

# Ham

Equipment: 12 Qt Roaster

## INGREDIENTS:

- 1 (8 -10 lb.) fully-cooked, bone-in ham
- 1 cups pineapple juice
- 1 cup brown sugar
- 1 tablespoon Dijon mustard
- ¼ teaspoon ground cloves
- 1 can pineapple slices, drained
- maraschino cherries, drained and rinsed





## INSTRUCTIONS:

- Preheat the 12 quarts roaster
- In a saucepan, stir together pineapple juice, brown sugar, Dijon mustard and ground cloves. Bring to a boil and then simmer, stirring occasionally, until the mixture becomes slightly syrupy (about 10-15 minutes). Set aside.
- Line pan with orange slices. Place ham in the pan, flat-side down. Arrange pineapple and cherries evenly on ham; secure with wooden toothpicks.
- Cook on medium low for 30-40 minutes. Brush the glaze on the last 5-10 minutes of cooking time. The ham can be put to broiler for browning- optional.



# Turkey Veggie Meatloaf

Equipment: EOC

SM whisk

Large bowl

Small bowl



## INGREDIENTS:

- 1 1/2 lbs ground turkey
- 1 small zucchini finely diced
- 1 yellow bell pepper finely diced
- 1 red bell pepper finely diced
- 5 cloves of garlic chopped
- 1/2 tsp red pepper flakes
- 1 large egg beaten
- 1 tbsp thyme
- 1/4 c chopped fresh parsley
- 1 1/2 c panko breadcrumbs
- 1/2 c grated parmesan cheese
- 3/4 c ketchup
- 1/8 c + 2 tbsp balsamic vinegar





## INSTRUCTIONS:

- In a large bowl, whisk together egg and herbs. Add ground turkey, panko, grated cheese, 1/2 c ketchup, 2 tbsp balsamic vinegar, vegetables, garlic, 1/4 tsp red pepper flakes until well combined.
- Whisk the remaining 1/8 c balsamic vinegar, 1/4 c ketchup and 1/4 tsp red pepper flakes in a small bowl.
- Press meat mixture evenly onto EOC. Brush vinegar mixture over the meatloaf. Cover and set temperature to 320 degrees. When vapo valve clicks, lower temperature down to 250 degrees for 30 minutes.
- Let cool before serving.





# Creamy Pasta Pomodoro

Equipment: 7 Qt Wok

## INGREDIENTS:



### Basic marinara

- 1 tablespoon extra-virgin olive oil
- 3 tablespoons finely minced shallot
- 1 large garlic clove, finely minced
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 1 14-ounce can chopped tomatoes
- 1 teaspoon balsamic vinegar
- ⅛ teaspoon cane sugar
- Pinch of dried oregano
- Pinch of crushed red pepper flakes

### Creamy Tomato Sauce

- Marinara recipe, from above
- ¼ cup raw cashews\* (see note)
- ½ tablespoon tomato paste
- ¼ cup water
- ¼ cup pasta water
- ¼ to ½ teaspoon sea salt

## INGREDIENTS:

### For the pasta

- 10 ounces rigatoni
- Extra-virgin olive oil, for drizzling
- 2 medium zucchini, sliced into thin half moons
- 2 tablespoons fresh thyme leaves
- 2 14-ounce cans Mutti Cherry Tomatoes, drained
- 6 cups spinach or mix of spinach & arugula
- ¼ cup chopped parsley or sliced basil
- Sea salt and freshly ground black pepper

## INSTRUCTIONS:

- Make the marinara sauce: Heat the olive oil in a small pot over low heat. Add the shallot, garlic, salt, and a few grinds of black pepper and cook for 3 minutes, stirring often. Add the tomatoes and their juices, balsamic vinegar, cane sugar, oregano, and red pepper flakes. Cover and simmer over low heat for 20 minutes, stirring occasionally.
- Make the creamy sauce: Add the marinara to a blender with the cashews, tomato paste, salt, and ¼ cup of water. Blend until smooth. Set aside until ready to use. Before serving, stir in ¼ cup hot pasta cooking water to loosen it up so that it'll nicely coat the pasta.



## INSTRUCTIONS:

- Cook the pasta in a large pot of salted boiling water according to package directions or until al dente.
- While the pasta cooks, heat generous drizzles of olive oil in a nonstick skillet over medium heat. Add the zucchini, thyme, and generous pinches of salt and pepper. Sautee, stirring occasionally, until lightly browned, about 3 minutes. Add the tomatoes, reduce the heat to low, and cook for 2 to 3 more minutes or until heated through. Add the spinach and gently toss until wilted. Season to taste with more salt and pepper.
- Scoop the pasta into individual bowls, add scoops of the creamy sauce, and toss to coat. Distribute the vegetables among the bowls and top with parsley and or basil. Season to taste and serve.
- Notes: If you're not using a high powered blender, such as a Vitamix, soak the cashews for 2+ hours to make a creamier sauce. Drain before adding to the recipe.



# Panettone Bread Pudding

Equipment: 9 Qt Braiser Pan

medium bowl

SM whisk



## INGREDIENTS:

- 26 oz boxed Panettone bread, (1 loaf)
- 6 eggs
- 1 ½ cups whipping cream
- 2 cups almond milk (unsweetened)
- 1 cup sugar
- 1/2 c slivered almonds
- Blueberries (optional)





## INSTRUCTIONS:

- Prepare the custard:
- In a medium bowl, whisk eggs and add the whipping cream, almond milk, sugar, vanilla extract in the bowl to blend.
- Cut up panettone in cubes. Layer 1/2 on Braiser Pan. Sprinkle 1/4 c of almonds. Layer the rest of panettone cubes and sprinkle the remaining almonds.
- Pour custard on the panettone mixture. Let sit for 10 minutes
- Set temperature to medium heat. Cover. Cook for 15 minutes. Then turn temperature down to low. Cook for 25 minutes. Serve warm with your favorite hot beverage.





# Vegan Chocolate Mousse with Strawberries

Equipment: 9" small skillet



## INGREDIENTS:

- 1 block of Silken Tofu, firm
- 1/2 cup of Non-Dairy Milk
- 1 cup of semi-sweet, non-dairy chocolate chips
- 1 pack of Strawberries





## INSTRUCTIONS:

- Blend tofu and milk in a blender until smooth
- Gently melt the chocolate chips in a small pan(i.e 9" small skillet) on the stovetop. Once melted, add to the blender and blend again until smooth
- Pour into a large dish and chill in the refrigerator for a few hours until set.
- Serve with sliced strawberries on top.

