

Jamaican Jerk Rub

- 2 tablespoons dried minced onion
- 1 tablespoon garlic powder
- 4 teaspoons crushed dry thyme leaves
- 2 teaspoons salt
- 2 teaspoons ground allspice
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 tablespoon sugar
- 2 tablespoons kosher salt
- 2 teaspoons black pepper
- 1 teaspoon cayenne pepper

In jar with tight fitting lid, shake together all spices and seasonings. Store tightly covered at room temperature.

Rub pork, beef or chicken with oil and rub mixture. Refrigerate, covered, overnight, then grill or broil as desired.

Makes about 1/2 cup, enough to rub 2 slabs of ribs, 2 beef roast or 2 whole chickens.

Sweet Braised Red Cabbage with Apple and Caraway

2 tablespoons butter
1 red onion, thinly sliced
1 red cabbage, cored and shredded
1/3 cup balsamic Vinegar
3 tablespoons sugar
1 teaspoon caraway seed
1 bay leaf
2 Gala apples, peeled, cored and cut into ½ inch dice
¼ cup red currant jam
Salt and pepper to taste

Preheat oven to 325F. You will need a pot with a tight fitting heat. In uncovered pot, heat the butter over medium flame. Add onions and sauté till softened. Add the cabbage in batches and stir till wilted. Stir in vinegar. Add the rest of the ingredients except jam, apples and salt/pepper and bring to a simmer, cover. Place in oven 30 minutes, add apples and jam and recover pot returning it to the oven. Bake 20 minutes more stirring occasionally or until liquid is almost gone. Adjust seasoning with salt and pepper, remove bay leaf, and serve.

Indian Style Festive Rice

1 Cup basmati rice, cooked and cooled
1 teaspoon black or yellow mustard seed
1 teaspoon cumin seed
1 Tablespoons vegetable oil or olive oil
½ small onion finely diced
1 teaspoon ground coriander seed
¼ teaspoon ground cardamom
½ teaspoon garam masala or any curry powder
1 teaspoon sugar
½ cup raisins soaked in warm water until softened
½ cup slivered almonds, toasted
Salt and pepper to taste

Heat a dry skillet over high heat until hot. Add mustard seed and cumin seeds. Heat, swirling about, until mustard starts to pop. Add oil and then the onion. Sauté until onion is translucent. Add coriander, cardamom, masala, sugar and raisins and cook 2 minutes more. Add rice and toss to coat. Continue to cook until rice is hot, stirring constantly. Season with salt and pepper. Toss in almonds and place in serving bowl. Serves 4.

Coriander and Garlic Roasted Potatoes

1 lb red potatoes, each cut into wedges
2 tablespoons olive oil
2 tablespoons ground coriander
2 cloves garlic, finely minced
Salt and pepper to taste

Preheat oven to 375F. Toss potatoes with olive oil, coriander and garlic. Place on nonstick baking sheet and bake for 45 minutes, stirring potatoes once or twice to make sure they brown evenly. Season with salt and pepper. Serves 4.

Fennel and Shallot Nage

1 tablespoon olive oil or butter
1 Shallot, thinly sliced
1/2 small fennel bulb, white part only, thinly sliced
1 teaspoon toasted fennel seeds
2 cups water
Salt and pepper to taste

In a small saucepan, heat olive oil. Add shallot and sauté until just softened, add fennel bulb and fennel seeds and sauté 1 minute. Add water, bring to a boil, lower heat and simmer for 15 minutes or until fennel is very tender and liquid is reduced by ½. Season with salt and pepper and serve spooned over grilled or broiled fish.

Healthy Pot Roast

2 tablespoons + 2 teaspoons olive oil
2 pounds bottom or top round boneless roast
2 onions, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
2 garlic cloves, minced
1 ½ teaspoons fresh minced rosemary
1 ½ teaspoons fresh minced sage
6 juniper berries, crushed
½ cup dry red wine
1 cup chopped, canned plum tomatoes with juice
1 cup low-sodium beef broth
Salt and freshly ground pepper, to taste

Preheat oven to 325. In a large Dutch oven, heat oil until hot. Add the roast and brown on all sides. Transfer the roast to a plate. Lower heat to medium, add the onions, carrot, celery, garlic, rosemary, sage and juniper (if using). Sauté, stirring constantly, until the vegetables are golden and fragrant, about 10 minutes. Add the wine, turning up the heat slightly and scraping up the browned bits from the bottom of the pan. Return the roast to the pan, cook 2 minutes. Stir in the tomatoes, broth, salt and pepper (liquid should cover meat by no more than 1/3rd). Cover, bring to a boil, and place in oven. Bake for 2 hour or until fork tender. Remove meat, skim off fat from gravy. Slice meat thinly across the grain and reheat gravy over low heat before serving with the meat. Serves 8.

Light Creamed Spinach

1 shallot, minced
1 teaspoon olive oil
1 12 oz bag frozen chopped spinach (do not use boxed frozen spinach)
4 oz reduced fat cream cheese
1/8 teaspoon cayenne pepper
1/8 teaspoon nutmeg or mace
Salt to taste

In a non-stick skillet, heat olive oil. Add shallot and sauté until just softened. Add frozen spinach (do not that first), and sauté, stirring constantly, until spinach is hot. Add cayenne, nutmeg and cream cheese and stir until cheese melts and is evenly incorporated. Add salt to taste. Serves 4.

Mushroom Omelet with Tarragon

For filling (for 4 omelets)

1 shallot, minced

1 tablespoon olive oil

8 oz sliced button mushrooms

2 teaspoons fresh tarragon or ½ teaspoon dried tarragon

Salt and pepper to taste

Omelet Mix (makes 1 omelet)

1/3 cup egg substitute

2 teaspoons butter

Salt and pepper to taste.

To make filling: In a non-stick skillet, heat olive oil. Add shallot and sauté until just softened. Add mushrooms and sauté until browned. Add tarragon and season with salt and pepper to taste. Set aside and keep warm.

Whisk eggs with salt and pepper. In a large skillet or frying pan, melt the butter and swirl the pan so the butter coats the entire bottom of the pan. Pour egg mixture into the pan and cook just until done, top with mushrooms mixture and fold in half.