

Recipes: Dinner Menu for the week of October 17th – 23rd, 2022

written by John Mueller | February 25, 2023

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Pork Loin, with Bourbon Sweet Potato [German- & American-influence]

Ingredients: pork loin, potatoes, onions, pecans, butter, salt, pepper, sweet potatoes, bourbon, brown sugar, and cinnamon.

Directions: Pork Loin was prepared schnitzel style. The potato mash is offered in a single ranking topped with caramelized onions and glazed pecans.

The potato mash is a mixture of sweet and Idaho potatoes, mashed with butter, salt, and pepper. The mash is then topped with roasted cubed sweet potatoes that were finished and flambéed in the pan with Bourbon, butter, a bit of brown sugar, clove powder, and cinnamon.

Tuscan Mozzarella Stuffed Chicken [Italian-influence]

Ingredients: chicken breast, fresh mozzarella, tomato, spinach, mushroom, chicken stock, white wine, lemon, and thyme.

Directions: An 8 oz. Chicken breast, cut across the length of the breast, stuffed with fresh mozzarella, roasted tomato (with garlic powder, thyme or oregano, S+P, olive oil), spinach sautéed with a bit of butter, and sautéed mushroom. Secure the

breast with a toothpick. Gently pan sear with a mixture of butter and oil. Place in a pan and bake in a broth of chicken stock, white wine, lemon, and thyme till the chicken breast is cooked through (when poked, it should not leak any pink liquid)

Vegetarian Penne Pasta [Italian-influence]

Ingredients: penne pasta, cheese, zucchini, yellow squash, onion, garlic, carrots, celery, tomato, olive oil, fresh thyme, salt, pepper, rosemary, red wine, red pepper flakes, basil or Italian herbs mixture, bay leaf, sugar, lentils, garlic, coriander powder, cumin powder, all-spice, Swiss Chard or spinach or leaves of kale, and lemon.

Directions: Penne Pasta layered with cheese and mixed vegetables (sautéed zucchini, yellow squash, onion, garlic, carrots, and celery that are then simmered in a marinara sauce

****The tomato is sliced, tossed in olive oil, fresh thyme, salt, and pepper and a very little rosemary, roasted on a sheet tray till it gets a bit shriveled, not over dry, and some light caramelization is on the edges. Cool completely; puree and use to make your marinara sauce)**

**** Marinara sauce: cook onion in a mixture of olive oil and canola till it softens and becomes opaque. Add the garlic, allow to cook lightly till fragrant. Don't allow the garlic to turn brown as it becomes bitter. Add the roasted tomato puree to the mixture. Stir, add red wine, red pepper flakes, basil or Italian herbs mixture, bay leaf, and a bit of sugar to balance out the acidity in the mixture. Simmer till all the flavors come together. Your sauteed vegetables are then added and allowed to cook through.**

**** Lentil Swiss chard (or spinach or kale) soup with carrots. Rinse the lentils. Place in a pot with a good amount of water**

that will cook the lentils till tender. Meanwhile, chop carrots and onions. Saute in olive oil/canola till soft. Add to the lentils that are now tender. In a separate skillet, cook smashed garlic with chopped cilantro to create a kind of a paste, and cook it with a touch of oil to bring out the fragrance of the garlic. Add it to the pot of lentils-carrots-onion. Add coriander powder, S+P, cumin powder, and all-spice finished with rough chopped Swiss Chard or spinach or leaves of kale, not the stem. Let it cook gently, when all comes together, finish with a squeeze of lemon.

[[See full menu for the week of October 17th – 23rd, 2022](#)]

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