

PANDEMIC PANTRY RECIPES ~ SEPTEMBER 30, 2023
SIXTY MINUTE MEALS

Baked Cod with Lemon and Capers
(serves 4)

2 Tablespoons unsalted butter, melted
1 Tablespoon fresh lemon juice
1 TBS freshly minced garlic
1 tsp Kosher salt
½ tsp red pepper flakes
2 TBS drained capers
4 cod filets, 6 ounces each, 1 inch thick
½ tsp smoked paprika

Preheat your oven to 425°F. Lightly spray a baking dish with nonstick spray.
In a small bowl, whisk the butter, lemon juice, garlic, salt, and red pepper flakes. Stir in the capers.
Place the cod fillets in the baking dish. Pour the butter mixture on top. Use a brush if needed to evenly distribute the thick sauce on top of the fillets. Sprinkle them with paprika.
Bake, uncovered, until the fish is fully cooked, opaque, and flakes easily with a fork. Depending on the thickness of your fish fillets and your oven, this should take about 15 minutes.

Sheet Pan Fajitas
(serves 5)

1 1/2 pounds boneless skinless chicken breasts sliced (against the grain) into 1/2-inch thick strips
3 Bell Peppers...I use a red, yellow, and orange cored and sliced into strips
3 fresh Jalapeno peppers, sliced into strips...seeds and all
1 large red onion
6 cloves minced garlic
3 TBS olive oil
Juice of 2 limes
½ cup fresh cilantro...chopped
8 – 10 small flour tortillas
Desired Fajita toppings: sour cream, guacamole, shredded cheese, salsa

Seasonings

1 TBS Chili powder
1 ½ tsp smoked paprika
1 ½ tsp cumin powder
1/2 tsp onion powder
½ tsp garlic powder

½ tsp dried oregano
¼ tsp cayenne pepper
Kosher salt and black pepper to taste

Preheat oven to 425 degrees

Lightly grease a large sheet pan with non-stick cooking spray. Cut chicken and vegetables into strips. Lay the vegetables evenly on the pan and place the chicken on top of them.

Combine seasoning ingredients together along with the olive oil in a small bowl. Stir well to combine and make a paste. Pour the seasoning over the chicken and vegetables. Toss everything well and spread it into an even layer across the pan.

Bake for 20 minutes. Wrap the flour tortillas in foil and place them in the oven to warm during the last 5 minutes of cooking.

Remove everything from the oven. Squeeze fresh lime juice over the chicken and vegetables and sprinkle with cilantro. Serve in warm tortillas with extra toppings, if desired.

Emeril Lagasse's Steak Diane

(serves 2)

1 tablespoon unsalted butter
1/2 tablespoon extra-virgin olive oil
4 (3-ounce) beef tenderloin medallions, pounded 3/4-inch thick
Kosher salt
Freshly ground black pepper
1 large shallot, minced
3 garlic clove, minced
1/4 pound button mushrooms, sliced 1/4-inch thick
1/4 cup Cognac or other brandy (dry sherry or Madeira work well too)
2 teaspoons Dijon mustard
1/2 cup heavy cream
2 teaspoons Worcestershire sauce
1 tablespoon finely chopped scallions
1 teaspoon finely chopped fresh flat-leaf parsley
Hot sauce, such as Tabasco

In a large heavy skillet, melt butter with olive oil. Season meat with salt and pepper to taste and cook over high heat until lightly browned on the bottom, about 1 minute. Turn medallions and cook for 45 seconds longer, then transfer to a plate and tent with foil. Add shallot and garlic to skillet and cook over moderate heat, stirring, until fragrant, about 20 seconds. Add mushrooms, season with salt and pepper to taste, and cook until softened, about 2 minutes.

Remove pan from heat, add Cognac, and carefully ignite it with a long match. When flames die down, add mustard and cream and stir over moderate heat for 1 minute. Whisk in Worcestershire sauce, scallions, and parsley; season with salt, pepper, and hot sauce to taste.

Add meat and any accumulated juices to saucepan and turn to coat. Simmer until heated through, about 1 minute. Transfer meat to plates, spoon sauce on top, and serve.

Rosemary Brie Cake with Peach Preserves

(serves 12)

1 1/4 cups flour
1 teaspoon baking powder
2 teaspoons crushed rosemary
1/4 teaspoon salt
1/2 cup (1 stick) butter, at room temperature
3/4 cup sugar, divided
4 eggs, at room temperature, separated
1/4 cup milk
1 round (8 to 10 ounces) Brie cheese
1/2 teaspoon cream of tartar
2/3 cup peach preserves, at room temperature

Preheat oven to 325°F. Mix flour, baking powder, rosemary and salt in small bowl. Butter and flour 9-inch springform pan. Slice Brie evenly into 3 horizontal layers. Place 1 layer, skin-side down, in center of bottom of prepared pan. Cut remaining 2 layers in half. Place, skin-side down, around Brie in pan so that most of the bottom of the pan is covered with Brie, leaving about 1/2-inch uncovered around edge of inside of pan. Set aside.

Beat butter and 1/4 cup of the sugar in large bowl with electric mixer on medium-high speed 3 to 4 minutes or until light and fluffy, scraping sides of bowl occasionally. Add egg yolks, beat on high speed until well blended, scraping sides of bowl occasionally. Beat in 1/2 of the flour mixture, milk then remaining flour mixture on low speed until well blended, scraping sides of bowl occasionally.

Beat egg whites in clean large bowl with electric mixer on high speed 2 minutes or until soft peaks form. Mix remaining 1/2 cup sugar and cream of tartar in small bowl. Gradually beat into egg whites until stiff peaks form. Stir 1/3 of the egg white mixture into egg yolk mixture until well blended. Gently stir or fold in remaining egg white mixture. Pour and spread batter over Brie to create an even cake layer.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Run small knife or metal spatula around rim of pan to loosen cake. Cool about 30 minutes in pan on wire rack. Remove rim of pan. Spread top of cake evenly with preserves. Serve warm.

BONUS RECIPE! Chocolate Almond Flour Torte

(serves 10)

1 cup almond flour
1/4 cup Dutch process cocoa, plus extra for dusting the pan
2 teaspoons espresso powder
1/4 teaspoon salt
2/3 cup bittersweet chocolate, chopped
8 tablespoons unsalted butter, at room temperature
5 large eggs, at room temperature
1/2 cup granulated sugar
1 teaspoon vanilla extract
Topping
1/4 cup heavy cream
1/3 cup bittersweet chocolate, chopped

3 tablespoons sliced almonds, toasted; optional, to garnish

To make the cake: Preheat the oven to 350°F.

Butter an 8” round pan and thoroughly dust the inside of the pan with cocoa powder, turning the pan to coat evenly and shaking out any excess. Set the prepared pan aside.

In a small bowl, stir together the almond flour, cocoa powder, espresso powder, and salt. Set aside.

Melt the chocolate and butter on a stove or in short 10 to 20 second increments in the microwave. In a large mixing bowl using a paddle attachment, beat the eggs, sugar, and vanilla until the mixture has lightened in color and falls in thick ribbons from the beater, about 5 minutes.

Fold in the melted chocolate followed by the dry ingredients, stirring gently until everything is incorporated.

Pour the batter into the prepared pan.

Bake the cake for 40 minutes, or until a cake tester inserted into the center comes out with just a few moist crumbs clinging to it.

Remove the cake from the oven and set the pan on a rack. Allow the cake to cool in the pan for 5 minutes, then turn it out onto a rack to cool completely.

Once the cake is cool, place the rack over a piece of parchment.

To make the topping: In a saucepan set over medium-high heat or in a small bowl in the microwave, heat the heavy cream until hot. Add the chocolate and let it melt, stirring until the glaze is smooth.

Allow the topping to cool for 5 to 10 minutes then drizzle it down the center of the torte, letting it drip unevenly down the sides onto the parchment paper below. Allow the topping to set before slicing; if garnishing with toasted almonds, sprinkle on the almonds while the topping is still tacky.

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