

# Recipes: Dinner Menu for the week of August 1st – 7th, 2022

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## Recipes: The week of August 1st – 7th, 2022

### **Beef Rouladen** [ German-influence ]

*Ingredients:* beef, onion, bacon, pickles, red wine, tomato sauce, potatoes, parmesan, garlic, parsley, broccoli, lemon, and butter.

*Directions:* Thinly sliced beef, rolled with a filling of caramelized onion, bacon, and pickles. Beef simmered in red wine, and tomato sauce. Served on mashed potatoes with parmesan, garlic, and chopped parsley, along with a side of steamed broccoli that is finished with lemon and butter.

### **Grouper Fillet “en papillote”** [ French-influence ]

*Ingredients:* grouper, butter, lemon, parsley, green onion, and paprika.

*Directions:* Grouper fillet topped with butter, lemon, chopped parsley, and green onion with a sprinkle of paprika, cooked and served in a parchment paper wrapper.

[ [See full menu for the week of August 1st – 7th, 2022](#) ]

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