

# Sunday Supper Recipes and Ingredients Lists for May 2024

**May 5<sup>th</sup>**

## **Breakfast for Supper**

Head Chef: Shirley Smalley

### **Velvety Scrambled Eggs**

2-3 servings

4 eggs

½ tsp table salt

Freshly ground black or white pepper

2 Tbls minced fresh herbs such as chives, tarragon, parsley.

¼ cup heavy cream or crème fraiche

1. Break eggs into bowl. Add salt and pepper. Add most of herbs, reserving pinch for garnish. Beat eggs thoroughly. For tender results, allow the eggs to rest 10 to 15 minutes. Have silicone spatula and serving platter ready before cooking.
2. Heat 3 Tbsp of the cream in a nonstick, well-seasoned cast iron-iron or carbon-steel skillet over medium-high heat until it bubbles vigorously, about 30-45 seconds. Reduce heat to medium low.
3. Drizzle the eggs from the bowl into the cream in a thin, steady stream, moving the bowl so that the eggs are drizzled all along the surface of the pan. Let the eggs rest for about 15 seconds, then begin stirring and folding slowly and steadily with the spatula until the eggs are done to taste. Remove the pan from heat and immediately drizzle in the remaining cream and stir vigorously to incorporate.

Transfer to serving plate, sprinkle with remaining herbs and a few grinds of pepper. Serve with toast.

## **Pizza Frittata**

Serves 3-4

### **Ingredients**

1 Tbls butter or ghee

½ cup sliced cremini or button mushrooms

1 cup baby spinach

8 eggs

3 Tbls almond or coconut milk

1 tsp nutritional yeast or 1 Tbls parmesan cheese

½ tsp dried oregano

¼ tsp sea salt

1 tomato, thinly sliced

2 oz pepperoni (nitrate and sugar free)

### **Instructions**

1. Preheat oven to 400° F
2. Melt butter in oven proof 10-inch skillet over medium-high heat. Sauté' the mushrooms and spinach for 5 minutes.
3. Whisk together the eggs, milk, nutritional yeast, oregano, and salt, then pour the mixture into the skillet. Remove the skillet from the heat and place the tomatoes and pepperoni over top.
4. Transfer the skillet to the oven and bake for 10 minutes, or until the eggs are cooked through.

**May 12<sup>th</sup>**

**Curry Buffet**

Head Chef Susan Hyne

**Coconut Curry Sauce**

- ½ c olive oil
- 2 T mustard seeds
- 2 medium onions, finely chopped
- 4 cloves garlic, minced
- ¼ t crushed red pepper
- 4 T coriander
- 2 t turmeric
- 2 t curry powder
- 2 t salt
- 1 t cumin
- 1 t cinnamon
- 1 t cardamom
- 2 pinches of cloves
- 2 14oz cans coconut milk
- 2 T honey

To preheat crockpot, add 1 cup water and turn on low.

In a medium pot, heat oil and mustard seeds. When seeds start to pop, add onion, garlic and crushed red pepper.

Sauté 5 - 10 minutes. Reduce heat to low.

Add rest of spices and cook on low for 3 minutes.

Add coconut milk and simmer (do not boil) for 2 minutes.

Fold in honey.

EMPTY WATER OUT OF CROCKPOT. Pour sauce into crockpot to stay warm.

## **Rice**

### **Meat/Veggies/Beans**

Chicken, chickpeas, lentils, potatoes, carrots, green peas, red onion, sprouts, hard-boiled eggs

### **Sweet Toppings**

Bananas, pineapple, golden raisins, almonds, coconut

### **Apple Date Chutney**

2 2/3 c apples, chopped  
1 c apple cider vinegar  
1/2 c dates  
1/2 c shallots, finely chopped  
1/3 c currants  
2 1/2 T crystallized ginger  
2/3 t salt  
1/4 t red chili flakes  
1/3 t cardamom  
1/2 t cinnamon

Combine all ingredients in a heavy 2-quart saucepan. Bring to a full boil, then turn down heat and simmer for 45-50 minutes, stirring occasionally, until thickened.

Cool completely.

Refrigerate for 2-3 hours before serving.

**May 19<sup>th</sup>**

**Posole**

Head Chefs: Lynn Thomas and Linda Burk

**Pure New Mexico Posole**

2 cups posole

3 quarts water

2 lbs pork shoulder

1 tablespoon Chile caribe

1 teaspoon Mexican oregano

4 cloves garlic

salt

Toppings: sliced radishes; chopped cilantro, sliced cabbage; lime wedges and red pepper flakes

**Southwest Salad**

Romaine lettuce

1 14.5 oz black beans

1 tomato

1/4 cup sliced black olives

1/2 red pepper sliced

1/4 cup cilantro

1/4 sliced red onion

1/2 cup corn

1 cup crushed tortilla chips

Oil and vinegar dressing

**Avocado Lime Cheesecake**

1 1/2 ripe avocado

6 oz. softened cream cheese

1/4 cup granulated sugar

1 cup plain Greek yogurt

1/2 cup milk or cream

1/2 cup lime juice (4 limes)

Whip avocado and cream cheese until smooth. Add sugar.  
Blend well.  
Add remaining ingredients. Blend well.  
Pour into an 9" graham cracker crust.  
Freeze at least 2 hours. Thaw for about 20 minutes before  
cutting. Top with a dollop of whipped cream.