

Culinary Lifestyle Tips for Summer Cooking – It's All In The Planning

Summertime meals may be on the lighter side but that doesn't mean to say we give up cooking all together in the summer. There are so many great ways to use your appliances for summer meals; a quick broil of meat, fish or poultry, a 30 minute-Convection meal, slow braised BBQ meats or a simple roast chicken, the key is knowing how to use the appliance features to your advantage. Once you learn how to plan your meals so that you can take advantage of the features of your appliances you will find the stress of day to day cooking is greatly reduced.

For example you know you can roast a chicken in the oven but if you understand how using Convection will enable you to also cook the side dishes in the oven, then the entire meal can be cooked with less effort than cooking part of the meal in the oven and the rest on the cooktop and clean-up will be much easier.

Roast or Rotisserie Chicken – rotisserie chicken is probably the single most popular take out food and with good reason. Not only is it delicious when fresh but also, any extra meat can be used for salads or sandwiches. It takes about an hour to roast a chicken and there are numerous flavor options to choose from.

Tip – season the chicken the night before so it's ready to start cooking as soon as the oven is hot. For rotisserie chicken tie the chicken with butchers string so that it is ready to quickly load onto the skewer for cooking.

Cook a Complete Meal in the Convection Mode – cooking an entire meal at one time is simple and yields a great meal as well as providing you with free time while its cooking. Many stores sell prepped vegetables and meats that are seasoned, it might be convenience food but at least it's fresh and natural food.

Tip - some wall ovens have a delay start feature that enables you to program the oven to turn on at a specific time, others have a Fast Preheat feature that will bring the oven to temperature in about 7 minutes. Remember to use these features so you can get the dinner cooking quickly.

Convection Broil – we use this mode frequently to make amazing salads with grilled meats, shellfish, fish and vegetables. The broiler provides direct heat to sear the food and the Convection fan circulates the heat helping retain moisture and reducing splattering.

Tip – check your oven Use & Care Manual for important information on Pre-Heat time, rack position and recommended temperatures. Always use an oven broil pan when broiling fatty meats so the dripping fat is shielded from the burner.

Summer Recipe Archive

The recipe archive features seasonal recipes for cooking complete meals that will feed 4 – 6 people, using Convection, Convection Broil and Slow Roasting, in addition new recipes are posted weekly on the Purcell Murray Blog. If you have questions about cooking in Convection or have a favorite Convection meal you would like to share please e-mail Larissa at ltaboryski@purcellmurray.com

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Menu 1

Perfect Convection Roast Chicken

Roast Yukon Gold Potatoes with Broccolini

Blackberry Peach Shortcake Cobbler

Meal Preparation Tips

Timing – Plan one hour to cook a 4-5lb chicken and 1 ¼ hours for a larger chicken also, be sure to allow at least ten minutes resting time before carving the chicken. The potatoes need 25 minutes to cook so, time the cooking time to coincide with the serving time. The cobbler needs about 40 minutes cooking time, ideally place it in the oven when you take the chicken out and by the time you finish dinner it will be ready.

Cooking Mode – Choose Convection Roast or Convection Bake

For best results when roasting a chicken in Convection, begin cooking at a high temperature of 400 degrees for 15 minutes then reduce the temperature to 350 degrees for the remainder of the cooking time. The circulating heat in a Convection oven penetrates food from the rim to the core so cooking at too high temperatures can result in overdone edges and underdone interior, also it's best to let the legs swing free so the heat can cook the chicken through between the leg and the breast.

Rack Position – When using Convection Roast or Convection Bake, begin cooking the chicken on rack position 1 where it will get extra heat from the concealed bake element. When you add the potatoes, move the chicken to rack position 5 and cook the potatoes on rack position 1 so they can benefit from the more intense heat. The cobbler can be cooked on rack position 3 or 1 but be sure to stage the racks before heating the oven because the shortcake topping does puff up a bit.

Cooks Tips - Cutting the backbone out of the chicken to butterfly it makes the chicken easier to carve and also takes up less space in the oven. Grapeseed oil is very heat tolerant and will not smoke during the high heat phase of the cooking.

Rosemary & Garlic Roast Chicken

1 – 4-5lb whole chicken, butterflied

(Cut down each side of the backbone and lay the chicken flat on the oven broil pan or on a rack in a shallow pan)

3 – springs fresh rosemary, leaves removed and finely chopped

2 – cloves garlic, finely chopped

1 – teaspoon grapeseed oil

Combine the chopped rosemary and garlic with some grapeseed oil and salt. Carefully separate the skin from the chicken and rub the herb mixture onto the breast meat. Wipe any excess onto the skin and season with salt and pepper.

Place the chicken on the baking pan Roast in the Convection or Convection Roast mode at 400 degrees for 15 minutes, and then reduce the temperature to 350 degrees for another 45 minutes. Allow the chicken to rest for 10 minutes before cutting into sections.

Roasted Yukon Gold Potatoes with Broccolini

1lb – Yukon gold potatoes, cut in half lengthwise

1 – bunch broccolini, trimmed,

Olive Oil, kosher salt & pepper

1/4 – teaspoon herbs de Provence

Wash and dry the potatoes and cut in half, toss with enough olive oil to lightly coat and stir in some kosher salt, add a few turns of cracked pepper and the herbs de Provence. Spread onto a rimmed baking sheet an back on rack position 1 Convection Roast or Convection Bake 350° for 12 minutes.

Toss the broccolini stems in a little more oil and after the potatoes have cooked for 12 minutes, turn them and add the broccolini to the same tray. Cook for another 10 minutes or until you see the edges of the broccolini begin to brown.

Blackberry Peach Shortcake Cobbler

6 – peaches cut into thick slices

2 – containers blackberries

¼ - cup sugar

Combine the fruit & sugar & spread in a 9x13 glass-baking dish

Topping

1 ½ - cups all purpose flour

- 4 – tablespoons sugar
- 1 ½ - teaspoons baking powder
- ½ - teaspoon salt
- 1 – cup chilled whipping cream
- 1 – large egg
- 1 – teaspoon vanilla extract

Sift flour, sugar, baking powder & salt together.

Whisk cream, egg & vanilla in a small bowl to blend, add to flour mixture to form soft dough. Drop in mounds over fruit. Bake in the Convection mode 350 degrees for 40 minutes.

Menu2

Oven Fried Chicken

Corn Pudding

Roasted Green Beans

Pavlova with Fresh Berries

Meal Preparation Tips

For tender, flavorful chicken, season it overnight or at least for several hours before baking. The chicken can be baked together with the corn pudding and the green beans however the Pavlova requires a lower temperature and a longer cooking time.

Oven Fried Chicken

- 4 – lbs chicken pieces
- 2 – tablespoons Old Bay Seasoning or Cholula Original Seasoning
(A blend of ground peppers, garlic, onion and spices)
- ¼ - cup grape-seed oil
- 2 – teaspoons kosher salt

Cut the breast portions of the chicken in half and pound the thick end of the breast with a mallet to a 1” thickness. In a large bowl combine the chicken pieces with the seasoning, oil and salt, wearing latex gloves makes this very easy. Cover and set aside for two hours or overnight.

Coating and Baking the Chicken

- ¾ - cup yellow cornmeal
- ¾ - cup all-purpose flour
- ½ - cup finely grated Parmesan cheese
- 2 – large eggs, lightly beaten with a little water

2 – tablespoons melted butter, slightly cooled

Preheat the oven to Convection 350 degrees.

Lightly oil 2 shallow rimmed baking sheets with a little grape seed oil.

Mix the eggs and butter together in a medium sized mixing bowl and combine the cornmeal flour and cheese on a rimmed baking sheet. Dredge the chicken pieces in the egg mixture then roll in the crumb mixture to coat evenly and place on the prepared baking sheets.

Bake the chicken for 30-35 minutes.

Corn Pudding

1 – cup cream

4 – large eggs

3 – cups fresh corn kernels, scraped from 4 ears of corn

1 – shallot finely minced

½ - cup parsley leaves, finely minced

2 – tablespoons sugar

1 – teaspoon salt

1 – teaspoon baking powder

2 – tablespoons all-purpose flour

1 – stick unsalted butter, melted

Preheat the oven to Convection 350 degrees.

Combine the cream and eggs in a large bowl and beat gently, stir in the corn, shallot and parsley. Combine the sugar, salt, baking powder and flour and slowly add to the corn mixture, gently mix until well combined. Pour in the butter and scrape the mixture into a 13x9x2 oven casserole. Bake for 40 minutes or until just set.

Pavlova with Fresh Berries

4 – large egg whites

2/3 – cup superfine sugar (the easiest sugar to incorporate into meringue)

1 – teaspoon white vinegar

1 – tablespoon hot water

Flat or shallow rimmed baking sheet lined with lightly oiled parchment paper.

Preheat the oven to Convection 275 degrees.

Combine the egg whites, sugar, vinegar and hot water in a large bowl and mix on high speed for 4-5 minutes until soft peaks form.

Scrape the meringue into the center of the prepared baking pan and with a palette knife spread into an 8-9" diameter circle. Since meringue cracks when cut you can also form the meringue into individual serving sizes.

Bake for 1 hour, then reduce the oven temperature to 200 degrees and cook for another 20 minutes until the meringues are crisp.

Serve with whipped cream and an assortment of fresh berries.

Menu 3

South of the Border Meatloaf

Roasted Red Potatoes with Broccoli

Peach Torte

Meal Preparation Tips

This easy delicious meal showcases some of summers fabulous fruits and vegetables and can be served hot or room temperature for a picnic or buffet. The bonus is of course having some great leftover meatloaf that can be thinly sliced and used for sandwiches or reheated for another meal. The entire meal will cook in about 40 minutes and if you are well organized can be assembled in approximately 40 minutes.

If serving this meal for dinner then the meatloaf should be started first and placed in the oven followed by the potatoes. Then slice the broccoli and prepare the corn and tomatoes and finally the dessert.

South of the Border Meatloaf

Lean and tender ground turkey cooks very quickly when formed into a "meat-loaf". In this preparation the meat is shaped and cooked on a rimmed baking tray lined with parchment paper making cleanup a snap. Be sure to let the loaf rest for 10-15 minutes before slicing.

2 – lbs ground turkey (dark meat only)

4 – fresh mild Italian sausages, casings removed

1 – 12oz jar of your favorite salsa

¼ - cup fine breadcrumbs

2 – large eggs, lightly beaten

Preheat the oven to Convection or Convection Roast 350 degrees

Line a ½ sheet pan or rimmed baking sheet with parchment paper.

Combine all the ingredients in a large bowl; wearing latex gloves makes this very easy. Scrape the mixture onto the prepared pan and form into a log.

Bake for 35-40 minutes and rest for 15 minutes before slicing.

Roasted Red Potatoes and Broccoli

6 – medium red potatoes, scrubbed and each cut into 6 wedges

1 – tablespoon olive oil

Kosher salt and freshly ground pepper

1 – large broccoli crown, florets and 1” of stem cut into 1” slices

1 – tablespoon olive oil

2 – cloves garlic finely chopped

Preheat the oven to Convection or Convection Roast 350 degrees.

Dry the washed potatoes, cut into wedges, coat liberally with the olive oil and season with the salt and pepper. Spread onto a large rimmed baking sheet that will also accommodate the broccoli and place in the oven for 20 minutes.

Toss the broccoli slices in the oil and garlic and set aside.

After twenty minutes loosen the potatoes wedges with a spatula and turn, then fold in the broccoli slices. Cook for another 15 minutes, until the potatoes are crisp and the broccoli is tender.

Peach Torte

1 – cup all-purpose flour

½ teaspoon salt

1 – teaspoon baking powder

1 – stick room temperature unsalted butter, cut into 8 sections

¾ - cup sugar

2 – large eggs

1 – teaspoon vanilla extract

2 – ripe peaches, pitted peeled and thinly sliced, tossed with a little sugar and ½ teaspoon of ground cinnamon

Preheat the oven to Convection 350 degrees.

Lightly butter an 8-inch cake pan, sprinkle with flour and tap out any excess.

Combine the flour, salt and baking powder in a small bowl and set aside.

Cream the butter and sugar until light and fluffy (this can be done by hand or with an electric mixer.) Add the eggs one at a time, mixing well after each addition.

Blend in the vanilla and the dry ingredients to form a smooth batter.

Spread into the prepared pan and arrange the fruit in a decorative pattern over the batter.

Bake for 30 – 35 minutes and cool for 15 minutes. Serve warm with whipped cream or ice cream.

Menu 4

Slow Roasted BBQ Pulled Turkey

Corn Bread

Meal Preparation Tips

Pulled turkey is one of the most popular dishes that we make here in the showroom, it is delicious year round but makes a specially wonderful summer meal served with corn bread and coleslaw. Allow approximately 2 hours for the turkey to simmer in the BBQ sauce and 30 minutes to cool before you “pull” it. Once cooked it will keep for several days.

BBQ Pulled Turkey

- 1 – ½ turkey breast & 2 leg thigh portions
- 2 – cups water
- ¼ - cup apple cider vinegar
- 3 – cups ketchup/or your preferred BBQ sauce
- 2 – tablespoons Worcestershire sauce
- 1 – medium onion finely chopped
- 1 – bay leaf

Preheat oven to 350 degrees Roast or Bake mode

Combine the liquid ingredients with the onion and bring to a simmer in a large ovenproof casserole. Place the turkey pieces in the pan and stir to coat. Cover the pan and place in the oven to cook for 2 –2.5 hours or until turkey is very tender. Remove the turkey from the pan and cool wearing latex gloves pull the turkey meat off the bones and shred into small pieces. Bring the cooking liquid to a gentle boil and simmer for 15 minutes to reduce, return the shredded turkey to the pan and serve.

Cornbread with Cheddar Cheese

- 1 ¼ cups – yellow cornmeal (do not use Stone-Ground cornmeal)
- ¾ - cup unbleached all purpose flour
- 1 – tablespoon sugar
- ¾ – teaspoon salt
- 2 – teaspoons baking powder
- ½- teaspoon baking soda
- 1 – cup shredded mild cheddar cheese
- 2/3 – cup whole milk
- 2/3 – cup well-shaken buttermilk
- 2 – large eggs

3 – tablespoons butter, melted

Pre-heat the oven to Convection 400 degrees and grease a 9” round cake pan.

Melt the butter and set aside to cool.

Combine, the cornmeal, flour, sugar, salt, baking powder, baking soda and cheese in a large mixing bowl.

Menu 5

Slow Roasted BBQ Baby Back Beef Ribs

Oven Baked Beans

Meal Preparation Tips

The easiest way to cook ribs is to braise them first in the oven then finish them on the grill for 15 minutes with a slathering of your favorite BBQ sauce. For additional tenderness and flavor give the ribs a dry rub and let them rest for a day prior to cooking. The ribs will take approximately 2 hours to braise.

BBQ Beef Ribs

2 - racks beef ribs (approx 16 ribs)

2 – tablespoons brown sugar

¼ - cup coarsely ground coffee beans (best done in a food processor)

1 – tablespoon onion powder

1 – teaspoon garlic powder

1 – teaspoon paprika or smoked sweet Spanish peppers

Dash of chili flakes

Kosher salt and freshly ground pepper

1 – cup of your favorite BBQ sauce

Place the ribs on a large rimmed baking sheet and sprinkle with the combined seasoning mixture. Cover and refrigerate overnight.

Pre-heat the oven to Convection Roast 300 degrees, then change the mode to Roast, the oven will heat faster using the Convection mode.

Place the ribs on a rack in a shallow roasting pan and pour 2-cups of water in the bottom. Cover the pan with a tight fitting lid or aluminum foil and bake for two hours.

Pre-heat the grill and cook the ribs for 6-8 minutes on each side with a generous slathering of BBQ sauce.

Menu 6

Mixed Seafood Kebabs

Orzo Pasta with Broiled Summer Vegetables, Basil and Feta Cheese

Meal Preparation Tips

Preparing skewers does take a little more time but they make a beautiful presentation for a dinner party and provide a great array of flavors. Orzo pasta is very quick to cook and combined with the flavorful summer vegetables and feta cheese makes a wonderful side dish.

Mixed Seafood Kebabs

¾ lb – salmon, thick center cut

¾ lb – halibut, thick center cut

8 – uncooked prawns, peeled and de-veined

1 – lemon cut into 4 wedges, each one cut in half

4 – long bamboo or metal skewers

Cube the salmon and halibut and thread the fish, prawns and lemon onto the skewers alternating the fish. Place on a shallow rimmed baking pan and drizzle with a little olive oil, salt and pepper and some Italian seasoning.

Pre heat the oven to Convection Broil 450 degrees.

Broil the skewers for 4-5 minutes, turn and broil for another 4 minutes or until the fish is firm to the touch.

Orzo Pasta with Broiled Summer Vegetables, Basil and Feta Cheese

½ - lb Orzo pasta, cooked as per package directions

6 – mini zucchini, halved

6 – mini yellow sunburst squash, halved

6 – mini patty-pan squash, halved

2 – shallots cut into thin slices

½ - cup pitted black olives, halved

½ - red pepper cut into thin strips

8 – leaves fresh basil, cut into thin strips

1 – cup crumbled feta cheese

Combine the vegetables on a rimmed baking sheet and toss with a little olive oil salt & pepper. Broil at 450 degrees Convection Broil for 6- 8 minutes.

Combine the broiled vegetables with the cooked pasta, stir in the basil and feta cheese, drizzle with a little extra-virgin olive oil and freshly ground pepper.

Menu 7

Halibut Roasted with Tomatoes and Olives

Roasted Green Beans with Shiitake Mushrooms and Sunburst Squash

Rustic Strawberry Mascarpone Tart

Meal Preparation Tips

Rustic Fruit Tarts are wonderful easy desserts to prepare and can be made year round with a variety of fruit, you can even make a savory version with roasted vegetables and herbed cheese for a delightful appetizer. The dessert will take the longest to cook, approximately 40 minutes, allow 20 minutes for the halibut and 15 minutes for the vegetables.

Roasted Halibut with Tomatoes and Olive

4 – halibut steaks or 1 filet

½ - cup pitted Kalamata olives, halved

4 – Roma tomatoes, sliced

2 – cloves garlic, diced

1 – shallot, diced

Fresh thyme

Extra Virgin Olive Oil

Place fish on a baking pan lined with parchment paper.

Fan the tomato slices out on top of the fish.

Combine the chopped olives, shallot, garlic and thyme with some olive oil, season with salt and pepper and spoon on top of the tomatoes.

Bake for 15-20 minutes in the Convection mode at 350 degrees until fish flakes easily with a fork.

Roasted Green Bean Medley

2 – cups thin green beans

1 – shallot cut into thin slices

6 – shiitake mushrooms cleaned and sliced

4 – yellow sunburst squash cut into thin slices

Extra virgin olive oil

1 – tablespoon fresh chopped tarragon

Combine all the vegetables in a bowl and toss with a little olive oil to coat, add the herbs and season with salt and pepper.

Place on a baking sheet and bake for 15 minutes in the Convection mode at 350 degrees.

Strawberry Mascarpone Galette

Crust

1 ¼ - cups all purpose unbleached flour

¾ – teaspoon kosher salt

1 ¼ sticks – chilled unsalted butter cut into small pieces

5 – tablespoons ice water

Blend the flour & salt with a fork in a large bowl, scatter the butter on top and cut into the flour with a pastry cutter until the flour is the size of small peas. Sprinkle on the water and toss with the fork.

Press the flour mixture together to form a dough and pat into a 6” disk. Wrap in plastic and refrigerate for at least 30 minutes.

Or roll out a 9” prepared piecrust.

Filling

1 – 8oz container mascarpone cheese

1 – 12oz container strawberries, stems removed, and halved

Roll the pastry out to a 12” round 1/8” thick and place on a baking sheet lined with parchment paper.

Gently spread a layer of mascarpone cheese in the center leaving a 2” border. Arrange the fruit over the mascarpone and fold in the edges of the pastry, sprinkle a little sugar over the fruit.

Lightly brush the dough with a little milk and bake in the Convection mode at 350 degrees for 40 minutes or until pastry is cooked through.

Cool before slicing.

Menu 8

Spice Rubbed Tri Tip Roast

Roasted Corn Salsa

Roasted Potato & Pepper Medley

Meal Preparation Tips

This meal combination will benefit from being cooked at a slightly higher temperature resulting in great caramelization for the meat, and vegetables.

Allow 35-40 minutes to cook the meat and potatoes and 12-15 minutes for the vegetables.

Spice Rubbed Tri Tip

1 – 2lb Tri Tip Roast

1 – tablespoon ground cumin

1 – teaspoon ground coriander

½ - teaspoon paprika

¼- teaspoon cayenne pepper

Kosher salt and freshly ground pepper

Combine the spices with salt and pepper to taste and rub into the Tri Tip.

Place the meat on a rack resting in a shallow pan or baking sheet and roast in the Convection mode at 375 degrees for 35 minutes. Rest for 10 minutes before cutting into thin slices.

If using the meat probe that comes with the oven, insert the needle into the center and program the temperature to 135 and 145 for medium.

Roasted Corn Salsa

4 – ears of corn, kernels removed

½ - red onion chopped in small dice

3 – cloves garlic coarsely chopped

1 – cup grape tomatoes, halved

1 – pasilla pepper, seeds removed and diced

1 – tablespoon grapeseed or vegetable oil

¼ - teaspoon kosher salt

1 – lime, juice only

2 – tablespoons chopped fresh cilantro

Combine all the ingredients except the limejuice and cilantro and spread out on a baking sheet. Cook in the Convection mode at 375 degrees for 12-15 minutes or until vegetables began to slightly char. Remove from oven and cool, stir in cilantro and limejuice.

Roasted Potato & Pepper Medley

6 – medium sized red potatoes, washed and cut into uniform chunks

½ - red pepper cut into 1” dice

½ green pepper cut into 1” dice

½ - medium white onion, cut into 1” dice

1 – tablespoon grapeseed or vegetable oil

Kosher salt and freshly ground pepper

Combine all the ingredients and spread out on a baking sheet. Cook in the Convection mode at 375 degrees for 15 minutes. Remove the oven and stir the potatoes and continue cooking for another 20 minutes until soft in the center and crisp on the outside.

Menu 9

Hawaiian Style BBQ Pork Ribs

Rice with Red Beans

Pineapple Upside-down Cake

Meal Preparation Tips

Since the oven will be on for a few hours to braise the ribs, it's just as easy to cook the rice and cake in there at the same time. Remember to "stage" the oven prior to heating so you have the racks in the right position to accommodate the pans.

Hawaiian Style BBQ Pork Ribs

- 4 – lbs boneless country-style pork ribs
- 1 – teaspoon kosher salt
- 1 ½ - cups orange juice
- ½ - cup tamari or soy sauce
- 2 – teaspoons sesame chili oil
- 2 “ – piece fresh ginger, peeled and finely chopped
- 4 – cloves garlic, minced

Preheat the oven in the Convection or Bake mode to 350 degrees.

Season the ribs with the salt and layer into an oven casserole that has a tight fitting lid. Combine the sauce ingredients and pour over the ribs. Simmer covered in the oven for 2 hours or until the meat is fork tender.

Pour cooking into a bowl and skim off the fat, return the liquid to the casserole and serve with the rice and beans.

Red Beans & Rice Salad

- 2 – cups long grain rice
- 4 – cups chicken stock, heated
- 4 – tablespoons unsalted butter
- ¼ - teaspoon salt
- ½ - teaspoon ground cumin
- 1 – bunch green onions, tops removed, thinly sliced
- ½ - bunch cilantro, leaves only minced
- 1 – 12oz can red beans

Pre-heat oven in the Convection mode to 350 degrees

Combine rice, stock, butter, salt & cumin in a large oven to table casserole dish & cover with foil. Place on the middle rack in the oven and cook for 30 minutes.

Remove foil carefully and fluff the rice with a fork and stir in the remaining ingredients.

Pineapple Upside Down Cake

Glaze

4 – tablespoons unsalted butter

¾ - cup brown sugar

Cake

6 – thin slices fresh pineapple

1 ½ - cups all purpose flour

2 – teaspoons baking powder

¼ - teaspoon salt

6 – tablespoons unsalted butter

1 – cup sugar

2 – large eggs

½ - teaspoon vanilla extract

½ - cup milk

Pre-heat oven to 350 degrees Convection or Convection Bake

Melt butter & brown sugar in a small heavy bottomed saucepan over low heat until thick & smooth. Pour into a 9” cake pan and arrange pineapple slices on top.

Mix flour, baking powder & salt in a medium bowl. Beat 6 tablespoons butter with an electric mixer until fluffy, add sugar and continue beating until creamy. Add eggs and continue beating until fluffy stir in vanilla extract, finally add the dry ingredients alternately with milk, mix gently till just blended. Spoon the batter into the pan and bake until golden and tester comes out clean about 50 minutes.

Menu 10

Blackened Pacific Red Snapper

Roast Vegetable Succotash

Oven Rice Pilaf

Meal Preparation Tips

The rice pilaf will take about 5 minutes to prepare and 25 minutes to cook, so get that started then prepare the vegetables and fish. The vegetables will take about 15 minutes to cook and the fish only about 10.

Roasted Pacific Red Snapper

1 ½ - lbs fresh Pacific red snapper fillets

1 – tablespoon vegetable oil

1 – tablespoon Blackened seasoning

Place the fish fillets on a rimmed baking sheet, brush with the oil and sprinkle the seasoning on both sides of the fish. Preheat the oven to Convection or Convection Roast 350 degrees and cook for 10 minutes.

Roast Vegetable Succotash

2 - cups corn kernels

3 - medium zucchini, cut into 1" dice

1 - small sweet onion, cut into large dice

1 - red pepper, seeds removed, cut into 1" dice

Olive Oil

½ - teaspoon Italian seasoning

Combine all the ingredients and toss with enough olive oil to lightly coat the vegetables. Spread onto a rimmed baking sheet and cook in Convection or Convection Roast 350 degrees for 12-15 minutes.

Oven Rice Pilaf

½ - sweet onion, finely chopped

2 - cloves garlic, finely chopped

2 - cups, long-grain rice

3 - cups chicken stock or water

2 - tablespoons butter

¼ - cup cilantro, finely chopped

Combine all the ingredients, with the exception of the parsley in a large ovenproof casserole dish. Cover tightly with foil or with a lid and place in the oven. Cook for 20 minutes in Convection 350 degrees, very carefully remove the cover or foil and stir the rice cook for another 5 minutes or until all the liquid has evaporated. Stir in the cilantro and season with salt and pepper.

Menu11

Spinach and Mushroom Quiche

Smoked Chicken Andouille Sausage

Peach Muffins

Menu Preparation Tips

A really good quiche is a work of art and requires some time and effort. You can certainly take a short cut by using a prepared crust but taking the time to make one from scratch makes all the difference. In this instance it would make sense to prepare and pre-bake the crust and also prep the filling a day before actually baking the quiche. Quiche is

delicious served with salad or soup and makes a great brunch dish served with a side of sausage and some freshly baked muffins.

Spinach and Mushroom Quiche

Crust

1 ½ - cups all purpose flour

1 ½ - sticks chilled un-salted butter, cut into small cubes

½ - teaspoon salt

8 – tablespoons ice cold water

Pulse the flour, butter and salt in a food processor until the mixture resembles coarse crumbs. With the motor running slowly add the water, until the mixture begins to come together in a large ball. Gather the dough into a ball and place on a sheet of plastic wrap the dough should be very soft. Gently flatten into a disc, cover with the plastic wrap and place in the refrigerator for 30 minutes.

When ready to use roll into a 14” diameter circle and place in a 10” metal cake pan with non-removable sides. Trim the excess overhang, crimp the edges and prick the bottom all over with a fork. Line with parchment and baking weights or dried beans. Preheat the oven to Convection Bake 375 and bake for 25-30 minutes. Cool slightly before adding the filling.

Filling

1 – tablespoon unsalted butter

1 – shallot, thinly sliced

1 – 5 oz bag baby spinach

2 – ounces fresh shiitake mushrooms

6 – large eggs

1 – cup whole milk or half and half

¾ - cup heavy cream

Pinch of nutmeg

4 – ounces grated Gruyere or Emmental Cheese

Melt the butter in a medium skillet and sauté the shallot, spinach and mushroom over medium heat until softened.

Whisk the eggs, cream and milk until blended, stir in the nutmeg a little salt and some white pepper.

Layer the vegetables and cheese into the pre-baked pie shell and cover with the egg mixture.

Bake for 30 minutes in the lower part of the oven, Convection Bake 375 degrees until the quiche is firm to the touch.

Smoked Chicken Andouille Sausages

6 – smoked chicken andouille sausages

Slice the sausages on the diagonal into 2” widths and spread on a rimmed baking sheet. Heat in the oven for 12-15 minutes until the edges begin to crisp. Convection or Convection Bake 375 degrees.

Peach Muffins

1 ½ - cups all purpose flour

½ - cup sugar

2 – teaspoons baking powder

1 – teaspoon ground cinnamon

¼ - teaspoon salt

1 – stick unsalted butter, melted

¼ - cup milk

1 – large egg

2 – medium peaches, diced about 1 cup

Line a 12-cup muffin tin with muffin liners and preheat oven to Convection 375 degrees.

Combine the flour, sugar, and baking powder, cinnamon and salt in a large bowl.

Whisk together butter, milk and egg in a separate bowl. Stir the wet ingredients into the dry and blend with a light hand until just moistened and stir in the peaches. Spoon the mixture into the muffin cups and bake for 20 – 25 minutes.