

MONTHLY MEAL PLANNER

July Easy Summer Menus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>What's in season? Vegetables in season: broccoli, tomatoes, chard and Swiss chard, field lettuce and Bibb lettuce, snow peas, string beans, asparagus, rhubarb, cabbage, cucumbers, squash, sweet corn, herbs. Fruits: watermelon, summer apples, blackberries, raspberries, blueberries, cantaloupe, nectarines and peaches.</p> <p>@ indicates a reference to the recipe found at www.inthekitchenonline.com, Meal Planner Plus. ** refers to the wine pairings</p>	<p>BARBOURSVILLE Vineyards</p> <p>Thursday, July 1 BARBOURSVILLE VINEYARDS Vintage Rosé 2009</p> <p>Friday, July 2 BARBOURSVILLE VINEYARDS BARBERA RESERVE 2007</p> <p>Wednesday, July 7 BARBOURSVILLE VINEYARDS SANGIOVESE RESERVE 2007</p> <p>Friday, July 9 BARBOURSVILLE VINEYARDS VIOGNIER RESERVE 2008</p>	<p>Serve a glass of Virginia Wine with your evening meal. In the interest of budgetary constraints, consider conserving a half bottle for the next recipe, where appropriate. There is a great saving potential in this sequence of meals. The pairings below, from Barboursville Vineyards are provided by Alessandro Medici of Palladio Restaurant. Look for wine pairings **</p> <p>Monday, July 12 BARBOURSVILLE VINEYARDS PINOT GRIGIO 2008</p> <p>Friday, July 16 BARBOURSVILLE VINEYARDS BARBERA RESERVE 2007</p> <p>Sunday, July 18 BARBOURSVILLE VINEYARDS MERLOT 2008</p> <p>Tuesday, July 20 BARBOURSVILLE VINEYARDS OCTAGON 2006</p>	<p>Friday, July 23 BARBOURSVILLE VINEYARDS PINOT GRIGIO 2008</p> <p>Sunday, July 25 BARBOURSVILLE VINEYARDS CABERNET FRANC RESERVE 2007</p> <p>Tuesday, July 27 BARBOURSVILLE VINEYARDS SANGIOVESE RESERVE 2007</p> <p>Friday, July 30 BARBOURSVILLE VINEYARDS CHARDONNAY RESERVE 2008</p>	<p>** Greek Pasta Salad - Prepare 1 lb farfalle (bow tie) pasta, drain and set aside. Roast 1 red bell pepper (remove skin and cut into strips); add 1 c cucumber (peeled and chopped), 1 Vidalia onion (chopped), 1 c fresh tomatoes (bite-size pieces), 1 can artichoke hearts (chopped), 1/2 c Kalamata olives (pitted); 1 T fresh Greek oregano, 1 t fresh rosemary, and 3 T flat leaf parsley (all minced). While pasta is still warm, toss in minced herbs and 2 T extra virgin olive oil; cool to room temperature and add remaining chopped ingredients. Toss with dressing: combine 3 T fresh lemon juice, 1/8 t salt, 1/8 t freshly ground pepper, and 5 T olive oil until all is coated, add a slab of feta cheese to each serving. Serve at room temperature on bed of field lettuce. Crusty Multi-Grain Bread • Vanilla Pudding with Fresh Berries (Soak Cannellini beans overnight.)</p>	<p>** Pan Seared Tuna with White Bean and Red Onion Salad - Prepare 1 lb dried cannellini beans by soaking overnight, rinsing and simmering until tender in water to cover. Rinse 4 c cooked beans in cool water and drain; toss with 1/2 c chopped, mixed fresh herbs such as tarragon, parsley and thyme; add 1 red onion (chopped and soaked in vinegar for 20 minutes); toss with 1/3 c extra virgin olive oil and 1/4 c red wine vinegar. Choose 4-6 ounce tuna filets; to sear, heat heavy skillet to high, place tuna in hot pan and quickly sear on each side to desired doneness—as little as 15 seconds on a side. Add beans to bed of leaf lettuce, top with thin slices of seared tuna. Crusty Bread and Sweet Butter Spumoni Ice Cream with Amaretto Topping</p>	<p>Italian Sausages on the Grill Pasta Salad - Prepare 8 oz bite-size pasta by package directions; drain and dump onto baking sheet to cool and partially dry. Prepare 1 lb major ingredients to add to pasta that complement other menu items: roasted red peppers, artichoke hearts, cherry tomatoes (halved), celery (sliced), marinated mushrooms, red onion (diced), pepperoncini, feta (crumbled), and 1/8 c each basil and broad leaf parsley (minced). Prepare ingredients in advance and toss together with pasta 1 hour before serving. Add dressing 15 minutes before serving. Dressing: 1/4 c white rice wine vinegar or lemon juice, 2 T Dijon mustard or mayonnaise, 1 large garlic clove (minced), sea salt and freshly ground black pepper, 3/4 c extra virgin olive oil. Melon Slices</p>
<p>Baked Ham@ and Homemade Rolls • Fried Chicken@ Potato Salad - Scrub 4 lbs new russet potatoes, cut into 8^{ths} lengthwise and again into quarters, crosswise. Cover with cold water; add 2 T kosher salt and 1 bunch thyme; gently simmer until tender; remove thyme sprigs; drain and cool. Toss with 1 bunch thinly sliced scallions or (new onions), 1 bunch watercress or arugula (chiffonade), 1 celery heart and 1 Vidalia onion (both chopped). Combine 1 T black pepper; 1 c Hellmann's mayonnaise; 1/4 c white wine vinegar; fold into potatoes and refrigerate several hours. Correct seasoning to your taste. Green Salad with Honey Mustard Vinaigrette@ • Deviled Eggs@ • Corn on the Cob • Blackberry Cobbler@ with Homemade Ice Cream@ • Watermelon, save rind for pickling. Carefully save and store leftovers for salads in the coming week.</p>	<p>Bean and Chicken Salad - Cut remaining fried chicken from the bone into bite-size pieces. Toss with 2 c cannellini beans, 1/2 c each celery and red onion (chopped). Dress with 1/3 c olive oil and 1/4 c white wine vinegar. Serve with frisée (washed and trimmed). Garnish with Parmesan curls. Toasted Garlic Rolls - Pull apart 4 homemade rolls. Combine 1 clove garlic (minced) with 4 T butter and microwave 1 minute. Dip rolls into butter and toast until points are golden brown. Blackberry Fool - Place 1 qt blackberries in large bowl; add 1/2 c sugar and 1/4 c blackberry wine; macerate at least 1 hour. Whip 2 c heavy cream with 1/2 c sugar and 1/2 c berry juice until soft peaks form. Spoon some berries into wine glasses and layer cream. Refrigerates well when components are stored separately.</p>	<p>Spinach Apple Salad - Tear 4 c spinach and 1 head Bibb lettuce into bite-size pieces. Toss with 1 Cortland and 1 Golden Delicious apples (thinly sliced). Add 1/2 lb smoked Gouda cheese (cubed) and 1/4 c candied walnuts. Combine 1/2 c plain yogurt, 1 T honey, 1/8 t each ground coriander, ginger, and turmeric. Toss with salad and serve immediately Sliced Ham Whole-Grain Bread</p>	<p>** Pasta with Broccoli, Smoked Gouda and Ham Prepare 1 lb small ziti to package directions; drain and cool. Steam 2 c fresh broccoli florets 2 minutes; shock in ice water and drain. Chop 1 c baked ham; shred 1/2 c smoked Gouda cheese, grate 1 large carrot, steam 1/2 c fresh green peas, add 1/2 c red onion (chopped), and 2 t mint (minced). Combine ingredients and mix well. Combine 1 1/2c Hellmann's mayonnaise with 2 t smoky paprika, 4 T each cream, maple syrup and cider vinegar. Pour dressing over salad; mix thoroughly and allow flavors to blend about 30 minutes. Serve on bed of Bibb lettuce. Blackberry Fool</p>	<p>Garden Salad with Homemade Mayonnaise Half fill a salad bowl with assorted fresh greens; add some minced herbs and fill the bowl with cucumber, yellow squash, carrots, bell pepper, sweet onions, broccoli florets (all chopped), blanched corn (cut from the cob) and blanched green beans or sugar snap peas. Homemade Mayonnaise: Combine 2 egg yolks with 1 whole egg, 1 t Dijon mustard, pinch of salt and freshly ground pepper to taste, 1/4 c lemon juice in processor fitted with steel blade. Process 1 minute and with motor running drizzle in 2 c vegetable oil. Correct seasoning and modify as desired. Put 2 c salad on each plate; serve mayo on the side. Rice Timbale@ • Crusty Bread • Peaches in Cream</p>	<p>** Grilled Salmon - Grill 4 salmon filets (6-8 ounces and 1" thick) Squash and Rice Medley Watermelon Salad - Combine 4 c cubed, seedless watermelon with 1/2 c pitted Kalamata olives, 1/2 sliced red onion. Vinaigrette: Combine 1/2 t each ground cardamom, ground cinnamon, cumin seed, fennel seed, with 1 t sugar, 2 T sherry vinegar, 1/4 c extra-virgin olive oil, sea salt and freshly ground pepper to taste. Pour vinaigrette over salad and marinate a few minutes, serve on arugula. Birthday Cake (for Lia's 12th birthday)</p>	<p>Farmers Market Soup - In a 4 qt pot, boil 2 lb tiny, new potatoes in salted water with 1 stem of thyme, until tender; drain and smash each potato slightly in bottom of pan. Add 2 T butter, 2 c milk, 1 c buttermilk and 2 c vegetable stock or water; set aside. Sauté 1 c green onions briefly in 1 T butter and add to potatoes. Sauté 1 c baby turnips until golden and beginning to soften; add to potatoes. Separately blanch 1/2 c each cauliflower and broccoli until just tender; set aside. Bring pot of potatoes to simmer and add 2 hands full of Swiss chard (chiffonade) to pot; simmer 5 minutes; add cauliflower and broccoli; correct seasoning and serve with sour cream and chives. Jalapeño Cornbread @ • Berry Cobbler@</p>
<p>Bake 3 Whole Chickens or purchase 3 Rotisserie Chickens Grilled Vegetable Salad - Toss 4 quartered fennel bulbs, 3 red peppers, 3 thickly sliced Vidalia onions, 1 eggplant, peeled and cut in chunks, 3 portabella mushrooms and 1 head garlic in extra virgin olive oil seasoned with fresh thyme, and ground coriander. Grill in grill basket until crisp-tender. Remove skin and seeds from pepper. Cut all vegetables into 2" pieces; sprinkle with kosher salt, pinch of red pepper flakes, 1/2 c fresh basil chiffonade, juice of 1/2 lemon and 1/4 c olive oil. (There will be extra for preparations during the week) Roasted New Potatoes and Corn on the Cob • Grilled Peaches and Ice Cream Use chicken bones and remaining meat to make chicken soup after Wednesday using turkey soup recipe at inthekitchenonline.com.</p>	<p>** Grilled Vegetables on Crostini with Goat Cheese - Cut 8 large ¾" slices from a loaf of French bread; rub with fresh garlic clove, brush with olive oil; sprinkle with freshly ground pepper; place on rack in 350° oven until slightly tan. Reheat 2 c chopped grilled vegetables (from 7/11) Top each piece of bread liberally with goat cheese; mounding roasted vegetables on top. Sliced Chicken Green Salad with Herb Vinaigrette Fresh Berries and Cream</p>	<p>Tarragon Chicken Salad - Bone breast and thighs from 1 chicken cooked on 7/11 and cut into bite-size pieces. Thinly slice 4 stalks celery and 1 small can water chestnuts (drained and rinsed); toss in 3 T sliced, toasted almonds and 1 c cooked rice. Combine 1 c mayonnaise, 1 T soy sauce, 1/2 t toasted sesame oil, dash of hot sauce, 2 T fresh tarragon, salt and pepper to taste. Mix sauce with chicken and refrigerate for an hour. Serve on bed of pea shoots or alfalfa sprouts. Cantaloupe</p>	<p>Barley Salad with Corn and Black Beans Sauté 2/3 c quick-cook barley with 3 minced garlic cloves in 1 T oil about 5 minutes. Add 1 1/2 c chicken broth, salt and pepper to taste; cook according to barley directions; set aside to cool. Add 16 ounce can black beans (rinsed and drained) 2 c cooked corn (11/7) cut from the cob, 1/4 c parsley (chopped), 1 onion (chopped) and 1 chile or bell pepper (chopped). Dress with 1/4 c olive oil, juice and zest of 1 lime, dash of chipotle hot sauce and salt to taste. Serve on bed of field lettuce. Sliced Chicken & Grilled Lamb Sausages</p>	<p>Moroccan Couscous Salad - Heat 1 T peanut oil, add 1/4 t each ground turmeric, cinnamon, ginger, cumin, and cayenne and 1 1/2 c couscous; cook, stirring 2 minutes until fragrant (be careful not to burn). Stir in 2 1/2 c basic vegetable stock (or water); reduce heat to low, cook until all liquid is absorbed; remove from heat; let stand 5 minutes. Transfer to large bowl and fluff with fork. Combine 3 T peanut oil, 3 T orange juice, 1 t brown sugar and salt to taste. To couscous, add 1 1/2 c cooked chick peas, 1 small red onion (finely chopped) 1/2 large red bell pepper (seeded and cut into ¼" pieces) 1/3 c dates (pitted and chopped) 1/4 c golden raisins; toss gently to combine. Serve on Bibb lettuce; garnish with 2 T minced fresh cilantro and 2 T chopped unsalted, dry toasted peanuts. Grilled Eggplant • Flat Bread • Grilled Nectarines</p>	<p>According to Seafood @ West Main, Crab Meat is at its best chilled and simply sauced. "Some customers buy a container and eat it in the Galleria for lunch—just plain." Here is a Spicy Crab Cocktail I like to serve. ** Spicy Crab Cocktail - Carefully pick through 1 lb lump crabmeat, removing any shell and cartilage. Combine 4 T peanut oil, 2 T red chili paste, juice of 1 lemon and 1/4 c fresh mint (chiffonade) with a pinch of sea salt. Divide crab among 4 martini glasses, dress with 1 1/2 T sauce; garnish with lemon zest streamers and mint leaf. Filets of Grass-Finished Beef • Stuffed Baked Potatoes with Crème Fresh and Chives • Green Salad with Fresh Basil Mayonnaise@ • Peach Cake and Vanilla Ice Cream</p>	<p>Farmers Market Soup - In a 4 qt pot, boil 2 lb tiny, new potatoes in salted water with 1 stem of thyme, until tender; drain and smash each potato slightly in bottom of pan. Add 2 T butter, 2 c milk, 1 c buttermilk and 2 c vegetable stock or water; set aside. Sauté 1 c green onions briefly in 1 T butter and add to potatoes. Sauté 1 c baby turnips until golden and beginning to soften; add to potatoes. Separately blanch 1/2 c each cauliflower and broccoli until just tender; set aside. Bring pot of potatoes to simmer and add 2 hands full of Swiss chard (chiffonade) to pot; simmer 5 minutes; add cauliflower and broccoli; correct seasoning and serve with sour cream and chives. Jalapeño Cornbread @ • Berry Cobbler@</p>
<p>** Phil Armstrong's Smoked Salmon with Lavender Honey Mustard Glaze - Heat 1 c local honey over low flame. Place 3 fresh lavender flowers (clipped from stem) in glass jar; pour honey in; seal and store at least a week. Warm 1/4 c Dijon mustard with 1/2 c lavender honey; rub 4 6-8 oz salmon filets with olive oil; brush with mustard mixture and refrigerate. Prepare smoker (apple wood preferred); bring salmon to room temperature. Smoke salmon at 225-250° until just cooked through, about 45 minutes. Transfer to platter, garnish with lavender flowers. Serve warm for dinner; cool and refrigerate remaining salmon for serving during the coming week. Fresh Dill and Green Garlic Potato Salad@ • Green Beans with Brown Almond Butter • Peach Pie@</p>	<p>Corn is plentiful now. Add it to your salads roasted, grilled or blanched. The tomato crop is just beginning & will be heavily featured now and through the end of August. Salmon and Corn Salad - Combine 2 c freshly blanched corn kernels with 1 green bell pepper cut into strips, 1 sliced fresh onion with green tops, 4 coarsely grated radishes, 1 diced cucumber, 1 peeled and diced red tomato. Dress with 1/4 c olive oil combined with 1 t sesame oil, 1 t chili sauce, 1 T soy sauce, 1 t sugar, 2 T sherry vinegar. Marinate corn mixture in 1/2 dressing. Divide onto 4 servings of mixed leaf lettuce chiffonade, garnish with radish sprouts and add a serving of cold salmon (7/18) to each plate. Crusty Bread and Unsalted Butter</p>	<p>** Grilled Lamb Chops Lentil Salad - Cook 2 c French lentils according to package directions; drain and cool. Add 1 c each celery and onion (small dice), 3 ears blanched corn (cut from cob), 1 large red pepper (roasted, peeled, seeded and chopped), 1/2 c red wine vinaigrette, sea salt and ground pepper to taste. French Baguettes and Butter</p>	<p>Chef's Salad - Tear three kinds of lettuce into bite-size pieces to equal 4 c (arugula, romaine & red leaf would be my choice). Divide lettuce among 4 chilled dinner plates. Divide the following among the 4 plates, arranged on the beds of lettuce: 4 hard-cooked eggs, peeled and cut into quarters; 4 oz Cheddar cheese cut into thin strips; 4 oz each, smoked turkey and baked ham (cut into slim pieces), 1/2 c black, pitted olives; 1 small jar marinated artichokes; 2 heirloom tomatoes cut into wedges; 1 bell pepper (seeded and cut into strips). Dress with your favorite dressing from simple vinaigrette to rich and creamy Gorgonzola. Crusty Whole-Grain Bread</p>	<p>Fresh Garden Salad Corn Cakes with Lentil Salad Sift together 1 c cornmeal, 1 c flour, 2 t baking powder, 1/2 t baking soda. Combine 2 eggs (beaten) and 1 to 1 1/4 c sour milk or buttermilk. Stir together wet and dry ingredients and add 1 c lentil salad or combination of cooked lentils, corn and onion (chopped). Cook on a griddle like pancakes. Serve with sour cream.</p>	<p>** Shrimp in the Rough - Prepare 8-12 shrimp per person. Prepare seasonings in advance; these shrimp must be cooked and seasoned quickly: 1 c Italian parsley, 4 minced garlic cloves, 2 T crushed red pepper, sea salt, juice and zest of one lemon (enough to cook 4 dozen shrimp). Heat a large, heavy frying pan; add 1/4 c peanut oil to almost smoking. Add enough shrimp to cover bottom of pan, don't overcrowd, give a quick stir; sprinkle with parsley, garlic, crushed pepper and salt; stir again—just when turning pink douse with lemon juice. Cook second batch the same way. Remove to warm plate; garnish with parsley and lemon slices. Rice Pilaf • Tomato Salad • Black Fruit Compote</p>	<p>Grilled Chicken Thighs@ Tomato and Mozzarella Salad Slice each of three heirloom varieties of tomatoes ¼" thick and arrange overlapping to cover a serving plate. Slice 8 ounces fresh mozzarella and tuck in randomly among tomato slices. Sprinkle with 1/2 t sea salt and 1/4 t freshly ground pepper. Tuck in 10 or so basil leaves and drizzle with your best extra virgin olive oil.</p>
<p>** Grilled Grass-Finished London Broil@ Oil Roasted Summer Vegetables - Wash and trim 4 each of baby eggplant, zucchini, yellow squash, carrots (all 3-4" long); scrub 8 new potatoes and 4 beets (2-3" in diameter). Toss with 1/3 c olive oil; arrange in a shallow pan (not touching, in a single layer); drizzle with remaining olive oil and sprinkle with 2 T kosher salt. Roast at 375°, removing vegetables as they are done. May be served hot or cold. Pile on a platter and garnish with garden tomatoes and scallions. Grilled Corn on the Cob Lemon Meringue Tarts @with Blackberry Coulis@</p>	<p>Mid-Summer Garden Salad with Beef - Peel and cut 12 wedges of yellow tomato; wash and trim 8 to 12 large leaves of lettuce; trim, halve and blanch 1 lb green beans; chop two very tender zucchini squash; remove kernels from two ears of blanched corn; dice 1 red bell pepper and 1 sweet onion. Toss together beans, squash, corn, pepper and onion with 1/4 c basil chiffonade and 1/2 c vinaigrette. Arrange vegetables on lettuce leaves and garnish with tomato wedges and nasturtium blossoms. Add a serving of thinly sliced London broil (7/25) to each plate. Hard Rolls and Sweet Butter</p>	<p>** Grilled Lamb Burgers@ on Onion Buns Potato and Apple Salad with Bacon - Boil 4 large potatoes while frying 8 slices apple-cured bacon. Prepare 1 medium onion (chopped), 1 garlic clove (minced); combine with 1/2 c extra virgin olive oil and 1/4 c cider vinegar. Combine vinaigrette with potatoes (peeled and diced while hot). Add 2 red apples (diced). Cut bacon into ½" pieces. Combine 1/2 c mayonnaise with 1 T brown sugar, 1 T soy sauce, 1 t hot mustard. Gently blend apples, bacon and mayo into potato and onion mixture. Serve at room temperature on leaf lettuce. Garnish with raisins and toasted nuts.</p>	<p>Beef and Barley Salad - Cook 1 c barley (also consider bulgur) according to package directions adding salt and zest of 1/2 orange; fluff with two forks and set aside to cool. Blanch green beans in boiling water for 3 minutes until crisp-tender. Shock in cold water and drain. Add 1 bunch green onions (sliced), 1 bell pepper (diced) 1/2 c slivered almonds (toasted). Combine 1/2 c olive oil with 1/4 c balsamic vinegar, 2 T orange juice, 1 T orange zest, 2 T lemon juice, 1 T brown sugar. Mix 1/4 c dressing with cooled barley and beans; add peppers and onions. Cut thin strips of cooked beef (London broil from 7/25). Mound barley salad on bed of lettuce, place beef strips on salad and garnish with yellow pear tomatoes. Crusty Bread and Sweet Butter</p>	<p>Lentils, Rice and Garden Vegetable Salad Two c of cooked lentils and 2 c of cooked brown rice make a great beginning for any meal. Add to that 1/2 c olive oil and 1/4 c rice wine vinegar and a handful of fresh herb chiffonade—stir to combine; microwave 2 garlic cloves in 3 T water for 1 minute; drain, smash and add to herb mixture. Now add your favorite veggies, fresh blanched corn, cut from the cob; diced tomatoes, onions, yellow squash, blanched green beans. Dress with more oil and vinegar and serve on bed of leaf lettuce. Serve pesto vinaigrette on the side.</p>	<p>** Basque Seafood Salad with Couscous Combine 1 t saffron, 2 T olive oil; add to 4 c prepared couscous; when cooled, add 1/4 c chopped cilantro and 1/2 minced red onion. Simmer 1/3 lb Spanish chorizo in water to cover for 10 minutes; remove casing and slice thinly. Bring 4 qt water to rolling boil with 1 t cayenne in large heavy pot; add 1 lb raw shrimp (peeled and deveined); immediately remove from heat and let stand for 2 minutes; drain and reserve. Spread couscous in a large shallow dish; tuck chorizo and shrimp into couscous along with 1/4 lb prosciutto slices. Garnish with cured Spanish olives, red and green bell pepper (julienne), cilantro (chiffonade), sea salt and freshly ground black pepper. Arugula with Dipping Oil • Crusty Bread with Sweet Butter</p>	<p>Tomato Aspic with Cold Sliced Chicken & Shrimp Rarely, if ever, have I offered a molded salad. I have however just developed a Tomato Aspic that I can't resist sharing with you. Soften 2 envelopes unflavored gelatin in 1/2 c cold water. Heat 1/2 c beef broth with 1/2 t celery seed, strain and stir into gelatin. Combine 2 c tomato juice with 2 T tomato paste, 2 T fresh lemon juice, 1 T Worcestershire sauce, 1/2 t Tabasco, 2 t salt, 1/2 t pepper. Finely mince the following: 1 T parsley, tarragon, 1/2 small Serrano chile, 1/4 c tomato (seeded and juiced), and 2 T onion. Adjust seasoning; refrigerate until almost firm; stir to evenly combine all ingredients; pour into 1 qt chilled mold; cover and refrigerate until firm. Present unmolded on platter surrounded with cold, poached chicken, marinated shrimp and sliced eggs or serve individually on lettuce, garnished with meats and homemade tarragon mayonnaise. Crusty Bread • Tripple Cream Cheese & Fresh Fruit</p>