

Menu 1

Boneless Leg of Lamb

Bulgur Salad with Tomatoes Zucchini and Feta Cheese

Strawberry Almond Tart

Meal Preparation Tips

This meal plan will require at least an hour of prep time before you can begin cooking, however the prep can be done earlier in the day so it is a good menu to use for entertaining.

It only takes a few minutes to make the pastry for the tart and the fruit can be prepared while the pastry is chilling, then the tart has to be rolled out and assembled. For best results bake the tart separately using the Convection Bake mode so that the heat from the bottom will cook the pastry through.

The casserole goes together very quickly once all the vegetables have been prepped and it can be cooked together with the lamb in the Convection Roast mode.

Recipes serve 6-8 people.

Boneless Roast Leg of Lamb

- 1 – boneless leg of lamb roast, 3- 4lbs
- 4 – cloves garlic, minced
- 1 – tablespoon fresh rosemary leaves, minced
- 1 – tablespoon balsamic vinegar
- 1 – teaspoon olive oil

Remove the lamb from the netting, and place it on a rimmed baking sheet.

Combine the garlic, rosemary, balsamic vinegar and olive oil, spread the lamb out flat and rub the herb mixture into the meat. Season with salt and pepper, roll the lamb up and replace the netting and place the lamb on a rack in a shallow pan.

Pre-heat the oven to 400° Convection Roast.

Roast the lamb for 15 minutes at 400 degrees, reduce the temperature to 350° and continue roasting for another 35 – 45 minutes depending on the degree of doneness you prefer. Medium Rare – 125-130; Medium 130-135.

Bulgur Salad with Tomatoes, Zucchini & Feta Cheese

Bulgur wheat is a soft fluffy quick cooking grain that is used in Tabouli; it pairs beautifully with lamb in this Mediterranean inspired salad.

- 1 – medium yellow onion, finely chopped
- 2 – cloves garlic, finely chopped
- 4 – large zucchini, cut into large dice
- 1 – cup bulgur wheat (also sold as cracked wheat)
- 2 – cups water or chicken stock
- 2 – cups cherry tomatoes, halved
- 1 – tablespoon dried dill
- 1 – cup crumbled feta cheese

Sauté the onion for a few minutes in a little olive oil, add the garlic and cook for another minute. Stir in the zucchini and sauté over medium heat for 8 minutes. Add the bulgur to the pan and add the water or chicken stock. Bring to a boil and simmer for 5 minutes. Remove from the heat and set aside to rest for 10 minutes.

Fluff the bulgur mixture with a fork and stir in the cherry tomatoes, dill and crumbled feta cheese, serve warm or at room temperature.

Strawberry Almond Tart

Pastry

- 1 $\frac{1}{4}$ - cups all-purpose unbleached flour
- $\frac{3}{4}$ - teaspoon kosher salt
- 1 $\frac{1}{4}$ - sticks unsalted butter cut into small pieces
- 8 – tablespoons iced water

Blend the flour and salt with a fork in a large bowl, scatter the butter on top and cut it into the flour with a pastry cutter until the mixture is the size of small peas. Sprinkle the water over the mixture and toss with a fork. Press the flour mixture together to form a soft dough and pat into a 6" disk. Wrap in plastic and refrigerate for at least 30 minutes. When ready to use, roll the dough into a 12" circle and place on a flat cookie sheet lined with parchment paper. If you only have a rimmed sheet you can turn it over and use the flat side.

Filling

- 4 – ounces mascarpone cream cheese
- 2 – tablespoons almond paste
- 1 – pint fresh strawberries, hulled and sliced in half lengthwise
- $\frac{1}{4}$ - cup strawberry jam
- 2 – tablespoons Amaretto liqueur (optional)

Preheat the oven to Convection Bake 350°.

Blend the mascarpone and almond paste in a small bowl to soften. Using a palette knife or spatula, spread the mixture evenly over the pastry leaving a 2" border around the edge. Arrange the strawberries in a neat pattern over the mascarpone.

Place the jam in a small saucepan with the Amaretto and bring to a gentle simmer. Press the mixture through a fine strainer and brush the captured liquid over the strawberries. Fold the overlapping pastry border in over the strawberries. The tart can be baked immediately or chilled and baked later in the day. For Thermador & Bosch ovens use rack position 2 (counting from the bottom) for Gaggenau, Cornu Fe, La Cornue & Bertazzoni use rack position so the pastry will be properly cooked through.

Menu 2

Glazed Baked Ham

Roasted Beets w/ Snap Peas and Mint

Roasted Potato Salad

Meal Preparation Tips

Cooking ham in Convection is extremely simple and much faster than in a traditional oven, a 6 – 8lb ham will heat through in just under an hour however it is best to rest it for at least 10 minutes prior to slicing.

Because there is so much moisture retention when cooking in Convection it is not necessary to cover the ham. The vegetables will only take 35 minutes to cook, so time them to come out of the oven when the ham is ready to serve.

Recipe quantities serve 6-8 people.

Glazed Baked Ham

1 – 5-6lb, bone in ham

1 – cup peach preserves

½ - cup bourbon

2 – tablespoons hot sweet mustard

Pre-heat the oven to Convection 350°.

Place the ham on a rack in a shallow pan and place in the oven. Set the timer for 45 minutes. Combine the ingredients for the glaze in a small saucepan and warm over low heat. Brush the glaze over the ham and continue cooking for another 15-20 minutes.

Roasted Beets w/ Snap Peas and Mint

3 – large beets, peeled, tops and stem removed

2 – leeks, white part only, sliced

2 – cups snap peas, strings removed

½ - cup fresh mint leaves finely sliced

To avoid too much “bleeding” when working with beets, disposable gloves and cut the beets on a washable cutting board.

Peel the beets, cut them in half lengthwise and cut each half into ¼” thick wedges. Place the beets in a stainless prep bowl and toss with enough olive oil to coat and season with kosher salt and gently fold in the leeks. Spread the mixture onto a large rimmed baking sheet. Roast for 25 minutes, Convection 350°, then add the prepared snap peas and roast for another 10 minutes.

Toss with the chopped mint before serving.

Roasted Potato Salad

2 – lbs small red potatoes, scrubbed and cut into wedges

1 – tablespoon olive oil

Salt

½ - teaspoon dried thyme

1 – butter lettuce, torn into pieces

Dressing

1 – tablespoon olive oil

1 – tablespoon mayonnaise

1 – tablespoon fresh lemon juice

4 – green onions, thinly sliced

Toss the potatoes with the olive oil, salt and thyme, spread onto a rimmed baking sheet and roast for 15 minutes, Convection or Convection Roast 350°. After 15 minutes stir the potatoes so they don't overcook on one side and cook for another 15-20 minutes until fork tender. Cool for a few minutes before adding to the salad.

Place the butter lettuce in a large bowl and drizzle with a little dressing, gently stir in the potatoes and toss with the remaining dressing. Serve warm.

Menu 3

Asparagus & Smoked Salmon Frittata

Raspberry Muffins

Meal Preparation Tips

This brunch is easy to assemble if you can do some advance prep. Sauté the asparagus and shallots in advance for the frittata and by the time the oven is pre-heated you will have it assembled and ready to bake. If you measure out all the ingredients for the muffins then mixing the batter will only take minutes and in 30 minutes and brunch will be ready to serve.

Recipe quantities serve 6.

Asparagus & Smoked Salmon Frittata

1 – shallot, sliced

1 – bunch, asparagus, trimmed and cut into ½ “ lengths

- 4 – ounces smoked salmon, cut into small pieces
- 8 – large eggs
- 1 – cup $\frac{1}{2}$ & $\frac{1}{2}$ or cream

Preheat the oven to Convection 350° and butter a 9” round glass or ceramic pie dish.

Heat a small skillet over moderate heat, add a little butter and oil and saute the shallot for a minute or two then stir in the chopped asparagus. Cook for 7-8 minutes until the asparagus has softened then scrape into the baking dish and combine with the smoked salmon.

Beat the eggs in a large bowl with the $\frac{1}{2}$ & $\frac{1}{2}$ or cream and season with some kosher salt & freshly ground pepper, pour over the asparagus, salmon mixture and carefully slide into the oven. Bake for 30-35 minutes until lightly browned and set in the center. Rest for 10 minutes before serving.

Raspberry Muffins

- 2 – cups all purpose flour
- $\frac{3}{4}$ - cup sugar
- 2 – teaspoons baking powder
- $\frac{1}{4}$ - teaspoon salt
- 1 – stick, unsalted butter, melted
- $\frac{3}{4}$ - cup milk
- 1 – large egg
- $\frac{1}{4}$ - teaspoons vanilla extract
- 1 $\frac{1}{2}$ - cups fresh raspberries

Preheat the oven to Convection 350°

Line or spray with vegetable oil, a 12-count standard muffin tin or 24-count mini muffin tin.

Combine 1- $\frac{3}{4}$ cups of the flour together with $\frac{1}{2}$ cup of the sugar the baking powder and salt. Add the melted butter and stir until just combined and still lumpy. Toss the berries with the remaining flour in another bowl then gently fold into the batter. Fill each muffin cup $\frac{3}{4}$ full and sprinkle the remaining sugar over the top.

Bake for 15-17 minutes until the tester comes out clean.

Menu 4

Lemon Rosemary Roast Chicken
Roasted Broccoli and Cauliflower Medley

Blackberry Peach Shortcake Cobbler

Meal Preparation Tips

In this menu it is best to begin by roasting the chicken at a higher temperature of 400° for 15 minutes then reduce the temperature to 350° for the remainder of the cooking time. Allow an hour to cook a 4-5lb chicken and 1 ¼ for a larger chicken. The vegetable medley will take approximately 15-20 minutes and the Shortcake Cobbler 45 minutes.

Lemon Rosemary Roast Chicken

1 – 4-5lb whole chicken, butterflied

(Cut down the side of the backbone and laid flat)

3 – sprigs fresh rosemary, leaves removed and finely chopped

2 – cloves garlic, finely chopped

1 – teaspoon olive oil

2 – lemons, cut into quarters then halves

2 – shallots cut in half

Combine the chopped rosemary and garlic with some olive 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.

Toss the lemons and shallots in a little oil.

Place the chicken on a flat baking sheet and arrange the lemons and shallots around the chicken. Place a few rosemary sprigs under the chicken.

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

Roasted Broccoli and Cauliflower Florets with Parmesan Crust

1 – bunch broccoli, coarse stem removed, cut into ¼” slices

1 – head cauliflower, florets removed, cut into ¼” slices

4 – cloves garlic, finely minced

¼ - cup olive oil

¼ - cup grated Parmesan cheese mixed with some fresh breadcrumbs

Combine the broccoli and cauliflower with the garlic and oil and season with salt and pepper. Place on a flat baking sheet and roast in the Convection mode at 350° for 20 minutes. Remove from the oven and sprinkle the Parmesan breadcrumb mixture over the vegetables. Return to the oven and cook till the topping is crispy.

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 and bake in the Convection mode 350° for 40 minutes.

Menu 5

Roasted Salmon

Roasted Asparagus, Mushrooms and Yellow Peppers

Roasted Fingerling Potatoes

Meal Preparation Tips

This is such a delicious and easy meal to prepare and it cooks in under 30 minutes. I cut fingerling potatoes in half lengthwise and they get a wonderful golden crunch on the cut side, a little crumble of goat cheese and a sprinkle of sea salt and you could just live on these potatoes alone. Start by cooking the potatoes for 12 minutes, turn the potatoes and add the salmon and vegetables to the oven and cook for another 12 – 15 minutes. If you are cooking a small quantity you could even cook the salmon and vegetables on the same tray.

Convection Roasted Salmon

1 – salmon filet (allow 1/3lb per person)

1 – teaspoon olive oil

½ - teaspoon herbs de Provence

½ - teaspoon kosher salt

Freshly ground pepper

Pre-heat the oven to 350° Convection or Convection Roast. Line a flat baking sheet with parchment paper and lay the salmon on top of the paper.

Drizzle a little olive oil over the salmon and sprinkle on the herbs, salt & pepper.

Bake for 12-15 minutes, depending on weight the fish should flake easily with a fork. It can be slightly under cooked, as it will continue cooking once it is out of the oven. Set aside to cool.

Roasted Asparagus with Mushrooms and Yellow Peppers

1 – bunch asparagus, trimmed & cut on the diagonal into 2” pieces

1 – cup mushrooms, cleaned & cut into ½ “ slices

½ - medium red onion sliced

1 – yellow pepper, seeded and sliced into 2” pieces

Extra virgin olive oil

¼ - teaspoon mixed Italian seasoning

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 cook for 15 minutes in the Convection mode at 350°

Roasted Fingerling Potatoes

1lb – fingerling potatoes, washed, dried & cut in half lengthwise

Olive oil and kosher salt

Pre-heat the oven to Convection Roast 350°

Wash the potatoes and dry thoroughly then toss in enough olive oil to coat spread onto a rimmed baking sheet and season with kosher salt.

Cook the potatoes on rack position 2 close to the heat from the bottom so they get nice and crisp.

Menu 6

Meatloaf with Sausage & Mozzarella

Roasted Red Potatoes & Green Beans

Meal Preparation Tips

It only takes a few minutes to assemble a meatloaf and it not only makes a delicious dinner the “extras” make fantastic sandwiches. Mac N Cheese is a great side dish to serve with meatloaf but if you don’t have time to make that just roast some red potatoes and green beans for a quick and delicious side dish.

Meatloaf with Sausage & Mozzarella

1 – lb lean ground beef

½ - Italian sausage, mild or spicy

1 – cup grated mozzarella cheese

½ – cup Panko breadcrumbs
2 – large eggs, lightly beaten
½ - cup tomato sauce or ketchup
1 – small onion, finely chopped
1 – teaspoon mixed Italian seasoning
½ - teaspoon chipotle powder
2 – teaspoons kosher salt
Freshly ground pepper

Combine all the ingredients and mix lightly. Mound onto a rimmed baking sheet lined with parchment paper and shape into two 2”x12” logs or one large log.

Cook for 40 minutes, Convection Roast 350°

Roasted Red Potatoes & Green Beans

1 – lb small red potatoes, scrubbed clean, dried & cut in 4 wedges each
½ - lb green beans, trimmed and cut in half on the diagonal
¼ - small onion, peeled and sliced

Preheat the oven to Convection Roast 350°

Toss the potatoes with enough olive oil to coat and season with some kosher salt, pepper and a few dried chili flakes. Spread onto a rimmed baking sheet and cook for 18 minutes. Toss the green beans and onions with a light drizzle of oil and set aside. After 18 minutes turn the potatoes and stir in the green bean mixture, return to the oven and cook for another 12 minutes.