

Sides & Appetizers

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- Cranberry Relish

Italian Rice Balls

Source: Serious Eats

Makes ~14 Rice Balls

Ingredients

2 cups panko or other bread crumbs (finely ground in a food processor if coarse)

2 tablespoons extra-virgin olive oil

1 medium yellow onion, finely diced (about 1 cup)

3 cups chicken or no-chicken broth (~3 tsps better bullion paste)

2 cups short-grain Asian rice (such as sushi rice)

1 cup dry white wine

Kosher salt and freshly ground black pepper

2 tablespoons unsalted butter (half butter/oil?)

2 tablespoons all-purpose flour

1/4 cup milk

3/4 cup chicken or no-chicken broth (~1 tsps better bullion paste)

2 large eggs, beaten

1/4 cup flour

1/2 cup tap water

1 pound low-moisture mozzarella, diced

Vegetable, canola, or other neutral oil, for frying

Instructions

1. **If Making Rice in a Pressure Cooker:** Heat oil in Pressure cooker over medium-high heat until shimmering. Add onion and cook, stirring occasionally, until onion is softened and translucent, about 4 minutes. Add rice and cook, stirring, until rice is evenly coated in oil and toasted but not browned, 3-4 minutes (rice grains should start to look like tiny ice cubes: translucent around the edges and cloudy in the center). Add wine and cook, stirring, until raw alcohol smell has cooked off and wine is almost fully evaporated, about 2 minutes. Stir in 3 cups broth, scrape any grains of rice or pieces of onion from side of pressure cooker so that they are fully submerged; season with salt. Close pressure cooker and bring up to low pressure (10 psi on most units). Cook at low pressure for 6 minutes, then depressurize cooker either by running it under cold water if it is not electric, or using the steam-release valve if it is electric. Return to heat and stir rice until it forms the texture of a thick porridge. Season with salt and pepper.
2. **If Making Rice on Stovetop:** Heat oil in large saucier pan or Dutch oven over medium-high heat until shimmering. Add onion and cook, stirring occasionally, until onion is

softened and translucent, about 4 minutes. Add rice and cook, stirring, until rice is evenly coated in oil and toasted but not browned, 3-4 minutes (rice grains should start to look like tiny ice cubes: translucent around the edges and cloudy in the center). Add wine and cook, stirring, until raw alcohol smell has cooked off and wine is almost fully evaporated, about 2 minutes. Stir in 2 cups stock, scrape any grains of rice or pieces of onion from side of pressure cooker so that they are fully submerged; season with salt. When liquid has mostly evaporated, stir in 1 more cup stock and cook, stirring frequently, until liquid has mostly evaporated. Stir in water 1/4 cup at a time until rice is just tender and has formed the texture of a thick porridge. Season with salt and pepper.

3. Meanwhile, in a small saucier or saucepan, melt butter over medium-high heat until foaming. Stir in 2 tablespoons flour to form a paste, lower heat to medium, and cook, stirring constantly, until raw-flour smell is gone but flour has not browned, 2 to 3 minutes. Whisk in milk and remaining 3/4 cup stock until smooth. Bring to a simmer, and continue to cook, stirring, until bechamel sauce is thick enough to coat the back of a spoon, about 4 minutes. Season with salt and pepper. Let cool slightly, then whisk in eggs.
4. Scrape rice into large mixing bowl along with bechamel sauce and stir until thoroughly incorporated. Line 2 rimmed baking sheets with parchment and scrape rice filling onto each one, spreading it in a thin, even layer. Refrigerate rice filling until thoroughly chilled and thickened, at least 1 hour.
5. In a shallow bowl, whisk remaining 1/4 cup flour with 1/4 cup water to form a smooth paste, then whisk in an additional 1/4 cup water to form a slurry.
6. Transfer chilled rice filling to a large mixing bowl and re-line rimmed sheets with fresh parchment paper. Scoop a small handful (about 1/4 cup) of rice filling in one hand (avoid wetting hands with water even though filling is sticky) and form it into a flat disk. Place a few small pieces of mozzarella in center of disk and fold rice filled around it to form a sphere with the cheese in the center. It may be difficult to form a perfect sphere at this point, but that's okay.
7. Roll rice ball in flour slurry, then transfer to breadcrumbs and roll to coat. The rice ball may feel a little soft at this point, but you should be able to coat it in the crumbs and just manage to maintain a roughly spherical shape. Transfer to parchment and repeat with remaining rice filling, cheese, and coatings.
8. Fill a saucepan at least 4 inches deep with vegetable oil and heat to 375F. Pick up one breaded rice ball and re-form it into a sphere (it should now more easily take that shape). Gently set it on a slotted spoon and lower it into the oil. Repeat with remaining rice balls, working in batches and topping up oil as needed. Fry rice balls until golden brown, then, using a slotted spoon or spider, lift them one by one from the oil, allowing excess oil to drip off, then transfer to paper towel-lined baking sheets or plates. Let cool slightly, then serve. Rice balls can be allowed to cool, then stored in the refrigerator. Reheat in a 350°F oven.

Recipe Cost Information:

Ingredient	Unit Price	Adjusted Price
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2c Bread Crumbs		
2tbsp olive oil		
1 Yellow Onion		
4tsp no-chicken base		
2c sushi rice		
2tbsp unsalted butter		
1/4c milk		
2 eggs		
1/4c flour		
1lb fresh mozzarella		

Approximate Nutrition Information:

Serving Size: 1 Rice Ball Calories: 344 Total Fat: 17.8g Saturated Fat: 4.4g Cholesterol: 29mg Sodium: 355mg Total Carbohydrate: 35.5g Dietary Fiber: 1.3g Total Sugars: 1.9g Protein: 7.1g Vitamin D: 3mcg Calcium: 52mg Iron: 2mg Potassium: 158mg	Ingredients: 2 cups bread crumbs 2 tbsp olive oil 1 cup diced yellow onion 3.75 cups chicken broth 2 cups sushi rice 1 cup white wine 2 tbsp unsalted butter 0.22 cup all-purpose flour 0.25 cup milk 2 eggs 1 lb fresh mozzarella .75 cup vegetable oil
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Swedish Meatballs

Source: Serious Eats

Modified By: Michael D'Attilo

Yield: Makes 40 to 50 meatballs, serving 4 to 6 as a main course or 10 to 12 as an appetizer

Prep/Cook Time: 1 hour 30 minutes

Ingredients (Meatballs)

3 oz (80g) fresh white bread, crusts removed, bread cut into 1/2-inch pieces (about 1 3/4 unpacked cups)

1/2 cup (120ml) milk

2 tbsp (30g) unsalted butter,

1/2 medium onion, minced or grated, (for cooking)

1 lb + 4 oz (560g) ground beef chuck (about 20% fat)

12 oz (340g) ground pork (about 25% fat)

1/2 medium onion, minced or grated, (raw)

4 tsp (18g) kosher salt, plus more for seasoning

2 large eggs

1/4 tsp ground white pepper, plus more for seasoning

1/8 tsp ground allspice

Canola or vegetable oil, for frying

Ingredients (Sauce)

3 tbsp (45g) unsalted butter

3 tbsp (45g) flour

2 cups (480ml) low-sodium chicken broth (*Swanson tends to work well*)

1 tsp (5ml) soy sauce

1/2 tsp apple cider vinegar

Minced flat-leaf parsley, to garnish

Buttered boiled Yukon Gold potatoes and lingonberry jam, for serving (optional)

Instructions

In a medium bowl, combine bread with milk, tossing to coat. Let stand until bread is completely softened and most of the milk has been absorbed, about 10 minutes.

Meanwhile, in a small skillet, melt 2 tablespoons (30g) butter over medium-high heat. Add half of minced onion and cook, stirring, until onion is golden and tender, about 7 minutes.

In a stand mixer fitted with the paddle attachment, or in a food processor, combine ground beef, ground pork, soaked bread and any remaining milk, cooked onion, remaining raw onion, 4

teaspoons salt, eggs, white pepper, and allspice. Starting on low speed and increasing to medium-high, beat mixture until ingredients are thoroughly combined, about 30 seconds to 1 minute.

Line a baking sheet with parchment paper. Dipping your hands in water as needed to prevent meatball mixture from sticking, roll roughly tablespoon-sized portions of meatball mixture into balls slightly smaller than golf-ball size. Transfer to lined baking sheet.

Set a rack over a clean baking sheet and heat oven to 200°F (90°C). Heat about 1/2 inch oil in a wide skillet to 350°F (177°C). Working in batches, lower meatballs into oil and fry, turning until well browned all over, about 2 minutes. Transfer browned meatballs to rack and keep warm in the oven.

In a medium saucepan, melt remaining 3 tablespoons (45g) butter over medium-high heat until foamy. Whisk in flour and cook, whisking, until raw flour smell is gone, about 3 minutes. Whisk in chicken stock, bring to a boil, lower heat to a simmer, and cook until thickened, about 3 minutes. Whisk in soy sauce and cider vinegar. Season with salt and white pepper.

Add meatballs to gravy and stir to coat. Simmer until meatballs are heated through. Serve right away with buttered potatoes and lingonberry jam, or speared with toothpicks as an hors d'oeuvre.

To reheat: store meatballs and gravy separately. Heat gravy on stove top until warm; heat meatballs in a covered container at 350 degrees until warm, uncovering for past 2-3 minutes.

Cost Breakdown

Swedish Meatballs -- ~\$17.65 (2-3 full meals for 1 person; 10-12 appetizers)

~4 slices bread (16 slices for \$2.99) -- ~\$.75

1/2 cup milk (1/2 gallon for \$3.99) -- ~\$.25

5 tbsp unsalted butter (32 tbsp for \$4.79) -- ~\$.75

1 medium onion (1 for ~\$1.08) -- ~\$1.08

1.25 lb ground beef chuck (\$5.59/lb) -- ~\$7.00

.75 lb ground pork (\$3.99/lb) -- ~\$3.00

2 large eggs (1 dozen for \$4.39) -- ~\$.73

Canola oil (small bottle for \$2.59) -- \$2.59

2 cups low-sodium chicken broth (32oz for \$2.99) -- ~\$1.50

1 tsp (5ml) soy sauce -- negligible

1/2 tsp apple cider vinegar -- negligible

1/4 tsp ground white pepper -- negligible

1/8 tsp ground allspice -- negligible

3 tbsp (45g) flour -- negligible

4 tsp kosher salt -- negligible

Baked Potatoes

Source: Cook's Illustrated, January 2017

Ingredients

Potatoes

1/2 cup water

2 tbsp salt

4 (7- to 9-ounce) russet potatoes, unpeeled, each lightly pricked with fork in 6 places

1 tablespoon vegetable oil

Salt and Pepper to Taste

Potential Toppings

Sour Cream

Vegetarian Bacon (or Bacon)

Salted Butter

Scallions

Cheddar Cheese

Instructions

Open up the potatoes immediately after removal from the oven in step 3 so steam can escape. Top them as desired, or with one of our toppings.

1. Adjust oven rack to middle position and heat oven to 450 degrees. Dissolve 2 tablespoons salt in 1/2 cup water in large bowl. Place potatoes in bowl and toss so exteriors of potatoes are evenly moistened. Transfer potatoes to wire rack set in rimmed baking sheet and bake until center of largest potato registers 205 degrees, 45 minutes to 1 hour.

2. Remove potatoes from oven and brush tops and sides with oil. Return potatoes to oven and continue to bake for 10 minutes.

3. Remove potatoes from oven and, using paring knife, make 2 slits, forming X, in each potato. Using clean dish towel, hold ends and squeeze slightly to push flesh up and out. Season with salt and pepper to taste. Serve immediately.

Braised Asparagus

Source: SeriousEats.com

Modified By: Michael D'Attilio

Ingredients:

2 tablespoons vegetable oil

1 pound asparagus, trimmed* (and peeled, if desired)

Kosher salt and freshly ground black pepper

1 cup low-sodium chicken or vegetable stock

(For smaller pans, which cannot fit asparagus comfortably in a single layer, use 1/2 cup stock instead)

3 tablespoons unsalted butter

Instructions:

Heat oil in a 12-inch straight-sided sauté pan over high heat until lightly smoking. Add asparagus in as close to a single layer as possible, season with salt and pepper, and cook without moving until lightly browned, about 1 1/2 minutes. Shake pan and cook until browned again, 1 1/2 minutes longer. Add stock and butter to pan and immediately cover. Continue to cook until asparagus is completely tender and stock and butter have emulsified and reduced to a shiny glaze, 7 to 10 minutes. If stock completely evaporates and butter starts to burn before asparagus is cooked through, top up with a few tablespoons of water. Serve immediately.

Notes

*The easiest way to trim asparagus is by snapping it with your hands. Grip the middle of the asparagus stalk with one hand, and the very bottom with the other; bend it and allow it to snap at the point where the firm woody section meets the tender section of the spear.

Stuffed Mushrooms

Source: Michael D'Attilio

Ingredients

2 lbs Cremini (baby bella) mushrooms, divided

2 cups (6oz) mushroom stems (add heads if necessary)

1 cup (3.5oz) fine breadcrumbs

2 (~1.75oz) shallots, coarsely chopped

1/2 - 2/3 cup grated Parmesan cheese

1/2 tsp salt

1/8 tsp black pepper

3 tbsp olive oil

7 medium cloves garlic, roughly crushed (**Try 5**)

3 tbsp fresh parsley, minced

Instructions:

Preheat oven to 425 degrees F.

In a small skillet, roast garlic cloves in olive oil over medium-low heat until browned and fragrant, about 2 minutes. Add minced parsley and cook on low heat for an additional 30 seconds. Remove from heat and set aside until cooled completely.

While garlic mixture is cooling, remove the stems from the mushrooms and set caps aside. Using a kitchen scale, weigh the mushroom stems, removing stems or adding mushroom caps as necessary to reach a total of 6oz (about 2 cups).

Add garlic mixture, mushroom stems, breadcrumbs, shallots, cheese, salt, and pepper to the bowl of a food processor. Pulse food processor in one second intervals until stuffing is thoroughly pureed, about 20 pulses. Stuffing should be moist and mostly smooth.

Fill the mushroom caps with the stuffing, filling each cap minimally at first, and heaping extra stuffing as necessary. Place the mushrooms in a deep-sided roasting pan or baking dish. Fill the bottom of pan with ~3/4 cup hot water - just enough to cover the bottoms of the mushrooms

Bake mushrooms until they are crisp on top but tender and the juices are bubbling underneath, about 30 to 40 minutes. Serve hot.

Panzanella (Tomato-Crouton Salad)

Source: Serious Eats

Modified By: Michael D'Attilo

Ingredients

2 1/2 pounds mixed tomatoes, cut into bite-sized pieces

2 teaspoons kosher salt, plus more for seasoning

3/4 pound ciabatta or rustic sourdough bread, cut into 1 1/2-inch cubes (about 6 cups bread cubes)

2 tablespoons extra-virgin olive oil

(Salted tomato juice from colander)

1 small shallot, minced (about 2 tablespoons)

2 medium cloves garlic, minced (about 2 teaspoons)

1/2 teaspoon dijon mustard

2 tablespoons white wine vinegar or red wine vinegar

1/2 cup olive oil

Freshly ground black pepper

1/2 cup packed basil leaves, roughly chopped

Instructions

Place tomatoes in a colander set over a bowl and season with 2 teaspoons kosher salt. Toss to coat. Set aside at room temperature to drain, reserving liquid and tossing occasionally, while you toast the bread. Drain for a minimum of 15 minutes.

Meanwhile, preheat oven to 350°F and adjust rack to center position. In a large bowl, toss bread cubes with 2 tablespoons olive oil. Transfer to a rimmed baking sheet. Bake until crisp and firm but not browned, about 15 minutes. Remove from oven and let cool.

Remove colander with tomatoes from bowl with tomato juice. Place colander with tomatoes in the sink. Add shallot, garlic, mustard, and vinegar to the bowl with tomato juice. Whisking constantly, drizzle in the remaining 1/2 cup olive oil. Season dressing to taste with salt and pepper.

Combine toasted bread, tomatoes, and dressing in a large bowl. Add basil leaves. Toss

everything to coat and season with salt and pepper. Let rest for 30 minutes before serving, tossing occasionally until dressing is completely absorbed by bread.

Roasted Salami

Fettine di Salame al Parmigiano

Yield: ~10 servings.

Ingredients

1 lb Genoa salami

1 cup Parmesan cheese, freshly grated

Instructions

Have your grocer remove the skin from 1 pound of Genoa salami and slice it on the machine, as thin as possible.

Place the slices on a baking sheet, without overlapping. Sprinkle them with the parmesan, as evenly as possible. Place in the broiler for about 2 to 3 minutes. Watch them carefully because they burn easily. When they are crisp, remove the sheet from the broiler and slide the salami slices onto a paper towel to absorb excess fat. Place another baking sheet of slices in the broiler and move the broiled slices to a hot platter. Continue to broil until all slices are done. They should be crisp enough to be picked up with the fingers.

Scallion Pancakes

Source: Faith Durand (TheKitchn.com)

Ingredients

2 1/2 cups white flour
1 cup warm water
Canola or vegetable oil
Kosher salt
1 bunch scallions

Equipment

Spray oil or cooking spray
Rolling pin
Large metal baking sheet
One 10-inch heavy skillet or sauté pan
Thin spatula
Kitchen scissors

Instructions

1. Mix 2 1/2 cups flour with 1 cup water until it forms a smooth dough. Knead by doubling the dough over and pressing it down repeatedly, until the dough is even more smooth and very elastic. Coat this ball of dough lightly in oil and put it back in the bowl. Cover the bowl with a damp cloth and let the dough rest for about 30 minutes.
2. Cut the dough into 4 equal parts. Lightly oil the back of a large metal baking sheet. Roll out one part of the dough on the back of the baking sheet. Roll until it is a thin rectangle at least 12 x 9 inches.
3. Finely chop the bunch of scallions and have them ready, along with a small bowl of kosher salt.
4. Lightly brush the top of the dough with oil, then sprinkle it evenly with chopped scallions and kosher salt.
5. Starting from the long end, roll the dough up tightly, creating one long snake of rolled-up dough.
6. Cut the dough snake in two equal parts.
7. Take one of these halves and coil into a round dough bundle.
8. Roll out the coiled dough bundle again into a flat, smooth, round pancake.
9. Heat a 10-inch heavy skillet or sauté pan over medium-high heat, and oil it with a drizzle of canola or vegetable oil. When the oil shimmers, pick up the pancake dough and lay it gently in the pan. It should sizzle, but not burn. Cook for 2 minutes on one side.

10. Flip the pancake over with a spatula and cook for an additional 2 minutes on the other side, or until golden brown.

11. Cut the pancake into wedges with a pair of kitchen scissors, and serve immediately with soy sauce or another dipping sauce.

Additional Notes:

- If you would like to make a few pancakes but save the rest for later, you can save the dough in the fridge for up to 5 days. Just make sure the dough is oiled and well-covered. You can also roll out individual pancakes and stack them between well-oiled layers of wax paper.

Bruchetta (Family)

Bruchetta

Source: *Joseph D'Attilo*

Modified By: *Michael D'Attilo*

1 Chibatta (or Tuscan Sourdough)
16 oz fresh Mozzarella, sliced
6 Roma tomatoes, sliced thin lengthwise
6 sprigs fresh basil, chopped very fine
extra virgin olive oil

Slice bread into very thin (1-2 cm) slices, and arrange onto cookie sheet. Bake slices of bread at 375 for about 8-10 minutes, until they are very crunchy but not browned.

Place 1-2 pieces of Mozzarella onto each piece of bread, so that most of it is covered. Place 1-2 slices of tomato over the Mozzarella.

Sprinkle on a small amount of basil over each piece, and drizzle with olive oil.

Serve immediately, while the bread is still warm and the tomato/cheese is still cold. Salt and pepper can be added, depending on salt content of cheese and personal taste.

Mashed Sweet Potatoes

Ingredients

4 pounds moist sweet potatoes such as ruby or garnet yams (about 4 large potatoes, see note above)
8 sprigs thyme, divided
6 tablespoons butter
Kosher salt
1/4 cup maple syrup **(USE LESS THAN THIS)**

Instructions

Adjust oven rack to center position. Place two large sheets of heavy duty aluminum foil on a work surface. Working one sheet at a time, place half of potatoes in center along with 3 sprigs of thyme. Fold up foil and crimp edges to seal tightly. Repeat with other half of potatoes. Transfer pouches to a rimmed baking sheet and place in the oven. Set oven to 300°F. Roast until a thin skewer inserted into the potatoes shows no resistance, about 2 hours. Remove from oven and set aside until cool enough to handle.

Meanwhile, melt butter in a medium saucepan over medium-low heat, swirling gently until particles are pale golden brown and smell nutty. Immediately transfer to a large bowl or the work bowl of a stand mixer fitted with a whisk attachment. Add maple syrup. Pick leaves off of remaining 2 thyme sprigs, roughly chop, and add to bowl.

Peel sweet potatoes and discard skins. Add flesh to bowl with butter and syrup. Beat with the whisk attachment or a handheld mixer until smooth and fluffy, about 2 minutes. Season to taste with salt. Serve. See note above for make-ahead suggestions.

Cranberry Relish

Source: Joyce Thomas

Ingredients

- 1 lb of raw cranberries
- 2. 1 large naval orange chopped--washed and with skin
- 3. 1- 1 1/2 cups of sugar

Instructions

Blend all together in Food processor until smooth but still slightly chunky
Taste for sweetness and adjust accordingly.