Cumin Roasted Cauliflower w/ Cherry Agrodulce, Toasted Pistachios and Peperonata

Ingredients:

Cauliflower:

2 cups Cauliflower Florets

1 T Cumin

2 T Evoo

Salt & Pepper

 Toss the cauliflower in the oil and with the cumin in a large bowl. Season and roast in a 500F oven for about 8 to 10 minutes until the cauliflower is cooked through and the edges start to brown. Make sure and don’t overcook.

Cherry Agrodulce:

1 cup Dried Cherries

½ cup Red Wine Vinegar

2 T Light Brown Sugar

Water

 Place all the ingredients in a small saucepot and simmer until the liquid has reduced by half and the cherries are rehydrated.

Peperonata:

1 ea Roasted Red Pepper

1 T Balsamic Vinegar

1 tsp Minced Garlic

1 T Evoo

1 T Freshly Chopped Italian Parsley

 Roast and peel the red pepper. Discard the seeds, peel, and purge. Cut pepper into ½ inch strips and marinate with the other ingredients.

Pork Tenderloin w/ Zucchini, Garbanzo Beans and Pesto Butter, Pineapple BBQ and Red Cabbage Slaw

Pork:

1 ea Pork Tenderloin

1 T Minced Garlic

1 T Evoo

Salt and pepper

 Marinate the pork tenderloin with the garlic, evoo, and season with salt and pepper. Get an oven ready skillet very hot on the stove top. Sear the pork to a nice brown on the outside. Remove from the pan, slice into 2 inch thick pieces, and place back in the pan so that they are standing upright. Place in a 500F oven until the pork has been cooked to your liking.

Zucchini, Garbanzo Beans, and Pesto Butter:

1 ea Large Zucchini cut into large cubes

5 or 6 Leaves of Fresh Basil torn into smaller pieces

2 T Unsalted Butter

2 T Evoo

1 cup Cooked and Drained Garbanzo Beans

1 T Minced Garlic

Water

Salt and Pepper

 In a large sauté pan, heat the oil and start by sautéing the zucchini. Add in the beans and garlic when the zucchini looks about half done and season with salt and pepper. Add in a small amount of water to steam the zucchini a touch more. When the zucchini is al dente, add in the basil and butter. Remove from the heat.

Pineapple BBQ:

1 cup Sweet Pineapple Chunks

2 cups Ketchup

¾ cup Balsamic Vinegar

1 T Minced Garlic

½ cup Light Brown Sugar

2 T Black Pepper

Salt and Pepper

 Simmer all ingredients together until the pineapple is tender and the sauce changes to a nice rich red color.

Puree everything in a blender and add water if it is too thick to get the proper consistency.

Red Cabbage Slaw:

¼ Head of Red Cabbage

1 T Chives

½ cup Dukes Mayo

¼ cup Champagne Vinegar

3 T Sugar

2 T Evoo

Salt and Pepper

 Slice the cabbage very very thin either with a sharp knife or with a mandoline. In a squeeze bottle or a large bowl mix together the sugar and the vinegar until the sugar dissolves. Next add in the mayo and evoo. Season with salt and pepper and adjust the vinegar/sugar ratio if needed. Mix the dressing with the cabbage and chop the chives and mix in as well. Reserve in the refrigerator until needed.

Nutella Mousse w/ Your Personal Milk Chocolate Artistry Accents

1 cup Nutella

1 # Cream Cheese

½ cup Mascarpone Cheese

½ cup Confectioner’s Sugar

 In a food processor, blend the Nutella and mascarpone until smooth. Next blend in the tempered cream cheese and sugar until it binds together. Serve with berries, cookies, chocolate, or whatever you can think of that would have a nice texture. Very versatile dessert option.