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Jeff's Seafood Medley

Ingredients

Saffron Rice

- 2 Cups of water
- Pinch of saffron
- 1 Cup of rice
- 1 Bay leaf
- Sprig of Thyme

Beet Salad

- 1 red beet
- 1 golden beet
- Olive oil
- Salt
- Watercress
- Red onion

Poached Seafood

- 2 cups of water
- 2 cups of clam juice
- Pinch of Peppercorn
- Fresh black drum filets
- Salt and pepper
- Lemon slices
- Bay leaf
- Fresh parsley
- Sliced leeks
- Fresh shrimp
- Clams in the shell
- Swiss chard
- Garlic



Oven Country Fried Chicken

Ingredients

- 6ea-Organic free-range chicken parts, breast, drumsticks and thighs
- 3 heads-Organic Whole cauliflower
- 4ea-Yellow onions
- 12ea-Organic russet potatoes
- 3 bunches-Fresh thyme
- 2 bunches-Fresh Italian parsley
- 4lbs-Fresh market sweet green peas in the pod
- 4 bags-Un-salted Kettle potato chips
- 2 jars-Dijon mustard
- 2lbs-Organic un-salted butter
- 1qt-2% milk
- 2 1/2 lbs-Organic all purpose flour
- 6oz-Cayenne pepper powder
- 6oz-Garlic powder
- 6oz-Onion powder
- 16oz-Kosher salt



Jeff's Famous Crab Cakes

Ingredients

- 3lbs-Jumbo lump crab meat
- 1 doz-Cage free farm eggs
- 6oz-Mayonnaise
- 4oz-Sour cream
- 4oz-Dijon mustard
- 6oz-Smoked barbeque sauce
- 4ea-Red & green bell peppers
- 12ea-Jalapeno peppers
- 5ea-Red onions
- 3 bunches-Fresh cilantro
- 8ea-Mayer Lemons*for zest and juice
- 2-boxes-Ritz crackers
- Kosher salt*
- Fresh cracked black pepper*



Super Supper Turkey

Ingredients

- 2 small Turkey Breasts (about 1 lb. each)
- 2 T chopped fresh Thyme
- 1 1/2 T minced fresh Garlic
- 1 1/2 T chopped Parsley
- 1/3 cup Olive Oil
- 1 1/2 tsp Salt
- 3/4 t Black Pepper
- 1 cup Celery, diced
- 2 cups Onion, diced
- 1/2 cup Chicken Stock
- 1 cup Carrots
- 2 fresh Bay leaves
- 2 T Butter

Combine thyme, parsley, garlic, olive oil, salt and pepper in a bowl. Rub all over turkey breasts and under skin. Let marinate until ready to bake, up to 24 hours. Cook onions, celery, & carrots, in sauté pan with olive oil until golden brown. Add bay leaf and season with salt and pepper.



California Style Succotash

Ingredients

- 15 heads-Fresh organic yellow corn on the cob
- 5lbs-Fresh fava beans
- 8ea-Shallots
- Jalapeno peppers
- 12ea-Roma tomatoes
- Fresh thyme
- Fresh Italian parsley
- 8 blubs-Fresh garlic
- 2lbs-Thick apple wood bacon
- Un-salted butter
- Extra virgin olive oil



Super Supper Brussel Sprouts

Ingredients

- 4 cups Brussels Sprouts, blanched
- 1 1/2 cups Applewood Smoked Bacon, diced
- 1/2 cup Red Onion, diced
- 2 tsp Garlic
- Freshly Ground Black Pepper

In cast iron sauté pan, render bacon over medium low heat, for about 8 minutes, until almost crispy. Add diced Red Onion and cook until soft, about 3-5 minutes.

Add Brussels sprouts and cook until fork tender.

Add Garlic and cook about 3 minutes. Season with freshly ground Black Pepper.

- 2 mills-Fresh cracked black pepper



Super Supper Sweet Potatoes

Ingredients

- 4 cups Sweet Potatoes, roughly chopped to 1 inch pieces
- 1 tsp Salt
- 3 T Organic Brown Sugar
- 2 tsp Cinnamon, freshly grated
- 1 tsp Nutmeg, freshly grated
- 2 T Butter

Place potatoes in a pot with 4 quarts of water. Boil until fork tender, about 10-12 minutes. Strain off liquid, reserving a cup.

Mash potatoes in a bowl with brown sugar, cinnamon, nutmeg, and butter. Season to taste with salt and more grated cinnamon and nutmeg.



Breakfast Salad

Ingredients

- 2 cups Spinach leaves
- 1/2 Tomato, sliced
- 2 T Herb Vinaigrette
- 1/4 Red Onion, thinly sliced
- 1/2 Avocado, sliced
- 2T Elephant Garlic, minced

Toss all ingredients in a large bowl and enjoy.



Meatless Bolognese

Ingredients

PASTA:

- 1 lb whole-wheat penne
- 2T Olive Oil
- 1T salt

Bring 2 quarts of water to a boil. Add pasta and cook for 7-10 minutes. Strain and

Place a wire rack onto a baking sheet. Make pockets of aluminum foil for each turkey breast. In each foil pocket, place 1/2 of the cooked vegetables, 1 bay leaf and 1/4 cup chicken stock. Place one breast on veggies in each pocket and dot with 1 T butter. Bake at 375 F for 35-45 minutes.



Sweet Potato Hash

Ingredients

- 2T Canola Oil
- 1/4 cup Bacon, diced
- Add 1 pinch Parsley
- Add 1/4 cup Yellow Onion, diced
- Salt and black pepper
- 1 cup Sweet Potato, diced
- 1 cup Russet Potato, diced
- 2T Elephant Garlic, minced

Heat oil in a cast-iron skillet over medium high heat. Add bacon and render until most fat has cooked off. Add parsley and onion and cook until caramelized. Add potatoes, garlic, salt, and pepper. Saute until tender.

Top with one farm fresh egg, sunny side up, and freshly shaved pecorino cheese.



Meatloaf Sandwich

Ingredients

- 2 slices Meatloaf, seared on both sides
- Pesto
- 2 small Red Onions, julienned and caramelized
- 1 small bunch Chives, chopped
- 2 slices Cheddar Cheese
- 1/2 Tomato, sliced
- 4 slices crusty bread
- 2 Fried eggs

Assemble sandwich: Spread pesto on both sides of bread. Layer with desired amount of caramelized red onions, chives, cheddar cheese, tomato and meatloaf. Top with fried egg and close with a slice of bread.



- 1 gal Kale, washed and torn
- 1 cup Red Onion, julienned
- 1 T Garlic
- 1 tsp Salt
- 1/2 tsp ground Black Pepper
- 2 cups Vegetable Stock
- 2 T Olive Oil

Heat Olive Oil in large sauté pan, add Red Onion and cook until soft. Add Kale in batches with stock to soften. Continue to add Kale with stock as it wilts down, until all Kale is in the pan.

Season with salt and pepper. Continue cooking until tender, re-season if needed.



Breakfast Smoothie

Ingredients

- 1 cup Pineapple, diced
- 1 cup Granny Smith, diced
- 1/4 cup Carrot Juice
- 1/4 cup Almond milk
- 1/4 cup Spinach, packed
- 1/4 cup Kale, packed
- 1/4 cup Blueberries
- 1T Cinnamon
- 1/2 cup plain Greek yogurt
- 1/4 cup Raspberries.

Blend, enjoy!



Beef Tenderloin Sandwich

Ingredients

- 1/4 cup Dijon Mustard
- 1 T Lemon Thyme, chopped 1 T Rosemary, chopped
- 1 Baguette
- In a small bowl, combine mustard, lemon thyme, and rosemary.
- Watercress dressed in Olive Oil, Lemon Juice, Salt and Pepper
- Creole Tomatoes, sliced
- 1/2 Beef Tenderloin, sliced
- 1 Avocado, sliced

Slice baguette in half lengthwise. Spread both sides with mustard spread. Assemble sandwich with watercress,

run pasta under cold water to stop cooking process.

SAUCE:

- 2T Canola Oil
- 1/3 cup Celery, diced
- 1/3 cup Onions, diced
- 1/3 cup red, yellow, orange Bell Pepper, diced
- Salt and Pepper
- 1 1/2 T Garlic- Sauté 4 minutes.
- Add 1/3 cup mushrooms : Crimini, portabella, shitake, diced
- Add 3 cups Tomatoes diced - Sauté for 2 minutes
- 1 jar organic Tomato Sauce
- 2 T Italian parsley
- 2 T Basil, chiffonade
- 1/4 cup Vegetable stock

Heat oil in a medium sauce pot. Add celery, onions, and bell peppers and sauté until tender. Add garlic and season with salt and pepper.

Add mushrooms and tomatoes and sauté for 2 minutes.

Add tomato sauce, parsley, basil, and vegetable stock. Simmer for at least 10 minutes and up to 45 minutes to allow flavor to develop.



Turkey Meatloaf

Ingredients

- 3 Natural Ground Turkey
- 1 Cup of Onions, Diced
- 1/2 Cup of Celery
- 1/2 Cup Green Pepper, Diced
- 2T Minced Garlic
- 1 1/2 Tsp Dry Mustard
- 2T Dry Thyme
- 1T Chili Powder
- 1TSP Cayenne
- 3 Large Turkey Eggs
- 2 Cups Whole Wheat Bread Crumbs
- 3T BBQ Sauce and More to Layer
- 2T Ketchup
- 1/2T Worcestershire Sauce
- Salt
- Pepper, Fresh Ground
- 3T Kale Flakes
- (Optional) Chopped Fine Mushroom Duxelle for crust

Bake at 375 degrees fahrenheit

SAUCE:

- 2 Cups of Applewood Smoked Tomatoes
- 1 Tsp Garlic
- 1/2 Tsp Salt
- 1/4 Tsp Pepper
- 3 Basil Leaves
- 1/4 Cup of Chicken Stock
- 1/2 Cup BBQ Sauce

Blend until smooth. Re-season if needed.



SALAD:

- 1/4 cup Red Onions, thinly sliced
- 1qt Mixed Greens and Kale
- 2T Pomegranate seeds escaveled
- 1/2 cup Blueberries
- 1T Kale, minced
- 2T Pecans, chopped
- Leaves of Endive, julienned
- 1/2 Granny Smith Apple, thinly sliced

In a small bowl, whisk together balsamic vinegar, oil, mustard, garlic, salt and pepper.

Toss all ingredients together in big bowl with vinaigrette. Garnish with blueberries, pomegranate, and apple.



Chayil's Field Greens

Ingredients

- 1 1/2 gal. of Mixed Field Greens
- 2 Cups of Onions, Julienne
- 1T Garlic, Minced
- 2 Cups of Turnips, Diced
- 2 1/2 quart Chicken Broth
- 1/4 Cup of Apple Cider Vinegar
- 3T Prepared Mustard
- 4T Organic Sugar
- 1T Worcestershire Sauce

Bring chicken broth to boil and add chopped greens. Saute Turnips until tender; add onion and cook until tender - about 5 minutes.

Add garlic and cook another 3 minutes. Add to boiling greens. Reduce heat to simmer, add vinegar, mustard, sugar and worcestershire sauce. Cook until tender, then re-season with salt and pepper.



Asparagus

Ingredients

- 1 Bunch Asparagus, thoroughly rinsed

tomatoes, beef tenderloin, and avocado.



Almond Dream Milkshake

Ingredients

- 2 cups Almond Soy Milk
- 1 quart Almond Milk
- 2 cups Ice

Combine all ingredients and blend until smooth. Garnish with grated cinnamon, strawberries, mint leaves, blueberries, brown sugar, or a drizzle of maple syrup.



Oven Fried Chicken

Ingredients

- 1 Whole Organic Chicken - cut into 8 pieces
- 4oz Bag of Baked BBQ Potato Chips, crushed
- 4oz Bag of Baked Plain Potato Chips, crushed
- 4 Teaspoons of All Purpose Flour
- 2 Cups of 2% Milk
- 1 1/2 Tablespoons Onion Powder
- 1 1/2 Tablespoons Cayenne Powder
- Salt and Pepper to Taste

DIRECTIONS:

1. Preheat oven to 350 degress
2. Season chicken with salt and pepper
3. In a mixing bowl, mix milk, garlic powder, onion powder, and cayenne powder
4. In a different mixing bowl, add half baked BBQ chips, crushed and half baked plain chips, crushed and flour - whisk to incorporate
5. Take chicken, piece by piece, and dip into milk mixture. Shake off excess. Then dip chicken into chip mixture. Place on wire rack. Repeat this process until all chicken is coated in chip mixture
6. Take extra chip mixture and cover chicken pieces to give extra coating
7. Bake in 350-degree oven until the internal temperature reaches 165 degrees, about 25-30 minutes



Cauliflower Mashed Potatoes

- 5 Organic Yukon Gold Potatoes, peeled and diced
- 1 Head Organic Cauliflower, broken into florets
- 4 Tablespoons Organic Butter
- 1 Tablespoon parsley, chopped
- Salt and Pepper to Taste

DIRECTIONS:

1. In separate pots of salted boiling water, boil cauliflower and potatoes until fork tender.
2. Strain thoroughly.
3. In a large mixing bowl, mash potatoes and cauliflower with 3 tablespoons of organic butter, parsley, and salt and pepper.
4. Garnish with 1 tablespoon of butter and parsley sprig.

**Curry Chicken****Ingredients**

- 1 whole chicken, cut into 8 pieces
- 3 tablespoon canola oil
- 2 tablespoons chopped shallots
- 2 tablespoons salt
- 1 tablespoon pepper
- 1 tablespoon parsley
- 3 thyme sprigs
- 1 Elephant garlic head
- 1 teaspoon garlic, chopped
- 1 bay leaf
- 2 tablespoons parsley
- 2 tablespoons curry powder
- 1 teaspoon peppercorn
- 1 tablespoon butter
- 1/3 cup goat milk, coconut milk, chicken stock
- 1/2 diced green apple

DIRECTIONS:

Place 3 tablespoons of oil into a cast iron skillet under a high flame and add the chopped shallots. When the shallots are starting to turn color start searing your seasoned chicken pieces with salt, pepper and parsley. While chicken is searing, add elephant garlic, thyme, peppercorn, bay leaf and parsley. Should take about 10 minutes. Next, place skillet in the oven for 35-40 minutes. In a small pot, add chopped garlic, butter, 1 tablespoon of shallots, peppercorn, bay leaf, parsley, curry powder, diced apples, goat milk, coconut milk, and chicken stock. Bring mixture to a boil and then allow to simmer for 15 minutes. Season to taste with salt and pepper. Once sauce thickens strain and pour over roasted chicken.

- 1 1/2 Tablespoons Extra Virgin Olive Oil
- 2 Tablespoons Shallots, minced
- 1/2 Tablespoon Fresh Lemon Juice
- Salt and Pepper to Taste

DIRECTIONS:

1. With vegetable peeler, peel the rough end of the asparagus. Trim the very end, discard.
2. In boiling, salted water blanch the asparagus for about 1-2 minutes, depending on the thickness of the asparagus.
3. Remove from boiling water and put into bowl of ice water, to shock the asparagus and stop the cooking progress. This helps retain its beautiful green color.
4. Strain asparagus thoroughly.
5. In a sauté pan, heat extra virgin olive oil. Add shallot and sauté for 1-2 minutes.
6. Add asparagus and sauté for 1 minute.
7. Add salt and pepper to taste and a squeeze of the lemon.

**Short Ribs****Ingredients**

- 1/3 cup canola oil
- 3 pounds bone in beef short ribs
- 1 tablespoon salt 1 tablespoon pepper
- 3 tablespoons extra-virgin olive oil
- 1 yellow onion, peeled and chopped
- 1 large head garlic, peeled and chopped
- 3 small carrots, chopped
- 3 medium stalks celery, chopped
- 2 bunches thyme 1 bunch rosemary
- 2 tablespoons whole black peppercorns
- 3 cups chicken stock
- 2 cups fresh tomatoes, rough sliced
- 1/3 cup tomato paste 4 bay leaves
- 2 cup veal stock
- 2 cup chicken stock

DIRECTIONS:

Heat the canola oil in a large sauté pan over medium-high heat. Season the ribs with salt and pepper and sear on all sides. Heat the olive oil in a separate large sauté pan over medium-high heat. Add the onions, garlic, carrots, celery, bay leaves, rosemary, black peppercorns and cook for 10-12 minutes to caramelize vegetables. Place short ribs and vegetables in a large pot. Add the tomato paste, fresh sliced tomatoes and cover with veal and chicken stock and rosemary sprigs. Cover the pot and place in the oven at 375 degrees. Should take about 4 hours for the short ribs to get fork tender. Remove the short ribs from the liquid and strain the vegetables through a sieve. Put the jus back in the pot and set on stove to reduce. Add 3 tablespoon molasses and cook for about 15 minutes. Season with salt and pepper to taste. Then spoon over the short ribs when ready to serve.



Crawfish Gumbo

Ingredients

- 2 cups butter
- 2 cups of all-purpose flour
- 2 1/2 quarts of chicken stock
- 8oz gumbo file
- 1/4 cup of vegetable oil
- 2 cups fresh diced tomato (or canned)
- 1 small onion diced
- 2 stalks celery diced
- 1 bell pepper diced
- 1 tsb. Chopped garlic
- 1 lb. Andouille Sausage sliced
- 1 lb. shrimp
- 1 lb. crawfish tails
- 1lb. crabmeat
- 1 cup of fresh okra (or frozen)
- 3 tsb. Salt & pepper

DIRECTIONS:

1. In a large stock pot beginning making roux by heating 2 cups of butter for about 3 minutes and then add the 2 cups of flour. Whisking constantly until Caramel roux color is achieved.
2. Once roux is the correct color add chicken stock, file, bay leaf, okra and tomatoes and allow base to simmer.
3. In a cast iron skillet heat the oil and add onions, garlic, celery, bell peppers and sauté until veggies are translucent.
4. Add smoked sausage and sauté another 5 minutes. Add all ingredients from cast iron to stock pot and bring mixture to a boil for 5 min and season with half of the salt and pepper. Reduce heat and simmer for 45 minutes.
5. Add shrimp, crawfish, crabmeat to pot and let cook for another 10 minutes season with remaining salt & pepper.

**Skirt Steak****Ingredients**

- Skirt Steak Filets
- 2 tablespoons kale, chopped
- 3 tablespoons garlic, chopped
- 1 cup extra-virgin olive oil
- 2 tablespoons salt
- 2 tablespoons pepper
- 2 tablespoons shallots, diced
- 1 tablespoon worcestershire sauce
- 3 skirt steaks, cleaned and trimmed
- 2 tablespoons crumbled blue cheese

DIRECTIONS:

Place first six ingredients in a bowl and mix. Next, marinate steak in the mixture for 24 hours. Remove steak from marinate and cook on a hot grill for about 5 minutes on each

side. Let steak rest for 10 minutes, slice and serve with Portobello mushrooms, blue cheese crumbles and fresh thyme.

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