

Recipes: Dinner Menu for the week of December 12th – 18th, 2022

written by John Mueller | February 19, 2023

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Venison-pork-black Bean Dip [Mexican-influence]

Ingredients: Venison-pork Italian style sausage, black beans, Roasted tomato salsa with Mexican spice. Served hot with shredded cheese, sour cream, and green onion.

Pork Tenderloin on Golden [Italian-influence]

Ingredients: Pork tenderloin medallions, white wine, Ham prosciutto (American version of the Italian prosciutto), sage, and butter.

Served with roasted potatoes & a side of cream of spinach with parmesan cheese and garlic.

Directions: Pork tenderloin medallions pan seared, followed by Ham prosciutto, finished with a sauce of white wine, sage, and butter. Served with roasted potatoes & a side of cream of spinach (Spinach is gently cooked in little cream and a touch of butter, and finished with parmesan cheese and garlic powder..

Caldeirada – Seafood Fish Stew [Portuguese-influence]

Ingredients: Fish, shrimp, mussels, chicken stock, white wine, onion, garlic, fresh diced tomato, bell peppers. Spices

(paprika, cumin, cinnamon, all-spice, very little clove), saffron, and a hint of turmeric, fresh thyme, and cub

Directions: Sauté the onion, followed by chopped garlic, tomatoes and bell peppers add the chunks of firm white fish and allow it to cook on all sides and get a bit of a color (by doing so, the fish will not fall apart when you finish cooking it in the liquid), Gently sprinkle all the spice, give it a gentle stir, add the liquids along with the shrimp and mussels, allow all to cook in a simmer mode.

Vegetarian Couscous Bowl [Mediterranean-influence]

Ingredients: Israeli or Moghrabieh Couscous, bell pepper, zucchini, sweet potatoes, mushrooms, green onions, and mixed greens. Dressing: lemon, blue cheese, & rosemary vinaigrette with a side of hummus and in-house flatbread.

Directions: Bell peppers, zucchini, and sweet potatoes are roasted. Mushroom is sliced and sautéed. Green onions are chopped and used as a topping.

[[See full menu for the week of December 12 – 18, 2022](#)]

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