

Grilled Moroccan Chicken Skewers with Saffron Aioli

makes 16-20 large skewers

for the chicken:

1 garlic clove
1 tbl hot smoked paprika
1 tbl cumin
1 tbl corriander
1 lemon, zested
1 cup parsley leaves
olive oil
salt and pepper
4 large chicken breasts, cut into 4-5 strips each

for the aioli:

1/4 tsp saffron
1 cup mayonnaise
1/2 cup parsley leaves
1 tbl lemon juice
salt and pepper

***** Preparation ******

For the chicken:

In a blender combine the garlic, paprika, cumin, corriander, lemon zest, parsley, olive oil and a few pinches of salt and pepper. Blend until smooth. Toss the chicken in the mixture and heat a grill pan.

Grill the chicken until cooked through, remove and let cool slightly. Serve on bamboo skewers.

For the aioli:

Place the saffron in 2 tbl hot water and let sit for 5 minutes. Pour the water and saffron into a food processor with the mayo, parsley, lemon juice and blend until smooth. Season with salt and pepper.

Fiery Red Lentil Hummus with Warm Chickpeas

makes about 2 cups hummus

1/2 cup red lentils
4 garlic cloves
1 tsp crushed red chili flakes
1 red bell pepper
3 tbl lemon juice, plus more to taste
olive oil, as needed
salt and pepper, to taste
2 tbl sliced garlic
1 15-oz can garbanzo beans, rinsed and drained very well
2 roma tomatoes, seeded and diced
sliced veggies, for serving

***** Preparation ******

Combine the red lentils, garlic cloves and chili flakes in a small pot and cover with 1 1/2 cups water. Bring to a boil, reduce heat and simmer for 15-20 minute or until very tender. Drain any excess liquid and dump into a food processor. In the meantime, place the bell pepper over a live gas flame and cook on all sides until blacked. Place in a bowl, cover with plastic wrap and set aside for 10 minutes. Once cooled, rub off the black skin and discard along with the stem and seeds. Place the roasted pepper flesh into the food processor. Add the lemon juice, some salt and pepper and a drizzle of olive oil. Puree until smooth, adding olive oil as needed. Taste and season with more salt and pepper as needed. Heat a large skillet over medium heat and add a drizzle of olive oil. Add the garlic and beans and cook until garlic is beginning to become golden. Remove from heat and stir in tomatoes and season with salt and pepper. Top the lentil hummus with the warm garbanzo beans and serve with sliced veggies or crackers.

Lentil & Pearl Couscous Pilaf with Roasted Tomatoes & Arugula

serves 6

2 tbl butter

1 white onion, diced small

2 large sprigs fresh thyme

salt and pepper

2 cups pearl couscous, (also called "Israeli Couscous")

3 cups water, as needed

4 cups baby tomatoes

olive oil

1 1/2 cups cooked lentils

3 cups arugula leaves

splash balsamic vinegar

block parmesan, for shaving

*** Preparation ****

Preheat oven to 450 degrees.

Heat a large skillet with high sides over medium heat. Add the butter. When melted, add the onions and thyme and a pinch of salt and pepper. Cook for 10 minutes or until very soft and just beginning to turn brown. Add the couscous and stir to combine. Stir in 2 cups of water and bring to a boil. Reduce heat and simmer gently until all of the liquid is absorbed, stirring occasionally. Cook, adding more liquid as needed a little at a time, until couscous is tender.

Meanwhile, toss the tomatoes with olive oil, salt and pepper and spread out on a baking sheet. Roast for 15 minutes or until blistered and beginning to brown. Remove from oven and set aside.

Once couscous is tender, Remove from heat into a large mixing bowl. Add the tomatoes and cooked lentils and fold ingredients together (gently so the tomatoes don't completely fall apart). Add the arugula and a splash of balsamic and toss gently just before serving. Taste and season with salt and pepper as needed. Top with shavings of parmesan cheese.



Citrus Cornmeal Cake with Crushed Blueberry Sauce

makes 1 9-inch cake

for the cake:

1 1/2 cup flour
1/3 cup cornmeal
3/4 cup sugar
3 tsp bakind powder
1/2 tsp salt
1 lemon, zested
1 orange, zested
1 cup buttermilk
2 eggs
1 tablespoon limoncello
1 stick butter, melted and cooled

for the sauce:

2 cups Fresh blueberries
1/4 cup limoncello
powdered sugar, as needed

***** Preparation ******

For the cake:

Preheat oven to 350 degrees. Butter a 9-inch cake pan and line the bottom with parchment.

In a large bowl whisk together the flour, cornmeal, sugar, baking powder, salt, orange zest and lemon zest. In another bowl whisk together the buttermilk, eggs, limoncello and melted butter. Pour wet ingredients into the dry and stir until just combined. Pour into the pan and bake for about 30 minutes or until cake is set and edges begin to pull from the sides. Set aside and let cool slightly before serving.

For the sauce:

In a bowl, mash together the blueberries and limoncello. Taste and add more sugar as needed.
Serve the cake cut into wedges with the sauce over the top.