

TasteBuds Weekly Menu

Week of January 7, 2012

1. **Chicken Satay with Spicy Peanut Sauce**
Side: Braised Baby Bok Choy
2. **Ethiopian Chicken (Dora Wat)**
Side: Basmati Rice
3. **Latin Spiced Pork Tenderloin**
Side: Asparagus in Ginger Sauce
4. **Cuban Lime Flank Steak**
Side: Baby Red Potato Salad
5. **Pork Chops with Dijon Wine Sauce**
Side: Blue Cheese Cole Slaw

Refrigerated food needs to be eaten
within 7 days (3-4 days is optimum).
Food placed in the freezer needs to thaw overnight
in the refrigerator before heating.

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1. Chicken Satay with Spicy Peanut Sauce

Ingredients

1 ¼ pounds	Boneless chicken breasts	1 ½ tsps	Garlic-minced
2 Tbs	Sesame oil	1 ½ tsps	Ginger-minced
2 Tbs	Corn oil	¼ tsp	Salt
¼ Cup	Dry Sherry	¼ tsp	Pepper
¼ Cup	Soy sauce	1 dash	Tabasco sauce (prefer Franks Red Hot)
2 Tbs	Lemon juice		Spicy Peanut Sauce (see below)

Cooking Directions

1. Cut the chicken into strips approximately ½ inch wide.
2. Combine the remaining ingredients and leave to marinate in the refrigerator for 1 to 12 hours.
3. Preheat oven to 350°. Skewer chicken and arrange on baking sheets.
4. Bake 5-10 minutes at 350°.
5. Serve with room temperature Spicy Peanut Sauce.

Ingredients for Spicy Peanut Sauce

½ tsp	Coriander	2 tsps	Sesame oil
3 Tbs	Ketchup	½ cup	Minced onion
3 Tbs	Soy Sauce	2 Tbs	Minced garlic
1 Tbs	Lemon juice	1 Tbs	Brown sugar
½ tsp	Pepper	1/3 cup	Peanut butter
4 tsps	Corn oil	1 Tbs	Red wine vinegar

Cooking Directions

1. Heat oils and sauté garlic and onions.
2. Add brown sugar and red wine vinegar.
3. Remove from heat and stir in remaining ingredients.

1. Side1: Braised Baby Bok Choy

Ingredients:

½ tsp	Coriander	2 tsps	Sesame oil
3 Tbs	Ketchup	½ cup	Minced onion
2 cups	Chicken broth (can use vegetable)	1 ½ pounds	Baby bok choy - trimmed
6 Tbs	Unsalted butter	1 tsp	Sesame oil

Cooking Directions

1. Bring broth and butter to a simmer in a deep heavy skillet.
2. Arrange bok choy evenly in skillet and simmer, covered until tender (approximately 5 minutes).
3. Transfer bok choy with tongs to serving dish and cover.
4. Boil broth mixture until reduced to approximately ½ cup.
5. Stir in sesame oil. Pepper to taste.
6. Pour mixture over bok choy and serve.

2. Ethiopian Chicken with Basmati Rice

Ingredients

16	Chicken wings, split and tips discarded	½ tsp	Ground cloves
1	Onion, chopped	1/8 tsp	Ground ginger
2/3 Cup	Soy sauce	1 package	Basmati Rice
½ tsp	Ground Cinnamon		

Cooking Directions

1. Place chicken wings and onion in a soup pot and cover with water. Bring to a boil and cook for 20 minutes.
2. Preheat the oven to 375°.
3. While wings are cooking in soup pot, combine the soy sauce, cinnamon, cloves and ginger in a saucepan and warm over medium heat.
4. When wings are done, drain from pot and cover with soy sauce mixture. Stir to coat all the wings.
5. Place them on a cookie sheet in a single layer. Bake for 15 minutes in the preheated oven or until the outsides are crispy. Can baste with sauce as desired while cooking.
6. Cook Basmati rice following package instructions and serve with chicken.

3. Latin Spiced Pork Tenderloin

Ingredients

2 tsps	Chili powder	½ tsp	Freshly ground black pepper
1tsp	Garlic powder	½ tsp	Ground cumin
1 tsp	Dried oregano, crushed	¼ tsp	Cayenne pepper
¾ tsp	Kosher salt	2 1lb	Pork tenderloins

Cooking Directions

1. Preheat Oven to 425°.
2. Make rub by combining chili powder, garlic powder, oregano, kosher salt, black pepper, cumin and cayenne pepper in a small bowl. Rub in to meat with your fingers.
3. Roast for 25 to 35 minute or until the thickest portion of the meat has the temperature of 155°F.
4. Cover tenderloins with foil and let stand 15 minutes before slicing. The temperature of the meat after standing should be 160°F.

3. Side 3: Asparagus in Ginger Sauce

Ingredients

3 Tbs	Soy sauce	2 Tbs	Vegetable oil
3 Tbs	Dry sherry	1 pound	Fresh asparagus
3 tsps	Grated fresh ginger	1 small	Red bell pepper, cut into thin strips and halved
2 cloves	Garlic, minced	1 ½ tsps	Mochiko (rice flour)

Cooking Directions

1. Combine soy sauce, dry sherry, ginger and garlic.
2. Heat oil in pan over medium-high heat. Add sauce and heat.
3. Add steamed asparagus and red pepper strips; stir-fry 1 to 2 minutes or until heated through.
4. Remove asparagus and thicken with mochiko, cook and stir until sauce thickens.

4. Cuban Lime Flank Steak

Ingredients

16 oz	Flank Steak	5 cloves	Garlic
½ cup	Lime juice	½ tsp	Sea salt
	Zest of lime		Cracked black pepper
½ cup	Oil	1 ½ tsp	Cumin

Cooking Directions

1. Mix ingredients together and pour over steak.
2. Grill to an internal temperature of 145°F or cook in a cast iron pan on medium high until internal temperature of 145°F (approximately 10-15 minutes depending on the thickness of the steak).

4. Side 4: Baby Red Potato Salad

Ingredients

4 cups	Baby red potatoes, cut in small pieces	1 tsp	Dijon mustard
½ cup	Green bell pepper, finely diced	1 Tbs	Extra virgin olive oil
¼ cup	Red onion, finely diced	1 Tbs	Red wine vinegar
3	Scallions, diced	1 Tbs	Reduced fat mayonnaise

Cooking Directions

1. Boil potatoes in salted water until soft (approximately 10 minutes). Drain and let cool.
2. Combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise. Salt and pepper to taste. Mix well.
3. After potatoes are cooled, mix them into the bowl and add scallions.
4. Serve at room temperature or refrigerate until ready to serve.

5. Pork Chops with Dijon Wine Sauce

Ingredients

4	Thick cut pork chops	1 Tbs	Butter
2 Tbs	Olive oil	2 tsp	Lemon juice
4 Tbs	Shallots	2 Tbs	Thyme
½ cup	White wine	1 dash	Worcestershire (optional)
½ cup	Chicken stock	4 Tbs	Dijon mustard

Cooking Directions

1. Sprinkle pork chops with salt and pepper. Heat oil over medium high heat. Add chops and brown on both sides (less than 4 minutes). Remove from pan and reduce heat to medium.
2. Add wine and shallots until wine is almost evaporated. Add stock and cook down. Stir in mustard, lemon juice, Worcestershire and herbs.
3. Return chops to pan to reheat with sauce.

5. Side 5: Blue Cheese Cole Slaw

Ingredients

1 cup	Light mayonnaise	2 Tbs	Cider vinegar
¼ cup	Dijon mustard	6 oz	Shredded cabbage and carrots or slaw mix
2 Tbs	Sugar	1/3 cup	Crumbled blue cheese

Directions

1. Whisk mayo, mustard, sugar and vinegar in a bowl until well blended.
2. Add the cabbage and carrots and blue cheese and stir to coat.
3. Refrigerate until ready to serve.



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MEAT

Recipe #	Amount	
1	1 ¼ lbs	Boneless chicken breasts
2	16	Chicken wings
3	2 one lb	Pork tenderloins
4	16 oz	Flank steak
5	4	Thick cut pork chops

SAUCES/OTHER

Recipe #	Amount	
1, 2, S3		Soy sauce
1, 5		Lemon juice
1	Dash	Hot sauce
1	3 Tbs	Ketchup
1	1/3 cup	Peanut butter
1, S4		Red wine vinegar
S3	1 ½ tps	Mochiko (rice flour)
4	½ cup	Lime juice
S4, 5, S5	1 tsp	Dijon mustard
5	Dash	Worcestershire (optional)
S5	2 Tbs	Cider vinegar

ALCOHOL

Recipe #	Amount	
1, S3	¼ cup	Dry sherry
5	½ cup	White wine

DAIRY

Recipe #	Amount	
S5	1/3 cup	Crumbled blue cheese

FATS/SUGARS

Recipe #	Amount	
1, S1		Sesame oil
1		Corn oil
1	1 Tbs	Brown sugar
S1, 5	7 Tbs	Butter: unsalted
S3, 4	2 Tbs	Vegetable oil
S4, 5		Olive oil
S4, S5		Reduced fat mayo
S5		Sugar

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PRODUCE

Recipe #	Amount	
1, 2	2	Onion
S1	1 ½ lbs	Baby bok choy
S3	1 lb	Fresh asparagus
S3	1	Red bell pepper
4	1	Lime
S4	4 cups	Baby red potatoes
S4	1	Green bell pepper
S4	1 small	Red onion
S4	3	Scallions
5	4 Tbs	Shallots
S5	6 oz	Shredded cabbage & carrots or Cole slaw mix

HERBS

Recipe #	Amount	
1, S3, 4		Garlic
1, 2, S3		Ginger
1, 3, 4		Salt (Kosher)
1, 3, 4		Pepper
1	½ tsp	Coriander
2	½ tsp	Cinnamon
2	½ tsp	Ground cloves
3	2 tsp	Chili powder
3	1 tsp	Garlic powder
3	1 tsp	Oregano
3, 4	½ tsp	Cumin
3	¼ tsp	Cayenne pepper
5	2 Tbs	Thyme

RICE/PASTA

Recipe #	Amount	
2		Basmati Rice

CAN GOODS

Recipe #	Amount	
S1, 5	3 ½ cups	Chicken broth