

Recipes Days 6-10

Curried Chicken Salad

2 T EVOO(extra virgin olive oil)
1-3oz piece organic chicken, diced
1/3 (14-ounce) can light coconut milk/water
1 tsp mild curry powder
¼ small red onion, minced
1 clove garlic, minced
¼ cup apples, diced
1 tsp chopped cilantro

Sautee the diced chicken in the EVOO until nearly done. Add the coconut milk and curry powder to finish the cooking.

When the chicken is done and there is still a bit of the coconut sauce in the pan, remove from the heat and cool completely. Add the rest of the ingredients and mix thoroughly.

*Option- Stuff an avocado with it or use as an addition to an arugula salad.



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Seared Curried Fish Filet with Thai-style Quinoa

1 T EVOO (extra virgin olive oil)
1" piece of lemongrass, minced
1 clove of garlic, minced
1 scallion, sliced in rounds, a few reserved for garnish
¼ C dry quinoa
scant ½ C water
1 fish filet of choice (tilapia, flounder/sole, wild salmon,)
1 T curry powder
¼ C light coconut milk/water
2 leaves thai basil

Sweat (sauté just until they begin to release their essence, do not brown) the lemongrass, garlic and scallion in EVOO. Add the water and quinoa.

Cover with a lid and bring to a boil, then drop to a simmer. Meanwhile, coat the fish in the curry powder so that it is completely covered and set aside. When the quinoa is about 5 minutes from being done, heat another pan with EVOO for the fish.

Just before it starts to smoke, place the fish in the pan.

Let sear 1 minute or until golden brown then flip and cover, reducing the heat to medium.

Let the fish cook through. While it's cooking, stir the coconut milk into the quinoa and let it absorb a bit until the quinoa is thick and saucy.

Gently plate the fish on top of the quinoa and garnish with slivers of extra scallions.

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Seared Tilapia with Coconut, Lemongrass, Cilantro Pan Sauce

2 T EVOO (extra virgin olive oil)
1 3oz tilapia filet
1 2" piece lemongrass, minced
1 scallion, chopped
¼ C light coconut milk/water
¼ C water
1/8 C cilantro, chopped
TT sea salt and pepper

Season both sides of the tilapia filet with salt and pepper. Heat the EVOO over high heat until almost smoking. Gently lay the fish in the pan while, at the same time, shaking the pan back and forth to insure that it doesn't stick.

Let the fish sear until golden brown then carefully flip it over. Reduce the heat to medium, cover and cook until done.

Carefully remove the fish to a warmed plate. Add the lemongrass and scallion (and a bit more EVOO if necessary) to the pan and sweat, about 1 minute.

Add the coconut milk and water to the pan and let simmer until thickened to desired consistency. Taste and adjust seasoning.

Strain the sauce through a fine sieve, taking care to get as much flavor out of the aromatics by pressing it through with the back of a ladle or wooden spoon. Pour the sauce over the fish and sprinkle with chopped cilantro.

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Baked Sole with Salsa Verde

1 clove garlic
¼ C parsley
¼ C cilantro
2 anchovy filets
1 T capers
1 T red wine vinegar
¼ C EVOO(extra virgin olive oil)
3 Sole Filets
Sea salt/pepper

First make the Salsa Verde by combining all but the EVOO in a food processor until well chopped. Then drizzle in the EVOO to make a smooth sauce. Salt and pepper the sole and place them in a baking dish. Coat each one with a small amount of salsa verde and roll them up. Spoon some more over the top, cover the dish with foil and bake at 400 degrees until the fish is cooked through, about 10 min.

*Option- Use the Salsa Verde for a dipping sauce for Crudite, or as a dressing for steamed cauliflower.

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“Paella” (3 servings)

1 5oz piece chicken breast, cut into 1/2” thick pieces
1 t sweet paprika
1 t dried oregano
2 T EVOO (extra virgin olive oil)
Sea salt and freshly ground pepper
¼ red onion, diced
1 garlic clove, crushed
½ Bunch flat-leaf parsley leaves, chopped, reserve some for garnish
4 asparagus spears, woody ends removed, cut into 1” pieces
1 ½ cups brown rice
3 cups water
Generous pinch saffron threads
1 5oz piece fish like tilapia, sole or flounder, cut into pieces
1/2 cup sweet peas, frozen and thawed
Lemon wedges, for serving

Special equipment: Paella pan or wide shallow skillet

Sprinkle the chicken with paprika and oregano and let stand for 1 hour in the refrigerator. Heat oil in a paella pan over medium-high heat. Add chicken and brown on all sides, turning with tongs. Add salt and freshly ground pepper. Remove from pan and reserve.

In the same pan, make a sofrito by sautéing the onions, garlic, and parsley and asparagus. Cook for 2 or 3 minutes on a medium heat. Fold in the rice and stir-fry to coat the grains. Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Add chicken and saffron. Add the fish, tucking it into the rice.

Give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. During the last 5 minutes of cooking, when the rice is filling the pan, add the peas. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's perfect. Garnish with parsley and lemon wedges.

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Avocado Stuffed with Olive Oil Poached Flounder Salad

1/2 cup leftover poaching oil from Oil Poached Flounder, recipe follows
3 tablespoons white wine vinegar
1/8 teaspoon freshly ground black pepper
1/2 teaspoon sea salt
¼ small red onion, sliced
2 tablespoons chopped scallions
2 tablespoons chopped fresh parsley leaves
1 lemon slice from Oil Poached Flounder, recipe follows, finely minced
16 ounces leftover Oil Poached Flounder, recipe follows, flaked
1 avocado

Whisk together the oil and vinegar in a medium-mixing bowl. Add the black pepper, sea salt, hot sauce, scallions, parsley, and lemon and stir to combine. Cut the avocado in half and remove the pit. Scoop most of the meat out, slice, and add to the salad. Sprinkle the remaining with salt. Add the fish and gently mix to combine. Taste and adjust the seasoning if desired. Scoop desired amount back into the avocado and enjoy.

For the Flounder:

3 cups olive oil
1 1/2 to 2 pounds flounder fillets
Sea salt
Freshly ground black pepper
2 lemons, thinly sliced
1 small bunch fresh parsley, thoroughly dried

Preheat the oven to 350 degrees F. In a medium saucepan over low heat, bring the olive oil to 300 to 310 degrees F. While the oil is heating, season the flounder fillets on all sides with sea salt and freshly ground black pepper. Lay half of the sliced lemons and half of the parsley in the bottom of a cast iron skillet large enough to hold the fillets in a single layer without overlapping. Lay the seasoned fillets on top of the lemons. Top with the remaining lemons and parsley. Once the oil has reached temperature, gently pour it over the fillets, and place in the oven and poach for 10 minutes. Allow the fish to cool completely before composing the salad.

*Option- Try a Mexican inspired version by using cilantro instead of scallions and adding a teaspoon each of cumin and coriander. Or, Try a tropical version by using cilantro instead of parsley and adding small diced pineapple.

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Chimichurri Sauce

- 2/3 cup sherry wine vinegar
- 1 cup flat-leaf parsley
- 4 tablespoons fresh basil leaves
- 1 tablespoon fresh oregano leaves
- 3 tablespoons minced garlic
- 2 tablespoons minced shallots
- 3/4 teaspoon fresh cracked black pepper
- 2 1/2 teaspoons Sea salt
- 1 cup extra-virgin olive oil

Combine all ingredients in a food processor and pulse to combine but not puree. Let stand at least 1 hr for flavors to meld.

*Option- Use as a sauce for grilled fish or chicken, or as a tangy dip for veggies.

Veggie and Chicken Stir-fry with Quinoa

- ¼ C dry quinoa
- 2 T EVOO (extra virgin olive oil)
- 3 oz thinly sliced chicken breast (optional)
- 2 small mushroom such as baby bello, crimini, or shitake, slices
- ½ zucchini, sliced
- 2 scallions cut into 2" pieces
- 1 baby bok choy, sliced
- 1 clove garlic, minced
- 1 1" piece peeled, minced ginger
- Sea salt to taste

First, cook the quinoa as per instructions on the box. It helps if you add a little salt to the cooking water. While the quinoa is cooking, get your pan really hot for the stir-fry. Add the EVOO, the chicken and the mushrooms. Stir for about 3 minutes or until they start to color, before adding the zucchini and scallions. Stir another 2 minutes before adding the bok choy, garlic and ginger. Add salt and chili paste to taste and let cook another minute or two until the garlic is cooked but not browned. Top the hot quinoa with the veggies and enjoy with chopsticks!

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Moroccan-Spiced Seared Scallops with Green Grape and Lemon Relish

Serves 4

1 medium lemon

Sea Salt

1-1/2 Cups seedless green grapes, quartered lengthwise and at room temperature

¼ Cup extra virgin olive oil

2 Scallions, thinly sliced

2 Tbsp fresh cilantro, chopped

2 Tbsp fresh mint, chopped

1 Tsp ground cumin

1 Tsp sweet Hungarian paprika

1 Tsp ground turmeric

¼ Tsp ground cinnamon

¼ Tsp ground ginger

1-1/2 lb large, all natural, “dry” sea scallops, side muscles removed

Freshly ground black pepper

Using a vegetable peeler, remove the zest from the lemon in strips (yellow part only) Reserve the lemon. In a small saucepan, combine the lemon zest with ½ cup water and 1 tsp salt. Bring to a simmer over medium-low heat and cook until liquid reduces to about 1 Tbsp. Drain, rinse, drain again, and pat dry. Finely mince the lemon zest and combine with the grapes, 2 Tbsp of the olive oil, scallions, cilantro, and mint in a medium bowl. In a small bowl, combine the cumin, paprika, turmeric, cinnamon and ginger. Pat the scallops dry. Season them liberally with sea salt and pepper and coat them with the spice mixture. Heat 1 Tbsp of the olive oil in a 12 inch non-stick skillet over medium-high heat until shimmering. Add half the scallops and cook, turning once, until seared on the outside but still translucent in the center, 1 to 2 minutes per side. Transfer to a warm plate. Repeat with the remaining 1 Tbsp oil and scallops. Divide the scallops between 4 plates and serve with relish. Cut the reserved lemon into quarters and squeeze over the dish.