

Main Dishes

Pineapple Chicken Stir-Fry

1 can 20 oz. unsweetened pineapple tidbits
2 tbsp. cornstarch
¼ cup honey ginger balsamic
¼ cup ketchup
1 tbsp. brown sugar
2 tbsp. soy sauce
1-1/2 pounds boneless skinless chicken, cubed
3 tbsp. toasted sesame seed infused olive oil, divided
½ tsp. garlic salt
2 medium carrots, sliced
1 medium green pepper & 1 medium red pepper, julienned
Hot cook rice

Drain pineapple, reserve juice, set aside. In a small bowl combine cornstarch and reserved juice until smooth. Stir in the balsamic, ketchup, brown sugar, soy sauce and set aside. In a wok or large skillet, stir-fry chicken in 2 tbsp. oil for 5-6 min. or until juices run clear, sprinkle with garlic salt. Remove and keep warm. Stir-fry the carrots in remaining oil for 4 minutes, add green and red peppers, and cook until crisp-tender. Add chicken and pineapple. Stir pineapple juice mixture, pour into wok or skillet. Bring to boil, cook and stir for 102 min. or until thickened. Serve over hot cooked rice. Makes 6 servings.

Balsamic Barbecued Short Ribs

3-1/2 - 4 pounds beef short ribs
1 cup water
1 medium onion, sliced
¼ cup fig balsamic

Sauce:

½ cup ketchup
¼ cup onion, chopped
2 tbsp. lemon balsamic
2 garlic cloves, minced
2 tbsp. fig balsamic
½ tsp. salt
1/8 tsp. black pepper

In a Dutch oven, combine ribs, water, sliced onions and fig balsamic, bring to a boil. Reduce heat, cover and simmer for 1 hour, turning ribs occasionally. Drain, place ribs in a single layer in an ungreased 13 in. x 9 in. x 2 in. baking dish. Combine sauce ingredients, spoon over ribs. Cover and bake at 325 degrees for 1-1/4 hours or until meat is tender. Makes 4-6 servings.

Stuffed Turkey Spirals

2 pounds skinless turkey breast halves (1 pound each)
¼ cup premium lemon olive oil, divided
4 tsp. dried basil, divided
1 pound thinly sliced deli ham
1 pound thinly sliced Swiss cheese
1 tsp. salt
1 tsp. black pepper

Basil Sauce:

2 cups mayonnaise
2 tbsps. basil olive oil
1 tsp. sugar

Cut each turkey breast horizontally from the long side to within ½ in. of opposite side. Open flat, cover with plastic wrap. Flatten into 10 in. x 2 in. rectangles. Remove plastic wrap, top each with 1 tsp. lemon fused olive oil and 1 tsp. basil. Layer with ham and Swiss cheese to within 1 in. of edges. Roll up jelly-roll style, starting with long side; tie with kitchen string. Place on a rack in a roasting pan. In a small bowl, combine salt, black pepper and remaining lemon oil and basil, spoon over the turkey roles. Bake at 325 degrees for 75-85 minutes until meat thermometer reads 170 degrees, basting occasionally with remaining oil mixture.

In a blender, combine the sauce ingredients, cover and process until blended. Cool turkey for 5 minutes before slicing into spirals, serve with basil sauce. Makes about 30 spirals.

Cranberry Chicken

1 cup all-purpose flour
1 tsp. sea salt
Dash of ground black pepper
4 boneless skinless chicken breast halves
2 tbsps. Blood orange olive oil
2 cups fresh or frozen cranberries
1/3 cup cranberry – pear balsamic
2 tsp. grated orange peel
4 tbsps. Pecans, chopped
2 garlic cloves, minced
2 tbsps. Butter olive oil
4 cups fresh spinach

In a re-sealable plastic bag, combine the flour salt and pepper. Flatten chicken to 3/8 inch thickness, place in bag and shake to coat. In large skillet cook chicken in blood orange oil for 3 min. on each side or until juices run clear. Remove and keep warm.

Add cranberries and cranberry-pear balsamic to the skillet. Cook over medium heat for 5 minutes or until the berries begin to pop. Add orange peel and cook on more minutes, stir in pecans and remove from heat.

In another skillet sauté garlic in the butter olive oil, until tender. Add in spinach, sauté for 1 minute or until spinach begins to wilt. Place spinach on serving plate, top with chicken and cranberry sauce. Makes 4 servings.

Tarragon Salmon Steaks

4 salmon steaks (about 1 inch thick)
4 tbsp. tarragon olive oil
1 tbsp. lemon juice
2 tbsp. minced fresh parsley
Salt and pepper to taste

Place the salmon steaks in an un-greased 13 in. x 9 in. x 2 in. baking dish. Drizzle with tarragon olive oil and lemon juice, sprinkle with fresh parsley and salt and pepper. Bake, uncovered, at 350 degrees for 30-35 minutes or until fish flakes easily with a fork. Makes 4 servings.

Sweet – Sour Sausage

1 pound fully cooked smoked sausage, cut into ½ inch slices
1 can 20 oz. pineapple chunks
4 tsp. cornstarch
½ cup maple balsamic
¼ cup water
¼ cup honey balsamic
1 large green pepper, cut into ¾ in. pieces

In a large skillet, sauté the sausage for 3-5 minutes or until lightly browned. Drain on paper towels; set aside. Drain pineapple, reserving the juice, set pineapple aside. In skillet, combine the cornstarch, salt and reserved pineapple juice until smooth, stir in the balsamic and water. Bring to a boil, cook and stir for 2-3 minutes or until thickened. Add the green peppers and cook for about 203 more minutes. Then add the sautéed sausage and pineapple, heat through, serve with white rice. Makes 4 servings.

Kentucky Grilled Chicken

1 cup red or green apple balsamic
½ cup chipotle olive oil
5 tsp. Worcestershire sauce
2 tsp. salt
10 bone-in chicken breast halves (about 10 oz. each)

In a bowl, combine the first five ingredients, mix well. Pour 1 cup marinade into a large re-sealable plastic bag, add the chicken. Seal bag and turn to coat; refrigerate for at least 4 hours. Cover and refrigerate the remaining marinade for basting. Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. Grill bone side down, covered, over indirect medium heat for 20 minutes. Turn grill 20 minutes longer or until juices run clear, basting occasionally with reserved marinade. Makes 10 servings.

Crab Cakes with Red Chili Mayo

1-1/3 cups mayonnaise, divided
2 tbsp. Thai chili sauce
2 tsp. lemon balsamic, divided
¼ cup each finely chopped celery, red onion and sweet red pepper
1 jalapeno pepper, seeded and finely chopped
4 tbsp. extra virgin olive oil EVOO, Thai chili or chipotle olive oil, divided
½ cup soft bread crumbs
1 egg, beaten
1 pound fresh crabmeat
¼ cup all-purpose flour

In a small bowl, combine the mayonnaise, chili sauce and 1-1/4 tsp. lemon balsamic. Set aside.

In a small skillet sauté the celery, onion, red pepper and jalapeno in 1 tbsp. EVOO until tender. Transfer to a bowl; stir in the bread crumbs, egg and ½ cup of the mayonnaise mixture and remaining lemon balsamic. Fold in crabmeat. Cover and refrigerate for at least 2 hours. Cover and refrigerate the remaining mayonnaise mixture for sauce. Place flour in a shallow bowl. Drop crab mixture by 2 tbsps. Into flour. Gently coat and shape into a ½ inch thick patty. In a large skillet over med-high heat, cook patties in remaining EVOO about 304 minutes on each side or until golden brown. Serve with reserved sauce. Makes 2 dozen cakes.

