. Place onto cheesecakes and serve.

ROAST PORK TENDERLOIN WITH CRACKED BLACK PEPPER AND BALSAMIC HONEY GLAZE

Makes 4 servings

- 1 – 1-1/2 lb. whole pork tenderloin
- Cracked black pepper to taste
- Salt to taste
- 3 Tbs. corn or vegetable oil
- 1 sliced Vidalia onion
- 2 cups dry red wine (Cabernet is best)
- 1 cup honey
- 1/2 cup balsamic vinegar
- 1 tsp. chopped fresh rosemary

Heat a roasting pan over medium heat. Rub the pork tenderloin with desired amount of cracked pepper and salt. Add the oil to the pan and sear pork on all sides until brown. Remove and place on a small sheet pan. Place the loin in a 350 degree oven for approximately 1/2 hour until it reaches an internal temperature of 145 degrees. Caramelize onions in remaining oil. When onions are nicely browned, deglaze the pan with wine, scraping the browned bits from the bottom of the pan. Add honey and vinegar; reduce until sauce consistency is reached. Add rosemary. Slice pork into medallions. Ladle sauce onto plate and lay pork slices over the sauce.



Friday August 11th

FIVE SPICE TUNA WITH WASABI VINAIGRETTE AND FIELD GREENS

Makes 4 servings

- 2 – 5 oz. tuna steaks
- 1 Tbs. Five Spice powder
- 1/2 Tbs. kosher salt
- 1/2 Tbs. ground black pepper
- Oil for grilling

Salad

- 1 lb. mixed salad greens
- Salad garnishes such as, cucumbers, tomatoes, carrots, pea pods, bean sprouts, raw vegetables or mushrooms
- 3 Tbs. wasabi paste

1/4 cup rice wine vinegar
2 Tbs. light soy sauce
1/4 cup olive oil
1/2 cup canola oil

Preheat grill to smoking hot. Combine wasabi, vinegar, and soy sauce in a bowl. Whisk in olive and canola oils until smooth, set aside. Pat tuna fillets dry and coat one side with a mixture of Five Spice powder, salt and pepper. Grill to rare or medium-rare. Toss salad greens with appropriate amount of dressing and garnish as desired. Slice tuna and fan onto greens. Serve immediately.

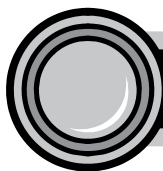
GRILLED CHICKEN BLUE 'TINI

Makes 4 servings

4 – 5 oz. boneless, skinless chicken breasts
1 cup Italian dressing
1 Tbs. olive oil
1 Tbs. minced shallots
1/2 Tbs. garlic paste
1/4 cup dry white wine
1/4 cup dry vermouth
1/2 cup sliced green olives
1 pt. heavy cream
1/2 cup blue cheese crumbles
1 Tbs. chopped fresh parsley

Marinate chicken in the Italian dressing for at least four hours or overnight. Remove from marinade. Grill.

In a heavy bottomed saucepan, heat the olive oil and sweat the shallots and garlic. Deglaze pan with the wine and vermouth; reduce liquid by half. Add olives and heavy cream. Reduce over medium heat until a creamy consistency is achieved. Glaze chicken with sauce, sprinkle with blue cheese and chopped parsley.



Saturday August 12th

THAI CHICKEN CUCUMBER SALAD

Makes 4 servings

- 1 Tbs. corn oil
- 1/2 Tbs. red pepper flakes
- 1/2 tsp. Spanish paprika
- 1 lb. minced raw chicken meat
- 1/2 Tbs. brown sugar
- 2 Tbs. mild fish sauce
- 1/3 cup lime juice
- 3 Tbs. minced red onion
- 1 Tbs. lemon zest
- 2 Roma tomatoes, seeded and julienned
- 1 cup very thinly shredded Napa cabbage
- 1/2 hothouse cucumber, julienned
- 1/2 cup mint leaves
- 8 Bibb lettuce leaves (cup style)
- 12 cilantro sprigs

Heat pan to slightly warm. Add oil, pepper flakes and paprika. Add the brown sugar, fish sauce, and chicken. Cook the chicken in this mixture until it turns white (about 4 – 5 minutes). Remove chicken mixture to a stainless steel bowl and add lime juice, onion, lemon zest, tomatoes, cabbage, cucumber and mint leaves. Lightly toss ingredients. Refrigerate for 15 minutes. Distribute salad evenly among lettuce leaves. Garnish with the cilantro.



SUSHI RICE, VEGETABLE AND SURIMI NORI ROLLS

Makes two 1" Rolls

Sushi Rice

1 cup Japanese style rice (medium grain)
1-1/4 cups water
Pinch of salt
1/4 cup rice wine vinegar
1 Tbs. sugar

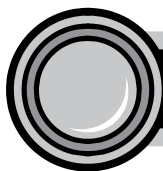
Wash rice repeatedly until water becomes clear. Cook the rice, covered, in salted water, over medium heat, until almost done (approximately 15 minutes). Leave covered an additional 5 minutes.

While the rice is cooking, simmer vinegar, sugar and salt in a small saucepan until sugar and salt are dissolved. Cool. When rice is done, spread onto sheet pan to cool. When cool to the touch, sprinkle with vinegar mixture and fold with a spatula. (Be careful not to smash the rice when cooling or folding it.) Cool completely.

Nori Rolls

2 nori sheets
2 cups cooked sushi rice (from above)
1/4 ripe avocado
1/8 peeled, seeded and sliced cucumber
4 oz. shredded flake-style surimi crab meat
3 Tbs. cream cheese, softened
1 Tbs. mayonnaise
1 tsp. Sambol paste (Thai spicy chili paste)
Bowl of warm water
Bamboo mat

Flake the surimi for seafood roll. Peel avocado and cucumber; cut into thin strips. Mix together cream cheese, mayonnaise and chili paste. Place the nori sheet on the bamboo mat. Dampen lightly with warm water. Spread 1 cup of the rice onto the nori sheet and pat down firmly on the lower $\frac{3}{4}$ portion of the sheet. Layer the vegetables and seafood mix lengthwise onto the rice about $\frac{1}{8}$ of the way up from the bottom. Roll the bamboo mat forward, pressing the ingredients tightly as you roll. Remove bamboo mat and slice roll into bite size pieces.



Sunday August 13th

MARSCAPONE AND SHITAKE MUSHROOM MAC AND CHEESE

Makes 6 servings

- 2 Tbs. olive oil
- 1 Tbs. minced shallots
- 1/2 Tbs. minced garlic
- 2 cups sliced shitake mushrooms
- 3 cups heavy cream
- 1 container (6 oz.) mascarpone cheese
- 1/2 cup cream cheese
- 6 cups pasta (rotini, penne, mostacoli), cooked el dente'
- Salt and pepper to taste
- Shredded parmesan cheese to taste
- 1 Tbs. chopped fresh herb of choice (parsley, basil, tarragon)

Cook pasta and cool. Heat oil and sweat the shallots and garlic until fragrant, but without color. Add mushrooms; sauté until tender. Add the cream. Reduce over a medium flame until the cream begins to thicken. Lower heat and stir in the mascarpone and cream cheeses. Do not allow the sauce to boil. Add cooked pasta and simmer for 2 to 3 minutes. Season with salt and pepper to taste. Top with parmesan and fresh herb. Serve immediately.



CHIMICHURRI TURKEY KABOBS WITH BLACK BEANS AND RICE

Makes 4 servings

1 lb. fresh turkey breast, cut into large cubes
1/2 cup olive oil
2 Tbs. white balsamic vinegar
4 garlic cloves
3 Tbs. chopped onions
1-1/2 Tbs. freshly squeezed lemon juice
1 Tbs. fresh oregano
1 cup of parsley leaves, packed
4 dashes hot sauce
1/2 tsp. salt
1/4 tsp. black pepper
2 Tbs. vegetable oil
1 cup rice, uncooked
2 cups chicken broth
1/2 cup black beans, cooked, drained
1/2 tsp. cumin powder
1/4 cup roasted red pepper, diced

Chimichurri Sauce

Combine olive oil, vinegar, garlic, onions, lemon juice, oregano, parsley, hot sauce, salt and pepper in a food processor; pulse until marinade is chunky but not pureed. Set aside 1/4 of the sauce for dipping; marinate the turkey in remainder of sauce for at least 4 hours.

Heat the oil and sauté rice until fully coated with oil and beginning to sizzle. Add broth; cover and bake in 350 degree oven for 25 minutes. Remove from oven and stir in beans, cumin and red peppers. Skewer the turkey onto bamboo skewers leaving much of the marinade clinging to it.

Grill kabobs over medium heat being careful not to scorch the kabobs. Cook fully on the grill or finish cooking in a 350 degree oven. Serve over rice and beans with additional sauce on the side for dipping.

