

# Recipes: Dinner Menu for the week of January 23rd – 29th, 2023

written by John Mueller | March 6, 2023

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### Baba Ghanouj [ Lebanese -influence ]

*Ingredients:* Eggplant, Tahini, lemon, mashed garlic, red bell pepper, green onion.

*Directions:* In Summertime eggplants are poked in a couple of spots, then roasted on an outdoor grill til the skin gets pretty much burned. This imparts the desirable flavor of smoke in baba Ghanouj. Under a thin drizzle of water, you peel the skin and get to the center/flesh of the eggplant; remove as much as possible the cluster of seeds. In Wintertime, cut the eggplant across from top to bottom(in equal halves like having two “boats”), brush oil on the cut side, place it face down, and roast till the flesh is cooked – you can tell by squeezing the eggplant and the feel of the flesh is soft. Scoop out the flesh, and mash it with garlic, lemon juice, and tahini. Top with diced red bell pepper, chopped green onion, and a drizzle of olive oil.

### Steak Rolls with Balsamic Glaze [ Italian-influence ]

*Ingredients:* Sirloin steak, thinly pounded and cut into 2-inch wide long strips to fill and make rolls. Yellow squash, carrots, bell peppers, butter, balsamic vinegar, brown sugar, spices of

your choice, and beef stock.

*Directions:* Marinate the beef strips in Worcestershire, oil, spices of your choice, and mashed garlic. Cut into thin sticks all the vegetables above. Saute them with oil, add Italian herbs (oregano, basil, thyme) Caramelize thinly sliced onions. Place flat the wide strips of beef, and place the sticks of sauteed vegetables, and caramelized onions. Roll and secure with a toothpick. Pan-sear the rolls of meat to your liking and finish with the glaze created (reduced butter, brown sugar, balsamic vinegar, and spices)

### **Pescado a la Veracruzana** [ Venezuelan -influence ]

*Ingredients:* Filet of white fish, fresh lemon juice, S+P, Olive oil, white onion, finely chopped garlic, chopped tomato, Green and red bell pepper cut into strips, more chopped tomatoes with their juices (or you can use stewed tomatoes), green olives, capers, dried oregano.

*Directions:* Basically a sauce is created by sauteing the onion in olive oil, followed by the garlic and the bell peppers. When they take on some color, add the chopped tomatoes with their juice, sliced green olives, capers, and dried oregano. Allow simmering to come together.

Place the sauce in the bottom of the pan, lay the filet of fish on top, and allow it to be sitting comfortably in the middle of the sauce, season, cover with foil, and bake gently till the fish cooks through.

### **Stuffed Bell Peppers** [ Mexican-influence ]

*Ingredients:* ???

*Directions:* ??

[ [See full menu for the week of January 23 – 29, 2023](#) ]

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