



RIGATONI BOLOGNAISE

INGREDIENTS:

- ½ lb. Beef Round, cubed
- ½ lb. Pork Loin, cubed
- 1 ½ Tbsp. Olive Oil
- 1 ½ Tbsp. Parsley, chopped
- ½ tsp. Black Pepper
- 1 tsp. Salt
- 1 Tbsp. Olive Oil
- 1 cup Onion, diced
- ½ cup Celery, diced
- ½ cup Carrots, diced
- 2 tsp. Garlic, minced
- 1 Tbsp. Parsley, minced
- ¼ tsp. Black Pepper
- 1 Bay Leaf
- 1 tsp. Rosemary, chopped
- ½ tsp. Thyme, chopped
- 2 cup Beef Broth
- 1 can Diced Tomatoes (4.5 oz.)
- ¼ cup Tomato Paste
- 1 Tbsp. Lemon Juice
- ½ stick Butter
- ¼ cup Parmesan Cheese
- Pinch- Salt & Pepper
- 1 Tbsp. Parsley, chopped
- ½ lb. Rigatoni Noodles

DIRECTIONS:

- 1) Cube beef and pork and place in a large bowl.
- 2) Add parsley, salt, pepper and olive oil. Marinate for 20-30 minutes.
- 3) Heat a large sauté pan over high heat.
- 4) Add 1 Tbsp. olive oil and heat. Add beef and pork and sauté for 2-3 minutes to sear.
- 5) Remove meat from pan and place in a crock pot or large sauce pan.
- 6) Heat pan again, add olive oil. Sauté onions, celery, carrots and garlic for 4-5 minutes.
- 7) Add pepper, parsley, bay leaf, rosemary and thyme and sauté for 3-4 minutes to caramelize vegetables.
- 8) Add beef broth, diced tomatoes, tomato paste, salt and lemon juice and bring to a simmer.
- 9) Add vegetables to beef in crock pot or large sauce pan.
- 10) Reduce heat and simmer on low for 4-5 hours stirring occasionally.
- 11) When meat is tender, mix sauce to break up pieces of meat.
- 12) Turn up heat to medium and simmer for 3-5 minutes to reduce sauce.
- 13) Reduce heat, add butter, parmesan cheese and ½ Tbsp. parsley and stir to combine. Reserve.
- 14) Heat a large pot of water, seasoned with salt and bring to a boil.
- 15) Add rigatoni and cook for 10-12 minutes until tender.
- 16) Drain rigatoni and toss with oil.
- 17) Place rigatoni in the sauce pan with sauce and toss to coat noodles.
- 18) Sprinkle with parmesan cheese and chopped parsley and serve.



ROASTED PEPPER CHICKEN WITH PESTO TORTELLINI

INGREDIENTS:

4 Chicken Breasts
1 ½ Tbsp. Olive Oil
1 ½ Tbsp. Parsley, chopped
2 tsp. Garlic Powder
½ tsp. Black Pepper
1 tsp. Salt
2 Tbsp. Olive Oil
2 Roasted Peppers
½ Tbsp. Garlic, minced
1 Tbsp. Parsley, minced
1 Tbsp. Lemon Juice

Pesto Cream Sauce

½ cup Basil, chopped
1 Tbsp. Garlic, minced
2 Tbsp. Parmesan Cheese
¼ cup Olive Oil
¼ tsp Black Pepper
¼ tsp. Salt
1 Tbsp. Lemon Juice
1 ½ cup Heavy Cream
½ cup Parmesan Cheese
Pinch Salt & Pepper
2 lb. Cheese Tortellini

DIRECTIONS:

CHICKEN:

- 1) Slice chicken into strips and place in a large bowl.
- 2) Add parsley, garlic powder, salt, pepper and olive oil. Marinate chicken for 20-30 minutes.
- 3) In a food processor, combine olive oil, roasted peppers and garlic. Process peppers until smooth, about 20-30 seconds.
- 4) Heat a large sauté pan over high heat. Add 1 Tbsp. olive oil and heat. Add chicken and sauté for 2-3 minutes.
- 5) Continue to sauté chicken over med-high heat for an additional 2-3 minutes.
- 6) Add Roasted pepper puree to pan, toss with chicken and heat. Add parsley and lemon juice. Season with salt and pepper.

PESTO:

- 1) Place chopped basil, garlic and parmesan cheese in a blender or food processor. Add salt & pepper and begin to process on low speed. Slowly add olive oil while blending to allow basil and garlic to break down and form a green paste or pesto. Add 1 Tbsp. lemon juice and season with salt & pepper as desired.
- 2) Allow sauce to sit in order to allow flavors to bloom. Sauce will last for 4-5 days properly refrigerated.
- 3) In a large sauce pan, heat heavy cream over medium heat and reduce by 1/2. Reduce heat and add parmesan cheese. Whisk until smooth. Add pesto and stir. Season with salt and pepper.
- 4) Heat a large pot of water, seasoned with salt and bring to a boil. Add tortellini and cook for 8-10 minutes until tender. Drain tortellini and toss with pesto sauce.
- 5) Place tortellini in bowls and top with a little sauce. Top tortellini with sautéed chicken and roasted pepper sauce. Sprinkle with parmesan cheese and chopped parsley and serve.



SHRIMP & GARLIC BUTTER SAUCE WITH ANGEL HAIR PASTA

INGREDIENTS:

1 lb. 12/14 Shrimp, peeled & deveined
1 ½ Tbsp. Olive Oil
1 Tbsp. Garlic, minced
½ tsp. Salt
½ tsp. Pepper
1 Tbsp. Parsley, chopped
1 Tbsp. Lemon Juice, fresh
½ lb. Angel Hair Pasta
1 cup Cherry Tomatoes
2-4 Tbsp. Parmesan Cheese
1-2 Tbsp. Chives, sliced

Garlic Butter Sauce

2 Tbsp. Olive Oil, divided
2 Tbsp. Garlic, minced
½ cup White Wine
1 ½ stick Butter, sliced & chilled
½ tsp. Salt
½ tsp. Pepper
1 Tbsp. Lemon Juice
½ Tbsp. Chives, chopped

DIRECTIONS:

SHRIMP MARINADE

- 1) In a bowl, combine shrimp, olive oil, minced garlic, salt, pepper, parsley, and lemon juice.
- 2) Mix all ingredients and let marinate for 20- 30 minutes

PASTA

- 1) Heat a large Stock pot with water and bring to a boil.
- 2) Heat a sauté pan over high heat.
- 3) Add olive oil and heat. Add shrimp and sauté for 2 minute on each side to sear shrimp.
- 4) Remove shrimp from pan and reserve.
- 5) Deglaze sauté pan with ¼ cup white wine. Reduce by half.
- 6) Return Pan to medium heat and add remaining oil.
- 7) Add minced garlic and black pepper to hot olive oil and sauté for 20-30 seconds, constantly stirring to avoid burning.
- 8) Deglaze pan with remaining ¼ cup white wine and reduce by half.
- 9) Add shrimp back to pan and reduce heat.
- 10) Add butter pats to sauté pan and continue to stir to melt butter evenly and incorporate into the sauce.
- 11) Add lemon juice, chives, salt and pepper.
- 12) Cook angel hair pasta in boiling water until al Dente.
- 13) Remove pasta and drain water, coat with olive oil to reduce sticking.
- 14) Add pasta to sauce and toss. Mix in cherry tomatoes, parmesan cheese and chives.
- 15) Add shrimp on top of pasta and garnish with more tomatoes, parmesan cheese and sliced chives.