

August 2009 MENU

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- **Saucy Bratwurst Supper**



Packet Potatoes



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- **Stromboli**



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Creamy Southwestern Potato Salad



North American/European

Saucy Bratwurst Supper

From Taste of Home

6 fresh bratwurst links
3 garlic cloves, minced
2 cups sliced fresh mushrooms
2 tablespoons cider vinegar
1 teaspoon caraway seeds
1/2 teaspoon pepper
2 tablespoons cornstarch

1 medium onion, chopped
1 tablespoon vegetable oil
2 medium tomatoes, chopped
1 bay leaf
1/2 teaspoon salt
1 cup apple juice
1/4 cup water

Preparation Day Directions: Boil then brown the bratwurst. Set aside. Sauté onion and garlic in oil until tender. Add mushrooms, tomatoes, vinegar, bay leaf, caraway, salt and pepper. cook and stir for 2-3 minutes. Add apple juice bring to a boil. Add brats. Cover and simmer for 20 minutes. Discard bay leaf. Cool and pack up. Put 1 cup pearl barley into bag.

Serving Day Directions: Rinse barley Bring 2 1/2c water and 1/8t salt to a boil. Add 1 cup barley. Cook for 45 minutes over low heat until grains are tender but still chewy. Bring dinner to a low boil on the stove. Mix cornstarch with 1/4c water, add to dinner and return to low boil. Serve. I like to slice up the brats when I serve them.

Packet Potatoes

From The Reynolds Kitchens

1 sheet (18x24-inches) Reynolds Wrap® Release® Non-Stick Foil
1 small onion, thinly sliced
4 medium red potatoes, cut in bite-size pieces
2 tablespoons olive oil or vegetable oil
1 teaspoon seasoned salt
1/2 teaspoon dried dill weed (optional)
1/4 teaspoon pepper

Preparation Day Directions: Slice potatoes and onions. Mix potatoes in bowl with oil, seasoned salt, dill weed, and pepper. Spread onions onto one sheet of foil. Add potato mixture on top. Seal and freeze.

Serving Day Directions: Thaw in fridge. Gently pull up the center of top of the grill packet to allow for heat circulation. Grill 20 minutes in a covered grill.

Italian/Mediterranean

Stromboli

32 servings - 4 loaves - 8 slices in each loaf

4 loaves frozen bread dough, thawed
1/2 lb deli ham, thinly sliced
10 cups mozzarella cheese, shredded
4 tablespoon garlic powder
4 tablespoon pepper

1/2 lb deli salami, thinly sliced
1/2 lb pepperoni, thinly sliced
1 ½ cups parmesan cheese, shredded
6 tablespoon dried Italian spices
1 egg yolk, beaten

Prep Day Directions: Thaw on the counter for a few hours. When thawed spray plastic wrap with olive oil cooking spray and wrap up. Then put in fridge overnight. In the morning take out of fridge and put on counter unwrapped on the oiled plastic wrap and let dough rise until doubled. Once doubled punch down and lightly spray with olive oil. Roll onto a 15" X 12" rectangle jelly roll pan sprayed with olive oil. Arrange a fourth of the salami, ham, and pepperoni over each rectangle. Sprinkle each with a fourth of the mozzarella cheese, parmesan cheese, garlic powder, oregano, parsley and pepper. Roll up each rectangle jelly roll style beginning with the long side. Seal seams and ends. Place seam side down . Wrap in the same plastic wrap as before. Wrap again in tin foil and freeze.

Serving Day Directions: Thaw. Generously brush with egg yolk. Bake at 375F for 30 - 35 minutes or until golden brown. Let stand for 5 minutes before slicing. **Serve warm with marinara and a lettuce salad.**

Green Bean Sauté

4 c. water
1 lb snapped fresh green beans
1/4 t. salt
1 T grated lemon zest

salt to taste
1/4 c. olive or sesame oil
1 T lemon juice
2 garlic cloves, slivered

Prep Day Directions: Bring water and salt to boil, in a saucepan and reduce heat to medium. Add green beans. Cook, covered for 10 minutes or until tender; drain. Toss beans with olive oil, 1/4 t. salt, lemon juice, lemon zest and garlic and put in a freezer bag.

Serving Day: Thaw beans. Sauté over medium heat 2-3 minutes or until heated through (don't let garlic take on color). Arrange on a serving platter, drizzle with garlic mixture.

***NOTE FROM DEBBIE:** So, for the bean sauté, since I didn't boil the beans, they need to be boiled for 8-10 minutes. Thaw the sauce, and I would cut the baggie to get the sauce out rather than try to squeeze it out of the ziplock. Just heat up the sauce and toss it with the beans. They don't need to sauté the beans with the sauce at all.*

Far East (Asian - Indian)

Thai Chicken Crock Pot

1 lg. Ziploc	1 small Ziplocs--high quality so as to hold sauce
1 sandwich Ziploc	2 1/2 lbs. chicken pieces
1 c hot or medium cilantro salsa	1/4 c peanut butter
2 Tablespoons lime juice	1/2 cup peanuts, chopped
1 Tablespoon minced fresh or powder substitute ginger	

You'll Need To Buy:

2 Tablespoons chopped fresh cilantro (optional)

Preparation Day Directions: Chop peanuts and place in small Ziploc bag. Combine ingredients for sauce in a Ziploc bag of high quality. Place both Ziploc bags in the larger Ziploc with the raw chicken and freeze.

Serving Day Directions: Thaw. Place chicken in crock-pot. Pour sauce over chicken. Cover; cook on low 8-9 hours or on high 3-4 hours or until done. Serve chicken and sauce over rice; sprinkle with peanuts and cilantro.

Sesame Green Beans

1 Tbsp sesame seeds	2 Garlic cloves, minced	Salt
1 Tbsp canola oil	1 Tbsp Sesame Oil	
1 (12 oz.) bag of Bird's Eye Steam Fresh Premium Selects Whole Green Beans		

Preparation Day Directions: Package sesame seeds in a snack size baggie. Double bag garlic and oils in another snack size baggies.

Serving Day Directions: Steam green beans according to package directions. Gently sauté the sesame seeds and garlic on low heat in the oils. Be careful not to burn! Toss the beans and oil mixture together. Season with salt.

Plain White Rice

Pot with a lid	Measuring cup
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Microwave-safe zip-top freezer bags
Brown or white rice (*Do not use quick-cooking microwavable rice for this recipe. It will become gummy when reheated.*)

Preparation Day Directions: Measure as much rice as desired into a pot and cook according to the instructions on the package. Consult the packaging to determine how much water to add. Remove the rice from the heat about 5 minutes before it is finished cooking. The rice will finish cooking when it is reheated in the microwave. Let the rice cool uncovered for 30 minutes, or until it is nearly room temperature. Measure the rice into whatever amount batches. Pour the rice into a separate zip-top bag. Lay the bags down flat on a table or countertop. Press gently on the bags to smooth and flatten the rice and release as much air as possible. Seal the bags. Place the bags of rice in the freezer.

Serving Day Directions: Reheat the frozen rice by putting the bag in the microwave 3 minutes. The bag will puff up. Let the bag sit for 1 minute, then pour the rice into a dish and serve.

Southwestern/Mexican

Spicy Chipotle Grilled Chicken

1/4 cup canned chipotle chilies in adobo	3 tablespoons olive oil
2 garlic cloves, pressed	1/2 onion, coarsely chopped
2 tablespoons chopped fresh cilantro	1 tablespoon paprika
1 teaspoon ground cumin	1 teaspoon chili powder
1 3 1/2-pound chicken, cut into 8 pieces	1 teaspoon salt
Nonstick vegetable oil spray	

Prep Day Directions: Combine chipotles in adobo, olive oil, and garlic cloves in processor; puree until paste forms. Add chopped onion, chopped cilantro, paprika, ground cumin, chili powder and salt (lime juice optional). Process until onion is finely chopped. Reserve 1/4 cup mixture in bag; label and freeze. Spread remaining mixture all over chicken pieces. Package, label, freeze.

Serving Day Directions: Thaw chicken and marinade mixture overnight. Grill chicken over medium heat until cooked through, about 30 minutes. Brush with reserve marinade during last 5 minutes of grilling.

Creamy Southwestern Potato Salad

1/2 cup buttermilk	1/4 cup mayonnaise
1 tablespoon fresh lime juice	1 1/2 teaspoons ground cumin
1/4 teaspoon cayenne pepper	1/2 cup chopped fresh cilantro
1 avocado, pitted, peeled, chopped	
2 pounds small white-skinned potatoes (such as White Rose)	
1 cup cooked corn kernels (from 1 medium ear)	
1/2 cup chopped sweet onion (such as Vidalia or Maui)	
1 14-ounce can hearts of palm, drained, each cut crosswise into 1/3-inch-thick rounds	
2 plum tomatoes, seeded, diced (about 1 1/4 cups)	

Prep Day Directions: Whisk buttermilk, mayonnaise, lime juice, cumin and cayenne until blended. Package, label and freeze. Cook potatoes in boiling salted water until tender, about 20 minutes. Drain; cool. Cut potatoes into 1/2 inch cubes - place in large bowl. Add corn, onion, hearts of palm, tomatoes, and cilantro. Package, label and freeze.

Serving Day Directions: Thaw potatoes and dressing. Drizzle dressing over potato mixture; toss to coat. Season generously with salt. Optional - gently stir in avocado.

***NOTE FROM ERIN:** Decided to make this fresh. Just mix dressing and potato salad mixture when ready to serve.*