



## MEAL PLAN 15.27 Recipe Compilation

*July 8, 2015*

### *Beef and Butternut Braise*

*Yields: 18P, 18C, 0F*

#### Ingredient List:

- 2 Pounds Grass Fed Beef Stew Meat
- 4 Cups Butternut Squash, medium dice
- 1 Large Onion, large dice
- 3 Large Carrots, large dice
- 4 Stalks Celery, large dice
- Kosher Salt, to taste
- Black Pepper, to taste
- 1 28oz. Can Diced Tomatoes
- 1 15oz. Can Crushed Tomatoes or Sauce
- 2 Bay Leaves

#### **Preparation Instructions:**

1. Place butternut squash in the bottom of a large mixing bowl.
2. Throw stew meat on top of squash and season with salt and pepper to taste.
3. Add carrots, celery and onion to the bowl and season again to taste.
4. Add diced tomatoes and crushed tomatoes and toss all ingredients until uniformly combined.
5. Pour mixture into a slow cooker or hotel pan and add bay leaves. Cook in the slow cooker on low for 8 hours, or in the hotel pan, covered with foil, at 290°F for 8 hours.
6. Eat at once or portion into containers and refrigerate for up to a week or freeze for up to 6 months.

## **Tamarind Lacquered Chicken Satay**

*Yields: 12P, 2C*

### **Ingredient List:**

- **1 pound boneless, skinless chicken breast, cut into strips the long way**
- **As many skewers as strips of chicken, soaked in water for 1 hour.**
- **2 tablespoons fresh shallot, minced**
- **½ Serrano chile, minced**
- **Juice of ½ lime**
- **2 tablespoons fish sauce, I use Red Boat brand.**
- **2 Kaffir lime leaves, stem removed, roll and chiffonade as finely as possible (optional) You can also use cilantro as garnish if you can't find lime leaves.**
- **2 tablespoons tamarind puree for marinade and extra for lacquering (see recipe below)**

### **Preparation Instructions:**

1. Combine all ingredients except lime leaves and mix well to incorporate. Allow chicken to marinate for a minimum of one hour and up to two days.
2. Weave and bob your chicken onto the skewers however you see fit. You can do the “zig-zag”, the “straight poke” or the “over-under”.
3. Place skewers on the grill being careful to keep the flame from the exposed bamboo. You can make a shield on your grill with a piece of foil if you'd like. Do this by placing a strip of foil in the area where the skewer handles are. This will block the flame from burning the sticks.
4. Turn the chicken 2-3 times and begin lacquering with tamarind puree after the first turn.
5. When the chicken has reached an internal temperature of 165°F, remove it from the grill, garnish with lime leaf chiffonade and serve!

## **Tamarind Puree**

### **Ingredient List:**

- **¼ cup seedless tamarind pulp**
- **Juice of 1 lime**
- **Water, as needed**
- **Kosher salt, to taste**

### **Preparation Instructions:**

1. Combine tamarind, lime juice and approximately 1 cup of water in your blender and let it rip! It will take a minute or two to break down the tamarind and allow the water to do it's job. You are going for the consistency of a thin smoothie, a little looser than pancake batter.
2. Add water or tamarind as necessary to achieve the correct consistency.
3. Season with kosher salt until it is palatable as a sour/salty/slightly sweet condiment.
4. Boom!

## **World's Greatest Asain Chicken Salad**

*Yields: 13P, 13C, 13F*

### **Ingredient List:**

- 13oz. roasted chicken breast, diced (season with salt and pepper and roast at 350°F until it reaches an internal temp of 165°. Approximately 20 minutes.) (13P)
- ¼ green cabbage, chiffonade (2C)
- ¼ red cabbage, chiffonade (1C)
- 2 Mandarin oranges (cuties, halos), peeled and segmented (2C)
- 1 red, orange, or yellow bell pepper or a combination of the three, julienned (1C)
- 4 scallions, ABC (Asian Bias Cut) (.25C)
- Handful of fresh cilantro, chiffonade (.125C)
- 2 tablespoons sliced almonds, toasted and cooled (3F)
- 1 tablespoon Sesame Oil (10F)
- 1 tablespoon honey (6C)
- 2 tablespoons Sambal (garlic chili paste) (.125C)
- 2 tablespoons unseasoned rice wine vinegar (1/2 C)
- Dash or two of Tamari or coconut aminos

### **Preparation Instructions:**

1. Combine all ingredients in a large mixing bowl and toss/mix with tongs until uniformly blended and tasty delicious looking.

## **Cinnamon Infused Short Ribs with Butternut Squash**

*Yields: 22P, 21.5C, 36F*

### **Ingredient List:**

- 3 pounds boneless short ribs
- 10 Cups Butternut Squash, medium dice
- 2 Large Onion, large dice
- 3 Cups Tomatoes, diced
- 10 Cloves garlic, minced
- 3 Tablespoons Kosher Salt
- 2 Teaspoons Freshly Ground Black Pepper
- 1 6oz. can tomato paste
- ¼ cup olive oil
- 4 Bay Leaves
- 4 Cinnamon Sticks

**Preparation Instructions:** (Cinnamon Infused Short Ribs)

1. Combine all ingredients, except bay leaves, in your slow cooker crock.
2. Tuck bay leaves in on the sides.
3. Cook for 10-12 hours on low or 8-10 hours on low, or until beef is as tender as in the video.
4. When complete, season one last time with salt and pepper.
5. Eat immediately, or portion out into containers and refrigerate for up to one week or freeze for up to 6 months.

***Mexican Style Avo-Mango Shrimp Cóctel***

*Yields: 8P, 8C, 16F*

**Ingredient List:**

- 1 lb wild shrimp, pre-cooked
- 2 tablespoons tomato paste
- 1/3 cup chicken stock
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- pinch kosher salt
- pinch black pepper
- 1/4 large red onion, diced
- 1 tomato, diced
- 1 avocado, diced
- 1 / 2 mango, dice
- 1/2 jalapeño, diced
- 1 handful cilantro, diced

**Preparation Instructions:**

1. Begin by making the sauce for the shrimp. Whisk together tomato paste, chicken stock, Worcestershire, honey, apple cider vinegar, and salt.
2. Place shrimp in mixture and let marinate while cutting the veggies and fruits.
3. Add veggies and fruit to mixture and season to your liking with salt and pepper.
4. Serve with Super Radical Plantain Chips and enjoy!

## **New York Strip, Crab Salad and Tomatoes**

*Yields: 46P, 4C, 27+F*

### **Ingredient List:**

- **4 - 10oz. New York strip steak, patted dry with paper towels**
- **Kosher salt and pepper, to taste**
- **Light drizzle of olive oil**
- **TOW, as needed (3 parts Tamari, 2 parts Olive Oil, 1 part Worcestershire)**
- **1 pound crab meat, drained**
- **1-2 Cloves Fresh Garlic, minced into a paste**
- **3 tablespoons Massie Mayo**
- **1 tablespoon Super Radical Rib Rub**
- **1 handful fresh cilantro, chiffonade plus 4 sprigs for garnishing**
- **4 Roma tomatoes, diced**

### **Preparation Instructions:**

1. Heat your grill or grill pan over high heat until it reaches 350-400°F.
2. Season one side of steak with kosher salt and pepper, drizzle with olive oil, pat to coat with oil and then place, seasoned side down on the grill.
3. After 60 seconds, brush top side with TOW. Cook for 30 seconds longer, then rotate to make second grill mark on first side. Brush with TOW once again, then season top side with kosher salt.
4. After 2-3 total minutes on the first side (depending on how hot your pan is and how you like your steak prepared), flip steak over to begin first mark on second side. Brush with Tow and repeat process for second side. For extra credit, turn the steak on it's side to render a bit of the fat and caramelize all edges (we forgot to do this in the video).
5. While steak is cooking, combine crab meat, mayo, Super Radical Rib Rub, lemon juice, garlic and cilantro in a bowl. Set aside in the fridge until ready to plate.
6. Once steaks are done, remove them from the grill and allow to rest for 3-5 minutes. Then, plate with crab salad, fresh Roma tomatoes, and cilantro sprig.

**Massie Mayo *\*(if needed)***  
***\*if not needed change 1 to 0 on grocery list***

*Yields: 2 cups*

**Ingredient List:**

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

**Preparation Instructions:**

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Stores in the fridge for 2-3 weeks, but I doubt it will last that long... ☺