



Bananas Foster

Serves 4 total prep time : 15 min

You'll need...

2 bananas, peeled
1 tbs. fresh lemon juice
2 tbs. unsalted butter
1/4 cup dark brown sugar
1/8 tsp ground cinnamon
1 oz. banana liqueur or banana extract
2 oz. white rum
1 pint (2 cups) of vanilla ice cream

To create...

- Slice the bananas in half lengthwise and brush with the lemon juice. Melt the butter with the sugar in a flat chafing dish or 10-inch skillet. Add the bananas and sauté until just tender. Sprinkle with the cinnamon.
- Remove from the heat and add liqueur and rum. Carefully ignite with a long match. Use a large long-handled spoon to baste the bananas with the warm liquid until the flame burns out.
- Divide the ice cream among four dishes. Top each one with a banana half and some of the sauce. Serve immediately.



Cucumber Feta Salad

Serves 2-3 people

You'll need...

1-2 English cucumbers, sliced
1/2 small red onion, thinly sliced
1/2 pint grape tomatoes
1 tbs. white vinegar
1/2 tsp sugar
1/4 tsp salt
1 tbs. chopped fresh dill
1/4 cup feta cheese

To create...

- In a small bowl, combine the cucumber slices, red onion slices, grape tomato slices, vinegar, sugar, and salt. Stir to combine.
- Add in chopped dill and feta cheese. Stir again.
- Serve salad chilled on a white rectangular plate for presentation.



Cottage Pie

Serves 8. Prep time 30 mins. Total time 1 hr 20 min

You'll Need:

About 25 small new potatoes (approx. 3 lbs)
sea salt and black pepper (to taste)
1 cup whole milk
4 tbs. unsalted butter
2 tbs. olive oil
1 lb pearl onions
1 ½ lbs lean ground beef
¼ cup (garlic) tomato paste
1 tbs. Worcestershire sauce
¼ cup all-purpose flour
2 cups low-sodium chicken broth
1 cup frozen peas
1 medium butternut squash (about 2 pounds), peeled and cut into 3/4-inch pieces

To create...

- Pre-heat oven to 350° F. Place the potatoes in a large pot, add enough cold water to cover by 1 inch, and bring to a boil. Add 1 teaspoon salt, reduce heat, and simmer until tender,

15 to 18 minutes. Drain and return the potatoes to the pot; add the milk, butter, ½ teaspoon salt, and ¼ teaspoon pepper and mash.

- Meanwhile, heat 1 tablespoon of the oil in a 5-6 quart Dutch oven over medium-high heat. Add the onions and cook, stirring often, until beginning to soften, 4-6 minutes; transfer to a medium bowl.
- Heat the remaining tablespoon of oil in the Dutch oven. Add the beef, ½ teaspoon salt, and ¼ teaspoon pepper and cook, breaking the beef up with a spoon, until no longer pink, 4-6 minutes; mix in the tomato paste and Worcestershire sauce. Sprinkle with the flour and cook, stirring, for 1 minute. Add the broth, squash, peas, and onions and bring to a simmer.
- Transfer the beef mixture to a 9x13 inch casserole dish or a 3-quart baking dish and top with the potatoes.
- Bake until the potatoes are lightly golden, the filling is bubbling, and the squash is tender, 40-45 minutes. Let cool for 5 minutes before serving.