

# Progressive Dinner

REBOOT

## Recipes Spring 2019

### APPETIZERS

#### Garden Harvest Cups with Bloody Mary Dressing

##### Bloody Mary Dressing

1/4 cup pickle juice	1 tablespoon Worcestershire sauce
2/3 cup tomato juice or V8	1/4 teaspoon celery seed
1/4 cup olive oil	1/4 teaspoon dried dill
2 tablespoons fresh lemon juice	1 ounce citrus vodka optional
2 tablespoons tomato paste	
1 clove garlic	Place in blender and mix, adjust seasoning to taste
1/4 teaspoon ground black pepper	
1 tablespoon prepared horseradish	

##### Veggies

Clean and slice the following into 4-5" long sticks, about 1/4 – 1/2" thick

Carrots  
Green and Red Peppers  
Green Beans  
Celery

Sweet Cornichons sliced in half lengthwise to rest on rim

##### Directions

Gather 24, 9 oz. clear cups

Fill the bottom of each with 2 generous tablespoons of dressing

Arrange the veggies vertically

Keep chilled with a damp paper towels over the filled cups to keep the veggies crisp.



## Good for you Dip because it has Spinach

### Ingredients

1 (8 ounce) package cream cheese,  
softened

1/4 cup mayonnaise

1/4 cup grated Parmesan cheese

1/4 cup grated Romano cheese

1 clove garlic, peeled and minced

1/2 teaspoon dried basil

1/4 teaspoon garlic salt

salt and pepper to taste

1 (14 ounce) can of artichoke hearts, drained and chopped

1/2 cup frozen chopped spinach, thawed and drained (squeeze out water through a clean dishtowel)

1/4 cup shredded mozzarella cheese

Baguette, sliced in 1/4 inch slices and lightly toasted



### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.

In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.

Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in the preheated oven 25 minutes, until bubbly and lightly browned.

Serve with toasted baguette slices

Good at room temperature.

## Can't-Eat-Just-One Meatballs

*Use your own meatball recipe, buy frozen meatballs, or follow the recipe below.*



### Ingredients

- 2 lbs. ground beef 80%
- 1 cup dry plain breadcrumbs
- 2 large eggs
- 2 tsp salt
- 1 quarter cup of orange juice
- 2 tsp powdered onion
- 2 tsp garlic powder
- ¼ cup diced yellow onion
- Bulls Eye BBQ sauce

### Directions

Heat oven to 350°F. In a large bowl, mix all ingredients **except** the BBQ Sauce.

Form into 40 meatballs (oil your hands lightly), or use a scoop dipped in water for quick and easy meatball construction; place on large baking sheets. Bake about 20 minutes at 350°F.

Smother with Bulls Eye BBQ sauce.

## DINNER

### Herbie Pork Tenderloin Entree



2-3 pork tenderloins (about 1 pound each)  
yields 6-8 servings

#### Ingredients for marinade

1/2 lemon, zest grated

Freshly squeezed lemon juice (3 lemons)

Good olive oil

2 tablespoons minced garlic (6 cloves)

1 tablespoon minced fresh rosemary leaves

1 tablespoon chopped fresh thyme leaves

2 teaspoons Dijon mustard

Kosher salt

Freshly ground black pepper

*Marinade from Ina Garten, Food Network*

#### Ingredients for topping

1/2 cup mayonnaise

1 teaspoon minced garlic (2 cloves)

1 teaspoon minced fresh rosemary leaves

1 teaspoon chopped fresh thyme leaves

2 teaspoons Dijon mustard

¼ cup fresh grated parmesan cheese

¼ cup diced toasted pine nuts (smash with a mallet if easier)

1/2 tsp salt and 1/2 tsp pepper

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### Directions

1. Combine the marinade ingredients in a sturdy 1-gallon re-sealable plastic bag. Add the pork tenderloins and turn to coat with the marinade. Squeeze out the air and seal the bag. Marinate the pork in the refrigerator for at least 3 hours but preferably overnight.
2. Mix all of the topping ingredients together.
3. Preheat the oven to 375 degrees F.
4. Remove the tenderloins from the marinade and discard the marinade but leave the herbs that cling to the meat. Sprinkle the tenderloins generously with salt and pepper.
5. Heat 3 tablespoons olive oil in a large sauté pan over medium-high heat. Sear the pork tenderloins on all sides until golden brown.
6. Place the tenderloins on a baking sheet fitted with a cookie cooling rack to elevate them. Spread the topping mix on each, about 1/8" thick.
7. Place the baking pan in the oven and roast the tenderloins for 18 to 22 minutes or until the meat registers 137 degrees F at the thickest part and topping has browned.
8. Transfer the tenderloins to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in 1/2-inch-thick diagonal slices. The thickest part of the tenderloin will be quite pink (it's just fine!) and the thinnest part will be well done. Season with salt and pepper and serve warm, or at room temperature with the juices that collect in the pan.

*This also works with a chicken breast.*

**Asparagus Pockets** serves 6 - 8



**Ingredients**

Puff Pastry

1/2 – 3/4 cup cream cheese

Zest and Juice from 1/2 Lemon

1 tbsp. fresh chives chopped

1/4 - 1/2 cup Parmesan or Romano  
cheese grated

Thinly sliced ham (optional for vegetarian  
servings)

18-24 Asparagus spears trimmed

Salt and Pepper

1-2 Tablespoons Olive Oil

**Directions**

Preheat oven to 400 degrees

Roll out the puffed pastry on lightly floured surface to form a sheet 1/8 inch in thickness and cut into 6 or 8 rectangles

In a small bowl mix cream cheese, lemon zest and juice, chives and most of the parmesan. Season with salt and pepper.

Divide cream cheese mixture between the 6 - 8 pastry squares, spread and then lay a thin slice of ham on the cheese. Place 3 asparagus diagonally on top of the ham, leaving the tips exposed. Brush the corners of the pastry with water. Fold over the two side corners and press down to seal across the middle of the asparagus (both ends of the asparagus should be exposed)

Brush the ends of the asparagus with more olive oil and sprinkle with remaining parmesan.

Bake for 18-20 minutes or until the pastry is golden and puffed.

Serve immediately

## Citrus Infused Couscous

Serves 8

### Ingredients

2 cup Israeli (Pearl) couscous

2 Tablespoon of butter

2 small shallots finely diced

2 lemons: The zest one lemon plus more for garnish plus the juice of one lemon

2 1/2 cups chicken broth or stock plus the juice of one lemon

3/4 - 1 cup shredded Parmesan plus more for garnish

2 Tablespoons of parsley finely chopped as a garnish

2 garlic cloves, minced

### Directions

Heat small pot with a tablespoon of butter, 1 shallot, garlic and the zest of half a lemon.

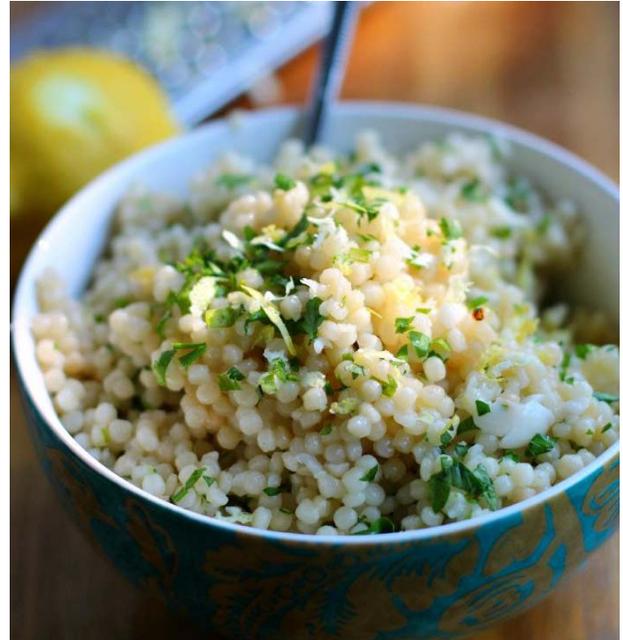
Over medium heat, melt the butter and stir to infuse the flavors of the shallot, garlic and the lemon zest. Give this about 3 minutes. Until the shallot is translucent, not brown.

Add the couscous and toss everything together, ensuring your couscous is coated with the shallot and butter mixture. Mix for about 2 minutes to toast the couscous.

Pour in the chicken broth or stock and lemon juice. Season with salt and pepper. Bring to a simmer and cook, covered for 10 minutes. Check for doneness.

Fluff with a fork. This will ensure you have light and fluffy individual pearls. Sprinkle in of Parmesan cheese to taste and mix with a fork. Try not to stir. Taste for seasoning.

Serve in a bowl with some more lemon zest, chopped parsley and nice shredding of Parmesan cheese on top.



**Veggie Fruit Salad** Serves 6 - 8



**Salad Ingredients**

- 1 head of Butter Lettuce and 1 cup of torn Arugula
- ½ pint of cherry tomatoes, halved
- 16 oz. of fresh ripe strawberries, hulled and quartered
- 2 pears, peeled cored and sliced thin into 1 inch pieces
- 3 ribs of celery, diced
- 1 medium cucumber thinly sliced, skin on
- 1 small red onion thinly sliced (if you have a mandolin, break it out)
- Scant cup of chopped pecans
- Salt to taste

**Dressing**

Panera Poppy seed dressing or recipe below

**Ingredients**

- 1/3 cup white sugar
- 1/2 cup white vinegar
- 1 teaspoon salt
- 1 teaspoon ground dry mustard
- 1 teaspoon grated onion
- 1 cup vegetable oil
- 1 tablespoon poppy seeds

**Directions**

In a blender or food processor, combine sugar, vinegar, salt, mustard and onion and process for 20 seconds. With blender or food processor on high, gradually add oil in a slow, steady stream. Stir in poppy seeds. Dress salad right before serving.

## DESSERT

**Key Lime Bars** makes 9 bars

### Ingredients for Crust

1 3/4 cup graham cracker crumbs

2 tbsp. sugar

1/2 cup unsalted butter, melted

### Ingredients for Pie Layer

2 oz. cream cheese, softened

One 14 oz. can sweetened condensed milk

3 large egg yolks

1 tbsp. lime zest

1/2 cup key lime juice

### Ingredients for Serving

1/4 cup whipping cream

1 tsp powdered sugar

2 tsp lime zest

### Directions

- 1 Preheat the oven to 325F degrees.
- 2 Line an 8x8 inch pan with parchment paper and grease lightly.
- 3 Mix together the graham crumbs, sugar and melted butter.
- 4 Press into the bottom of the prepared pan and bake for 10 minutes.
- 5 In a medium bowl beat the cream cheese until soft. Beat in the condensed milk until smooth. Mix in the egg yolks one at a time, then stir in the lime zest and lime juice.
- 6 Pour on top of the crust and bake for about 30 minutes or until the top looks just set.
- 7 Gently trace along the edges of the pan with a sharp knife, and allow to cool at room temperature. Chill in the fridge for at least 2 hours.
- 8 To serve, whip the cream with the powdered sugar until peaks form. Top each bar with whipped cream and lime zest



## Apple Rollovers

Makes 10 rollovers

### Ingredients

1-2 Granny Smith apple(s) cut into 10 wedges, skin on

1 tbsp. apple pie spice

1/4 cup brown sugar, packed light

1/3 cup finely chopped pecans or walnuts

1 tbsp. white sugar, 1 teaspoon cinnamon, 1 teaspoon of crushed nuts, mixed together

1 puff pastry sheet thawed and rolled to 10" x 20"  
(suggest: Pepperidge Farm Puff Pastry Sheets)

3 Tablespoon Butter, melted

### Directions

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

In a small bowl, combine brown sugar and apple pie spice. Set aside.

Melt butter and toss apple slices in butter, set aside.

Sprinkle the flat pastry sheet with the brown sugar - apple pie spice mixture, then sprinkle on the nuts and press in lightly.

Cut dough into 10 strips measuring 10" x 2"

Place 1 apple wedge along the base of the cut pastry at a slight angle and roll it up in the dough ribbon. Press ends to hold in the apple.

Brush with butter and sprinkle lightly with crushed nuts, cinnamon, sugar mixture

Bake for 20 minutes, or until golden brown.  
Cool for 5 minutes before serving.

To make apple pie spice:

Stir together 1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground allspice and  
a dash ground cloves or ginger  
(optional)

