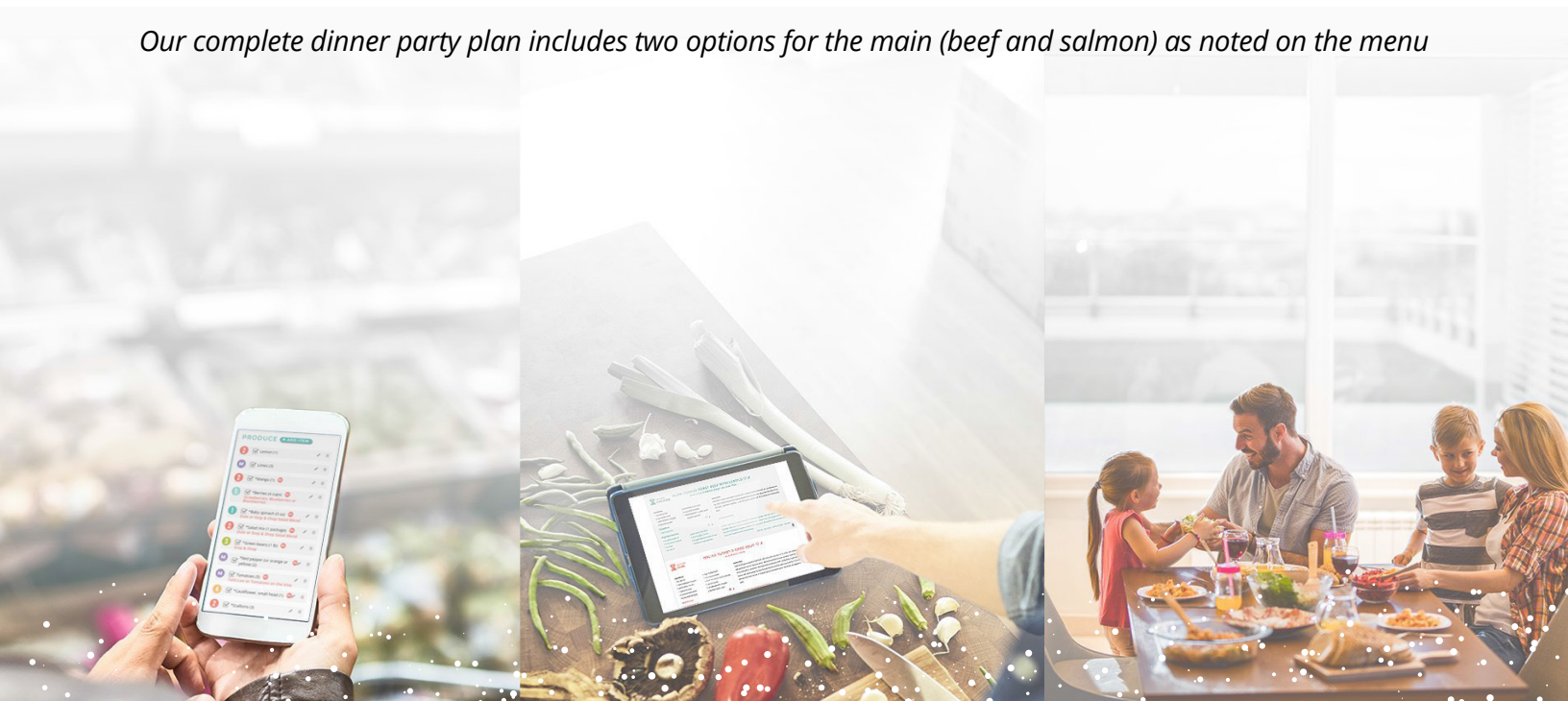




WINTER DINNER PARTY PLAN

Our complete dinner party plan includes two options for the main (beef and salmon) as noted on the menu



SANGRIA

Ingredients

6 cups red wine,
(about two bottles)
1 cup brandy
1 cup orange juice

2 apples, sliced into wedges
2 pears, sliced
2 cups ginger ale

Instructions

Mix wine and all other ingredients EXCEPT the ginger ale into large serving pitcher. Let sit for a few hours before serving to let flavors of fruit develop. Stir in ginger ale right before serving. Taste and if you want a sweeter taste, add another few splashes of orange juice. Serve with some fruit in each glass.

BEET SALAD WITH WARM BALSAMIC DRESSING & GOAT CHEESE

Ingredients

8 beets, small
1/2 cup balsamic vinegar
1/2 cup olive oil

1/2 cup walnuts (optional)
5 oz spring mix greens
6 oz goat cheese

Instructions

Fill large pot with water and add beets. Bring to low boil and cook until beets are fork tender, about 35 to 45 minutes. While beets are cooking, mix balsamic vinegar with olive oil. Season with sea salt & black pepper. Drain beets and peel off outer skin. Note: run some cold water over the beets and loosen the skin with your hands. Cut beets in half and then into cubes. Place in bowl and pour half of the dressing over beets. In small skillet, heat a tbs of olive oil and add walnuts (if using). Cook for 1 to 2 minutes until lightly toasted. Add rest of dressing and heat for a few minutes until warmed. To serve: place handful of greens on plates, drizzle with some of the warm dressing & walnuts. Top with beets and goat cheese.

Main Meal
OPTION #1

BEEF WITH POMEGRANATE & RED WINE SAUCE

Ingredients

3 lbs beef tenderloin
steaks
2 shallots, chopped
2 garlic cloves, minced
2 tbs olive oil
2/3 cup red wine
(or broth/water)
2/3 cup pomegranate juice

2/3 cup beef broth, low
sodium
3 tsp brown sugar
1 tsp salt
1 tsp basil (dried)
3 tbs butter (unsalted)

Instructions

Place beef in shallow dish. Combine shallots, garlic, & olive oil. Spread over steak. Turn beef so it is coated in mixture. Marinate for one to two hours in fridge. Spray large skillet with cooking spray, pat steak dry. Add steak, making sure you get the shallots and garlic in the pan too. Season with salt & pepper. Cook steak on each side until its just at the desired level of doneness. Remove and keep warm. To same skillet, add wine, juice, broth, brown sugar, basil, & salt. Bring to immediate boil, then turn heat down to medium. Heat for about 10 to 15 mins until it is reduced roughly by half and is slightly thickened, stirring often. Remove from heat and stir in butter until melted. Adjust salt/pepper to taste. Serve with extra sauce from pan.

SALMON WITH TOMATOES & SHIITAKE MUSHROOMS

Ingredients

3 lbs salmon fillets
1/4 cup soy sauce
(or GF tamari), low sodium
4 garlic cloves, minced
4 tsp plain sesame oil

4 scallions, chopped
8 oz shiitake mushrooms,
sliced
3 tomatoes, chopped

Instructions

Preheat oven to 400. Spray baking dish with cooking spray and place fish in dish. Mix all other ingredients in a small bowl & pour over fish. Bake for about 10 mins or until cooked through. Total time will depend on thickness of fish.

ROASTED GARLIC POTATOES

Ingredients

5 lbs baby potatoes
2 tbs olive oil
3 tbs fresh lemon juice

6 garlic cloves, minced
sea salt
black pepper, to taste

Instructions

Preheat oven to 375. Chop potatoes & place in roasting pan. Add oil, lemon juice, garlic, salt & pepper. Stir to coat. Bake until golden and fork tender, about 40 mins.

ROASTED ASPARAGUS

Ingredients

2 bunches asparagus,
ends trimmed
1 tbs olive oil

sea salt
black pepper, to taste

Instructions

Preheat oven to 375. Place asparagus in dish & drizzle with olive oil & sprinkle with salt & pepper. Cook for 5 to 8 mins until just crisp tender.

PUMPKIN & APPLE BREAD PUDDING WITH WARM CARAMEL SAUCE

Ingredients

1 loaf challah bread
3 apples, Granny Smith
1/2 cup apple cider
(or apple juice)
2 cups whole milk
2 cups light cream
15 oz pumpkin puree
3/4 cup sugar
3 eggs

1 egg yolk
1 tbs cinnamon
1 tsp nutmeg
1 stick butter (unsalted), *for sauce*
1/2 tsp vanilla extract, *for sauce*
3/4 cup brown sugar, *for sauce*
1/2 cup heavy cream, *for sauce*
whipped cream

Instructions

Preheat oven to 350. Lightly butter bottom and sides of a 9 x 12 baking dish. Cut bread into large cubes and place in dish. Peel apples and slice into wedges. In small saucepan, add apples and apple cider. Simmer on low until apples become very soft and start to break apart. Spread apples over bread and give light sprinkle of cinnamon. In medium bowl, whisk together milk, cream, pumpkin, sugar, eggs, egg yolk, & spices. Pour over bread mixture and gently lift bread so it's completely covered. Bake for 20 to 30 minutes until liquid is absorbed and pudding is golden. While baking, make caramel sauce: in small saucepan melt butter and add vanilla, brown sugar, and cream. Simmer on low for about 5 minutes until it starts to bubble. Remove from heat. To SERVE: spoon pudding onto plates and drizzle with sauce. Top with whip cream. YUM!!!