

10-DAY FAT FLUSH

30 Fat-Flushing Lunch
Recipes



SPINACH QUICHE



Ingredients

- 1 tablespoon coconut oil
- 1 onion, chopped
- 1 package frozen chopped spinach, thawed and drained
- 8 eggs, beaten
- 3 cups shredded cheddar cheese
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

Instructions

- 1 Preheat oven to 350 degrees F and grease a 9 inch pie pan with coconut oil.
- 2 Heat coconut oil, and onions over medium heat in sauce pan until onions are soft. Stir in spinach and cook until excess moisture has evaporated.
- 3 In a bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and blend.
- 4 Scoop into pan and bake for 30 minutes.

CAULIFLOWER MAC & CHEESE



Ingredients

- 1 large cauliflower head, cut into small florets
- 1/3 cup heavy whipping cream
- ½ cup full-fat cottage cheese, pureed
- 1½ tsp Dijon mustard
- 1½ cups grated cheddar cheese, plus additional for topping
- ½ teaspoon black pepper
- 1 teaspoon sea salt
- ⅛ teaspoon garlic powder
- Ghee

Instructions

- 1 Preheat oven to 375 degrees Fahrenheit. Grease 8" x 8" pan with ghee.
- 2 Bring a pot of salted water to a boil. Add cauliflower and cook until slightly tender, about 5 minutes. Drain and pat dry with paper towels. Spread in prepared pan.
- 3 In a saucepan over medium-high heat, mix together the heavy whipping cream, cottage cheese, and mustard until smooth.
- 4 Stir in cheese, sea salt, black pepper, and garlic powder until cheese just starts to melt. Pour over cauliflower and stir. Top with additional cheese if desired and bake for 10–15 minutes.

Macaroni and cheese is a comfort food favorite for good reason. It's hot, it's cheesy and it's delicious. But if you've ever looked at the ingredients on that famous blue box, you'll know it's full of a lot more than pasta and cheese.

ONION SOUP



Ingredients

- 4 large onions, peeled and thinly sliced
- 2 cups chicken bone broth
- 2 cups beef bone broth
- 4 tablespoons ghee
- 5 garlic cloves, chopped
- Shredded cheese, for topping (optional)
- Sea salt and black pepper to taste

Instructions

- 1 In a stock pot over medium heat, melt ghee and thinly sliced onions.
- 2 Cook onions until lightly caramelized.
- 3 Add bone broth and garlic.
- 4 Season with salt and pepper to taste.
- 5 Bring mixture to a boil and then reduce the heat and allow to simmer for 30–50 minutes (the longer, the more flavor).

ARTICHOKE W/ CHICKEN & SPINACH



Ingredients

- 10 oz artichoke hearts frozen or canned - chopped
- 10 oz frozen chopped spinach drained and squeezed of liquid
- 4 oz cream cheese (full fat)
- 4 oz mayonaisse (full fat)
- 1 cup parmesan separate into two 1/2 cups
- 1 cup mozzarella separate into two 1/2 cups
- 3 cloves garlic
- 2 pounds of chicken tenderloins

Instructions

- 1 Preheat oven to 400 degrees
- 2 Cut chicken tenderloins into chunks and put into baking dish. Season with salt and pepper.
- 3 Bake chicken for 15 minutes on its own.
- 4 While chicken is baking, mix together the spinach, artichokes, garlic, cream cheese, mayo, 1/2 cup parmesan, and 1/2 cup mozzarella. Might need to get your hands dirty to get this mixed well.
- 5 Take chicken out of the oven after 15 minutes and cover chicken with spinach artichoke topping.
- 6 Adjust oven to 350 degree and baked for 20 minutes.
- 7 After 20 minutes take out of the oven and sprinkle leftover 1/2 cup parmesan and 1/2 cup mozzarella over the top.
- 8 Turn oven to Low Broil and get the cheese melty and bubbly and enjoy!

BABA GANOUSH



Ingredients

- 1 eggplant, sliced
- 1 cup tahini
- 3-4 garlic cloves, smashed
- 1-2 tablespoons avocado oil
- 1 cup parsley, chopped
- Sea salt and pepper to taste

Instructions

- 1 On a baking sheet lined with parchment paper, lay out the eggplant slices.
- 2 Salt the eggplant and allow eggplant to sit for 15-20 minutes to remove moisture.
- 3 Use a paper towel to dab eggplant, removing excess water.
- 4 Broil eggplant on top oven rack for 5-8 minutes.
- 5 Remove skin (optional*).
- 6 Place eggplant in a food processor and pulse until broken down.
- 7 Place all other ingredients in the food processor and blend on high until well combined.
- 8 Serve with chopped vegetables.

PORTABELLA CHEESEBURGERS



Ingredients

- 1 pound grass fed beef (I like 80/20 for burgers)
- 24 baby portabella mushrooms
- 4 slices sharp cheddar, sliced into quarters
- 4 tbsp chopped yellow onion
- 2 dill pickles, sliced
- 2 tbsp extra virgin olive oil
- 12 basil leaves
- yellow mustard, mayo, sriracha or low carb ketchup (optional)
- salt and pepper to taste

Instructions

- 1 Remove stems from portabella mushroom caps and wipe with a damp paper towel to remove any dirt or debris. In a small saucepan, heat 1 tbsp olive oil over medium heat. Add mushroom caps and cook for 2 minutes on each side, allowing mushrooms to cook through but retain firmness.
- 2 Remove mushrooms from pan and place on paper towels to allow liquid to drain off.
- 3 Divide the ground beef into 12 portions, rolling each into a small disc shape. Add salt and pepper to taste. In a large grill pan, heat remaining tbsp olive oil over medium heat. Once the pan is hot, add the meat and allow to cook for 3 minutes on one side. Flip and allow to cook for 3 minutes on the other side. Cook to desired level of doneness (I like burgers cooked to medium).
- 4 Stack a mushroom, burger, cheese, onion, pickles and your choice of condiments. Top with second mushroom cap and add a basil leaf for garnish. Use a toothpick to hold. Serve and enjoy!

CHEESY ZUCCHINI



Ingredients

- 4 cups sliced raw zucchini
- 1 small onion, peeled and sliced thin
- salt and pepper to taste
- 1 1/2 cups shredded pepper jack cheese
- 2 Tbsp butter
- 1/2 tsp garlic powder
- 1/2 cup heavy whipping cream

Instructions

- 1 Preheat oven to 375 degrees (F).
- 2 Grease a 9×9 or equivalent oven proof pan.
- 3 Overlap 1/3 of the zucchini and onion slices in the pan, then season with salt and pepper and sprinkle with 1/2 cup of shredded cheese.
- 4 Repeat two more times until you have three layers and have used up all of the zucchini, onions, and shredded cheese.
- 5 Combine the garlic powder, butter, and heavy cream in a microwave safe dish.
- 6 Heat for one minute or until the butter has melted. Stir.
- 7 Gently pour the butter and cream mixture over the zucchini layers.
- 8 Bake at 375 degrees (F) for about 45 minutes, or until the liquid has thickened and the top is golden brown.
- 9 Serve warm.

FRIED CHEESE W/ MUSHROOMS



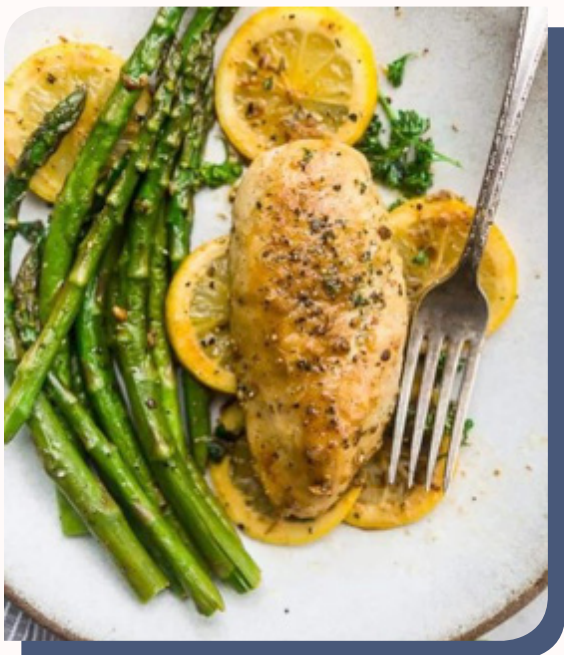
Ingredients

- 10 oz. mushrooms
- 10 oz. halloumi cheese
- 3 oz. butter
- 10 green olives
- salt and pepper
- ½ cup mayonnaise (optional)

Instructions

- 1 Rinse and trim the mushrooms, and cut or slice.
- 2 Heat up a hearty dollop of butter in a frying pan where you can fit both halloumi cheese and mushrooms.
- 3 Fry the mushrooms on medium heat for 3-5 minutes until they are golden brown. Season with salt and pepper.
- 4 If necessary, add more butter and fry the halloumi for a couple of minutes on each side. Stir the mushrooms every now and then. Lower the heat towards the end. Serve with olives.

CHICKEN & GREEN BEANS



Ingredients

- 7 oz. fresh green beans
- 2 tbsp butter for frying
- 1 lb chicken breast
- 3 oz. butter for serving
- salt and pepper

Instructions

- 1 Fry the green beans in butter over medium heat for a couple of minutes. Season with salt and pepper to taste.
- 2 Put chicken, green beans and butter on a plate and serve.

AVOCADO & BACON SALAD



Ingredients

- 8 oz. blue cheese crumbles
- 8 oz. bacon
- 2 avocados
- 4 oz. walnuts
- 4 oz. arugula lettuce

Dressing

- ½ lemon, the juice
- ½ cup mayonnaise (avocado mayo is great!)
- ½ cup olive oil
- 2 tbsp heavy whipping cream

Instructions

- 1 Preheat the oven to 400°F (200°C) and place parchment paper in a baking dish.
- 2 Cut the goat cheese into round half inch (~1 cm) slices and place in the baking dish. Bake on upper rack until golden.
- 3 Fry the bacon in a pan until crispy.
- 4 Cut the avocado into pieces and put on top of the arugula. Add the fried bacon and goat cheese. Sprinkle nuts on top.
- 5 Using an immersion blender, make a salad dressing with the juice from half a lemon, homemade mayonnaise, olive oil, and perhaps a couple of tablespoons of heavy whipping cream. Season with salt and pepper to taste.

SALAD NICOISE



Ingredients

- 2 eggs
- 2 oz. turnip or celery root
- 5 oz. fresh green beans
- 2 tbsp olive oil
- 1 - 2 finely chopped garlic cloves(optional)
- 5 oz. baby gem lettuce or Romaine lettuce
- 2 oz. cherry tomatoes
- ½ red onion
- 1 can tuna in olive oil
- 2 oz. olives
- salt and pepper

Dressing

- ½ tbsp Dijon mustard
- 2 tbsp small capers
- ½ oz. anchovies
- 1/3 cup olive oil
- ¼ cup mayonnaise
- 1 tbsp fresh parsley
- ½ lemon, the juice
- 1 minced garlic clove (optional)

Instructions

- 1 Mix all the ingredients for the dressing using a mixer or an immersion blender until fully combined and creamy. Set aside.
- 2 Boil the eggs the way you like them, soft or hard boiled. Place them immediately in ice-cold water when they are done to make them easier to peel. Cut them into wedges.
- 3 Wash and peel the turnips. Cut them in half-inch pieces. Wash and trim the green beans and parboil both for 5 minutes in lightly salted water. Use separate pans. Rinse in cold water when done.
- 4 Place a skillet on medium high heat and fry the green beans in butter or olive oil. Add finely chopped garlic. Season with salt and pepper.
- 5 Place lettuce on a serving plate or on individual plates. Add tomatoes, onion, drained tuna, eggs, beans, olives and turnip. Serve with dressing on the side.

CHICKEN TONNATO



Ingredients

Tonnato sauce

- 2 tbsp small capers
- 4 oz. tuna in olive oil
- 2 garlic cloves
- ¼ cup chopped fresh basil
- 1 tsp dried parsley
- 2 tbsp lemon juice
- ½ cup mayonnaise
- ¼ cup olive oil
- ½ tsp salt
- ¼ tsp ground black pepper

Chicken

- 25 oz. chicken breasts
- water
- salt
- 7 oz. leafy greens

Instructions

- 1 Mix all the ingredients for the sauce with an immersion blender or in a food processor. Reserve the tonnato sauce in order to let the flavors develop.
- 2 Put the chicken breasts in a pot with just enough lightly salted water to cover it. (If you're using precooked chicken then skip this step.) Bring the water to a boil and discard the foam appearing on the surface.
- 3 Let simmer on medium heat for about 15 minutes or until the chicken is fully cooked through. If you're using a meat thermometer, it should say 165°F (75°C) when done.
- 4 Allow the chicken breasts to rest for at least 10 minutes before slicing.
- 5 Place leafy greens on serving plates and place sliced chicken on top. Pour the sauce over the chicken and serve with extra capers and a wedge of fresh lemon.

CHICKEN BLT SALAD



Ingredients

- 1 lb boneless chicken thighs
- 1 oz. butter
- ½ lb bacon
- 4 oz. cherry tomatoes
- 10 oz. Romaine lettuce
- salt and pepper

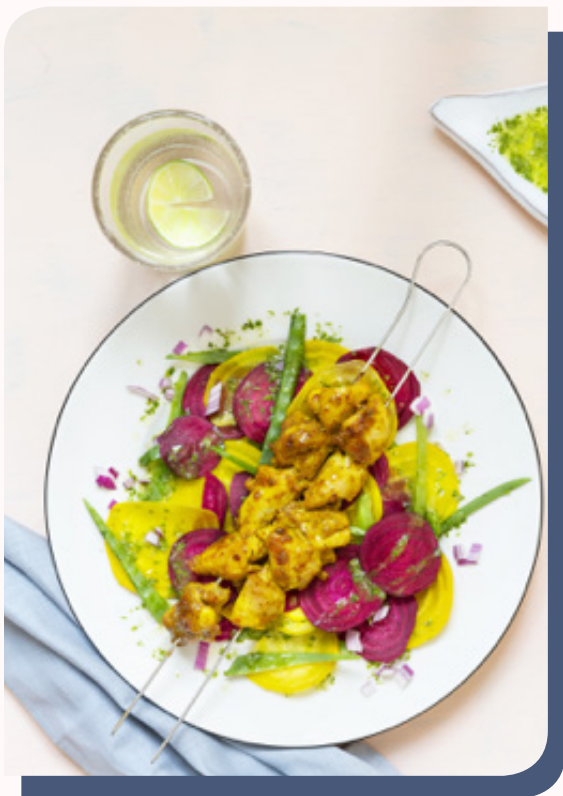
Garlic mayonnaise

- ¾ cup mayonnaise (no added sugar)
- ½ tbsp garlic powder

Instructions

- 1 Mix mayonnaise and garlic powder in a small bowl and set aside.
- 2 Fry the bacon slices in butter until crispy. Remove and keep warm. Save the grease in the pan.
- 3 Shred the chicken and season with salt and pepper. Fry in the same skillet as the bacon until golden brown and thoroughly cooked.
- 4 Rinse and shred the lettuce; be sure to use a clean cutting board and knife (different from the one used when handling the raw chicken). Place the lettuce on a plate and top with chicken, bacon, tomatoes, and a hearty dollop of garlic mayonnaise.

YOGURT CHICKEN KEBABS W/ BEET CARPACCIO



Ingredients

- 1½ lbs boneless chicken thighs
- ½ cup plain Greek yogurt (full-fat) or sour cream
- 2 tbsp curry powder or paprika powder
- 1 tbsp light olive oil
- 1 tsp salt
- ½ tsp ground black pepper

Beet carpaccio

- 4 beets, red and/or yellow
- 3 oz. sugar snaps
- ½ red onion, chopped

Cilantro vinaigrette

- ½ cup light olive oil
- ½ cup fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 garlic clove
- salt and ground black pepper

Instructions

- 1 Cut chicken into smaller pieces. Preheat outdoor grill or oven — with the grill function on — to 450°F (225°C).
- 2 Mix yogurt, curry, olive oil, pepper and salt in a bowl. Cover chicken with marinade and let sit for at least 10 minutes. Place in refrigerator overnight if you want to prepare the day before. Thread chicken pieces onto skewers just before you start grilling.
- 3 Scrub and rinse beets properly. Peel and cut into paper-thin slices, preferably with a mandolin. Remove strings from sugar snaps. Place vegetables and finely chopped onion on a plate.
- 4 Mix ingredients for vinaigrette with a hand blender. Drizzle over beet salad.
- 5 Grill chicken kebabs for 3-4 minutes on each side or until fully cooked and inner temperature is 160°F (72°C).
- 6 Serve with beet carpaccio.

COBB SALAD W/ RANCH DRESSING



Ingredients

- 2 eggs
- 3 oz. bacon
- 1 pound grilled chicken (chopped)
- 2 oz. blue cheese
- 1 avocado
- 1 tomato
- 5 oz. iceberg lettuce
- 1 tbsp fresh chives (optional)
- salt and ground black pepper

Ranch Dressing:

- 3 tbsp mayonnaise
- 1 tbsp ranch seasoning
- 2 tbsp water
- salt and ground black pepper

Instructions

- 1 Start by preparing the dressing. Combine mayonnaise, ranch seasoning and water. Season with salt and pepper, and set aside.
- 2 Place the eggs in boiling water for 8-10 minutes. Cool in ice water for easier peeling. Chop them roughly.
- 3 Fry bacon in a hot dry skillet until crispy. Cut grilled chicken in smaller pieces and chop up vegetables. If you're starting with raw chicken, fry it in the bacon fat, and season with salt and pepper to taste. Crumble the blue cheese.
- 4 Distribute everything on a bed of shredded or torn lettuce. Season with salt and pepper (especially the eggs).
- 5 Drizzle with dressing and top with finely chopped chives.

BUTTER-FRIED KALE W/ PORK & CRANBERRIES



Ingredients

- 3 oz. butter
- 1 lb kale
- ¾ lb smoked pork belly or bacon
- 2 oz. pecans or walnuts
- ½ cup frozen cranberries
- salt and ground black pepper to taste

Instructions

- 1 Rinse, trim and chop kale into large chunks. Set aside.
- 2 Cut the pork belly into strips (or use strips of bacon) and fry in butter over medium high heat until golden brown and crispy.
- 3 Add kale to the pan and fry for a couple of minutes until wilted. Salt and pepper to taste.
- 4 Turn off the heat. Add cranberries and nuts to the pan and stir. Serve immediately.

OVEN ROASTED BRUSSEL SPROUTS W/ PARMESON



Ingredients

- 20 oz. Brussels sprouts
- 3 tbsp olive oil
- 1 tsp dried rosemary or dried thyme
- salt and pepper
- 3 oz. shaved parmesan cheese

Instructions

- 1 Preheat the oven to 450°F (225°C).
- 2 Trim the Brussels sprouts and split them in half.
- 3 Place in a baking dish and pour olive oil on top. Salt and pepper and add rosemary/thyme.
- 4 Roast in the oven for 15–20 minutes or until the Brussels sprouts have turned a nice color. Shave parmesan cheese and enjoy!

CHICKEN GARAM MASALA



Ingredients

- 25 oz. chicken breasts
- 3 tbsp butter or ghee
- salt
- 1 red bell pepper, finely diced
- 1¼ cups coconut cream or heavy whipping cream
- 1 tbsp fresh parsley, finely chopped

Garam Masala:

- 1 tsp ground cumin
- 1 - 2 tsp coriander seed, ground
- 1 tsp ground cardamom (green)
- 1 tsp turmeric, ground
- 1 tsp ground ginger
- 1 tsp paprika powder
- 1 tsp chili powder
- 1 pinch ground nutmeg

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Mix the spices for Garam masala.
- 3 Cut the chicken breasts lengthwise. Place a large skillet over medium high heat and fry the chicken in butter until golden brown.
- 4 Add half the garam masala mix to the pan and stir thoroughly.
- 5 Season with salt, and place the chicken, including the juices, in a baking dish.
- 6 Finely chop the bell pepper and add that to a small bowl along with the coconut cream and remaining garam masala mix.
- 7 Pour over the chicken. Bake in oven for about 20 minutes.
- 8 Garnish with parsley and serve.

OVEN-BAKED PAPRIKA CHICKEN W/ RUTABEGA



Ingredients

- 30 oz. chicken thighs or chicken drumsticks
- 30 oz. rutabaga or celery root
- 4¼ oz. butter or olive oil
- 1 tbsp paprika powder
- salt and pepper, to taste
- 1 cup mayonnaise

Instructions

- 1 Preheat the oven to 400°F (200°C). Split the chicken quarters and place them in a baking dish.
- 2 Peel the rutabaga and cut into 2-3 inch pieces so that chicken and rutabaga pieces will be done at the same time.
- 3 Salt and pepper to taste and sprinkle paprika on top. Place in the baking dish.
- 4 Add olive oil/butter and mix well. Bake in the oven until the chicken is well done, about 40 minutes. Lower the heat towards the end if the chicken or rutabaga is getting too golden brown.
- 5 Serve with a generous amount of mayonnaise.

ITALIAN CABBAGE STIR-FRY



Ingredients

- 25 oz. green cabbage
- 5 1/3 oz. butter
- 20 oz. ground beef
- 1 tsp salt
- 1 tsp onion powder
- 1/4 tsp pepper
- 1 tbsp white wine vinegar
- 1 tbsp tomato paste
- 2 garlic cloves, finely chopped
- 3 oz. leeks, thinly sliced
- 1/2 cup fresh basil
- 1 cup mayonnaise or sour cream, for serving

Instructions

- 1 Shred the green cabbage finely with a cheese slicer, sharp knife or in a food processor.
- 2 Fry the cabbage in about half of the butter (or substitute olive oil) in a large frying pan or wok on medium heat for about 10 minutes, or until just softened.
- 3 Add vinegar, salt, onion powder, and pepper. Stir and fry for 2-3 minutes, or until well incorporated. Reserve sautéed cabbage to a bowl.
- 4 Heat the rest of the butter or oil in the pan. Add the garlic and leeks, and sauté for a minute.
- 5 Add meat, and continue frying until cooked through. Sauté until most of the liquid has evaporated.
- 6 Add tomato paste and mix well. Lower the heat a little and add reserved cabbage and fresh basil. Stir until cooked through.
- 7 Adjust seasoning and serve with a dollop of sour cream or mayonnaise and perhaps even a green salad.

FISH & VEGGIES



Ingredients

- 30 oz. white fish, in filets
- ½ leek
- 1 yellow onion
- 2 garlic cloves
- 2 red bell peppers
- 12 cherry tomatoes
- 1 fresh fennel or pointed cabbage or savoy cabbage
- 1 carrot
- 1/3 cup olives, pitted
- 1/3 cup fresh thyme or fresh parsley
- 1 lime, in slices
- salt and pepper
- ½ cup white wine
- 3 tbsp olive oil
- 5 1/3 oz. butter

Quick Aioli

- 1 cup mayonnaise
- 1 garlic clove, minced
- salt and pepper

Instructions

- 1 Preheat oven to 400°F (200°C).
- 2 Line a roasting pan with foil or parchment paper, making sure there's enough material for folding and sealing the top of it.
- 3 Cut the fish into serving-sized pieces and place in roasting pan.
- 4 Slice and chop the vegetables and place them evenly with the fish. Add spices.
- 5 Drizzle with wine and oil and add little pats of butter.
- 6 Fold the foil to form as tight a seal as possible. Cover seam with an extra piece of foil, and tightly fold at the joints.
- 7 Bake in the oven for 40 minutes.
- 8 Make the quick aioli by mixing mayonnaise and a minced garlic clove in a small bowl. Season with salt and pepper to taste. Serve a generous dollop on top of the baked fish and vegetables.

CURRY CHICKEN W/ CAULIFLOWER RICE



Ingredients

- 15 oz. chicken thighs, boneless
- 8 oz. broccoli
- 3½ oz. fresh green beans
- 1 yellow onion, finely chopped
- 3 tbsp butter or coconut oil
- 27 oz. coconut cream or coconut milk
- 1 tbsp red curry paste
- 1 red chili pepper, finely chopped or grated
- 1 tbsp grated fresh ginger
- salt and pepper, to taste

Cauliflower rice

- 25 oz. cauliflower
- ½ tsp salt
- 3 oz. butter or coconut oil
- ½ tsp turmeric (optional)

Instructions

- 1 Melt butter or coconut oil in a pan.
- 2 Fry finely chopped onion, ginger and chili pepper until they become fragrant and softened, about 5 minutes.
- 3 Add curry paste and chicken. Fry until chicken is light brown (5–10 minutes). Add more butter or oil if needed.
- 4 Chop broccoli and green beans and add to the pan.
- 5 Add the coconut cream or milk—only the solid part; discard most of the excess liquid (or save it to make smoothies)—season and let simmer for 15 minutes.
- 6 While the chicken is simmering, prepare the low-carb cauliflower rice.

Cauliflower Rice

- 1 Using a grater or food processor fitted with a metal blade, grate the entire cauliflower head, including the stem.
- 2 Melt butter or coconut oil in a skillet. Add the cauliflower rice and cook over medium heat for 5–10 minutes, or until the rice has softened a bit.
- 3 Add salt and optional turmeric while frying.
- 4 You can also cook the rice in the microwave. Put the rice in a glass bowl, cover with plastic wrap, and microwave it for 5–6 minutes. Mix in the butter or coconut oil and let it melt.

ASIAN BEEF SALAD



Ingredients

Beef

- 1 tbsp olive oil
- 1 tbsp fish sauce
- 1 tbsp grated fresh ginger
- 1 tsp chili flakes
- 2/3 lb ribeye steaks

Sesame Mayonnaise

- 1 egg yolk, at room temperature
- 1 tsp Dijon mustard
- ½ cup avocado oil or light olive oil
- 1 tbsp sesame oil
- ½ tbsp lime juice
- salt and pepper

Salad

- 2 scallions
- 3 oz. cherry tomatoes
- 2 oz. cucumber
- 3 oz. lettuce
- ½ red onion
- fresh cilantro
- 1 tbsp sesame seeds

Instructions

- 1 Make the sesame mayonnaise by mixing egg yolk and mustard in a bowl.
- 2 Add avocado oil in a very slow stream while whisking continuously. You can do this by hand or using a hand mixer or immersion blender. Add sesame oil, lime juice and spices towards the end, once the mayonnaise has emulsified. Reserve.
- 3 Mix all ingredients for the beef marinade and pour into a plastic bag. Add the beef and marinate for 15 minutes or more at room temperature.
- 4 Chop all vegetables for the salad, except the scallions, into bite-sized pieces. Divide between two plates.
- 5 Heat a medium frying pan over medium heat. Add sesame seeds to the dry pan, and toast them for a couple of minutes, or until they're lightly browned and fragrant. Set aside.
- 6 Pat the meat dry on both sides with paper towels. Fry for a minute or two on each side on high heat, or until cooked to medium. (In this dish, the beef is best served at medium, but you can make it well done if you prefer.)
- 7 Fry the scallions for a minute in the same pan.
- 8 Slice the meat, across the grain, into thin slices. Place beef and scallions on top of the vegetables. Serve with roasted sesame seeds and sesame mayonnaise.

MUSHROOM SOUP



Ingredients

Soup

- 3 oz. Parma ham
- 1 yellow onion
- 1 lb mushrooms
- 4 oz. butter
- 1 tsp dried thyme
- 1 tsp kosher or ground sea salt
- ¼ tsp ground black pepper
- 1/3 cup dry white wine
- 7 oz. cream cheese
- 2 cups water
- 4 egg yolks
- 1 cup heavy whipping cream

Parsley oil

- ½ cup olive oil
- 1 oz. fresh parsley
- salt and pepper

Instructions

- 1 Preheat the oven to 300°F (150°C), preferably using the oven's convection setting.
- 2 Put thin slices of parma ham on a baking sheet lined with parchment paper and bake on upper rack in the oven. Check on them every 5 minutes and flip them a few times while drying. It will take about 30 minutes for the ham to crisp up.
- 3 Sauté onions and mushrooms in butter in a thick bottom pot, until onions and mushrooms turn golden. Season with salt, pepper and thyme.
- 4 Add cheese, water and wine. Stir. Bring to a boil for a few minutes and then lower the heat to medium and let simmer for 15 minutes.
- 5 Whisk the heavy cream until soft peaks form. Add yolks and mix well.
- 6 Fold in the egg cream into the soup without boiling it further.
- 7 Add oil, parsley, salt and pepper in a tall beaker. Use an immersion blender for 30 seconds or until the oil and the parsley are merged together.
- 8 Serve the soup with a spoonful of parsley oil and parma-ham chips on top.

BACON-WRAPPED HALLOUMI CHEESE



Ingredients

- 8 oz. halloumi cheese
- 5 1/3 oz. bacon, in slices

Instructions

- 1 Preheat the oven to 450°F (225°C).
- 2 Cut cheese into 8-10 pieces.
- 3 Wrap a piece of bacon around each piece of cheese.
- 4 Place on a baking sheet and bake in oven until golden brown for 10-15 minutes, flipping halfway through.

CARBONARA



Ingredients

- 10 oz. bacon or pancetta, diced
- 1 tbsp butter
- 1¼ cups heavy whipping cream
- ¼ cup mayonnaise
- salt and pepper
- fresh parsley, chopped
- 30 oz. zucchini
- 4 egg yolks
- 3 oz. grated parmesan cheese

Instructions

- 1 Pour the heavy cream into a sauce pan and bring it to a boil. Lower the heat and let boil for a few minutes until reduced by a fourth.
- 2 Fry pancetta/bacon in butter until crispy. Reserve the fat.
- 3 Mix in the mayonnaise into the heavy cream. Salt and pepper to taste, and cook until mayonnaise is warmed through.
- 4 Make spirals of the zucchini with a spiralizer. If you don't have a spiralizer you can make thin zucchini strips with a potato peeler.
- 5 Add zoodles to the warm cream sauce. Divide between four plates and top with bacon, egg yolks, parsley, and a generous amount of freshly grated parmesan.
- 6 Drizzle bacon grease on top and serve immediately.

BLUE CABBAGE STIR FRY



Ingredients

- 25 oz. green cabbage
- 5 1/3 oz. butter
- 20 oz. ground beef
- 1 tsp salt
- 1 tsp onion powder
- 1/4 tsp ground black pepper
- 2 tsp dried thyme
- 1 tbsp white wine vinegar
- 1 cup heavy whipping cream
- 5 1/3 oz. blue cheese
- 1/2 cup fresh parsley, chopped

Instructions

- 1 Shred the cabbage as finely as possible, either with a knife or in a food processor.
- 2 Fry the cabbage over medium-high heat in roughly half of the butter in a large frying pan or wok. Be careful not to let the cabbage turn brown. You only want it to soften.
- 3 Add spices and vinegar. Stir and fry for a few more minutes. Reserve sautéed cabbage in a bowl.
- 4 Melt the remaining butter in the same pan. Add the meat and fry until the meat is cooked through, and most of the juices have evaporated.
- 5 Lower the heat a little and add the cheese. Stir until the cheese has melted.
- 6 Add the heavy cream and let simmer for a few more minutes. Add the cabbage, and stir until everything is evenly hot.
- 7 Season with salt and pepper to taste. Chop parsley and place on top before serving.

TEX-MEX CASSEROLE



Ingredients

- 25 oz. ground beef
- 2 oz. butter
- 3 tbsp Tex-Mex seasoning
- 7 oz. crushed tomatoes
- 2 oz. pickled jalapeños
- 7 oz. shredded cheese, for example Monterey Jack

For serving

- 1 cup crème fraîche or sour cream
- 1 scallion, finely chopped
- 5 oz. leafy greens or iceberg lettuce
- 1 cup guacamole (optional)

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Fry the ground beef in butter on medium high heat, until cooked through and no longer pink.
- 3 Add Tex-Mex seasoning and crushed tomatoes. Stir and let simmer for 5 minutes. Taste to see if it needs additional salt and pepper.
- 4 Place the ground-beef mixture in a greased baking dish (about 9" or 23 cm in diameter). Top with jalapeños and cheese.
- 5 Bake on upper rack in oven for 15–20 minutes or until golden brown on top.
- 6 Chop the scallion finely and mix with the crème fraîche or sour cream in a separate bowl.
- 7 Serve the casserole warm with a dollop of the crème fraîche or sour cream, guacamole and a green salad.

BACON-WRAPPED TENDERLOIN WITH ROASTED GARLIC MASH



Ingredients

Bacon-Wrapped Pork Tenderloin

- 20 oz. pork tenderloin
- 7 oz. bacon
- ½ tsp pepper
- 1 tbsp butter
- 1 tbsp olive oil
- 5 1/3 oz. cream cheese
- 1 garlic clove, minced
- 1 oz. sun-dried tomatoes in oil, chopped
- 2 tbsp fresh sage, finely chopped
- salt and pepper
- ¾ cup heavy whipping cream

Roasted Garlic Cauliflower Mash

- 1 tbsp olive oil
- 1 whole garlic
- ½ tsp sea salt
- 1 lb cauliflower
- 4 oz. butter
- salt and pepper

Instructions

- 1 Make the cauliflower mash according to the instructions below. Keep warm while cooking the rest of the meal.
- 2 Lower the oven temperature to 350°F (175°C). Mix cream cheese, sun-dried tomatoes, garlic and sage for the filling in a small bowl.
- 3 Trim the tenderloin and season with pepper all around. Cut it lengthwise to make a pocket for the filling. Add half of the filling to the pocket and try to close it by pushing the sides together. Wrap the bacon slices around to seal.
- 4 Heat butter and olive oil in a frying pan and fry the tenderloin until golden on all sides. Place it in an oven-safe baking dish.
- 5 Bake in the oven until the tenderloin reaches an internal temperature of 150°F (65°C). It takes about 20 minutes, but we recommend using a thermometer placed in the thickest part of the meat. Remove from the oven when done and leave to rest wrapped in foil.
- 6 Pour the juices from the baking dish in a sauce pan along with heavy cream and the rest of the filling. Bring to a light boil and let simmer for a few minutes. Season with salt and pepper.
- 7 Slice the tenderloin diagonally and serve with mash and sauce.

Roasted Garlic Cauliflower Mash

- 1 Preheat your oven to 425°F (225°C). Break the garlic into cloves but keep the peel on each clove.
- 2 Place the garlic in an oven safe baking dish and drizzle with olive oil and sprinkle sea salt on top. Roast the garlic for about 20 minutes or until golden and soft. Take out of the oven and let cool.
- 3 While the garlic is roasting you make the mash. Trim the cauliflower and cut into small florets. You can even use the stem.
- 4 Boil the cauliflower in lightly salted water until softened but not until it loses all texture. Drain and discard of the boiling water. Press the cauliflower to get rid of as much water as possible.
- 5 Peel the garlic and place in a food processor with the boiled cauliflower, and butter. You can also mix with an immersion blender. Taste to see if it needs additional seasoning.

HARVEST PUMPKIN & SAUSAGE SOUP



Ingredients

- 1 lb fresh sausage
- 1/3 cup minced red onions
- 1/3 cup diced red bell peppers
- 1 minced garlic clove
- 1 pinch salt
- 1/2 tsp rubbed dried sage
- 1/2 tsp ground dried thyme
- 1/2 tsp red chili peppers flakes(optional)
- 1/2 cup pumpkin puree
- 2 cups chicken broth
- 1/2 cup heavy whipping cream
- 2 tbsp salted butter

Instructions

- 1 Use a large skillet to brown the sausage, onion, and pepper on medium high heat.
- 2 When pork is thoroughly cooked and the onions and pepper are browned (about 10 to 15 minutes), sprinkle in the seasonings and stir to mix.
- 3 Stir in the pumpkin, broth, and cream. Simmer uncovered on low heat for 15 to 20 minutes or until the soup has thickened.
- 4 Add the butter, stir well, and serve warm.