

# Slow Cooker Pot Roast



## Ingredients

- 3 tablespoons vegetable oil
- 1 boneless chuck roast, trimmed, seasoned with salt and pepper (3-4 lb.)
- 1/4 cup all-purpose flour
- 2 tablespoon tomato paste
- 1/2 cup dry white wine
- 1 1/2 cups low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 2 cups sliced onions
- 6 medium carrots, peeled and cut into 2 to 3- inch pieces
- 3 large celery ribs, cut into 2 to 3-inch pieces
- 6 cloves garlic, chopped
- 3-4 sprigs fresh thyme
- 2 bay leaves

## Tools

- Saute pan
- Tongs
- Slow Cooker

- Peeler

## Instructions

1. Heat oil in a saute pan over medium-high heat. Sear roast on all sides, 10 minutes total. Transfer roast to a 4-6- quart slow cooker.
2. Stir flour into saute pan; cook 1 minute. Add tomato paste and cook 1 minute more.
3. Deglaze saute pan with wine, cooking until liquid evaporates. Stir in broth and Worcestershire; bring mixture to a simmer, scraping up any brown bits.
4. Transfer broth mixture to the slow cooker; add onions, carrots, celery, garlic, thyme, and bay leaves. Cover and cook until the meat is fork-tender, on low-heat setting 8-10 hours or on high-heat setting for 4-5 hours. Discard thyme sprigs and bay leaves before serving.

Please visit the Blog Section of this website for more information on Slow Cooking.

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## Bolognese Sauce - Cynthia's Favorite!

***Makes 7 cups***



# Rigatoni Bolognese

## Ingredients

- Olive oil, 1/4 cup
- Onion, small diced, 1/2
- Celery, small diced, 4 tablespoons
- Carrots, small diced, 4 tablespoons
- Garlic, chopped finely, 2 tablespoons
- Beef, 1 lb.
- Sweet or hot italian sausage, casing removed, 1/2 lb.
- Fresh basil, chopped, 2 tablespoons
- Fresh parsley, chopped, 2 tablespoons
- Bay leaf, 1
- Fresh rosemary, chopped, 1/2 teaspoon
- Fresh oregano, chopped, 1/2 teaspoon
- Kosher salt and freshly ground black pepper
- Crushed red pepper
- 1.5 cups of Pinot Noir or Cabernet Wine
- Italian plum tomatoes, 1 can, 26-28 ounce, drained and coarsely crushed
- Chicken stock, 2 cups low sodium
- Romano cheese, grated, 1/2-3/4 cup
- Unsalted butter, 2 tablespoons

## Tools

- Large pot
- Paring knife
- Chef knife
- Peeler
- Wooden spoon

## Instructions

1. In a large pot, heat the olive oil over medium heat.

When the oil is hot, add the onions, cook and stir for 1-2 minutes, add the carrots, cook and stir for 1 minute, add the celery, cook and stir for 1 minutes, and add the garlic, cook and stir for about a minute. Make sure the vegetables are softened slightly.

2. Add the beef and sausage and while using a wooden spoon, break up the meat so it will cook evenly. Cook the mixture for 5-7 minutes or until the meat is browned. Stir it occasionally after the first 2 or 3 minutes of cooking.
3. Add the basil, parsley, bay leaf, rosemary, oregano, a pinch of crushed red pepper, 1 teaspoon of salt, and 1/2 teaspoon of pepper. Reduce the heat to medium and cook the mixture, stirring for 2-3 minutes.
4. Add the wine, increase the heat to high, and bring the mixture to a boil. Boil it for about 3 minutes or until the red wine is reduced to 1/4 cup. Add the tomatoes and stock and return it to a boil. Reduce the heat and simmer it for about 50 minutes until it is well blended. Increase the heat to high and boil it for 10 minutes or until some of the liquid evaporates and it is a slightly thickened consistency.
5. Remove the sauce from the heat and stir in the grated cheese and butter. Season the sauce, if needed, with salt and pepper. Serve the sauce immediately, ladled over cooked pasta.
6. Refrigerate cooled sauce for up to a week or freeze it up to a month. Enjoy!

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# Valentine's Chocolate

# Babycakes !



*Time: 25 minutes, Servings: 6*

## **Ingredients**

- Unsalted butter, 4 tablespoons, and more for greasing
- Bittersweet or semisweet chocolate, 70% cocoa, 12 ounces
- Eggs, 4 large
- Kosher salt
- Superfine sugar, 3/4 cup
- Pure vanilla extract, 1 teaspoon
- Flour, 1/3 cup

## **Tools**

- Baking sheet
- Six 6-oz. heatproof glass or ceramic baking dishes
- Small saucepan
- Medium bowl
- Whisk
- Mixer
- Oven mitts

## **Instructions**

1. Place a baking sheet on center rack in oven and heat

oven to 400 degrees. Butter insides of six 6-ounce heatproof glass or ceramic baking dishes.

2. In a small saucepan over low heat, melt chocolate; set aside to cool slightly. In a medium bowl, beat eggs together with a pinch of salt until frothy; set aside. Using an electric mixer, cream together 4 tablespoons butter and the sugar. Gradually add egg mixture, then vanilla. Add flour and mix well. Add chocolate and blend until smooth.
3. Divide batter among six baking dishes and arrange them on a baking sheet hot from the oven. Bake until firm and dry on surface, 10 to 12 minutes. Remove dishes from oven and immediately invert cakes onto small plates or shallow bowls. Serve hot. Sprinkle powdered sugar on top with a side of whipped cream and some fresh berries to Dazzle those Babycakes! Enjoy!

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## Fillet of Sole en Papillote

### Ingredients

- Parchment paper
- Fish fillets, 2-6oz. per packet
- Littleneck clams, 2 or 3 per packet
- Carrot
- Zucchini
- Unsalted butter
- White wine
- Capers
- Lemons
- Kosher salt, White pepper

- Canola oil

## Tools

- Parchment paper
- Sheet tray
- Pastry brush
- Mandoline
- Oven mitts

## Instructions

### [Parchment Diagram](#)

1. To create your parchment paper packet: cut parchment into heart shapes large enough to enclose two 6 oz. fillets.
  2. Brush inside of packet lightly with melted butter.
  3. Season both sides of fish fillets with kosher salt and white pepper.
  4. On mandoline, cut carrot and zucchini into julienne shape. Place carrot and zucchini in packet; season with salt and pepper and add a tablespoon of butter. Place seasoned fillets on bed of vegetables. Add butter, white wine, lemon, capers, and littleneck clams.
  5. Seal pouch by folding the parchment paper over and sealing the sides tightly. Brush outside of packets with canola oil to prevent the paper from burning.
  6. Place packets on sheet tray and bake in 350 degree oven until paper starts to brown. Be careful when opening packet as it may be steaming hot. Enjoy!
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# Wild Mushrooms en Papillote



## Ingredients

- 1 stick unsalted butter, melted
- 1 pound mixed fresh wild mushrooms, trimmed and torn into bite-sized pieces
- 2 tablespoons finely chopped chives
- 2 tablespoons finely chopped parsley
- 1 tablespoon finely chopped tarragon
- 1 tablespoon minced shallot
- 1 teaspoon minced garlic

## Tools

- Parchment paper
- Sheet tray



# Instructions

1. Preheat oven to 450 degrees with the rack in the middle.
  2. Lightly brush the parchment paper on the inside with melted butter
  3. Toss mushrooms, with herbs, garlic, shallot, 1/2 teaspoon salt and 1/4 teaspoon of pepper in a large bowl, then toss with remaining butter and place in packet.
  4. Fold parchment to enclose mushrooms. Brush outside of packets with canola oil to prevent burning. Bake packets on a sheet tray for 20 minutes. Be careful when opening packets as they will be steaming hot. Enjoy!
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