

## Sunday Supper Recipes and Ingredients Lists for July 2024

**July 7<sup>th</sup>**

### **Chicken & Rice**

Head Chefs: Shannon Diez and Donna Converse

#### **Red-Cooked Chicken**

Cook until browned on all sides. Skim off fat

3 T olive oil

3 — 3 ½ lbs chicken whole or cut up into pieces

Add. Simmer until chicken is done.

1 c soy sauce

1 c water

¼ c sherry

3 T sugar

6 slices fresh ginger

3 cloves garlic, minced or pressed

3 green onions, cut in 2 inch lengths

Serve hot or cold. The strained cooking liquid can be frozen and reused. We often use this recipe without browning the chicken first.

#### **Baked Brown Rice**

4 c water

1 t salt

2 c brown basmati rice

Preheat oven to 300.

Bring water to a boil in an ovenproof 2 ½ qt pot with a lid. Stir in salt and rice and bring back to a boil. Check for any husks that may have floated to the surface. Cover and place in oven for 1 hour.

Remove from oven and leave pot covered for 10 minutes. Take off lid and fluff cooked rice with a fork, loosening it from the sides of the pot at the same time. Cover with a paper towel until cool. This allows steam to escape without drying the surface of the cooked rice.

Store leftovers in the fridge, covered tightly after it has completely cooled. It keeps well for up to a week, but if you don't think you will use it within 3 days, I suggest you freeze it.

### **Plum Sauce**

Blender until smooth

16 oz. Canned purple plums

2 T soy sauce

2 T brown sugar

2 T vinegar

1/2 t mustard

1/4 t ginger

2 t cornstarch

Transfer to sauce pan. Cook stirring until thick. Cool.

### **Asian Side Salad**

1 T soy sauce

3 T peanut oil

2 T rice vinegar

1 t sesame oil

1 t brown sugar

1 t ginger

1 clove garlic

4 oz mixed leafy salad greens

8 oz cherry tomatoes

1/2 red onion

1/4 c crispy fried shallots (1 pkg has enough for 14 servings)

Shake dressing ingredients in a jar.

Place salad ingredients except fried shallots in a bowl. Drizzle with dressing and toss.

Sprinkle with fried shallots and serve immediately.

### **Moo Less Chocolate Pie**

In a double boiler, melt

2 c chocolate chips

1/3 c coffee liqueur, almond syrup...

1 t vanilla

In a blender jar, liquefy  
Chocolate mixture  
1 T honey  
1 block silken tofu

Pour into and refrigerate for two hours  
1 prepared chocolate wafer crust

**July 14<sup>th</sup>**

**Tortilla Soup**

Head Chef: Norma Martin

Chili Verde Stew  
Corn Tortillas  
Un)refried Pinto Beans  
Sorbet and Cookies

**Cabbage Jicama Orange Salad**

Slaw  
3 c green cabbage, shredded  
1 1/2 c jicama, julienned  
1 1/2 oranges, peeled and segmented  
1/2 c red peppers, julienned  
1/2 c green peppers, julienned  
1/4 red onions, sliced in thin rings  
1/4 c cilantro

Dressing  
1/8 c salad oil  
1 T sugar  
2 T rice vinegar  
1/2 T sesame oil  
1 t soy sauce  
1/4 t Dijon mustard  
1/4 c peanuts, as garnish (optional)

Mix ingredients for slaw then toss in dressing. Garnish with peanuts.

**July 21st**

**Lasagne Roll-Ups**

Head Chef: Louise Williams

**Lasagne Roll-ups**

Wheat or gluten free pasta (choice), tomato sauce, ricotta cheese, mozzarella cheese, egg, parmesan cheese, kale, spinach, basil, garlic, olive oil.

**Salad**

Mixed greens. Toppings: cherry tomatoes, olives, feta cheese, dried tomatoes, sliced cucumbers, shredded carrots

**French bread**

**Dessert**

Panna cotta: gelatin, whole milk, whipping cream, vanilla, sugar

Fruit sauce: mixed berries, sugar, orange juice, orange liqueur