



Jessa Greenfield's Sample Winter Weekly Menu

Here is a peek at what will be on our menu this week. I have a lot of "go to" recipes but I always try to do something new every week.

Monday

Liver, Onions and Mushrooms

Ingredients:

1 lb Grass Fed Liver
2 Tbl Grass fed butter
1 Large onion
½ lb Button mushrooms
¼ cup white wine
1 tsp fresh thyme

Soak Liver in milk for up to 2 hours on the countertop. This removes all the impurities. Place 2 Tbl of olive oil in a heavy skillet. Warm oil on Medium heat (spray some water on the pan. When it sizzles it is ready) Toss in the onions and sauté until they caramelize. The onions will slowly turn a nice brown color. Toss in the dices mushrooms and sauté for about 5 min. At this time you can put in the minced thyme and wine. Reduce the wine, which will take about 3-5 min.

Remove all the onions and mushrooms from the skillet.

Remove the liver from the milk and pat dry. Discard the milk or if you have a cat they love the stuff. Salt and pepper both sides of the liver. The Skillet should still be hot but you will need to add more oil (about 1-2 tbl). Make sure your oil is good and hot almost smoking. I really hot skillet will sear the liver nicely. Sear both sides for 1 min. and then turn down the heat to medium low. Cook both side for about 4-6 min (this depends on the thickness of the liver). You want the liver to have a slight pink in the center. An over cooked piece of liver can be very tough and unappetizing. It took me about three times before I came up with this recipe and was able to get the live just perfect.

Tuesday

Bibimbap – *This recipe is a little involved many of the relishes used in this dish can be done before hand. If it is your first time making Bibimbap I might save it for a Saturday night dinner because there is a lot of slicing and dicing steaming and blanching.*

Ingredients:

3 cups short grain rice

1/2 lb beef, rib eye or sirloin (substitute shiitake mushrooms for a vegetarian dish)

16 oz soybean sprouts (or mung bean sprouts)

2 cucumbers

2 zucchinis

2 carrots

1 bunch spinach

2 cups boiled gosari* (fern brake)

4 eggs

7 garlic cloves

2 or 3 scallions, chopped

(*Boiled gosari is sold in Korean/Asian markets. If using dried gosari, soak several hours until soft and simmer over medium heat for 30 minutes until tender.)

soy sauce (non GMO)

sesame oil

roasted sesame seeds

salt and pepper

coconut oil

Red pepper paste (gochujang) sauce:

4 tablespoons of Korean red pepper paste (gochujang)

1 tablespoon of sugar

1 tablespoon of sesame oil

3 tablespoons of water.

Cook the rice in a rice cooker or following package directions, using a little less water than called for. The rice for bibimbap should be a little drier than usual for best results. Prepare all other ingredients (recipes follow). Assemble: Place a serving of rice in a big bowl. (If using a stone bowl, heat it on medium heat until hot. Add 1 tablespoon of the sesame oil and rice and cook the rice for several minutes until the rice sizzles.) Nicely arrange a small amount of each prepared vegetable and beef over the rice. Drizzle a little sesame oil over. Top with an egg fried sunny-side up and serve with the red pepper paste sauce.

Beef: Cut into thin 2-inch long strips. Mix in 1 tablespoon of soy sauce, 2 teaspoons of Honey, 2 teaspoons of sesame oil, 1 teaspoon of rice wine (optional), 1 tablespoon of chopped scallion, 2 cloves garlic minced, and a pinch of pepper. Marinate for 20 minutes. Sauté in a skillet for 2 - 3 minutes over high heat.

Gosari (Fern brake): Cut into 3-inch lengths. Season with 2 tablespoons of soy sauce, 1 tablespoon of sesame oil, 1 clove garlic minced, 1/2 teaspoon of sesame seeds, and a pinch of pepper. Let stand for 10 minutes. Sauté in a skillet with 1 tablespoon of vegetable/canola oil for about 5 minutes over medium heat.

Soy bean sprouts: Bring 1 cup of water to a boil with a teaspoon of salt. Add the bean sprouts and boil for 3 minutes. Drain quickly and shock in cold water to stop cooking. Drain again. Toss with 1 clove garlic minced, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds, and salt and pepper to taste.

Spinach: Blanch the spinach in salted boiling water only until wilted, 30 - 40 seconds. Drain quickly and shock in cold water. Squeeze out water. Cut into 3-inch lengths. Toss with 1 tablespoon of chopped scallion, 1 clove garlic minced, 1 teaspoon of sesame oil, 1/2 teaspoon of sesame seeds and salt and pepper to taste.

Cucumbers: Cut the cucumbers in half lengthwise and then thinly slice crosswise.

Generously sprinkle salt over sliced cucumbers and set aside for 10 - 15 minutes. Squeeze out excess liquid. Toss with 1 tablespoon of chopped scallion, 1 clove garlic minced, 1 teaspoon sesame oil and 1/2 teaspoon of sesame seeds.

Zucchini: Cut the zucchini in half lengthwise and then thinly slice crosswise. Generously sprinkle salt over sliced zucchini and set aside for 10 - 15 minutes.

Squeeze out excess liquid from salted zucchini by hand. Add 1 tablespoon of chopped scallion and 1 clove garlic minced. Sauté in a lightly oiled skillet for 1 - 2 minutes over medium high heat.

Carrots: Julienne the carrots into match sticks. Sauté in a lightly oiled skillet for 1-2 minutes over medium high heat, sprinkling salt and pepper to taste.

Combine all of the sauce ingredients in a small bowl and mix thoroughly.

Wednesday

Watercress and Sardine Citrus Salad (Martha Stewart) Mint Pea Soup (Revised Barefoot Contessa)

Vinaigrette

Zest and juice of 1/2 lemon
1 tablespoon olive oil
Coarse salt and pepper

Salad

2 cups watercress sprigs
1/4 small red onion, sliced
1 tablespoon fresh tarragon
2 clementines, peel and pith removed, sliced
1 (4-ounce) can olive-oil packed sardines, drained
3 tablespoons toasted pumpkin seeds
Vinaigrette

Whisk lemon zest and juice with olive oil. Season with salt and pepper.
Arrange watercress, red onion, and tarragon on a platter.
Top with clementine slices, sardines, and pumpkin seeds. Season with salt and pepper. Drizzle with vinaigrette, and adjust seasoning as necessary.

*NOTE – Buy your sardines with the bone and the skin. The skin is full of good oils and the bones are totally edible and loaded with calcium and minerals.

Mint Pea Soup (Revised from Barefoot Contessa)

2 tablespoons unsalted grass feed butter
2 cups chopped leeks, white and light green parts (2 leeks)

1 cup chopped yellow onion
4 cups chicken bone broth
5 cups freshly shelled peas or 2 (10-ounce) packages frozen peas
2/3 cup chopped fresh mint leaves, loosely packed
2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/2 cup raw creme fraiche or yogurt or sour cream
1/2 cup freshly chopped chives

Directions

Heat the butter in a large saucepan, add the leeks and onion, and cook over medium-low heat for 5 to 10 minutes, until the onion is tender. Add the chicken stock, increase the heat to high, and bring to a boil. Add the peas and cook for 3 to 5 minutes, until the peas are tender. (Frozen peas will take only 3 minutes.) Off the heat, add the mint, salt, and pepper.

*Puree the soup in batches: place 1 cup of soup in a blender, place the lid on top, and puree on low speed. With the blender still running, open the venthole in the lid and slowly add more soup until the blender is three-quarters full. Pour the soup into a large bowl and repeat until all the soup is pureed. Whisk in the creme fraiche and chives and taste for seasoning.

Thursday

Polish Cabbage Rolls – *This is a great all in one dish. Plus my kids LOVE this meal.*

12 leaves cabbage
1 cup cooked wild rice or quinoa (I have done both and they work great)
1 egg, beaten
1/4 cup milk
1/4 cup minced onion
1 cup shredded carrot
1 pound extra-lean ground beef
1 1/4 teaspoons salt
1 1/4 teaspoons ground black pepper
1 (8 ounce) can tomato sauce
1 tablespoon brown sugar
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce

Dutch oven, cook cabbage in boiling water for 10 minutes or until outer leaves

are tender; drain. Rinse in cold water; drain. Remove eight large outer leaves (refrigerate remaining cabbage for another use); set aside (this can be done the night before and I recommend this since this is a slow cooked meal). In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper. Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in slow cooker. In a small bowl, mix together tomato sauce, brown sugar, lemon juice, and Worcestershire sauce. Pour over cabbage rolls. Cover, and cook on Low 8 to 9 hours.

Friday – LEFT OVER NIGHT (one of my favorite nights of the week)

Saturday – *finger food night*

Dates with Almonds and Bacon

24 dates
1 pack of grass feed bacon
24 blanched Almonds

Pre heat oven to 350. Open pack of bacon and cut bacon into 3 inch pieces. Do this until you have 24. Make sure all your dates are pitted. Then stuff the Dates with Almonds. Wrap the dates in bacon and place them seam side down on a baking sheet and cook for about 30 min or until bacon is crispy.

Shrimp Avocado filled Endives

20 medium shrimp, peeled and deveined
3 tablespoons fresh lime juice (from 3 limes)
2 tablespoons finely chopped scallions, plus more, thinly sliced, for garnish
1 jalapeno chile, stem, ribs, and seeds removed, finely chopped (2 tablespoons)
1 teaspoon coarse salt
1/2 firm, ripe Hass avocado, pitted and peeled
2 to 3 small Belgian endives
Black sesame seeds, for garnish (optional)

Bring a medium pot of water to a boil. Add shrimp, and cook until opaque, about

1 minute. Transfer to a plate using a slotted spoon; let cool. Cut into 1/4-inch pieces.

Transfer shrimp to a medium bowl. Add lime juice, chopped scallions, jalapeno, and salt. Stir to combine. Refrigerate for at least 30 minutes or up to 2 hours.

Just before serving, cut avocado into a 1/4-inch cubes, and fold into shrimp mixture. Separate endive leaves, and arrange 24 on a platter. Spoon about 1 teaspoon shrimp salad onto each leaf. Garnish with sliced scallions, and sesame seeds if desired.

Chicken Satay with Almond or Peanut Sauce

2 chicken breast sliced into ¼ in strips
½ cup soy sauce Non GMO

Slice chicken breast put in a bowl with the soy sauce and let it marinate for a min of 45 min. You can either bake these in the oven at 350 degree or skewer them and grill them on the grill.

Almond or Peanut Sauce

1/4 creamy almond butter or peanut butter
2 tsp honey
2 tsp soy sauce Non GMO
1 Tbl rice vinegar
2 tsp grated ginger
1 tap. hot pepper oil
1/2 cup coconut milk.

Combine all ingredients in a sauce pan over medium heat. Cook until thickens this take about 5 min. If it gets to thick add a little water.

Chocolate Dipped Macarons

½ cup honey
1 egg white
3 ½ cups shredded unsweetened coconut
1/8 tsp. salt
½ tsp. almond extract
½ tsp. vanilla extract
4 oz of a good semi sweet chocolate.

Preheat oven to 350. Grease a cookie sheet .
Lightly oil a glass measuring cup and put in the honey. Place measuring cup in a pan of boiling water and allow the honey to liquefy.

Whip egg white into stiff peaks.

Put coconut and salt in a large mixing bowl. Stir extract into warm honey. Pour the honey into the coconut, stirring well until you have a crumbly mixture. Fold in egg whites.

With moist hands, make small mounds and place them side by side on the cookie sheet (they will not spread). Bake 15 to 20 or until golden in color. Allow to cool to room temperature.

Melt chocolate in the top of a double boiler, stirring occasionally. Dip half of each macaroon into the melted chocolate.

Sunday

Ben's Night to Cook! He's been going the 4 Hour Chef Recipes...

Questions? [Ask in the forum!](#)