October 30th, 2023

Recipe #1

Miso Kale Caesar

Total yield: 4 servings

Ingredients

- 1 head curly kale de-stemmed
- 1/4 cup extra virgin olive oil
- ½ lemon, juiced
- ¼ cup Parmesan cheese, grated
- 1 TSP Dijon mustard
- 1 garlic clove minced
- · 2 TSP miso paste
- 3-4 TBSP cold water
- 2 slices whole grain bread
- · Sea salt and pepper
- Parmesan shavings for garnish

Directions

- In a blender, combine the grated Parmesan cheese, miso paste, lemon juice, garlic, olive oil and mustard. Blend until mixed and then add water as needed to thin down dressing.
- 2. Remove kale from stems and place in a large bowl.
- Add dressing and massage into kale with both hands until kale wilts and shrinks down.
- 4. Brush olive oil onto bread slices and season with salt and pepper.
- 5. Toast bread and then slice into squares.
- 6. Add salad to bowls and top with croutons and Parmesan shavings.

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Recipe #2

Meatballs

Total yield: 4-6 servings

Ingredients

- 10 oz. ground beef or veal •
- 2 oz. finely chopped pork fat or unsmoked bacon
- 2 oz. prosciutto, finely chopped
- 1 1/4 cups loosely packed fresh parsley leaves, finely chopped, plus more to garnish
- 2 TSP dried oregano
- 1 ½ TSP fennel seeds
- 1 TSP chili flakes
- ½ TSP ground cumin
- ½ TSP ground allspice
- Kosher salt to taste
- Freshly ground black pepper to taste

- ²/₃ cup ricotta, drained in a sieve for 2 hours
- 2 TBSP milk
- · 3 eggs, lightly beaten
- 6 TBSP extra virgin olive oil plus more for greasing
- ½ cup red wine
- 4 cups canned tomato puree

- 1 cup beef or veal stock
- Grated Parmigiano-Reggiano to garnish

Directions

- In a large bowl, combine beef, pork fat, prosciutto, parsley, oregano, fennel seeds, chili flakes, cumin, allspice, and bread crumbs. Season generously with salt and pepper.
- 2. Using your fingers, mix ingredients until combined and set aside.
- 3. In a bowl, whisk together ricotta, milk, and eggs. Add to mixture and gently mix until incorporated.
- 4. Chill for 1 hour.
- 5. Heat oven to 300 degrees. Grease 2 rimmed baking sheets with oil and set aside.
- Using a 2 oz. ice cream scoop, portion mixture, roll into meatballs with your hands, and transfer to greased baking sheets.
- Heat 3 TBSP oil in a 3 qt. high-sided skillet over medium high. Add half the meatballs, cook, turning occasionally, until browned, about 10 minutes.

- 3. Transfer meatballs to a plate and wipe out skillet. Repeat with remaining oil and meatballs.
- 9. Return reserved meatballs to skillet along with any juices from the plate.
- 10. Add wine, increase heat to high, and cook for 2 minutes. Stir in tomato puree and stock, bring to a boil, and tightly
- 11. Transfer to oven and bake until meatballs are tender and have absorbed some sauce, about 1½ hours.
- 12. To serve, transfer meatballs to a platter and spoon over sauce. Sprinkle with Parmigiano and parsley.

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Recipe #3

Hazelnut Chocolate Pudding

Total yield: 4 servings

Ingredients

- 4 oz. bittersweet or semisweet chocolate
- ¼ cup cornstarch
- 1/4 cup sugar
- ¼ cup unsweetened cocoa powder
- 1 TSP kosher salt
- 3 cups whole milk
- 1 TSP vanilla extract
- 1 cup Nutella
- ½ cup whole raw hazelnuts
- 2 TBSP unsalted butter
- Flaky sea salt

Directions

- Chop 4 oz. chocolate; set aside. Whisk ¼ cup cornstarch, ¼ cup sugar, ¼ cup cocoa powder, and 1 tsp. kosher salt in a medium saucepan. Very slowly stream in 3 cups milk, whisking constantly, until lump-free.
- 2. Cook over medium heat, whisking constantly and vigorously, until pudding is bubbling and thick enough that wires of whisk leave a trail 7-10 minutes.
- Remove from heat. Whisk in one quarter of the chopped chocolate until smooth. Add remaining chocolate in three additions, whisking after each addition, until chocolate is melted and mixture is smooth. Whisk in 1 tsp vanilla.
- 4. Place 1 cup Nutella in a medium bowl and add about ½ cup warm pudding mixture. Whisk until smooth, then whisk in remaining pudding mixture until incorporated. Cover pudding with plastic, pressing directly onto surface to prevent a skin from forming. You can let it cool slightly at this point and serve warm, or chill pudding until completely set, at least 2 hours.

- 5. Meanwhile, crush ½ cup hazelnuts with the bottom of a small saucepan to break into irregular bits. Cook hazelnuts and 2 Tbsp. butter in saucepan over medium heat, stirring often, until butter is browned and hazelnuts are golden, 8-10 minutes. Let cool.
- If serving pudding warm, divide among bowls or ramekins.
 If pudding is chilled, transfer to a large bowl and whisk until smooth before serving.
- 7. Top with hazelnuts and a sprinkle of sea salt.