

Antioxidant Rich Cooking



Kale Salad with Balsamic Honey Mustard Vinaigrette

Curried Red Lentil Soup

Gingered Sweet Potato - Parsnip Puree

Pan Seared Coho Salmon with Pineapple Basil Salsa



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Kale Salad with Balsamic Honey Mustard

Ingredients

Honey Mustard Vinaigrette

1/3 cup honey

1/3 cup balsamic vinegar

1/4 cup Dijon mustard

1/4 cup water

3 Tbl canola oil

1 tsp shallot, minced

1/2 tsp garlic, minced

1 tsp parsley, minced

kosher salt to taste

*

12 cups kale, stems removed (reserved)

1/4 cup dried cranberries

1/2 cup red onion, cut into thin strips 1/8" wide

*

1/4 cup goat cheese (or feta), crumbled

1 1/2 cup granny smith apple, diced

2 Tbl pecans (or walnuts), toasted & chopped

Curried Red Lentil Soup

Ingredients:

1 tablespoon olive oil

1 cup onion, chopped

4 cloves garlic, minced

2 tablespoons minced fresh ginger

1 1/2 tablespoons curry powder

1 1/2 teaspoons ground cumin

1 cinnamon stick

1 1/2 cup red lentils (pick over to ensure no debris or rocks)

8 cups reduced-sodium chicken broth

1/4 cup tablespoons lemon juice

*

1/4 cup chopped fresh cilantro

Sriracha, to taste



Procedure

To Make the Vinaigrette

1. To make the vinaigrette, add the minced shallots, garlic and parsley to a blender or food processor along with the honey, balsamic vinegar, Dijon, water, canola oil and salt. Blend to incorporate the ingredients and place in refrigerator to chill.

To Make the Salad

2. Soak the kale under cold water for a few minutes to release any debris, then rinse under cold water thoroughly. Dry in a salad spinner or blot with paper towel to remove excess moisture. With a knife, cut along the stems to remove the leaf portions of the kale. Reserve the stems (if desired you may thinly slice these and add back into the dish later).
3. Thinly slice the kale leaves into ribbons, about 1/8" thick by 3" long. Toss the chilled balsamic honey mustard, dried cranberries and red onions with the kale and let rest for 10-15 minutes (the kale to slightly wilt and soften).
4. Plate the kale mixture and arrange the apples, pecans, and goat cheese.

Servings: 4

Procedure

1. Place a large pot over medium heat and add the olive oil. Add the onions and saute until they are soft and slightly translucent, about 5 minutes. Add the garlic, ginger, curry and cumin and sauté another 5 minutes.
2. Add the cinnamon stick, lentils and chicken broth to the pot and stir. Turn up the heat and bring to a boil. Turn the heat down and allow the soup to simmer, partially covered for about 20 minutes or until the lentils are cooked.
3. Take the soup off of the heat. Remove half of the soup and allow to cool slightly* or until warm to the touch. Keep the other half warm on the stove. Place the cooled soup in a blender (or process with a hand mixer) and pulse until pureed. Stir pureed mixture back into pot of soup. Blend well.
4. To serve, place the soup in bowls and garnish with cilantro and sriracha

**Note-It is not advised to puree hot items in a blender due to the build of pressure generated from the steam. Be safe and allow your soup to cool slightly to prevent injuring yourself.*

Servings: 6



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Gingered Sweet Potato – Parsnip Puree

Ingredients

1 lb sweet potatoes, peeled, large chunks
1/2 lb parsnips, peeled, large chunks
1 1/3 tsp red wine vinegar
1 1/3 Tbl grated ginger
salt, to taste
white pepper, to taste

Pan-Seared Salmon with Pineapple Basil Salsa

Ingredients

6 coho salmon filets, 4 oz each
2 tablespoons olive oil
Salt, to taste
Pepper, to taste
*
1 cup pineapple, fresh or canned, diced
¼ cup red bell pepper, diced
¼ cup basil, fresh, minced
1 tablespoon mint, fresh, minced
2 tsp shallots, minced
1 tsp garlic, fresh, smashed
4 tsp vinegar, cider
2 tsp oil, olive
1 tsp mustard, dijon
2 tsp juice, pineapple from can or fresh

Procedure

1. Bring 2 pots of water to a boil and season with salt. Boil sweet potatoes and parsnips separately in salted water (the parsnips will take at least 25 minutes, the potatoes about 20 minutes).
2. Drain the sweet potatoes and parsnips, then puree separately in a food processor until smooth.
3. Fold both purees together and season with ginger, vinegar, salt and pepper to taste.

Servings: 4

Procedure

1. Preheat a large skillet over medium-high heat, add the olive oil. Season the salmon filets with salt and pepper. Cook salmon until just cooked through, about 3 minutes on each side. Keep warm and hold until ready to serve.
2. Combine the pineapple, red bell pepper, basil, mint, shallot and garlic in a medium bowl. In a separate bowl whisk together the cider vinegar, olive oil and Dijon mustard. Toss the dressing with the pineapple mixture.
3. Top each salmon filet with a quarter cup of the pineapple salsa and serve.

Servings: 6