

# 6 SUMMER RECIPES

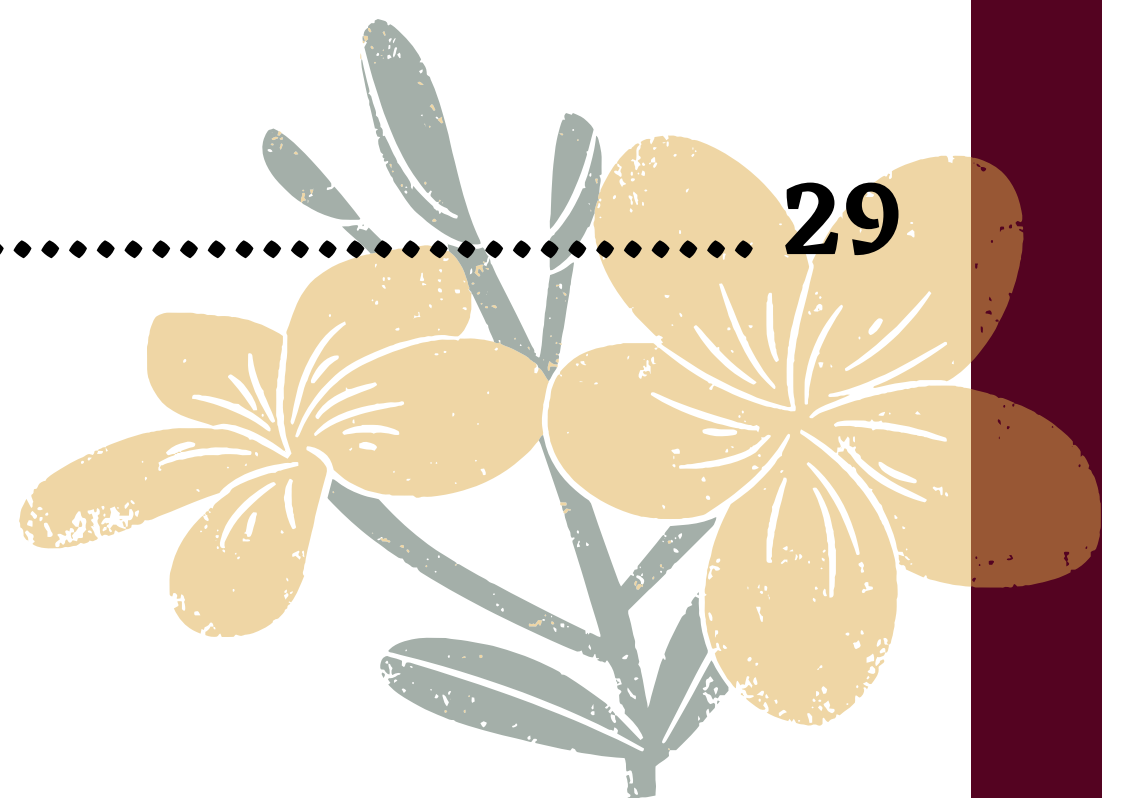
*Quick ~ Easy ~ Delicious*



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# INTRODUCTION

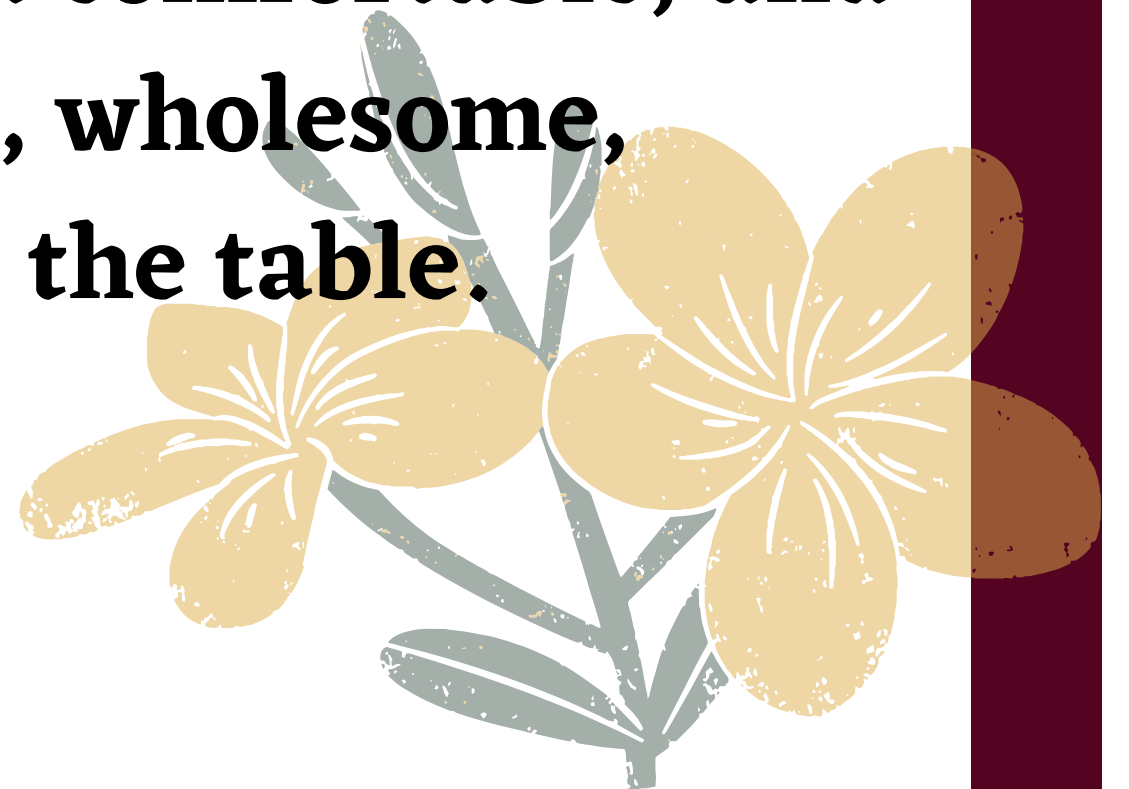
**Summer is a season in which we are called to unwind and relax.**

**The full bounty of the fall harvest has not yet reached the table. The preservation work of processing food for winter storage has begun, but it has only just begun at this point.**

**We can feel Nature drawing us to take advantage of all the garden fresh produce that is so readily available to us at this time.**

**And yet, we find it necessary to spend less time in the kitchen in order to beat the summer heat.**

**I hope the recipes in this cookbook help you find the fine balance between rest and relaxation, staying cool and comfortable, and still keeping delicious, wholesome, nourishing food on the table.**



# **PINEAPPLE STEAK STIR FRY (w/sesame ginger sauce)**



**Chunks of red bell peppers, baby bella mushrooms, red onions, and pineapple, served over white rice, then topped with tender steak strips, a drizzle of sesame ginger sauce, and a sprinkle of sesame seeds, make THE PERFECT PINEAPPLE STEAK STIR FRY for your summer table..**



# **INGREDIENTS**

**1/3 c soy sauce**  
**2 tbls stone ground mustard**  
**2 tbls pineapple juice**  
**1 tbls honey**  
**2 tsp sesame oil**  
**2 tsp ginger root, peeled and chopped fine**  
**1 clove garlic, large**  
**2 red bell peppers, cut into 1 1/2" cubes**  
**1 medium red onion, cut into 1 1/2" cubes**  
**10 oz baby bella mushrooms, quartered**  
**20 oz pineapple rings, cut into sixths**  
**1 1/2 lb top sirloin steak, cut into 1/2" strips**  
**4 c cooked white rice**  
**2 tbls sesame seeds**



## **COOKING INSTRUCTIONS**

**Whisk together soy sauce, mustard, pineapple juice, honey, garlic, sesame oil, and ginger root. Set aside.**

**Place steak strips in a medium bowl and toss with 1/4 c of soy sauce mixture. Set aside.**

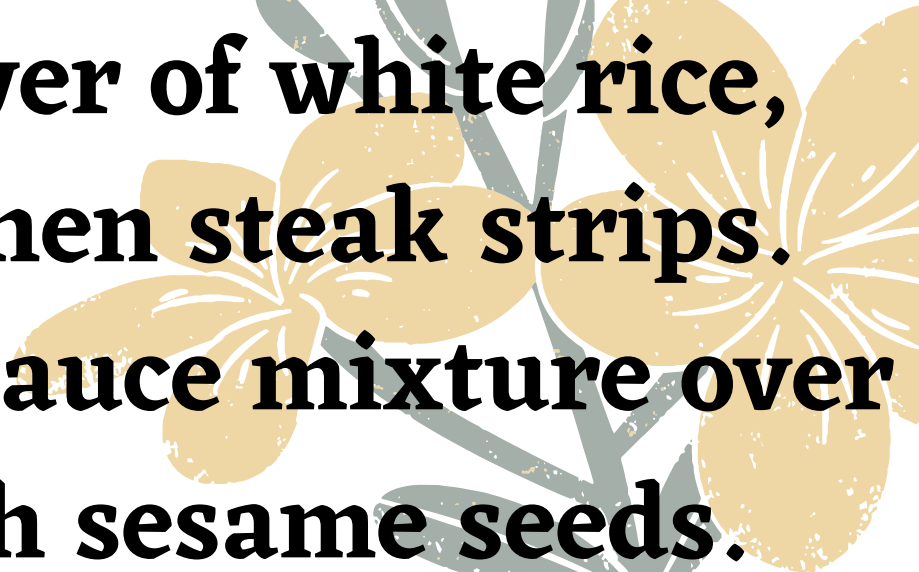
**Heat another 1/4 c of soy sauce mixture in a cast iron skillet until it sizzles. Immediately toss in bell peppers and onions.**

**Allow to cook until peppers and onions just start to become transparent.**

**Add mushrooms. Cover and cook to desired tenderness. Remove from heat and stir in pineapple chunks.**

**In another cast iron skillet cook steak strips, over medium high heat to desired temperature.**

**Serve in layers, a base layer of white rice, topped with vegetables, then steak strips. Drizzle the remaining soy sauce mixture over the top and sprinkle with sesame seeds.**



# **CAJUN CHICKEN COBB SALAD (w/homemade dressing)**



**Spicy cajun chicken, layered on top of garden fresh lettuce, along with garden fresh tomatoes, tender sweet corn, crispy bacon, farm fresh hard boiled eggs, and sliced black olives, and then drizzled with a handmade blue cheese ranch dressing, make **THE PERFECT DINNER SALAD** for your summer table.**



## **INGREDIENTS FOR CAJUN SPICE MIX**

- 1 1/2 tsp smoked paprika**
- 1 tsp salt**
- 1 tsp garlic powder**
- 3/4 tsp oregano**
- 3/4 tsp thyme**
- 3/4 tsp cayenne pepper**
- 1/2 tsp ground black pepper**
- 1/2 tsp onion powder**

## **INGREDIENTS FOR COBB SALAD**

- 1 large chicken breast, cut into 1-2" cubes**
- 3-4 c garden fresh leaf lettuce, chopped**
- 1/2 c fresh garden tomatoes, chopped**
- 1/2 c sweet corn, thawed**
- 1/4 c sliced black olives**
- 2 farm fresh hard boiled eggs, chopped**
- 3 slices bacon, cooked and chopped**





## **INGREDIENTS FOR DRESSING**

**1/2 c buttermilk**

**1/2 c mayonnaise**

**1/4 c blue cheese crumbles**

**2 tsp parsley**

**1 tsp garlic powder**

**1 tsp onion powder**

**1 tsp chives**

**1/2 tsp dill leaves**

**1/2 tsp salt**



## **COOKING INSTRUCTIONS**

**Place all the ingredients for the spice mix in a small bowl and mix together well.**

**Add the chicken to the bowl and mix until it is evenly coated with seasoning mix.**

**Saute in a frying pan with olive oil until the chicken is cooked through.**

**While the chicken is cooking, place all of the dressing ingredients in a small bowl and mix well. Set aside.**

**Lay out the lettuce on a plate.**

**Layer the top with chicken, tomatoes, corn, black olives, eggs, and bacon.**

**Serve with your preferred amount of dressing drizzled over the top of the salad.**



# **CREAMY TUSCAN CHICKEN (in a cast iron skillet)**



**Skillet seared chicken thighs, in a creamy  
sundried tomato, spinach and parmesan  
cheese sauce, make  
THE PERFECT CREAMY TUSCAN CHICKEN  
for your summer table.**



# **INGREDIENTS**

**8 chicken thighs, b-less, s-less**

**2 tbs olive oil**

**salt, to taste**

**ground black pepper, to taste**

**granulated garlic, to taste**

**2 tbs oil from sun-dried tomatoes**

**2 tbs butter**

**2 garlic cloves, large, crushed**

**2 tbs tapioca starch**

**1/2 c chicken broth**

**1 c heavy cream**

**1/2 c grated cheese blend, (parmesan, asiago,  
romano)**

**1 tsp onion powder**

**1/2 tsp ground black pepper**

**1/2 c sun-dried tomatoes**

**4 c raw spinach, loosely packed**



## **COOKING INSTRUCTIONS**

**Heat 2 tbls olive oil, on high, in a cast iron skillet.**

**Turn heat down to med-high, and sear chicken thighs in the skillet. Season both sides of the chicken with salt, black pepper, and granulated garlic, to taste. Cook chicken all the way through.**

**Remove chicken from the skillet and set aside (in a warm oven is preferred). Scrape and wipe out the skillet.**

**Replace skillet over med-high heat and add butter and oil from the sundried tomatoes to the skillet.**

**Add crushed garlic and cook until slightly browned.**

**Add tapioca starch by sifting it through a colander. And then quickly whisking it in until it's smooth.**



**Quickly whisk in chicken broth, heavy cream, grated cheese blend, onion powder, and black pepper.**

**Add sun-dried tomatoes and stir well.**

**Add spinach and stir until it shrinks down. Don't overcook it, just allow it to cook until it shrinks to fit in the skillet.**

**Work the chicken thighs down into the skillet until they are covered with sauce.**

**Remove from heat and serve.**

**You can also simply serve the sauce over the top of the chicken thighs on a plate if you prefer.**



# **SWEET CORN PICNIC SALAD**

**(served hot or cold)**

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**Succulent pan-seared sweet corn, tossed with finely diced red onion and jalapeno, and then mixed with tangy feta cheese, mayonnaise, sour cream, and spices with a bite, make **THE PERFECT SWEET CORN PICNIC SALAD** for your summer table.**



# INGREDIENTS

**16 oz frozen sweet corn, thawed**

**2 tbls olive oil**

**2 tbls red onion, sliced thin and chopped fine**

**1 tbls jalapeno, sliced thin and chopped fine**

**2 garlic cloves, crushed**

**2 tbls mayonnaise**

**2 tbls sour cream**

**2 oz feta cheese, crumbled**

**1/2 lime, juiced**

**1/2 tsp ground cumin**

**1/2 tsp chili powder**

**1/2 tsp onion powder**

**1/2 tsp salt**

**1/4 tsp smoked paprika**

**1/4 tsp ground black pepper**





## **COOKING INSTRUCTIONS**

**Heat oil, over med-high heat, in a cast iron skillet.**

**Sear corn in hot oil until about 30% of it is light golden brown.**

**Remove skillet from heat and stir in all other ingredients.**

**Serve hot or allow it to cool down, place it in the refrigerator for 4 or more hours, and serve cold.**



# **CAPRESE SALAD**

## **(w/a balsamic reduction)**



**Thickly sliced garden fresh tomatoes and fresh mozzarella cheese, topped with lemon juice, salt, fresh basil, olive oil, and a sweet balsamic vinegar reduction, make**  
**THE PERFECT CAPRESE SALAD**  
**for your summer table.**



## **INGREDIENTS**

**1/2 c balsamic vinegar**

**1/8 c honey**

**1 large garden fresh tomato, sliced thick**

**16 oz fresh mozzarella, sliced thick**

**1/4 c fresh basil leaves, sliced**

**1 tbls olive oil**

**1 1/2 tsp lemon juice**

**1/2 tsp salt**

## **COOKING INSTRUCTIONS**

**Heat balsamic vinegar and honey to a low simmer in a small saucepan. Allow to simmer for 10-15 minutes or until reduced by half.**

**Set aside to cool.**

**Layer tomato and mozzarella slices on a plate.**

**Drizzle with lemon juice and olive oil.**

**Sprinkle with salt.**

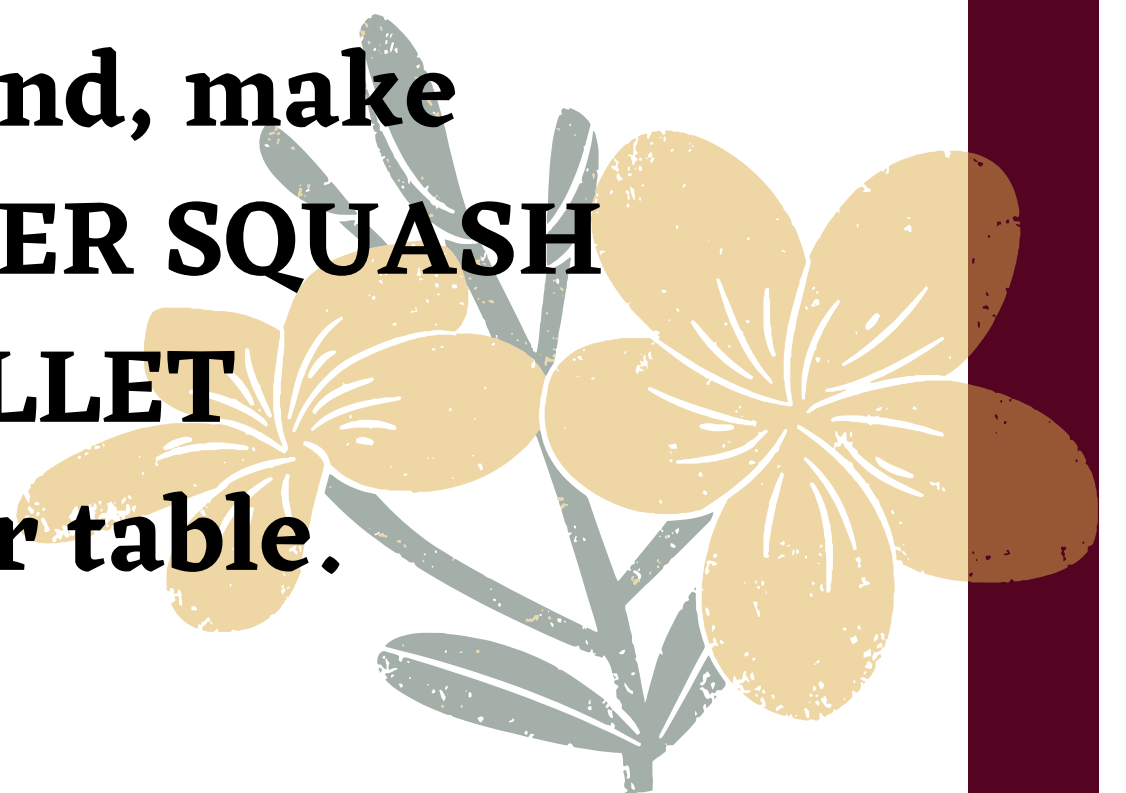
**Drizzle with balsamic vinegar reduction.**



# **SUMMER SQUASH RICOTTA SKILLET (w/rustic Italian seasoning)**



**Green and yellow summer squash sauteed in Italian seasoning, and nestled in a cast iron skillet with scoops of ricotta, parmesan, and cheddar cheese blend, make**  
**THE PERFECT SUMMER SQUASH  
RICOTTA SKILLET**  
**for your summer table.**



# **INGREDIENTS**

**2 small zucchini summer squash  
(halved, and sliced into 1/2" pieces)**

**2 small yellow summer squash  
(halved, and sliced into 1/2" pieces)**

**3 tbls olive oil**

**1 1/2 tsp dried oregano**

**1 tsp granulated garlic**

**1 tsp ground black pepper**

**1/2 tsp salt**

**1 c whole milk ricotta cheese**

**1/2 c grated parmesan**

**1/2 c shredded cheddar**

**1 egg, beaten**

**1 tsp parsley**

**1/2 tsp onion powder**

**1/2 tsp granulated garlic**



## **COOKING INSTRUCTIONS**

**Toss zucchini and yellow squash in olive oil, oregano, granulated garlic, black pepper, and salt.**

**Heat a cast iron skillet over medium high heat and cook the squash until it is lightly browned.**

**While it is cooking, mix all other ingredients in a medium bowl.**

**When the squash is almost done, use a spoon to create pockets in the skillet for the cheese mixture.**

**Place large spoonfuls of the cheese mixture in the pockets. Cover the skillet. Allow to cook on medium heat for about 5 minutes.**

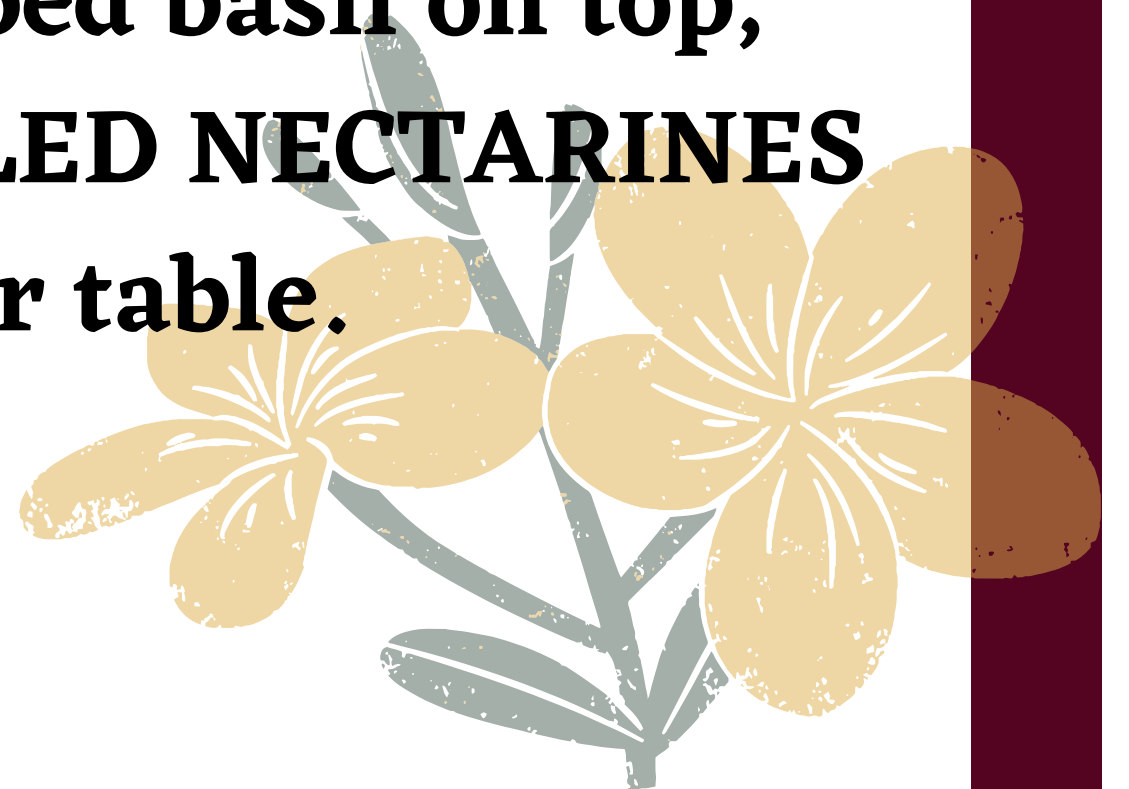
**Serve directly from skillet.**



# **GRILLED NECTARINES (W/sweet cream topping)**



**Sweet, juicy nectarines halved and grilled to perfection, then topped with a brown sugar and cinnamon sour cream sauce, and served with garden fresh, chopped basil on top, make THE PERFECT GRILLED NECTARINES for your summer table.**



## **INGREDIENTS**

**3 nectarines, halved and pitted**

**1 tbs olive oil**

**salt, to taste**

**pepper, to taste**

**1 c sour cream**

**3 tbs dark brown sugar**

**1 tsp ground cinnamon**

**3/4 tsp grated ginger, fresh**

**1-2 tbs fresh basil, chopped**

## **COOKING INSTRUCTIONS**

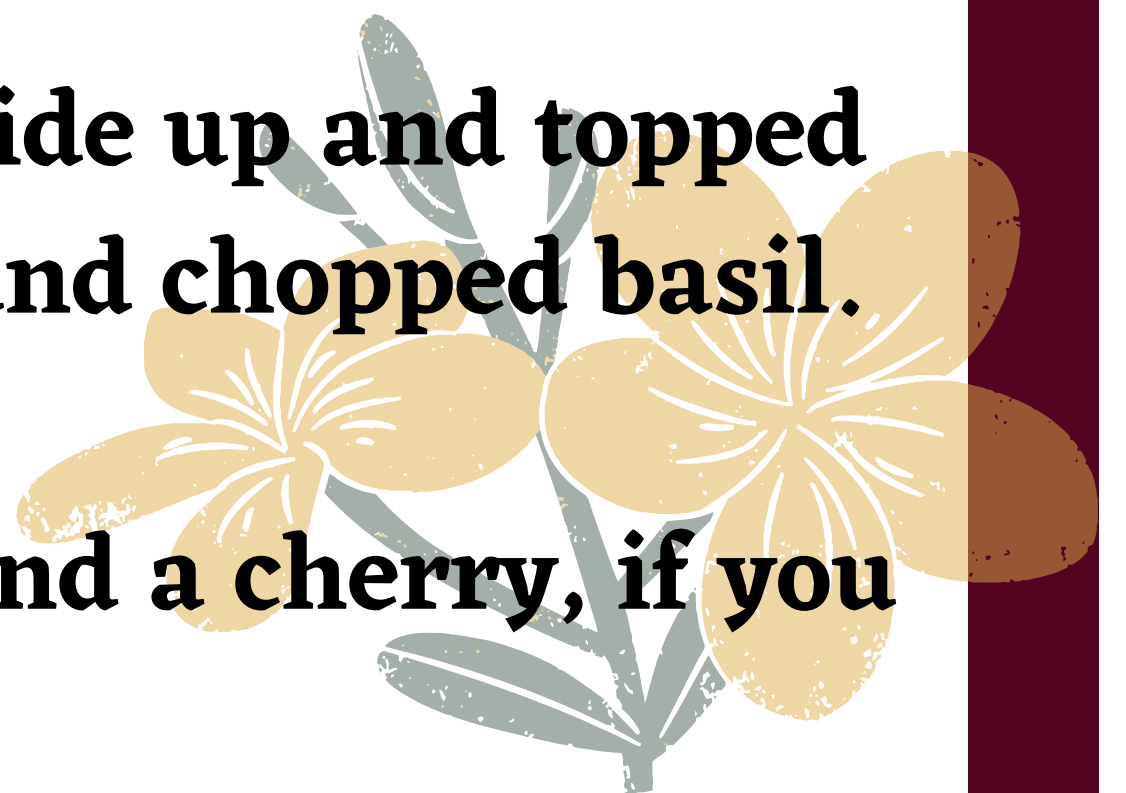
**Rub olive oil over the exposed surface of the nectarines. Then salt and pepper them to taste.**

**Place nectarines, exposed side down, over an open flame just until seared.**

**Mix the sour cream, brown sugar, cinnamon, and ginger in a small bowl.**

**Serve nectarines exposed side up and topped with sour cream mixture and chopped basil.**

**Garnish with whip cream and a cherry, if you like.**





# **STRAWBERRY SHORTCAKE (w/thyme biscuits)**

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**Warm, handmade biscuits with thyme, sliced and layered in a dish with sweet strawberry topping, made from garden fresh strawberries, and topped with homemade whip cream and a fresh whole strawberry, make**  
**THE PERFECT STRAWBERRY SHORTCAKE**  
**for your summer table.**



## **INGREDIENTS FOR BISCUITS**

**2 c bread flour**  
**3 tsp baking powder**  
**1 tsp baking soda**  
**2 tsp sugar**  
**1 tbls thyme**  
**1 tsp salt**  
**10 tbls cold butter**  
**1 c buttermilk**

## **INGREDIENTS FOR BERRY TOPPING**

**1 quart fresh strawberries, hulled and sliced**  
**1/2 c sugar**

## **INGREDIENTS FOR HOMEMADE WHIP CREAM**

**1 c heavy whipping cream**  
**2 tbls confectioner's sugar**  
**1 tsp vanilla extract**



## **COOKING INSTRUCTIONS**

**Place a small bowl, blender attachments, and the heavy cream for the whip cream in the freezer to chill.**

**Mix strawberries and sugar in a medium bowl and set aside.**

**Mix all dry ingredients for the biscuits in a medium bowl.**

**Cut 6 tbs of the cold butter into 1" cubes and add to dry ingredients.**

**Using a fork, your fingertips, or a pastry blender cut the butter into the dry ingredients until it is in pea sized pieces.**

**Pour buttermilk into the biscuit mixture and mix together with a fork just until a soft, shaggy dough forms. Do not overmix.**

**Roll the dough out of the bowl onto a heavily floured surface and knead lightly until it comes together.**



**Roll out the dough to about 1 1/2 thick.**

**Use a biscuit cutter, or the mouth of a glass or jar to cut biscuit rounds from the dough. Do not twist the cutter. Simply move it gently back and forth as needed.**

**Place 2 tbls butter in a cast iron dutch oven and put it on a stovetop burner set to medium heat. Melt the butter being careful not to brown it at all.**

**Lay out half of the biscuits in the bottom of the dutch oven and place the lid over the pan.**

**Cook for 5 minutes. Then flip and cook for 5 more.**

**Repeat with remaining 2 tbls of butter and remaining biscuits.**

**While the biscuits are cooking, use a fork to macerate about 25% of the strawberries. This completes the berry topping.**



**Remove the tools and heavy cream from the freezer.**

**Place the ingredients for the whip cream in the chilled bowl, and use the chilled blender attachments to whip them together until they become the consistency of whip cream.**

**Overblending will result in the mixture turning into butter. So watch it's consistency carefully.**

**Now you are ready to assemble your shortcake.**

**Slice a warm biscuit in half and place it in a small dish.**

**Ladle some berry topping over the biscuit. Be sure to ladle a fair share of juice from the berry topping on the biscuits as well.**

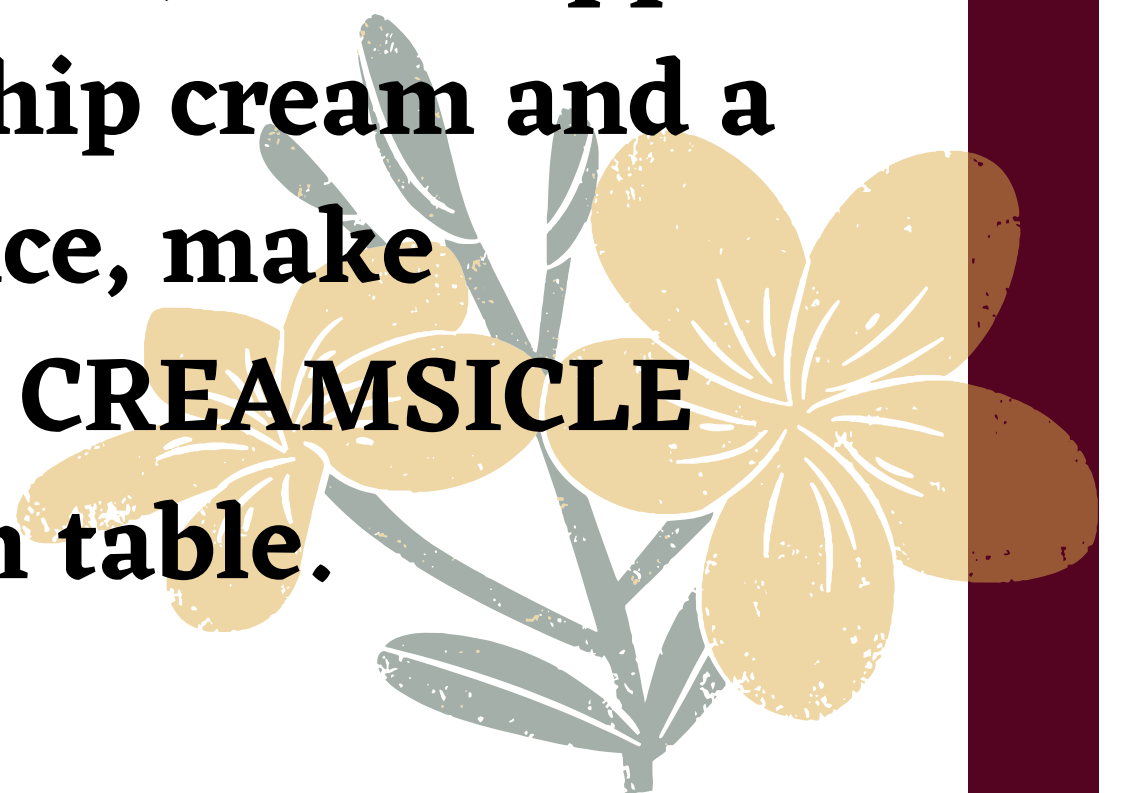
**Top with whip cream and a fresh, whole strawberry and serve.**



# **MELON CREAMSICLE (in a dish)**



**Sweet, juicy, frozen cantaloupe blended with heavy whipping cream, honey, and vanilla extract until creamy smooth, then topped with fresh, handmade whip cream and a berry of your choice, make  
THE PERFECT MELON CREAMSICLE  
for your kitchen table.**



## **INGREDIENTS FOR MELON CREAMSICLE**

**3 c frozen cantaloupe chunks**

**1 c heavy whipping cream**

**1/4 - 1/2 c honey**

**2 tbs vanilla extract**

## **INGREDIENTS FOR HOMEMADE WHIP CREAM**

**1 c heavy whipping cream**

**2 tbs confectioner's sugar**

**1 tsp vanilla extract**



## **COOKING INSTRUCTIONS**

**Place a small bowl, blender attachments, and the heavy cream for the whip cream in the freezer to chill for about an hour.**

**Remove the tools and heavy cream from the freezer.**

**Place the ingredients for the whip cream in the chilled bowl, and use the chilled blender attachments to whip them together until they become the consistency of whip cream.**

**Overblending will result in the mixture turning into butter. So watch it's consistency carefully.**

**Place the whip cream in the refrigerator until you are ready to top your dish.**





**Place the ingredients for the melon  
creamsicle in a food processor, measuring  
honey to taste.**

**Blend until creamy smooth.**

**Serve in a dish, topped with whip cream.**

**Add a berry of choice as a garnish if you  
desire.**

