



LEMON BROWN BUTTER SEARED SCALLOPS

4 each U-10 sea scallops (U-10 = under 10 per pound), tough side mussel removed and patted dry

4 TBSP. unsalted butter

¼-tsp. salt

¼-tsp. cracked black pepper

Juice from fresh lemon

Option: wrap each scallop with a half-slice of prosciutto and secure with a tooth pick before searing.

Heat butter in a large non-stick skillet or cast-iron pan over medium heat. Allow the water from the butter to evaporate. Do not stir. The butter will become foamy as the milk fat rises to the top and the milk solids fall to the bottom. Swirl the pan to evenly distribute the water throughout the butter. This will help the water (moisture) evaporate faster. After all the water has evaporated from the butter, the milk solids will begin browning on the bottom of the pan. Carefully place the scallops in the pan, leaving a bit of space between each scallop so they are not touching each other. Tilt the pan slightly, being sure that it remains on the burner. Spoon brown butter over tops of each scallop repeatedly and cook the first side until they become golden brown, about 2 minutes. The tops of each scallop will begin to ‘split’. This is a good indicator that it is time to turn the scallops over. Turn scallops over and cook for another 1 minute only. Remove from heat and stir in fresh lemon juice and salt and pepper to taste. Swirl pan to incorporate lemon juice with brown butter (acid and fat). Taste and adjust seasoning if needed. You should taste a delicious balance of fat (nutty browned butter), acid (lemon juice), and salt. Serve scallops with the lemon brown butter over the top.

PAN-FREID EGGPLANT PARMESAN/SIMPLE MARINARA

1 eggplant, ½-¾-pound, washed, top and bottom trimmed off

½-cup flour

¼-tsp. salt

1/8-tsp ground black pepper

2 eggs, beaten

2 TBSP. water

1-cup breadcrumbs

1-cup vegetable oil

½-cup shredded mozzarella cheese

2 TBSP. chopped fresh Italian flatleaf parsley

In a shallow plate or baking dish, add flour, salt, and pepper; stir to combine. In another shallow plate or baking dish, add egg and water; stir to combine. In another shallow plate or baking dish, add breadcrumbs. Slice the eggplant, lengthwise, into ¼-inch slices. This is best done by cutting one slice of eggplant, then laying the eggplant down on the cut side to give you a flat surface, making it much safer to slice. Preheat vegetable oil to 350°F in a skillet or fry pan. Now that you have all the eggplant sliced, take one slice at a time, and dredge it into the flour. This process will be much cleaner if you use two forks or small tongs, instead of your hands. Evenly coat the slice of eggplant with flour, shaking off any excess flour. Then submerge the floured eggplant into the egg mixture. Turn eggplant over to evenly coat both sides. Lift the sliced eggplant out of the egg wash and allow it to drip off any excess egg wash. Then, place the sliced

eggplant into the breadcrumbs. You may want to gently press it down into the breadcrumbs to make sure they stick to the eggplant. Turn eggplant over to coat both sides with breadcrumbs. Lay the breaded eggplant flat onto a flat tray, without overlapping them. Once the oil is hot, carefully add 2-3 slices of the breaded eggplant into the hot oil. Fry the eggplant on each side about 2-3 minutes, or until evenly golden brown on both sides. Once browned, carefully remove the fried eggplant, and transfer them to a paper towel lined tray. If you have a lot of eggplant to fry, you may want to keep this pan in a warm oven, set to its lowest setting. Preheat oven broiler before you are ready to serve. To serve, remove paper towels from pan and lay breaded eggplant flat on tray, being careful not to overlap. Top with this simple marinara sauce (recipe below) and shredded mozzarella cheese. Place pan under broiler for 1-2 minutes, or until cheese is bubbly and slightly browned. Remove from oven and garnish with freshly chopped Italian parsley before serving.

MEATBALLS WITH A QUICK MARINARA SAUCE

1-pound ground beef (85/15 or 8/20 works best with its' fat content)

¼-cup breadcrumbs

¼-cup whole milk or heavy cream

¼-tsp. dry oregano

¼-tsp. dry basil leaves

¼-tsp. garlic powder

¼-tsp. granulated or dry onion

½-tsp. Worcestershire sauce

1/8-tsp. salt

1/8-tsp. ground black pepper

1-tsp. chopped parsley

Preheat oven to 350°F. Combine breadcrumbs and milk; stir and set aside for about 5 minutes to allow time for the breadcrumbs to absorb the milk. In a medium size mixing bowl, add ground beef and remaining ingredients. Stir to combine. Add breadcrumbs and milk mixture (also called 'panade'). Stir to evenly combine. Using a tablespoon, measure out meatballs to a uniform size, until all the ground beef mixture has been used. Try to create evenly sized meatballs to ensure they cook evenly. Place meatballs on a baking sheet tray or rimmed baking dish. Bake for about 20 minutes, then rotate the pan and continue baking another 20 minutes. Insert a stem thermometer into the center of the meatball that is in the center of the pan. (The meatballs in the center of the pan will cook slower than those around the outside of the pan). You're looking for an internal temperature of about 160°F. When meatballs reach an internal temperature of 160°F, remove from oven and allow to rest for about 10 minutes. The meatballs will continue to cook and will climb in temperature of about 165°F. (This is called "carry-over-cooking"). While meatballs are in the oven, make a quick marinara sauce (recipe below).

QUICK MARINARA SAUCE

1 can 15-ounce crushed tomatoes

1/8-tsp. sugar (to balance the acidity of the tomatoes)

¼-tsp. dry oregano

¼-tsp. dry basil leaves

¼-tsp. garlic powder

¼-tsp. granulated or dry onion

dash salt

¼-cup grated or shredded Parmesan cheese for garnish

TIRAMISU POT de CREME

2 lady fingers, cut in half

2 TBSP hot water

1-tsp. dark rum

½-tsp. instant coffee or espresso powder

½-tsp. cocoa

½-tsp. sugar

4 egg yolks

1 TBSP. the best pure vanilla extract

1-cup heavy whipping cream

2 TBSP. mascarpone or cream cheese (cream cheese works perfectly fine here)

2 TBSP. white sugar (divided)

2 6-ounce glass baking cups or ramekins

1 tsp. cocoa (garnish)

(Makes two desserts)

Preheat oven to 300°F. Combine hot water, rum, cocoa, coffee or espresso powder, and ½-tsp. sugar in a measuring glass; stir until cocoa and sugar have dissolved. Put two halves of each lady finger into the bottoms of both ramekins. Pour about 1 ½ TBSPS. of the cocoa, coffee, and rum mixture into each ramekin. Allow 5-10 minutes for the lady fingers to absorb the cocoa, coffee, and rum mixture.

In a small mixing bowl, combine egg yolks and 1 TBSP sugar. Bring cream and vanilla to a low simmer over medium heat. Very slowly, pour the hot cream into the egg yolk mixture (a little at a time), while stirring the eggs constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 6X9-inch loaf pan. Divide the custard mixture into the ramekins. The lady fingers may rise to the top. Pour water into the pan (around the outside of the ramekins) until it's about halfway up the side of the ramekins. Be careful not to pour water into the custard. Bake 40-45 minutes or until centers are just set. Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: using a powdered sugar shaker, shake cocoa over the tops before serving.