

6 SPRING RECIPES

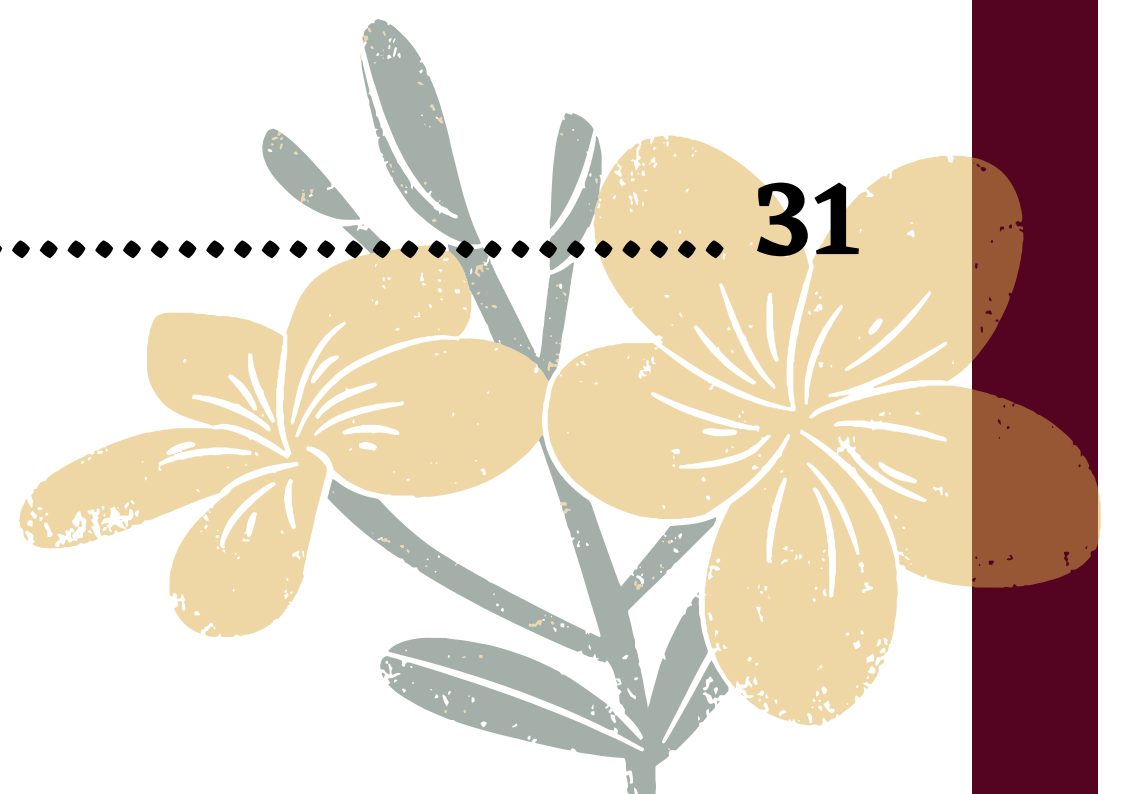
Quick ~ Easy ~ Delicious



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INTRODUCTION

Spring is a season in which we are called to celebrate rebirth and increase our daily activity. It is a time to start new things and rejuvenate existing things.

A combination of light and satiating dishes are meant to adorn the table in this season. As we move our focus to preparing to produce food for this years harvest season.

We can feel Nature drawing us to take full advantage of the bounty that early spring provides us. Our culinary creativity naturally blends the ingredients left from the winter larder with the lighter fare that this season offers.

I hope the recipes in this cookbook help you to focus on the tasks presented by the busier days that the spring season brings forth. All while keeping delicious, wholesome, nourishing food on the table.



LOADED CAESAR SALAD (w/hOMEMADE dressing)



**Crisp romaine lettuce rolled in homemade caesar dressing, and topped with asiago cheese, juicy chicken breast, chunky croutons, crsipy bacon, black olives, avocado, and hard boiled eggs, make
THE PERFECT LOADED CAESAR SALAD
for your spring table.**



INGREDIENTS FOR DRESSING

1 c mayonnaise
1/2 c asiago cheese, shredded
2 tbls lemon juice
2 garlic cloves, large
1 tsp anchovy paste
1 tsp dijon mustard
1 tsp worchestershire sauce
1/4 tsp salt
1/4 tsp black pepper

INGREDIENTS FOR SALAD

8 c romaine lettuce, cut in 1 1/2" strips
8 slices bacon
2 chicken breasts
black pepper to taste
1/2 c asiago cheese, shredded
1 1/2 c chunky croutons, caesar flavored
1 avocado, cut in 3/4" chunks
black olives, 6 oz can
4 hard boiled eggs, chopped



COOKING INSTRUCTIONS

Blend all of the ingredients for the dressing together until it is thick and creamy. An immersion blender, food processor, or magic bullet work well for this.

Cook the bacon in a frying pan until it is crispy. Remove it from the pan. Leave the grease in the pan.

Cut the bacon into 1" strips and set aside.

Slice the chicken breast into strips and place it in the pan with the bacon grease. Season it with black pepper to taste. Cook one side. Then flip, season the other side, and cook through.

Remove chicken from the pan, cut it into 1" strips, and set aside.



Roll the lettuce in 1 cup of the dressing. Set the rest of the dressing aside.

Lay the lettuce out on a platter and top it with the asiago cheese.

Lay the chicken, croutons, avocado, black olives, bacon, and eggs in rows over the lettuce.

This recipe serves 4 and can be assembled in individual portions rather than on a platter if you prefer.

The remaining dressing can be served on the side for those who like extra dressing.

Enjoy!



BUTTERMILK CRUSTED CHICKEN (serve hot or cold)



Juicy tender chicken thighs soaked in a buttermilk spice blend, and then dredged in seasoned flour, and fried until it's extra crispy on the outside, make THE PERFECT BUTTERMILK CRUSTED CHICKEN for your spring table.



INGREDIENTS

3 c buttermilk

3 tsp black pepper, separated

2 1/2 tsp cayenne pepper, separated

2 tsp dried mustard

4 lbs chicken thighs, skin on

oil, for frying

2 c flour, white, organic

1 tsp onion powder

1 tsp granulated garlic

1 tsp salt



COOKING INSTRUCTIONS

Whisk buttermilk, 2 tsp black pepper, 2 tsp cayenne, and 2 tsp dried mustard together in a large mixing bowl.

Submerge the chicken thighs in the mixture, covering it completely. Place it in the refrigerator for at least 4 hours. Overnight is best.

Place oil in a large frying pan and put on med-high heat to bring it up to a temperature suitable for frying.

Whisk flour, onion powder, granulated garlic, salt, and the remaining black pepper and cayenne together in a large mixing bowl.

Dredge each piece of chicken through the flour mixture and drop it in the hot oil.



Allow to fry until the bottom is deep golden brown. Flip and allow to fry until the other side is the same.

Remove from the oil.

Serve.



SHRIMP ALFREDO LINGUINE (w/spring peas)



**Linguine and spring peas tossed in a thick, rich, creamy asiago sauce and topped with tender, juicy shrimp, then garnished with smoked paprika and parsley, make
THE PERFECT SHRIMP ALFREDO LINGUINE
for your spring table.**



INGREDIENTS

1/2 c butter, salted
2 garlic cloves, large, minced
1/2 tsp salt
1/2 tsp black pepper
1 1/2 c heavy cream
2 c fresh asiago, shredded
1 tbls flour, white
1 lb linguine, cooked
1 c spring peas, cooked
1 lb shrimp, shelled, deveined, cooked
smoked paprika, for garnish
parsley, for garnish



COOKING INSTRUCTIONS

Melt butter, with garlic, salt, and pepper in a saucepan over medium heat.

Stir in heavy cream and heat until lightly steaming.

Add asiago cheese and stir until melted.

Sift flour over the top of sauce, and quickly whisk it in.

Toss the linguine and peas with all but 1/2 cup of the sauce.

Roll the shrimp in the remaining sauce, and top the linguine with them.

Garnish with smoked paprika and parsley.

Serve.



SPRING MEDLEY VEGETABLES (w/roasted radishes)



**Asparagus, carrots, yellow squash, and french breakfast radishes sliced and rolled in a blend of olive oil, garlic, lemon juice, and seasonings, then roasted until they are tender and juicy, make
THE PERFECT SPRING MEDLEY
VEGETABLES
for your spring table.**



INGREDIENTS

1 bunch asparagus

4 large carrots

1 medium yellow squash

3 large french breakfast radishes

1/4 c olive oil

2 tbls lemon juice

3 garlic cloves, large, minced

1 tsp dried parsley

1 tsp dried dill

1/2 tsp crushed red pepper flakes

1/2 tsp salt

1/2 tsp ground black pepper



COOKING INSTRUCTIONS

Preheat oven to 350 degrees.

Clean and slice all vegetables into 3"-4" strips.

Place them in a large mixing bowl.

Place all of the remaining ingredients in a small mixing bowl and blend them well.

Pour the liquid ingredients over the vegetables and toss until thoroughly coated.

Pour them out onto a baking sheet and loosely place a piece of tinfoil over the top.

Bake for 25 minutes. Remove foil.

Continue to bake until the vegetables are tender.

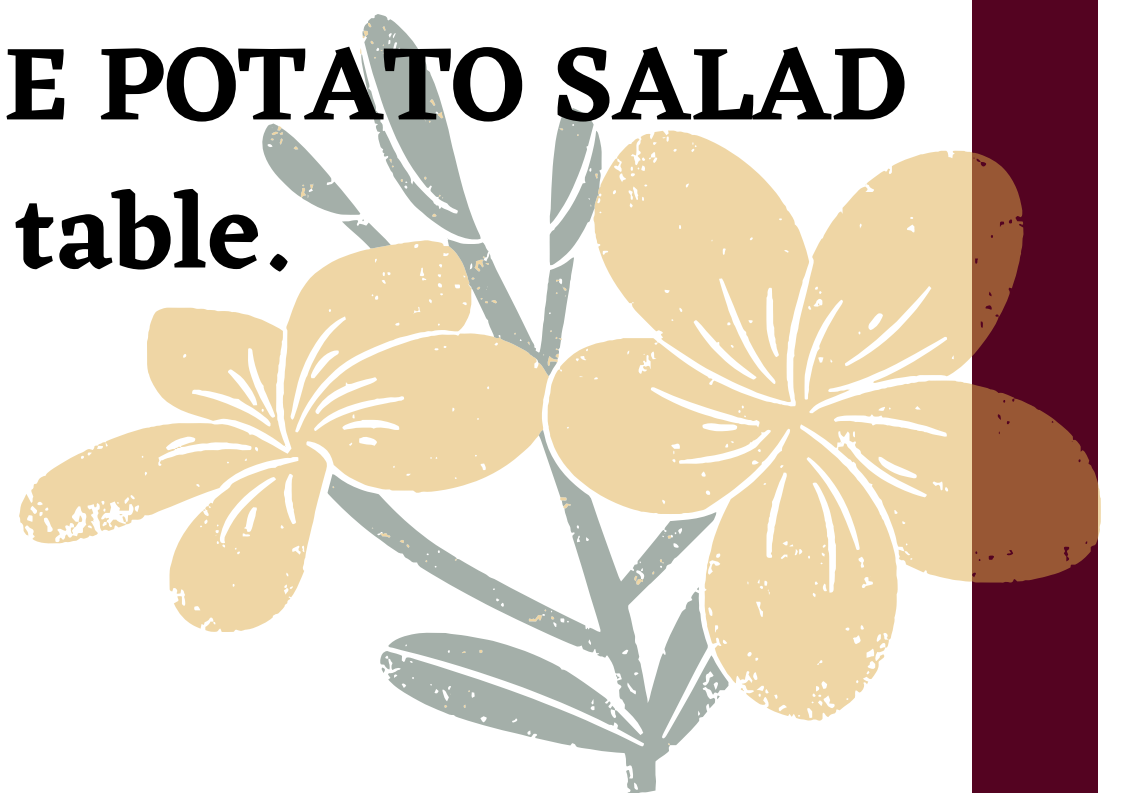
Serve and enjoy.



FARMHOUSE POTATO SALAD (grandma's recipe)



Hearty, tender boiled potatoes and hard boiled eggs, with celery, simple seasonings and a generous portion of mayonnaise, make THE PERFECT FARMHOUSE POTATO SALAD for your spring table.



INGREDIENTS

**2 1/2 lbs yellow potatoes, peeled, boiled, cut
in 1" - 1 1/2" cubes**

8 hard boiled eggs, peeled

3 stalks celery, cut in 1/4" slices

1/2 tsp salt

1/2 tsp black pepper

1 c mayonnaise, more if needed

paprika, for garnish



COOKING INSTRUCTIONS

Place potatoes in a large mixing bowl.

Chop 6 of the hard boiled eggs and add them to the bowl.

Add the celery, salt, pepper, and mayonnaise to the bowl. Mix all of the ingredients well.

Allow to sit for 30 minutes. Add more mayonnaise if it becomes too dry.

Place in the dish you'll be serving it in.

Slice the remaining 2 hard boiled eggs and use them to garnish the top of the salad.

Sprinkle the salad with paprika.

Cover and chill.

Serve.



GREEN BEAN SKILLET (w/white wine & ginger)



**Fresh garden green beans, sliced yellow onion, and white button mushrooms sautéed in a garlic, ginger, and white wine sauce until they are tender and infused with a deep flavor, make
THE PERFECT GREEN BEAN SKILLET
for your spring table.**



INGREDIENTS

2 tbls olive oil

2 garlic cloves, large, minced

1 1/2 tbls ginger, fresh, minced

1 tsp salt

2 tbls lemon juice, fresh squeezed

**1 yellow onion, large, sliced thin, cut in
2"-3" strips**

**2 lbs green beans, garden fresh, cut in
2"-3" pieces**

2/3 c white wine

12 oz white button mushrooms, quartered



COOKING INSTRUCTIONS

Heat olive oil in a cast iron skillet.

Add garlic, ginger, salt, lemon juice, and onion and saute until onion is semi-transparent.

Add green beans and cook for 3-4 minutes.

Add wine. Cover and cook for 5 minutes.

Add mushrooms and cook, uncovered, until mushrooms are just tender.

Serve.



SCALLION SWEET BISCUITS (w/lemon sauce)



**A soft, fluffy, sweet biscuit, loaded with fresh cut scallion greens, and topped with a tangy, honey sweetened lemon sauce, make
THE PERFECT SCALLION SWEET BISCUITS
for your spring table.**



INGREDIENTS FOR BISCUITS

3 c flour, white, all-purpose
1/2 c sugar
1 tbls baking powder
2 tsp baking soda
3/4 tsp cream of tartar
1/2 tsp salt
1/4 c scallion greens, chopped
3/4 c lard
1 1/4 c half and half
2 tsp vanilla extract

INGREDIENTS FOR TOPPING

1/2 c water
1/2 c honey
1/4 c lemon juice, fresh squeezed
3 tsp cornstarch
4 tbls butter, salted
zest of one lemon
1/4 tsp salt



COOKING INSTRUCTIONS

Preheat oven to 350°.

Mix flour, sugar, baking powder, baking soda, cream of tartar, salt, and scallions together in a large bowl.

Cut in lard with your fingers until it is in pea-sized pieces. Do not use a pastry cutter for this, as it will mince the scallions.

In a small bowl, stir the half and half and vanilla extract together.

Pour the liquid mixture in with the dry lard blend and mix together well.

Drop 1/4 cup measures of batter onto a parchment lined baking sheet.



Bake for 12-15 minutes. Or until the tops start to turn golden brown.

Remove from the baking sheet and set on cooling rack to cool.

Heat the water to boiling in a small saucepan.

Add honey, lemon juice, and cornstarch. Bring back to a boil.

Remove from heat, and add butter, lemon zest, and salt.

Stir until butter is fully melted. Allow to cool.

Serve lemon sauce over biscuits.



CREAMY RICE PUDDING (w/ bourbon soaked raisins)



**Sweet, creamy, richly spiced rice pudding,
packed full of bourbon soaked raisins, make
THE PERFECT RICE PUDDING
for your spring table.**



INGREDIENTS

1/2 c bourbon

1/2 c raisins

3 1/2 c whole milk

1 c heavy cream

1 c white rice

1/2 c sugar

1/2 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp salt

2 tsp vanilla extract



COOKING INSTRUCTIONS

Place the bourbon and raisins in a small dish, that allows all of the raisins to be covered by the bourbon, and allow to sit for 24-48 hours.

In a medium saucepan, combine all of the remaining ingredients, apart from the vanilla extract, and bring them to a simmer.

Allow to simmer lightly until the rice is nice and tender. Stir often.

Remove from heat and add vanilla. Stir well.

Strain the raisins from the bourbon and stir them in. Set the bourbon aside.

Chill for 4-6 hours. Sprinkle with cinnamon and drizzle with bourbon before serving, if desired.



RASPBERRY RICOTTA CAKE (w/honey cacao glaze)



**Rich ricotta cheese cake, loaded with juicy
black raspberries, and topped with a sweet,
chocolately glaze, made with honey and
cacao, make
THE PERFECT RASPBERRY RICOTTA CAKE
for your spring table.**



INGREDIENTS FOR THE CAKE

1 1/4 c sugar
3/4 c butter, salted, softened
15 oz ricotta cheese, whole milk
3 eggs, large
1 tsp vanilla extract
1 lemon, zested and juiced
1/2 tsp baking soda
1/2 tsp salt
1 1/2 c flour
2 c raspberries

INGREDIENTS FOR THE GLAZE

1/2 c honey
2 tbl cacao powder
3 tbls heavy cream
1 tbls vanilla extract
water, to desired consistency



COOKING INSTRUCTIONS

Preheat oven to 350 degrees. Grease a 9" springform pan.

Beat sugar and butter together.

Add ricotta and beat 2 minutes.

Add eggs one at a time, beating after each addition.

Stir in vanilla extract, lemon zest, and lemon juice.

Stir in baking soda and salt.

Stir in flour, just until combined.

Fold in berries.

Pour in pan. Cover and bake 40 minutes.



Uncover and bake for 15-20 minutes more.

Remove from oven and allow to cool completely.

Place the ingredients for the glaze, apart from the water, in a small saucepan.

Heat over low heat until lightly warm, stirring regularly.

If necessary, add water to thin the glaze.

Serve the cake with glaze drizzled over the top.

