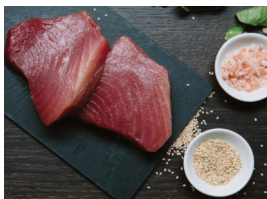
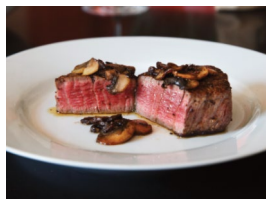
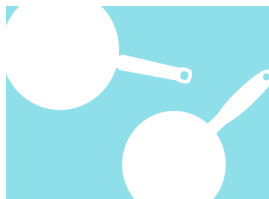


# MEAT THE BOOK



RECIPES BY

**MEAT THE  
BUTCHERS**

THE PREMIER MEAT COMPANY EST. 1966

# MEAT THE BOOK

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### THE PERFECT PORTERHOUSE



SERVES  
6-8



PREP  
35 MIN

COOK  
16 MIN



#### INGREDIENTS: PORTERHOUSE

2 (14OZ) PORTERHOUSE STEAK, DRY AGE

3 TBSP UNSALTED BUTTER, ROOM TEMP

1 TBSP VEGETABLE OIL

GROUND BLACK PEPPER

KOSHER SALT

#### INSTRUCTIONS: PORTERHOUSE

LET YOUR STEAK COME TO ROOM TEMPERATURE BEFORE COOKING. THIS WILL AID IN COOKING EVENLY.

HEAT A BROILER TO A LOW HEAT; WE'LL USE IT LATER. HEAT A LARGE SKILLET, PREFERABLY CAST IRON, OVER MEDIUM HEAT THEN ADD OIL UNTIL IT BEGINS SMOKING. SEASON YOUR STEAK GENEROUSLY WITH SALT AND PEPPER (THE THICKER THE STEAK, THE MORE YOU'LL NEED). COOK ON THE SKILLET UNTIL A DEEP CRUST DEVELOPS ON THE UNDERSIDE OF THE STEAK - AROUND 4 MINUTES.

MOVE THE CRUSTED STEAK FROM THE SKILLET TO A CUTTING BOARD, CRUST SIDE UP, AND TURN OFF THE STOVE. SCORE THE MEAT STRAIGHT DOWN, PERPENDICULAR TO THE BONE, INTO ABOUT 1 INCH THICK STRIPS. BE CAREFUL NOT TO CUT ALL THE WAY THROUGH. RETURN TO THE SKILLET CRUST SIDE UP, COAT WITH BUTTER, AND FINISH IN BROILER UNTIL THE STEAK IS MEDIUM-RARE (ABOUT 4 TO 6 MINUTES).

SERVE THE STEAK WITH ITS OWN BUTTERY JUICES AND ENJOY.



# MOROCCAN CRUSTED FILET



SERVES

2



PREP

30 MIN

COOK

10 MIN



## INGREDIENTS: FILET

2 (6OZ) FILET MIGNON	1/2 TSP GROUND GINGER
3 CLOVES OF GARLIC	1/2 TSP CARDAMOM PODS
2 TBSP OF BUTTER	1/2 TSP CAYENNE PEPPER
1/2 CUP RED WINE	1/2 TSP CORIANDER SEEDS
1/2 LB MUSHROOMS	1/2 TSP BLACK PEPPER-
1/2 TSP CINNAMON	CORNS
1/2 TSP ALLSPICE	ROSEMARY SPRIG
1/2 TSP CUMIN SEEDS	OLIVE OIL
1/2 TSP WHOLE CLOVES	SEA SALT

## BUTCHER'S TIP

THE SECRET TO A PERFECT FILET MIGNON IS TO START WITH A STEAK AT ROOM TEMPERATURE. COOK IT IN A CAST-IRON PAN AT A VERY HIGH HEAT. DO NOT DISTURB UNTIL A CRUST FORMS AND LET IT REST BEFORE CUTTING.

## INSTRUCTIONS: FILET

ALLOW YOUR FILETS TO COME TO ROOM TEMPERATURE. GRIND THE SPICES AND GARLIC IN A SPICE GRINDER UNTIL YOU HAVE A FINE POWDER. TAKE YOUR ROOM TEMPERATURE FILETS AND RUB THEM ALL OVER WITH OLIVE OIL, THEN GENEROUSLY SPRINKLE WITH SEA SALT AND RUB YOUR SPICE BLEND ON BOTH SIDES. SLICE YOUR MUSHROOMS AND CRUSH YOUR GARLIC CLOVES.

ADD OLIVE OIL TO A HEAVY-BOTTOM SAUTÉ PAN THEN PLACE OVER MEDIUM-HIGH HEAT UNTIL IT JUST BEGINS TO SMOKE. PLACE YOUR FILETS IN HOT OIL AND DO NOT DISTURB FOR AT LEAST 3 MINUTES TO GET A NICE CRUST; BE CAREFUL NOT TO BURN. AFTER ABOUT 3 MINUTES, ONCE A DEEP BROWN CRUST HAS FORMED, FLIP YOUR FILETS AND COOK FOR AN ADDITIONAL 3 MINUTES TO CRUST THE OTHER SIDE. REMOVE YOUR FILETS ONCE THEY HAVE A NICE CRUST, PLACE ON A PLATTER, AND TENT WITH FOIL. YOU CAN SERVE THEM AT THIS POINT AND THEY WILL BE RARE.

LOWER THE HEAT ON YOUR PAN. TOSS THE MUSHROOMS, GARLIC, AND ROSEMARY IN THE PAN DRIPPINGS AND SAUTÉ UNTIL NICE AND BROWN. DEGLAZE PAN WITH THE

WINE. REDUCE FOR A FEW MINUTES. FINISH YOUR SAUCE WITH BUTTER & SEASONING AND PLACE THE FILETS BACK FOR ANOTHER 2 MINUTES AND BASTE WITH THE SAUCE: THIS WILL GIVE YOU MEDIUM RARE. LEAVE LONGER IN PAN FOR MEDIUM.



## ALBONDIGAS SOUP



SERVES

4-6



PREP

30 MIN

COOK

45 MIN



### INGREDIENTS: ALBONDIGAS

1 LB GROUND BEEF	2 YELLOW SQUASH SLICED
1 LB GROUND LAMB	2 GARLIC CLOVES, CRUSHED
4 LARGE TOMATILLOS, DICED	1 LARGE CHIPOTLE PEPPER
1 SMALL ONION, SMALL DICE	4 CARROTS, CHOPPED
3 TBSP DRIED OREGANO	6 RED PEPPERS
2 TSP GARLIC SALT	SALT & PEPPER
3/4 CUP CARROTS, DICED	1 ZUCCHINI, SLICED
4 LARGE TOMATOES	1/2 CUP RICE
1 SMALL ONION, WEDGES	1 EGG

### INSTRUCTIONS: ALBONDIGAS

TAKE A LARGE STOCK POT, FILL UP HALFWAY WITH WATER AND SET TO BOIL. LIGHTLY SALT. MIX TOGETHER YOUR POUND OF GROUND BEEF AND POUND OF GROUND LAMB. MIX THE FIRST 10 INGREDIENTS INTO YOUR MEAT WELL AND FORM MEATBALLS TO THE DESIRED SIZE. ONCE THE WATER IS BOILING START TO PLACE THE MEATBALLS IN. ADD IN THE 6 RED POTATOES AND 4 CARROTS.

CHOP TOMATOES AND ONION INTO LARGE WEDGES. SAUTÉ IN A LARGE PAN WITH OLIVE OIL. ADD SALT AND PEPPER TO TASTE. SAUTÉ YOUR ONIONS AND TOMATOES UNTIL ONIONS ARE TRANSLUCENT AND ADD THE CRUSHED GARLIC UNTIL FRAGRANT. ADD THE CHIPOTLE PEPPER AND SAUTÉ TO FLAVOR THE SAUCE. ONCE THE MEATBALLS HAVE SOFTENED, ABOUT 30 MINUTES ADD THE SAUTÉ TO THE POT. ADD THE CHOPPED SQUASHED AND FRESH OREGANO. CORRECT THE SEASONING TO TASTE.

## PALEO MUSHROOM CHUCK BURGER



SERVES

4



PREP

10 MIN

COOK

15 MIN



### INGREDIENTS: PMC BURGER

2 LB GRASS-FED CHUCK BURGER	3 CLOVES GARLIC
2 TBSP FRESH SAGE	HEIRLOOM TOMATO
1/4 TSP CORIANDER	1 SPRIG OF THYME
1/4 LB MUSHROOMS	RED ONION
2 TBSP AVOCADO OIL	1/4 TSP CUMIN
1/2 TSP RED PEPPER FLAKES	AVOCADO
	BIG LEAF LETTUCE

### INSTRUCTIONS: PMC BURGER

START BY FINELY CHOPPING THE FIRST 8 INGREDIENTS. IN A BOWL, ADD THE CHOPPED INGREDIENTS INTO THE MEAT. THEN ADD OIL, MIX WELL AND FORM HALF-POUND PATTIES.

GRILL THE PATTIES OVER A BARBECUE OR ON A CAST-IRON GRILL PAN TO MEDIUM WELL.

TO SERVE, SLICE YOUR ONION, TOMATO, AND AVOCADO TO TOP YOUR BURGER. FEEL FREE TO ADD OTHER FRUITS OR VEGGIES, AS MOST WILL WORK IN COMBINATION. JUST KEEP IT PALEO! WRAP YOUR PATTY AND TOPPINGS IN BIG-LEAF LETTUCE FOR A BUN-LESS BURGER AND BEAUTIFUL PRESENTATION.



# BEEF WELLINGTON



SERVES

4-6



PREP

35 MIN

COOK

50 MIN



## INGREDIENTS: WELLINGTON

### FOR DUXELLES

1 ½ LB WHITE BUTTON MUSHROOMS  
2 TBSP UNSALTED BUTTER  
2 SHALLOTS, PEELED AND CHOPPED  
2 TBSP EXTRA-VIRGIN OLIVE OIL  
2 SPRIGS FRESH THYME LEAVES  
4 CLOVES GARLIC, PEELED AND CHOPPED  
KOSHER SALT  
FRESHLY GROUND BLACK PEPPER

### FOR BEEF

32OZ BEEF CHATEAUBRIAND FILET  
EXTRA VIRGIN OLIVE OIL  
KOSHER SALT AND FRESHLY GROUND PEPPER  
6 SPRIGS OF FRESH THYME LEAVES  
2 TBSP DIJON MUSTARD  
1 LB PUFF PASTRY  
2 LARGE EGGS, LIGHTLY BEATEN  
1/2 TSP COARSE SALT  
MINCED SALT

## INSTRUCTIONS: WELLINGTON

### FOR DUXELLES

MINCE MUSHROOMS, SHALLOTS, GARLIC, AND THYME. ADD BUTTER AND OLIVE OIL TO A LARGE SAUTÉ PAN OVER MEDIUM HEAT. SAUTÉ MUSHROOMS AND SHALLOTS FOR 6-8 MINUTES UNTIL MOST OF THE LIQUID HAS EVAPORATED. ADD GARLIC AND SAUTÉ UNTIL FRAGRANT. SEASON WITH SALT AND PEPPER AND SET ASIDE TO COOL.

### FOR BEEF

DRIZZLE WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER. SEAR ON ALL SIDES INCLUDING THE ENDS IN A HOT HEAVY SKILLET TO FORM A NICE CRUST. AFTER SEARING REMOVE TENDERLOIN FROM HEAT AND LET COOL. SET OUT A SHEET OF PLASTIC ON TOP OF CUTTING BOARD AND SPREAD OUT DUXELLES PASTE UNTIL IT IS BIG ENOUGH TO WRAP ENTIRE TENDERLOIN. SPRINKLE WITH FRESH THYME LEAVES.

SMEAR TENDERLOIN IN DIJON MUSTARD. LAY TENDERLOIN OVER PLASTIC WRAP THAT CONTAINS DUXELLES PASTE. CAREFULLY WRAP THE PLASTIC WRAP AROUND THE TENDERLOIN SO THAT THE MUSHROOMS IN THE DUXELLES PASTE DON'T GET CAUGHT BETWEEN THE PLASTIC WRAP. ONCE YOU'VE WRAPPED UP THE

CHATEAUBRIAND, TWIST THE ENDS TO HOLD IN A LOG SHAPE AND LET IT SIT IN THE REFRIGERATOR FOR 30 MINS TO 45 MINS TO ENSURE IT MAINTAINS SHAPE. PREHEAT OVEN TO 425°F.

ROLL OUT PUFF PASTRY TO -1/4" IN THICKNESS. REMOVE BEEF FROM THE FRIDGE AND REMOVE PLASTIC. WRAP YOUR LOG IN THE PUFF PASTRY. SEAL WITH AN EGG WASH. THEN WRAP UP THE ENDS AND SEAL AS WELL. COAT PASTRY-COVERED LOG WITH EGG WASH. CUT SLITS AND SEASON WITH SALT.

PLACE LOG SEAM-SIDE DOWN ON A BAKING SHEET AND BAKE FOR 35-40 MINUTES UNTIL PASTRY IS GOLDEN BROWN AND THE BEEF REACHES AN INTERNAL TEMPERATURE OF 135°F. REMOVE FROM OVEN AND LET REST. SERVE WITH A SIDE OF POTATOES AND WINTER GREENS. ENJOY!

### BUTCHER'S TIP

MAKE SURE YOU LEAVE THE TENDERLOIN IN THE REFRIGERATOR FOR AT LEAST 45 MIN. A COLD TENDERLOIN ENSURES THE CORRECT DONENESS AT THE END.

# PORK



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### BUTCHER'S TIP

PORK IS THE MOST VERSATILE MEAT. IT CAN BE MARINATED, ROASTED, GRILLED, SKEWERED DRY RUBBED, BOILED, BAKED, BARBECUED, MICROWAVED, PAN-FRIED, OR STIR FRIED. PORK HAS MORE PROTEIN THAN CHICKEN AND IS HIGH IN ZINC, IRON, AND B-VITAMINS. PORK TENDERLOIN CUTS ARE ABOUT AS LEAN AS SKINLESS CHICKEN BREAST. SO NEXT TIME YOU'RE THINKING ABOUT DINNER PUT PORK BACK ON THE FORK.

## HONEY-GLAZED ORANGE HAM



SERVES  
10-15



PREP  
10 MIN

COOK  
2.5 HOURS



### INGREDIENTS: HONEY HAM

10 LB SPIRAL HALF HAM UNCURED  
SMALL HANDFUL OF CLOVES  
1 JAR ORANGE MARMALADE  
3-4 SPRIGS OF ROSEMARY  
EXTRA ROSEMARY

### INSTRUCTIONS: HONEY HAM

PREHEAT OVEN TO 400°F. PRESS SCATTERED CLOVES INTO THE SKIN OF THE HAM THEN PLACE IT IN A BAKING TRAY SURROUNDED WITH ROSEMARY. BAKE FOR 1 HOUR. NEAR THE END OF COOKING TIME, HEAT THE MARMALADE AND ROSEMARY LEAVES TOGETHER IN A SMALL SAUCEPAN UNTIL THEY SIMMER. TAKE HAM OUT OF THE OVEN AND POUR ½ OF THE GLAZE OVER THE TOP, SPREADING IT EVENLY WITH A PASTRY BRUSH, SPOON OR A LITTLE BRANCH OF ROSEMARY.

PUT THE HAM BACK INTO THE OVEN AND ROTATE IT SO THAT THE FRONT FACES THE BACK FOR 20 MINUTES. COAT WITH THE REMAINING GLAZE, ROTATE THE HAM AGAIN, AND BAKE FOR ANOTHER 20 MINUTES. BASTE THE HAM BY SCOOPING THE JUICES FROM THE BOTTOM OF THE PAN AND DRIZZLE OVER THE TOP. BAKE FOR ANOTHER 20 MINUTES THEN ROTATE THE HAM AGAIN.

AFTER THE HAM HAS BEEN IN FOR 1 HOUR 20 MINUTES IT SHOULD BE DONE. YOU'RE LOOKING FOR IT TO BE LOVELY AND DEEPLY CARAMELIZED ON TOP. IF NOT, CONTINUE TO BASTE AND CHECK EVERY 10 MINUTES UNTIL WELL COLORED. ONCE YOUR HAM IS READY, IT SHOULD HAVE A SHINY GLAZED TEXTURE AND SWEET ORANGE-PORK FLAVOR. SERVE HOT OR AT ROOM TEMPERATURE AND ENJOY!

## HAM AND DEVEILED EGGS



SERVES  
5-8



PREP  
30 MIN

COOK  
20 MIN



### INGREDIENTS: DEVEILED EGGS

15 EGGS

1/2 CUP SHREDDED SHARP CHEDDAR CHEESE

1/2 CUP MAYONNAISE

1 SMALL SHALLOT, DICED

1/4 CUP DICED HAM

2 TBSP MUSTARD

1/2 TSP NUTMEG

SALT AND PEPPER TO TASTE

PAPRIKA AND CHIVES TO TOP

TRIANGLED HAM TO GARNISH

### INSTRUCTIONS: DEVEILED EGGS

BOIL EGGS IN A LARGE POT OVER HIGH HEAT. WHILE YOUR EGGS ARE BOILING, PREPARE YOUR YOLK MIXTURE. GRATE 1/2 CUP OF CHEDDAR CHEESE AND MIX IN THE MUSTARD, DICED SHALLOTS, AND HAM. STIR TOGETHER THEN COVER WITH PLASTIC OR FOIL AND SET ASIDE UNTIL EGGS HAVE BOILED.

ONCE THE POT OF WATER HAS REACHED BOILING POINT, REMOVE FROM HEAT AND SET ASIDE TO LET COOL DOWN. DRAIN EGGS FROM WATER. SKIN THE SHELLS OFF YOUR BOILED EGGS AND CUT THEM IN HALF LENGTHWISE. REMOVE BOILED YOLKS FROM THE WHITES AND ADD TO YOUR CHEESE AND HAM MIXTURE. MIX THE YOLK AND CHEESE MIXTURE WELL TO FULLY INCORPORATE. WE RECOMMEND YOU ADD 1/2 CUP OF MAYONNAISE AT THIS POINT HOWEVER THIS DEPENDS ON YOUR PREFERRED CONSISTENCY. ADD SALT AND PEPPER TO TASTE.

GARNISH WITH CHIVES AND SMALL HTAM TRIANGLES. SPRINKLE WITH PAPRIKA FOR AN EXTRA KICK OF FLAVOR AND SERVE!

## HONEY ROASTED PORK RACK



SERVES  
8-12



PREP  
30 MIN

COOK  
1.5 HOURS



### INGREDIENTS: PORK RACK

2 8-BONE PORK RACK FRENCHED

1 TSP FRESH ROSEMARY, MINCED

1 TSP FRESH THYME, MINCED

SALT & PEPPER TO TASTE

7 CRUSHED GARLIC CLOVES

1/4 CUP OLIVE OIL

2 TBSP FRESH SAGE

1/2 CUP HONEY

1/2 CUP BROWN SUGAR

### INSTRUCTIONS: PORK RACK

#### FOR SAUCE

HEAT HONEY, BROWN SUGAR, FRESH SAGE TO A SPREADABLE CONSISTENCY.

#### FOR RACK

SEASON PORK RACK GENEROUSLY WITH SALT AND PEPPER. TAKE YOUR OLIVE OIL AND MIX IN THE GARLIC AND HERBS. COAT THE ENTIRE ROAST LIBERALLY ON ALL SIDES. THEN SEASON THE TOP WITH SALT AND PEPPER ONE MORE TIME.

PLACE EACH RACK IN ROASTING PAN WITH FAT FACING UP. ROAST AT 350°F FOR 1 TO 1 ½ HOURS (20 MINUTES PER POUND) UNTIL TEMPERATURE READS 145°F INTERNALLY. 20 MINUTES BEFORE COMPLETE, COAT THE ROAST WITH HONEY AND MAPLE SAUCE THEN AGAIN AT 10 MINUTES BEFORE FINISHED AND ONE FINAL TIME AFTER YOU TAKE OUT OF THE OVEN.

REMOVE FROM OVEN AND LET REST FOR 10 MINUTES. EACH RACK SERVES BETWEEN 8-12 PEOPLE.



# GRILLED PORK LOIN CHOPS



SERVES  
2



PREP  
10 MIN

COOK  
25 MIN



## INGREDIENTS: LOIN CHOPS

2 (6OZ) THICK-CUT PORK LOIN CHOPS  
3 TBSP WORCESTERSHIRE SAUCE  
2 FRESH GARLIC CLOVES, MINCED  
1/4 TSP GROUND CINNAMON  
1/2 TSP GROUND GINGER  
1/2 TSP ONION POWDER  
1/8 CAYENNE PEPPER  
2 TBSP BROWN SUGAR  
3 TBSP SOY SAUCE  
3 TBSP HONEY

## BUTCHER'S TIP

MAKE SURE YOU USE A MEDIUM HEAT. PORK IS BEST COOKED LOW AND SLOW. SALT YOUR PORK AT THE END TO KEEP JUICY.

ALWAYS START WITH ROOM TEMPERATURE PORK CHOPS BEFORE YOU PLACE ON THE GRILL AND ALWAYS USE A MEAT THERMOMETER TO ENSURE CORRECT DONENESS.

## INSTRUCTIONS: LOIN CHOPS

MIX THE GARLIC, BROWN SUGAR, HONEY, SOY SAUCE, WORCESTERSHIRE SAUCE, GINGER, ONION POWDER, CINNAMON, AND CAYENNE PEPPER TOGETHER IN A BOWL. POUR HALF THE MIXTURE INTO A LARGE PLASTIC ZIPPER BAG AND PLACE THE PORK CHOPS INTO THE MARINADE. SQUEEZE THE AIR OUT OF THE BAG, AND SEAL THE BAG. REFRIGERATE 4 TO 8 HOURS, TURNING OCCASIONALLY. REFRIGERATE REMAINING MARINADE IN THE BOWL PREHEAT AN OUTDOOR GRILL FOR MEDIUM HEAT, AND LIGHTLY OIL THE GRILL'S GRATE.

REMOVE THE PORK CHOPS FROM THE PLASTIC BAG, AND SHAKE EXCESS DROPLETS OF LIQUID FROM THE CHOPS. SET ASIDE THE MARINADE, YOU'LL NEED IT LATER. GRILL CHOPS ON THE PREHEATED GRILL, BASTING WITH THE RESERVED MARINADE UNTIL MEAT IS BROWNED, NO LONGER PINK INSIDE, AND SHOWS GOOD GRILL MARKS, 8 TO 10 MINUTES PER SIDE. A MEAT THERMOMETER INSERTED INTO THE THICKEST PART OF A CHOP SHOULD READ AT LEAST 145°F (63°C).

POUR REMAINING RESERVED MARINADE INTO A SMALL SAUCEPAN OVER MEDIUM HEAT, BRING TO A BOIL, AND REDUCE HEAT TO A SIMMER. COOK THE MARINADE UNTIL SLIGHTLY THICKENED, ABOUT 5 MINUTES, STIRRING CONSTANTLY. SERVE CHOPS WITH SAUCE.



# HERBED PORK RIB ROAST



SERVES

6-8



PREP

2 HOURS

COOK

1 HOUR



## INGREDIENTS: PORK RIB ROAST

1 (4LB) PORK RIB ROAST  
3 TBSP EXTRA VIRGIN OLIVE OIL  
3 FRESH GARLIC CLOVES, MINCED  
1 TBSP CHOPPED FRESH ROSEMARY  
1 TBSP CHOPPED FRESH THYME  
FRESHLY GROUND PEPPER  
SALT

### BUTCHER'S TIP

FOR BEST RESULTS START WITH A ROOM TEMPERATURE ROAST. ROAST ON VERY HIGH HEAT FOR THE FIRST 10-15 MIN TO CARAMELIZE AND FORM A CRUST, THEN REDUCE HEAT. LET ROAST REST FOR AT LEAST 10-15MIN AND FINISH WITH A SPRINKLING OF FINISHING SALT SUCH AS GREY FRENCH SALT.

## INSTRUCTIONS: PORK RIB ROAST

IN A SMALL BOWL, BLEND THE GARLIC WITH THE OLIVE OIL, THYME, AND ROSEMARY. RUB THE HERB PASTE ALL OVER THE PORK ROAST AND LET STAND AT ROOM TEMPERATURE FOR 2 HOURS OR REFRIGERATE OVERNIGHT.

PREHEAT THE OVEN TO 500°. SET THE PORK IN A SMALL ROASTING PAN AND SEASON WITH SALT AND PEPPER. ROAST THE PORK FOR 15 MINUTES, THEN REDUCE THE

OVEN TEMPERATURE TO 325°. CONTINUE ROASTING THE PORK FOR 40 MINUTES LONGER, OR UNTIL AN INSTANT-READ THERMOMETER INSERTED IN THE THICKEST PART OF THE MEAT REGISTERS 155°.

TRANSFER THE PORK TO A CARVING BOARD AND LET STAND FOR ABOUT 10 MINUTES. CUT BETWEEN THE RIBS. TRANSFER THE CHOPS TO PLATES AND SERVE.





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## BUTCHER'S TIP

TO PICK FRESH CHICKEN, MAKE SURE THE SKIN IS OPAQUE AND NOT TRANSLUCENT. THE SKIN SHOULD HAVE A SHINE TO IT AND WITH MINIMAL BLOOD IN THE PACKAGING AS THIS INDICATES CHICKEN THAT HAS BEEN PACKAGED FOR A WHILE. COOKING A WHOLE CHICKEN WILL PROVIDE A BIT MORE MEAT AS THERE IS LESS SHRINKAGE WHEN THE BIRD IS KEPT WHOLE. ROASTING CHICKENS ARE LARGER AND HAVE MORE FAT TO HELP KEEP THEM MOIST IN THE LONG, DRY COOKING PROCESS.

## SPICY SHOTGLASS SATAY

SERVES  
4-6PREP  
2 3/4 HRSCOOK  
1 HOUR

## INGREDIENTS: SHOTGLASS SATAY

## FOR THE CHICKEN

1 LB BONELESS TENDERS  
2 TBSP AGAVE NECTAR  
1 TBSP MINCED GINGER  
1 TBSP SOY SAUCE  
1/2 TSP RED PEPPER  
FLAKES  
1/4 CUP LIME JUICE  
1/4 CUP CILANTRO LEAVES  
WOODEN SKEWERS  
SLICED HABANERO  
PEPPERS

## FOR THE PEANUT SAUCE

1/4 CUP LIGHT COCONUT MILK  
1 TSP RED PEPPER FLAKES  
1 TBSP FRESH LIME JUICE  
1 TSP CRUSHED GARLIC  
1 TBSP AGAVE NECTAR  
2 TSP FISH SAUCE  
3 TBSP SMOOTH PEANUT  
BUTTER

## INSTRUCTIONS: SHOTGLASS SATAY

WHISK TOGETHER LEMON JUICE, AGAVE, SOY SAUCE, GINGER, RED PEPPER FLAKES, AND GARLIC. POUR 1/2 CUP MARINADE INTO A SHALLOW BAKING DISH. PUT THE REMAINING 1/4 CUP ASIDE. SLICE YOUR CHICKEN TENDERS DOWN THE LENGTH OF THE STRIP TO MAKE THEM THINNER STRIPS.

ADD YOUR CHICKEN TO THE 1/2 CUP MARINADE AND COVER WITH PLASTIC. REFRIGERATE FOR 2 HOURS.

SOAK ABOUT 26 SKEWERS IN WATER FOR 20 MINUTES AND PREHEAT A GRILL OR GRILL PAN TO MEDIUM-HIGH HEAT. THREAD THE SKEWERS THROUGH THE LENGTH OF THE CHICKEN STRIPS AND OIL YOUR GRILL GRATES. SEAR OR GRILL YOUR CHICKEN IN BATCHES UNTIL COOKED, ABOUT 3 MINUTES PER SIDE.

FOR THE PEANUT SAUCE, BLEND IN YOUR PEANUT BUTTER WITH COCONUT MILK. ADD IN LIME JUICE, CHILI, GARLIC, AND AGAVE NECTAR. INCORPORATING WELL. POUR PEANUT SAUCE INTO SHOT GLASSES AND DIP YOUR CHICKEN SKEWERS IN. GARNISH WITH CILANTRO AND HABANERO SLICES FOR A PARTY PRESENTATION.

# CARIBBEAN PALEO CHICKEN DRUMMETTES



SERVES  
4



PREP  
20 MIN

COOK  
45 MIN



## INGREDIENTS: PALEO DRUMMETTES

2 LB CHICKEN DRUMMETTES  
2 TBSP EXTRA VIRGIN OLIVE OIL  
1/2 FRESH PINEAPPLE, CUT INTO PIECES  
1/2 FRESH MANGO CUT INTO PIECES  
1/2 TSP GROUND CORIANDER  
1/2 TSP CHIPOTLE CHILI  
1/2 TSP GROUND CUMIN  
1/2 TSP CAYENNE PEPPER  
1/2 TSP PAPRIKA  
JUICE FROM ONE WHOLE LEMON

## INSTRUCTIONS: PALEO DRUMMETTES

RINSE YOUR CHICKEN THEN PUT IN A SHALLOW BAKING SHEET. PREHEAT YOUR OVEN TO 375°. PUT THE LAST 9 INGREDIENTS IN A BLENDER AND PUREE TO MAKE A MARINADE. COVER THE CHICKEN PIECES WITH THE MARINADE. COVER BAKING SHEET WITH FOIL, AND BAKE IN THE OVEN FOR 45 MINUTES. BASTE OCCASIONALLY FOR BEST RESULTS.



# LEMON CHILE CHICKEN



SERVES  
8



PREP  
12 HOURS

COOK  
30-40 MIN



## INGREDIENTS: CHILE CHICKEN

1-3 1/2" PIECE GINGER, PEELED & FINELY GRATED  
8 (7OZ) CHICKEN BREAST WITH DRUMETTE  
10 GARLIC CLOVES, COARSELY CHOPPED  
1/2 CUP REDUCED-SODIUM SOY SAUCE  
4 SERRANO CHILES, THINLY SLICED  
1/2 CUP APPLE CIDER VINEGAR  
5 CLOVES, SLIGHTLY CRUSHED  
2 STAR ANISE, BROKEN  
1/2 CUP BROWN SUGAR  
1 TBSP KOSHER SALT  
2 LEMONS, SLICED  
1 CUP OLIVE OIL  
6 SPRIGS THYME

## INSTRUCTIONS: CHILE CHICKEN

WHISK TOGETHER THE GARLIC, CHILES, GINGER, OIL, SOY SAUCE, VINEGAR, BROWN SUGAR, ANISE, CLOVES, AND SALT IN A MEDIUM BOWL UNTIL SUGAR AND SALT DISSOLVE, THEN ADD LEMON SLICES AND THYME. COAT THE CHICKEN IN THE MARINADE BY PLACING BOTH IN A LARGE RESEALABLE BAG. CHILL FOR AT LEAST 12 HOURS.

HEAT YOUR OVEN TO 450°

REMOVE CHICKEN FROM MARINADE AND PLACE SKIN-UP ON A RIMMED BAKING SHEET. ROAST FOR 30-40 MINUTES UNTIL OPAQUE THROUGHOUT AND IT MEASURES 165° INTERNALLY. SERVE CHICKEN IMMEDIATELY.



# PESTO CHICKEN SANDWICHES



SERVES

4



PREP

10 MIN

COOK

15 MIN



## INGREDIENTS: PESTO SANDWICHES

8 SLICES BUFFALO MOZZARELLA CHEESE

KOSHER SALT & GROUND PEPPER

8 SLICES ARTISANAL BREAD

1 TSP ITALIAN SEASONING

OLIVE OIL FOR SEASONING

2 8OZ CHICKEN BREASTS

8 THICK TOMATO SLICES

MAYONNAISE, TO TASTE

BASIL LEAF BUNCH

4 TBSP PESTO

## INSTRUCTIONS: PESTO SANDWICHES

TO BEGIN, BUTTERFLY EACH CHICKEN BREAST. SEASON THE CHICKEN BREAST HALVES WITH SALT AND PEPPER AND SPRINKLE EVENLY WITH ITALIAN SEASONING. BRUSH LIGHTLY ON BOTH SIDES WITH OLIVE OIL.

PREPARE A HOT FIRE IN A GRILL THEN BRUSH AND OIL THE GRILL'S GRATE.

PLACE CHICKEN ON THE GRILL DIRECTLY OVER THE HEAT AND COOK, TURNING ONCE, UNTIL NICELY GRILL-MARKED AND FIRM TO THE TOUCH. THIS WILL TAKE ABOUT 5-8 MINUTES DEPENDING ON THE SIZE AND THICKNESS OF YOUR BREAST PIECES. FLIP TO THE OTHER SIDE FOR ABOUT 2 MINUTES BEFORE THE CHICKEN IS READY. PLACE 2 SLICES OF CHEESE ON

EACH BREAST HALF, COVER THE GRILL AND LET THE CHEESE MELT. AT THE SAME TIME, PUT THE BREAD SLICES TOWARD THE EDGE OF THE GRILL TO TOAST.

TRANSFER CHICKEN AND BREAD SLICES TO CUTTING BOARD. SPREAD THE BREAD SLICES WITH MAYONNAISE. CUT EACH BREAST AGAINST THE GRAIN ON THE DIAGONAL INTO 3 OR 4 PIECES. ARRANGE 1 SLICED BREAST HALF ON EACH OF 4 BREAD SLICES. TOP EACH WITH 2 TOMATO SLICES AND THEN WITH 1 TBSP PESTO. SPREAD EVENLY OVER TOMATOES. ADD 3-4 FRESH BASIL LEAVES ON TOP OF TOMATOES. COVER EACH SANDWICH WITH ONE OF THE REMAINING BREAD SLICES AND SERVE IMMEDIATELY.





# FRIED CHICKEN TENDERS



SERVES

4-6



PREP

45 MIN

COOK

1 HOUR



## INGREDIENTS: CHICKEN TENDERS

### FOR THE MARINADE

2 LBS CHICKEN TENDERS

1 CUP BUTTERMILK

1 1/2 TBSP SALT

1/4 TBSP CAYENNE PEPPER

1/4 TBSP GARLIC POWDER

1/4 TBSP PAPRIKA

### FOR THE BREADING

1 1/2 CUPS FLOUR

1 CUP PANKO CRUMBS

1 HEAPING TEASPOON SALT

3/4 TBSP BLACK PEPPER

3/4 TBSP GARLIC POWDER

3/4 TBSP PAPRIKA

1 1/2 TBSP BAKING POWDER

3 TBSP BUTTERMILK

## INSTRUCTIONS: CHICKEN TENDERS

COMBINE THE MARINADE INGREDIENTS TOGETHER AND PUT IN A LARGE RESEALABLE BAG. PLACE TENDERS IN WITH THE MARINADE AND SEAL THE BAG. MIX THE CONTENTS IN THE BAG AROUND TO COAT EVERY PIECE EVENLY WITH BUTTERMILK AND PUT IN THE FRIDGE TO MARINATE FOR ABOUT 4 HOURS. MAKE THE BREADING BY COMBINING THE FLOUR, BREAD CRUMBS, SALT, PEPPER, GARLIC POWDER, PAPRIKA AND BAKING POWDER IN A LARGE BOWL.

LINE A BAKING SHEET WITH ALUMINUM FOIL OR PARCHMENT PAPER. REMOVE THE CHICKEN TENDERS FROM THE MARINADE A FEW AT A TIME AND TOSS INTO THE FLOUR MIXTURE. COAT THE TENDERS EVENLY AND PRESS THE BREADING ONTO THE MEAT TO ADHERE. SET BREADED TENDERS ON THE LINED BAKING SHEET.

LINE ANOTHER BAKING SHEET WITH A FEW LAYERS OF PAPER TOWELS AND SET ASIDE. ADD A ¾ INCH OF COOKING OIL TO A LARGE, HIGH-SIDED POT AND PLACE OVER HIGH HEAT UNTIL OIL IS SHIMMERING. USING TONGS, PLACE SEVERAL TENDERS IN THE HOT OIL WITHOUT CROWDING THE PAN. IF THE TENDERS DO NOT BEGIN TO SIMMER, THE OIL IS NOT HOT ENOUGH. COOK UNTIL GOLDEN BROWN ON THE BOTTOM SIDE, A FEW MINUTES. THEN FLIP AND COOK UNTIL THE OTHER SIDE IS ALSO GOLDEN, A FEW MINUTES MORE.

SET COOKED TENDERS ON A BAKING SHEET LINED WITH PAPER TOWELS TO DRAIN OIL. FRY REMAINING TENDERS IN BATCHES. PLACE ALL TENDERS ON PAPER TOWELS UNTIL THEY DRY THEN SERVE. ENJOY WHILE IT'S HOT!





## IN THIS SECTION

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CHILEAN SEABASS IN CHERRY TOMATO 15

LEMON BUTTER BARRAMUNDI 15

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SALMON &amp; SPINACH PALEO SALAD 17

## BUTCHER'S TIP

FISH SHOULD ALWAYS BE COOKED AT A LOW TO MEDIUM TEMPERATURE. WHEN YOU DO THIS, YOU ENSURE THAT ALL OF THE MOISTURE THAT THE FISH HAS IS PRESERVED. FISH ARE FULL OF OMEGA-3 FATTY ACIDS. SALMON, TUNA, TROUT AND HERRING ARE ALL FISH WITH HIGH LEVELS OF OMEGA-3.

GRILLED HALIBUT WITH  
LEMON-BASIL VINAIGRETTESERVES  
4PREP  
10 MINCOOK  
10 MIN

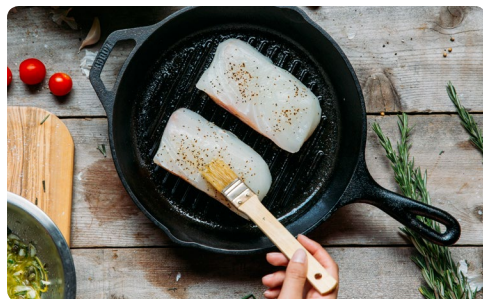
## INGREDIENTS: GRILLED HALIBUT

- 4 8-OZ HALIBUT STEAKS
- 3 TBSP THIN SLICED BASIL
- 2 1/2 TBSP LEMON JUICE
- 1/2 TSP GRATED LEMON PEEL
- 2 GARLIC CLOVES, CRUSHED
- 2 TSP DRAINED CAPERS
- 2 TBSP OLIVE OIL

## INSTRUCTIONS: GRILLED HALIBUT

WHISK THE LEMON JUICE, OLIVE OIL, CRUSHED GARLIC CLOVES AND GRATED LEMON PEEL IN A SMALL BOWL TO BLEND. STIR IN 2 TABLESPOONS OF THE FRESH BASIL AND CAPERS. SEASON THE VINAIGRETTE TO TASTE WITH SALT AND PEPPER. (CAN BE PREPARED AN HOUR AHEAD. LET SIT AT ROOM TEMPERATURE.)

PREPARE THE BARBECUE AT MEDIUM-HIGH HEAT OR PREHEAT BROILER. SEASON HALIBUT STEAKS WITH SALT AND PEPPER THEN BRUSH WITH 1 TABLESPOON OF VINAIGRETTE, DIVIDING EQUALLY. GRILL OR BROIL HALIBUT STEAKS UNTIL JUST COOKED THROUGH, ABOUT 4 MINUTES PER SIDE. TRANSFER FISH TO PLATES. RE-WHISK REMAINING VINAIGRETTE AND POUR OVER FISH. GARNISH FISH WITH REMAINING 1 TABLESPOON BASIL AND SERVE.



## CHILEAN SEABASS IN CHERRY TOMATO



SERVES  
4



PREP  
10 MIN

COOK  
12 MIN



### INGREDIENTS: CHILEAN SEABASS

4 6OZ CHILEAN SEABASS FILETS

1/4 CUP (PACKED) CHOPPED FRESH BASIL

1 SHALLOT, THINLY SLICED

2 GARLIC CLOVES, CHOPPED

2 CUPS CHERRY TOMATOES

FRESHLY GROUND PEPPER

1/4 CUP BUTTER, FOR SEARING

1 TBSP OLIVE OIL

KOSHER SALT

### INSTRUCTIONS: CHILEAN SEABASS

MELT BUTTER ON A MEDIUM SIZED CAST-IRON PAN OVER HIGH HEAT.

SEASON FILLETS WELL WITH SALT & PEPPER AND SEAR ON CAST IRON PAN FOR ABOUT 3 MINUTES ON EACH SIDE. ONCE YOUR FILLETS ARE DONE SEARING, REDUCE HEAT TO MEDIUM AND ADD CHERRY TOMATOES TO THE PAN ALONG WITH OIL, ROSEMARY, GARLIC, SHALLOTS AND BASIL AND COOK UNTIL TOMATOES START TO BURST.

TRANSFER FILLETS TO PLATE AND TOP WITH THE TOMATO MIXTURE. ENJOY IMMEDIATELY.

### BUTCHER'S TIP

TO PREVENT OVERCOOKING, USE VERY COLD FISH FILETS. USE OLIVE OIL AND BUTTER TO SEAR FOR A CRISPY TEXTURE. SERVE IMMEDIATELY FOR BEST RESULTS.

## LEMON BUTTER BARRAMUNDI

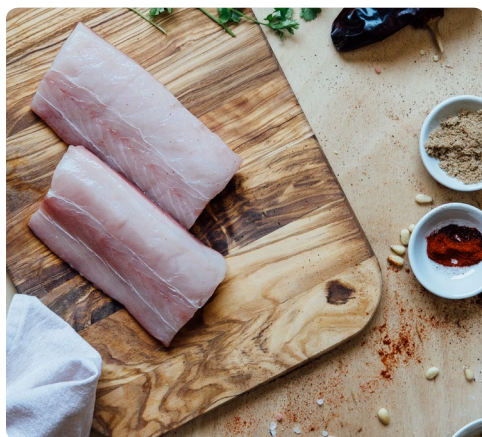


SERVES  
4



PREP  
5 MIN

COOK  
8 MINS



### INGREDIENTS: BARRAMUNDI

4 BARRAMUNDI FILLETS

OLIVE OIL

2 TBSP SALTED BUTTER

1 SMALL GARLIC CLOVE

1/2 TSP SALT

3 TBS LEMON JUICE

4-6 FRESH BASIL LEAVES (OR 3/4 TSP DRY)

### INSTRUCTIONS: BARRAMUNDI

RINSE FILLETS AND PAT DRY WITH PAPER TOWEL.

BRUSH FILLETS WITH OLIVE OIL THEN SEAR FILLET ON HIGH HEAT FOR 3 MINUTES (SKIN SIDE UP).

FLIP AND COOK 1 MORE MINUTE, THEN TRANSFER TO PLATE.

### FOR SAUCE

GENTLY SAUTÉ THE GARLIC AND BUTTER. STIR IN SALT, LEMON JUICE, AND BASIL..

REMOVE FROM HEAT AND SPOON SAUCE FROM PAN OVER FILLETS IMMEDIATELY BEFORE SERVING.

# SESAME SEARED TUNA FILET

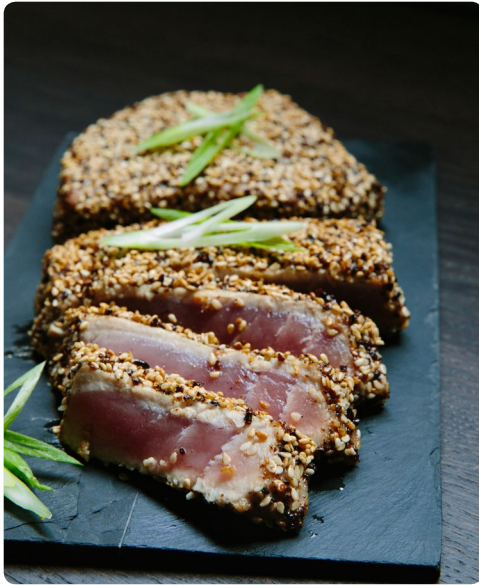


SERVES  
2



PREP  
15 MIN

COOK  
4-6 MIN



## INGREDIENTS: SESAME TUNA

2 8OZ AHI TUNA BONE/SKIN-LESS FILETS  
3 TBSP BLACK SESAME SEEDS  
3 TBSP WHITE SESAME SEEDS  
2 GARLIC CLOVES CRUSHED  
2 TBSP DIJON MUSTARD  
1 TSP GRATED FRESH GINGER  
1 TBSP COOKING OIL  
1 TBSP LIME JUICE  
3 TBSP AVOCADO OIL  
1 TBSP OLIVE OIL  
1 TBSP OLIVE OIL  
SERRANO CHILE  
SALT AND PEPPER

## BUTCHER'S TIP

START WITH VERY COLD TUNA. AFTER COATING WITH SESAME SEEDS PLACE BACK IN THE REFRIGERATOR FOR 10 MINS. COOK AT HIGH HEAT AND FAST TO ENSURE PINK CENTER.

## INSTRUCTIONS: SESAME TUNA

IN A SMALL BOWL, ADD YOUR GARLIC, OLIVE OIL, SALT PEPPER AND RED PEPPER FLAKES AND MIX UNTIL THE OIL INCORPORATES WELL INTO THE MUSTARD AND BECOMES LIKE A PASTE. DRY YOUR TUNA FILETS VERY WELL AND COAT WITH YOUR MUSTARD PASTE. RUB IN COMPLETELY. MIX THE BLACK AND WHITE SESAME SEEDS TOGETHER IN A SHALLOW BOWL AND DREDGE YOUR FILETS COMPLETELY IN THE SESAME SEEDS.

HEAT A FRYING PAN OVER MEDIUM-HIGH HEAT AND ADD YOUR COOKING OIL. WHEN THE OIL IS SIMMERING, LAY YOUR TUNA FILETS IN THE PAN. BE SURE YOUR ARMS ARE COVER AND YOUR FACE IS A SAFE DISTANCE FROM THE PAN. SESAME SEEDS MAY BEGIN TO POP!

COOK FOR 2 MINUTES THEN FLIP AND SEAR THE OTHER SIDE FOR 2 MINUTES. FLIP FILETS ON SIDES AND COOK SIDES FOR A MINUTE EACH. ENJOY!





# SALMON AND SPINACH PALEO SALAD

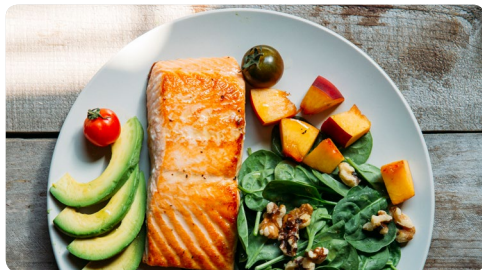


SERVES  
2



PREP  
15 MIN

COOK  
15 MIN



## INGREDIENTS: SALMON SALAD

2 8OZ SKINLESS SALMON FILETS	1/3 CUP RAW WALNUTS
2 CUPS BABY SPINACH	2 TSP FRESH LEMON JUICE
1-2 TSP AVOCADO OIL	3 TSP AVOCADO OIL
1/2 AVOCADO	1 TBSP MINCED SHALLOT
1/2 RIPE NECTARINE	1 CLOVE MINCED GARLIC
1/2 CUP CHERRY TOMATOES	1 TBSP CILANTRO
	RED AND BLACK PEPPER

## INSTRUCTIONS: SALMON SALAD

PREHEAT YOUR OVEN TO 400° F.

HEAT A CAST IRON PAN OVER MEDIUM-HIGH HEAT  
UNTIL VERY HOT.

ADD THE AVOCADO OIL. ONCE MELTED, PLACE THE  
SALMON IN THE CENTER OF THE PAN AND SEAR FOR  
2-3 MINUTES.

PLACE THE PAN IN THE OVEN AND COOK THE SALMON  
UNTIL IT FEELS FIRM, ABOUT 2-4 MINUTES DEPENDING  
ON THE THICKNESS.

WHILE THE SALMON COOKS, ASSEMBLE YOUR SALAD  
WITH SPINACH, WALNUTS, TOMATOES, AVOCADO, AND  
NECTARINE SLICES

IN A SEPARATE BOWL, BLEND YOUR LEMON JUICE  
WITH YOUR SHALLOTS, GARLIC, RED PEPPER, AND  
CILANTRO THEN SLOWLY WHISK IN THE AVOCADO OIL  
TO EMULSIFY. SEASON WITH FRESHLY GROUND BLACK  
PEPPER.





# LAMB



## IN THIS SECTION

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### BUTCHER'S FACT

NUTRIENT-DENSE LAMB IS A PRIME SOURCE OF HIGH-QUALITY PROTEIN, VITAMINS, AND MINERALS. LEAN AND MEAN COMPARED TO OTHER MEATS, LAMB CONTAINS VERY LITTLE MARBLING.

## SPANAKOPITA



SERVES  
4-6



PREP  
40 MIN

COOK  
1 HOUR



### INGREDIENTS: SPANAKOPITA

1/2 LB GORGONZOLA CRUMBLED	1 LB BABY SPINACH
10 (17" X 12") PHYLLO SHEETS	PINE NUTS
3 GARLIC CLOVES, CRUSHED	OLIVE OIL
1/2 CUP UNSALTED BUTTER	
1/2 TSP GRATED NUTMEG	
1 MEDIUM SHALLOT, MINCED	
1 LB FRESH GROUND LAMB	

### INSTRUCTIONS: SPANAKOPITA

MELT 1 TBSP BUTTER IN A 12-INCH HEAVY SKILLET OVER MEDIUM HEAT. COOK SPINACH UNTIL WILTED AND TENDER; 4 MINUTES. REMOVE FROM HEAT AND COOL; 10 MINUTES. SQUEEZE HANDFULS OF SPINACH TO REMOVE AS MUCH LIQUID AS POSSIBLE, THEN COARSELY CHOP. TRANSFER TO A BOWL AND STIR IN FETA, NUTMEG, 1/2 TSP SALT, AND 1/2 TEASPOON PEPPER.

PREHEAT OVEN TO 375°F. MELT REMAINING STICK OF BUTTER IN A SMALL SAUCEPAN, THEN COOL. COVER PHYLLO STACK WITH 2 OVERLAPPING SHEETS OF PLASTIC WRAP AND THEN A DAMPENED KITCHEN TOWEL. TAKE A PHYLLO SHEET FROM THE STACK AND ARRANGE ON A WORK SURFACE WITH THE LONG SIDE NEAREST TO YOU AND BRUSH WITH SOME BUTTER. TOP WITH ANOTHER PHYLLO SHEET AND BRUSH WITH MORE BUTTER. CUT BUTTERED PHYLLO STACK CROSSWISE INTO 6 STRIPS (IDEALLY 12" X 2 3/4").

PUT A HEAPING TSP OF FILLING NEAR THE CORNER OF A STRIP ON THE END NEAREST YOU, THEN FOLD THE CORNER OF PHYLLO OVER TO ENCLOSE FILLING AND FORM A TRIANGLE. CONTINUE FOLDING STRIP (LIKE A FLAG), MAINTAINING THE TRIANGLE. PLACE TRIANGLE, SEAM SIDE DOWN, ON A LARGE BAKING SHEET AND BRUSH THE TOP WITH BUTTER. MAKE MORE TRIANGLES IN THE SAME MANNER, USING ALL OF THE PHYLLO. BAKE TRIANGLES IN THE MIDDLE OF OVEN UNTIL GOLDEN BROWN, 20 TO 25 MINUTES, THEN TRANSFER TO A RACK TO COOL SLIGHTLY. ENJOY!

## MUSTARD ROSEMARY LAMB CHOPS

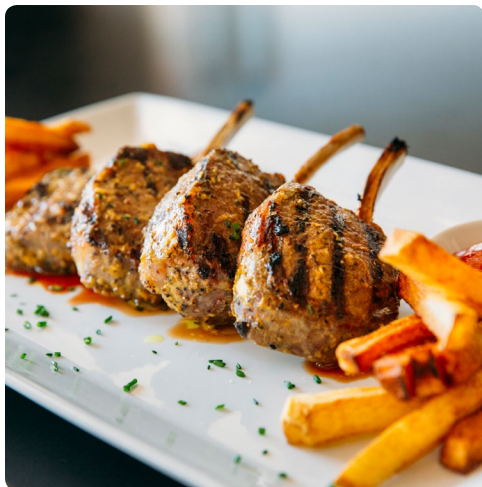


SERVES  
3-4



PREP  
35 MIN

COOK  
15 MIN



### INGREDIENTS: LAMB CHOPS

8 4OZ LEAN LAMB LOLLIPOP CHOPS  
2 TBSP CHOPPED FRESH ROSEMARY  
2 TBSP DIJON MUSTARD-GRAINY  
2 GARLIC CLOVES, MINCED  
2 TBSP OLIVE OIL  
1/4 TSP SALT  
1/4 TSP PEPPER

### INSTRUCTIONS: LAMB CHOPS

COMBINE THE FIRST 4 INGREDIENTS IN A SMALL BOWL; STIR WELL. SPRINKLE LAMB HEAVILY WITH SALT AND PEPPER. RUB MUSTARD MIXTURE EVENLY OVER BOTH SIDES OF LAMB CHOPS. PLACE CHOPS ON A BAKING SHEET OR PLATTER; COVER AND MARINADE IN REFRIGERATOR AT LEAST 30 MINUTES.

PREPARE GRILL OR GRILL PAN (SEE NOTE BELOW).

PLACE CHOPS ON GRILL RACK COATED WITH COOKING SPRAY; COVER AND GRILL 6 MINUTES ON EACH SIDE OR UNTIL THE DESIRED DEGREE OF DONENESS.

NOTE: TO PREPARE INDOORS, PLACE A GRILL PAN OVER HIGH HEAT UNTIL HOT; COAT WITH COOKING SPRAY. ADD LAMB, AND COOK 8 MINUTES ON EACH SIDE OR UNTIL THE DESIRED DEGREE OF DONENESS.

## LAMB ROYAL CROWN ROAST



SERVES  
4-6



PREP  
45 MIN

COOK  
1 HOUR



### INGREDIENTS: CROWN ROAST

4 TSP CHOPPED THYME	1/2 TSP BLACK PEPPER
1 TSP CHOPPED ROSEMARY	1 TSP DIJON MUSTARD
1 1/2 TSP SHERRY VINEGAR	2 TBS OLIVE OIL
1 1/2 TSP GROUND CORIANDER	6 CLOVES GARLIC
2 LAMB RACK 8-BONE FRENCHED	1 TSP KOSHER SALT

### INSTRUCTIONS: CROWN ROAST

PREHEAT OVEN TO 375°F. BEND EACH RACK INTO A SEMICIRCLE, FAT SIDE OUT, AND TIE THEM TOGETHER AT THE BASE AND CENTER WITH KITCHEN TWINE. RUB LAMB DOWN WITH OLIVE OIL. COMBINE SALT, PEPPER, GARLIC, THYME, AND CORIANDER, THEN RUB THE MIXTURE ALL OVER THE LAMB.

YOU CAN THEN IDEALLY PUT YOUR ROAST IN A BUNDT PAN WITH THE CENTER COMING UP THROUGH THE MIDDLE OF THE ROAST, BUT YOU MAY ALSO ROAST YOUR CROWN IN A REGULAR ROASTING TRAY.

PLACE ON THE MIDDLE RACK OF YOUR OVEN AND ROAST FOR 30-35 MINUTES OR 8-12 MINUTES PER POUND. ONCE THE MEAT REACHES AN INTERNAL TEMPERATURE OF 130°F, REMOVE FROM OVEN AND TRANSFER TO A WIRE COOLING RACK AND TENT IN ALUMINUM FOIL TO LET THE MEAT REST FOR 20 MINUTES. WHILE THE MEAT IS RESTING, ADD SHERRY VINEGAR, MUSTARD, AND ROSEMARY TO THE JUICES THAT ACCUMULATED IN THE PAN AND STIR TO COMBINE. TASTE AND ADJUST AS YOU WISH. CUT STRING FROM ROAST AND SERVE CHOPS WITH THE WARM SAUCE.

# SPAGHETTI BITES



SERVES

6-8



PREP

30 MIN

COOK

40 MIN



## INGREDIENTS: SPAGHETTI BITES

### FOR THE SAUCE

28 OZ TOMATO PUREE

1/2 CUP RED WINE

1 CUP CHOPPED ONION

1 TBSP OLIVE OIL

1 1/2 LBS SPAGHETTI, COOKED

GRATED PARMESAN

1 1/2 TSP GARLIC, MINCED

1/2 TSP BLACK PEPPER

1/2 CUP TORN BASIL LEAVES

### FOR THE MEATBALLS

1/2 LB GROUND LAMB

1/4 TSP NUTMEG

1/2 LB GROUND BEEF

2 TBSP PARSLEY

1 LARGE EGG, BEATEN

VEGETABLE OIL

1/2 CUP PARMESAN

1/2 TSP BLACK PEPPER

1 CUP SEASONED BREAD CRUMBS

## INSTRUCTIONS: SPAGHETTI BITES

PLACE THE GROUND MEAT, BREADCRUMBS, PARSLEY, PARMESAN, SALT, PEPPER, NUTMEG, EGG AND 3/4 CUP WARM WATER IN A BOWL. COMBINE VERY LIGHTLY WITH A FORK. WITH YOUR HANDS, FORM THE MEAT INTO 1-INCH BALLS AND SET ASIDE.

POUR HALF VEGETABLE AND HALF OLIVE OIL INTO A LARGE 12-INCH SKILLET OVER MEDIUM HEAT. ONCE THE OIL IS HEATED, REDUCE TO MEDIUM-LOW HEAT AND ADD MEATBALLS IN BATCHES. DON'T CROWD THE MEATBALLS AS YOU SEAR AND MAKE SURE TO BROWN THEM ON ALL SIDES. EACH BATCH SHOULD TAKE AROUND 5 MINUTES. MOVE THE MEATBALLS TO A PLATE COVERED WITH PAPER TOWELS TO DRY. ONCE YOU ARE DONE SEARING ALL THE MEATBALLS, REMOVE THE OIL FROM THE PAN BUT DO NOT WASH IT.

HEAT OLIVE OIL IN THE SAME PAN AND BEGIN TO SAUTÉ YOUR ONION OVER MEDIUM HEAT. AFTER 5 TO 10 MINUTES, YOUR ONIONS WILL BECOME TRANSLUCENT, THEN YOU MAY ADD THE GARLIC AND COOK FOR ONE MORE MINUTE. ADD THE WINE AND RAISE HEAT TO HIGH, SCRAPING ANY BITS FROM THE PAN UNTIL ALMOST ALL THE LIQUID EVAPORATED, ABOUT 3 MINUTES. STIR IN YOUR TOMATOES, PARSLEY, SALT, AND PEPPER.

RETURN THE MEATBALLS TO THE SAUCE, ADD THE BASIL AND COVER; LET SIMMER OVER LOWEST HEAT FOR 20 MINUTES, OR UNTIL THE MEATBALLS ARE COOKED THROUGH. PREPARE YOUR COOKED PASTA BY NESTING IT AROUND YOUR APPETIZER FORK AND POKING THE END INTO A MEATBALL TO CAP OFF. PLACE ON A BED OF MARINARA SAUCE AND SERVE!



# LAMB PORTERHOUSE



SERVES

4



PREP

45 MIN

COOK

15 MIN



## INGREDIENTS: PORTERHOUSE

### FOR THE CHOPS

8 (4OZ) LAMB PORTERHOUSE CHOPS

2 TBSP OLIVE OIL

SALT & PEPPER

PARSLEY LEAVES, FOR GARNISH

### FOR THE SAUCE

1 1/2 CUPS RED WINE VINEGAR

1/2 CUP PORT WINE

1 CUP SUGAR

1 CUP ORANGE JUICE

1/4 CUP CASCABEL CHILE PUREE

4 CUPS CHICKEN STOCK

A TOUCH OF HONEY

## INSTRUCTIONS: PORTERHOUSE

### FOR CHOPS

HEAT GRILL OR GRILL PAN TO HIGH HEAT. BRUSH CHOPS ON BOTH SIDES WITH THE OIL AND SEASON WITH SALT AND PEPPER. PLACE CHOPS ON THE GRILL OR GRILL PAN AND COOK UNTIL GOLDEN BROWN OR LIGHTLY CHARRED; 4 TO 5 MINUTES. TURN OVER THE CHOPS AND CONTINUE GRILLING TO MEDIUM DONENESS; ABOUT 4 TO 5 MINUTES LONGER.

LADLE SOME OF THE SAUCE INTO THE CENTER OF EACH PLATE. PLACE 2 CHOPS IN THE CENTER OF THE SAUCE AND DRIZZLE THE EDGES OF THE MEAT WITH SOME MORE SAUCE. GARNISH WITH PARSLEY LEAVES.

### FOR SAUCE

PLACE FIGS IN A BOWL. COVER WITH BOILING WATER AND LET SIT UNTIL SOFTENED; APPROXIMATELY 30 MINUTES. PLACE THE SOFTENED FIGS IN A FOOD PROCESSOR, WITH 1/2 CUP OF THE SOAKING LIQUID, AND PROCESS UNTIL SMOOTH.

COMBINE THE VINEGAR AND PORT WINE IN A MEDIUM, NONREACTIVE SAUCEPAN AND REDUCE BY HALF OVER HIGH HEAT. ADD THE SUGAR, ORANGE JUICE, AND FIG PUREE, AND REDUCE BY HALF AGAIN, STIRRING OCCASIONALLY.

COMBINE THE CHILE PUREE AND CHICKEN STOCK IN ANOTHER SAUCEPAN AND REDUCE BY HALF OVER HIGH HEAT. ADD THE REDUCED VINEGAR-FIG MIXTURE TO THE CHICKEN STOCK MIXTURE, ALONG WITH A TOUCH OF HONEY, AND REDUCE BY HALF AGAIN; STIRRING OCCASIONALLY. STRAIN THE MIXTURE INTO A CLEAN MEDIUM SAUCEPAN AND REDUCE TO A SAUCE CONSISTENCY.

