

*2016 "Spring Fling" USS Auction*

*Recipes*



*Each recipe makes 25+ servings (please scale down as needed)*



## **Sprouted Legume and Brown Rice Salad with Nuts, Seeds, and Feta**

25 Servings

### Salad

4 c. mixed *dried* sprouted legumes (such as mung beans or lentils) – available in “health food” section of store  
 6 c. *cooked* brown rice  
 4 c. grated zucchini, lightly squeezed to remove liquid  
 6-8 green onions, thinly sliced  
 1 c. toasted salted sunflower seeds  
 1 c. toasted salted shelled pumpkin seeds  
 1 c. coarsely chopped roasted almonds  
 1 ½ c. feta (or more), cut into cubes  
 fresh ground black pepper + salt

### Dressing

1 c. chopped fresh chives  
 1 ½ c. olive oil  
 1/3 c. (or more) fresh lemon juice  
 1 T. kosher salt

Dressing: Puree chives, olive oil, 1/3 c. lemon juice, and 1 T. salt in a food processor until smooth.

Salad: Cook dried legumes in a large pot of lightly salted boiling water until just tender, about 5 minutes. Cover pot; remove from heat. Let stand for 3 minutes; drain. Transfer to a large bowl.

(Both dressing and legumes (and brown rice) can be made a day ahead. Cover separately and chill.)

Add zucchini, brown rice, green onions, seeds, nuts, and chive dressing to legumes in large bowl; toss to combine. Season to taste with salt and pepper; add more lemon juice and/or lemon zest to taste. Gently toss in feta (or sprinkle on top).

# Chicken, Roasted Tomato, and Artichoke Panzanella Salad

## 25 Servings

### Bread:

1-1½ loaf country white bread, sliced ~ ½-inch thick, crusts trimmed  
Olive oil

### Tomatoes and Artichokes:

20-24 Roma tomatoes, halved lengthwise, seeded  
1 ½ c. olive oil  
1 ½ T. herbes de provence  
~ 40 oz. frozen artichoke hearts (TJs has 12 oz. pkgs.)

### Chicken and Dressing:

~ 20 cloves (1 head) garlic, chopped  
1 t. saffron threads  
½ c. aniseed or fennel seeds, coarsely crushed  
¼ c. hot paprika  
5 slices (1/4-inch) peeled fresh ginger  
5 c. (2-3 bunches) cilantro, chopped  
2¼ c. olive oil, divided  
1½ c. lemon juice, divided  
12 chicken breasts (boneless, skinless)  
1 lb. fresh mozzarella, cut into ½-inch cubes

### Bread:

Brush bread on both sides with olive oil; sprinkle with salt & pepper. Heat large skillet over medium heat. Add bread; cook until brown, about 5 minutes per side. Transfer to plate; cool.

### Tomatoes and Artichokes:

Preheat oven to 300 degrees. Line 3-4 rimmed baking sheets with parchment paper. Toss tomatoes, ¾ c. olive oil, and herbes de provence in large bowl; sprinkle with pepper. Arrange tomatoes, cut side down, on prepared baking sheets. Roast 1 hour; turn tomatoes over; roast until tender and beginning to brown, about 1-2 hours longer. Cool; cut in half.

Drain artichokes and pat dry in paper towels. Heat ¼ c. olive oil in large skillet over medium heat. Add about ¼ of artichoke hearts and sauté until golden, about 8-10 minutes. Cook remaining artichoke hearts in same manner.

### For Chicken and Dressing:

Blend first 5 ingredients to paste in processor. Mix in cilantro, 1 c. olive oil, and 1 c. lemon juice. Cut chicken into bite-size (~ 1") pieces and sprinkle chicken with salt & pepper. Mix into marinade; let stand 2 hours, or up to overnight.

Scrape most of marinade off chicken and discard. Heat large skillet over medium heat. Add chicken in batches; stir one minute. Cover; cook until chicken is cooked through, stirring often, about 6 minutes. Using slotted spoon, transfer chicken to large bowl. Add tomatoes and artichokes to bowl. Whisk 1 c. olive oil and 1/3 c. lemon juice in separate bowl; season dressing with salt & pepper. Toss salad with enough dressing to coat. Tear or cut bread into 1-inch pieces. Add mozzarella and bread to salad; toss gently. Serve at room temperature.





## Poached Salmon with Tarragon Sauce

### 25 Servings

#### Salmon:

- 6 lb. salmon fillet (3-4 oz. serving)
- 1 bottle white wine

#### Tarragon Sauce:

- 3 bunches/packages tarragon
- 3 bunches chives
- 3-4 shallots
- 2 c. parsley
- 1½ c. mayo/sour cream
- 1½ c. sour cream

- 1¼ c. rice vinegar
- 2 T. Dijon
- lemon (for serving)
- cucumber (for serving)

Sauce: Measure out 2 c. tarragon leaves. Chop enough chives to measure 1¼ c. Coarsely chop shallot. In food processor, puree tarragon, chives, and shallot with remaining sauce ingredients until smooth; season with salt & pepper. Sauce may be made one day ahead and chilled, covered. Bring to cool room temp before serving.

Salmon: In a deep, large skillet bring wine and 2½ c. water to a simmer, covered. Cut salmon into individual pieces (approximately 4 oz. each); debone if necessary, and season with salt & pepper. Submerge salmon pieces, skin side down, in simmering liquid (fit as many pieces as pan will hold without crowding); add hot water if necessary to cover salmon. Poach salmon at a bare simmer, covered, 10 minutes, or until just cooked through. Transfer cooked salmon with a slotted spatula to a platter to cool. Poach remaining salmon in same manner. When salmon is cool enough to handle, peel off skin (unless salmon was already skinless : )) and, if desired, scrape off any dark meat with a sharp knife. Salmon may be cooked one day ahead and chilled, covered. Bring salmon to cool room temp before serving.

Arrange salmon pieces on a platter (line platter with lettuce or greens if desired); arrange sliced lemons and cucumber around platter. Serve with tarragon sauce on the side.



## Pasta Salad with Pesto and Parmesan

### 25-35 Servings

3 lb. pasta (bow ties, fusilli, or something similar)  
24 oz. pesto  
¾ c. toasted pine nuts  
1½ c. shredded or grated parmesan

Cook pasta (1-2 pounds at a time) in a large pot of boiling salted water until al dente. **Reserve 1-2 c. pasta cooking water.** Drain pasta.

Toss pasta in a very large bowl with pesto, Parmesan, and toasted pine nuts. Add cooking water from pasta as needed to adjust sauce consistency; season with salt & pepper. Serve at room temperature.

## Lemony Potato Salad

### 25-35 Servings

9 lbs. unpeeled potatoes (small boiling potatoes)  
½ c. apple cider vinegar  
1 T. Dijon  
2 ¼ c. Olive oil  
2 bunches (~10) scallions, chopped  
1 bunch dill, chopped  
1 bunch parsley, chopped  
1-2 bunches celery, chopped  
2 lemons, zested and juiced

Place potatoes in a large pot and cover with cold water by 2-3". Stir in 1 T. salt and bring to a boil. (Note: can cook potatoes in several batches, depending on size of pot.) Reduce heat to medium and simmer gently until just barely tender. Drain. Transfer potatoes to a large rimmed baking sheet and cool slightly. When cool enough to handle, cut potatoes in half or quarters if larger.

Combine the vinegar, ¼ c. lemon juice, 1 T. lemon zest, and Dijon. Slowly whisk in the olive oil to make an emulsion; season with salt & pepper.

Toss the potatoes with the dressing, ~ 1 c. chopped scallions, ½ c. chopped dill, 1 c. chopped parsley, and ~ 2 c. chopped celery; season as needed with additional salt, pepper, and/or lemon zest. Serve at room temperature.

*Bon Appétit!*

