



Sicilian Meatballs "Pulpetti" in Fresh Tomato Sauce

Cook time: about 1 hour. Approximately 6 servings

Meatballs:

- 1 pound of ground beef
- Zest of 1 lemon or orange
- 1/2 teaspoon of cinnamon
- 2 tablespoons of chopped raisins
- 2 tablespoons of chopped pine nuts
- Chopped parsley (about 1/4 cup fresh)
- A small handful of grated parmesan cheese
- 2 teaspoons of salt
- 3 farm eggs
- 1/3 cup of seasoned bread crumbs
- 4 cloves of chopped garlic

• Sauce:

- a few drizzles of olive oil
- 2 pounds of fresh tomatoes, small/medium diced
- 1 onion, small diced
- 4 cloves of garlic, finely chopped
- Salt to taste
- chopped fresh basil

Combine all meatball ingredients (Beef, egg, breadcrumb, parsley, garlic, cheese, cinnamon, zest, pine nuts, raisins). Mix well with your hands until all ingredients are evenly incorporated. Form small 1-1.5 inch meatballs. Set aside, wrap and refrigerate until your sauce is done cooking.

To make the sauce, saute the onion in olive oil until softened, then add your chopped tomatoes, garlic, and salt. Cook and stir for about 20 minutes until tomatoes are soft and saucy. Once the tomatoes are done cooking, using an immersion blender, or a food processor, blend until smooth, with some small hunks of tomato for texture. Salt to taste, and add fresh basil.

Return sauce bring back to a simmer and carefully drop pre-formed meatballs into the sauce. Cover and let simmer at a medium heat until meatballs are cooked through, about 20 minutes. This dish goes great with pasta, fresh bread, grain, roasted vegetables, or by itself.

Tomato, Goat Cheese, and Herb Pastry

Cook time: about 45 minutes. Approximately 8-12 servings

- 1 sheet of puff pastry dough, roughly 8x10, or 10x12
- 8-10 oz of chevre (goat cheese log or crumbles)
- 1 pint of cherry tomatoes cut into quarters
- 1 tablespoon of each of thyme, sage, rosemary, and or parsley, finely chopped
- 1 egg
- 3 small onions, red and white or yellow, sliced into thin half moons
- 1/4 cup of neutral oil like safflower or vegetable
- olive oil
- salt and pepper
- a handful of basil chopped into ribbons

Pre-heat oven to 375F.

Score puff pastry and place on an oiled pan, or parchment paper on pan. Bake for about 15 minutes until pastry is puffy and very slightly golden brown. When your pastry is done, set aside until your toppings are ready. You will need the oven at 350 when finishing off the pie later on.

While pastry is baking, heat up neutral oil in a medium sized pan and add sliced onions. Keep onions stirred and moving for about 15 minutes until translucent, shiny, soft, and almost fully caramelized. Set onions aside until the pastry pie is ready to assemble.

In a small bowl, fully combine goat cheese, egg, chopped herbs, and season with salt and pepper. Set aside.

Quarter your tomatoes if you haven't already, and toss with a little bit of olive oil, salt and pepper.

Using the back of a spoon, gently pat down the puff pastry to make way for the goat cheese, tomato, and onions.

Using a small spoon, place little dollops of goat cheese throughout the pastry, leaving open space for the tomatoes and onions to nest into.

Once the goat cheese, tomato, and onions are artfully arranged, place the pastry into the oven at 350 for about 12-15 minutes until goat cheese is firm, and edges are golden brown. Cut into personal sized portions and enjoy!

5-Herb Tabbouleh Salad with Chicken Tomato Stew

Cook time: about 1 hour, serves 4-6 plus extra salad

1 cup of couscous

1 1/2 cup of water

1 pint of cherry tomatoes

A handful of each of Basil, Parsley, Mint, Purslane (if you have), finely chopped

A few sprigs of thyme and sage, finely chopped

2 pounds of heirloom and or sauce tomatoes

1 medium sized onion, or a bunch of scallions (the white part of the scallion)

1 summer squash, diced small

4 chicken thighs, or whichever pieces you desire

4 large cloves of garlic

1/2 cup of red wine vinegar

1/2 cup of olive oil

A few shakes of smoked paprika and cumin

salt and pepper

Boil 1 1/2 cups of water (or stock of choice), and let couscous soak and steam with a cover until fluffy, about 15 minutes.

Finely chop all of your herbs, half your cherry tomatoes and set aside

In a medium sized pot, add a generous drizzle of olive oil and turn your heat up to medium high. Once the oil heats up, add in diced onion or scallion bottoms, diced heirloom or sauce tomatoes, chopped squash, and season everything with paprika, cumin, salt and pepper. Sauté for about 15 minutes, until all the veggies start to sweat together in the pot. Then add in your chicken, stir it up, cover, and let simmer on medium low for about 30 minutes. If you want to keep this vegetarian, leave out the chicken and add more of your favorite veggies.

Once your couscous is done cooking, fluff it lightly with a fork, add in all of your chopped herbs and tomatoes. Add in the red wine vinegar and olive oil, season with paprika, cumin, salt and pepper. Toss until completely combined. A 50/50 ratio of herb and tomato to couscous is great, but a 70/30 herb and tomato to couscous is also great.

Plate your salad on a flat and wide bowl or dish, making an open well in the center for your stewed chicken and vegetables. The juices from the stew soak into the salad to make for an even tastier combination in every bite. Hot and cold, savory, sweet, and refreshing. An optional yogurt garnish is also a nice touch and accent.