

Dinner & A Book Recipes

Episode #1406 – April Blood

Caprese Salad First course

Use sliced red, yellow and orange Heirloom tomatoes, sliced 1/4" thick
Arrange with sliced Mozzarella cheese. Sprinkle with Balsamic vinegar and Olive oil.

Porterhouse Steak Second course

Buy a Porterhouse steak that is 2 inches thick. Massage olive oil and garlic into meat on both sides
Bake at 550 degrees, 7 1/2 minutes on each side.

Polenta Serve with steak and small potatoes

Buy a roll of polenta from your supermarket. Cut slices that are about 1/4 inch thick cook in a little olive oil for about 2-3 minutes on each side. Serve with melted cheese, or your favorite tomato sauce. Decorate with a basil leaf.

Tuscan Bread Soup

6 ounces country bread, torn into 1-inch pieces (3 cups)
2 T. olive oil
1 large onion, cut into 1/4 inch pieces
3 medium carrots, halved lengthwise and cut crosswise 1/4 inch thick
2 celery stalk, cut crosswise 1/4 inch thick
4 cloves garlic, smashed
Coarse salt and ground pepper
1 T. tomato paste
1/2 head green cabbage, quartered, thinly sliced crosswise (6 cups)
2 cans (14 1/2 ounces each) reduced-sodium chicken broth
1 c. fresh parsley leaves.

Preheat oven to 300 degrees. Spread bread in a single layer on a rimmed baking sheet. Bake until pieces are dry, about 15 minutes. Remove from oven

In a large pot over medium-high heat, heat oil. Add onion, carrots, celery and garlic; season with salt and pepper. Cook stirring occasionally, until vegetables are softened, 8 to 10 minutes. Stir in tomato paste; cook, stirring 1 minute.

Add cabbage, broth, 2 c. water and toasted bread. Simmer over medium heat until soup is thickened, 15 to 20 minutes. Season with salt and pepper, and stir in parsley.