



- Weeknight Dinner –

Menu - Tomato Basil Bisque - Saucy Almond Chicken with Mustard Orange Sauce - Israeli Couscous with Roasted Vegetables

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Shopping List

Dairy/ Freezer

- 3 ½ cups heavy whipping cream
- 3 TB unsalted butter
- 1 cup Parmesan cheese, freshly grated

Produce

- 5 large carrots
- 1 large yellow onion
- ½ red onion
- 1 red bell pepper
- 1 parsnip
- ½ zucchini
- 2 Tb fresh thyme

Protein

- 4 skinless boneless chicken breasts

Pantry

- 12 TB olive oil
- 1 TB dried basil
- 3, 28-ounce cans whole tomatoes (I prefer Cento brand)
- 4 cups chicken broth (I use Better than Bouillon)
- 1 box Israeli couscous (I use Osem brand – about 1 ½ cups)
- 2 cups vegetable broth
- 2 TSP white wine vinegar
- 1 TB honey
- 2 TB orange marmalade
- 1 TB Dijon mustards
- Pinch ground red pepper
- 2 TB sliced almonds
- Salt and pepper

Equipment List

Pots and Pans

- Large Dutch oven
- Medium saucepan
- Large skillet

Baking

- 2 Large Sheet Pans
- Silicone mat or parchment paper

Electrics

- Food processor, blender or immersion blender

Utensils

- Can opener
- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing Bowls
- Spatula
- Vegetable peeler
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Cut up the vegetables for the couscous
- Shred the Parmesan cheese
- Bring the chicken to room temperature

Tomato Basil Bisque

Makes 10 servings

6 TB olive oil
4 large carrots, peeled and diced
1 large onion, sliced
1 TB dried basil or 3 TB fresh basil
3, 28 oz cans whole peeled tomatoes
4 cups chicken broth
2 cups heavy whipping cream
1 - 2 TB salt (start with 1 TB and add until it is to your liking)
½ TB pepper (depending on your personal level of spiciness)

In a large Dutch oven, heat the olive oil over medium-high heat. Add the carrots and onion and cook until softened, about 10 minutes. Then add the basil and cook about 5 more minutes until the vegetables are completely soft.

Add the tomatoes and broth, bring to a boil. Then reduce the heat and simmer an additional 30 minutes.

Puree the soup either in a blender or a food processor or use an immersion blender.

Return the soup to the Dutch oven and add the whipping cream over low-medium heat until heated through. Add the salt and pepper. Stir.

Serve with a fresh basil garnish and cheese crisp.

Parmesan Cheese Crisps

1 cup Parmesan cheese, grated

Preheat oven to 400°. Place a silicone mat on a large cookie sheet.

Mound 1 ½ TB of cheese on the silicone mat then slightly tap down. Continue mounding cheese 2" apart. Bake 5 - 6 minutes until lightly browned. Remove from oven and let cool. Serve with tomato soup.

Saucy Almond Chicken with Mustard Orange Sauce

4 skinless boneless chicken breasts
1/8 tsp salt
1/8 tsp black pepper
3 TB unsalted butter
1 ½ cups whipping cream
2 TB orange marmalade
1 TB Dijon mustard
1/8 tsp ground red pepper
2 TB sliced almonds, toasted

Place the chicken between two pieces of plastic and pound each until it is ¼” thick. Season with salt and pepper on both sides.

Melt 3 TB butter in a large skillet over medium-high heat. Cook the chicken pieces 2 minutes on each side or until lightly browned. Remove to a platter. (It will not be fully cooked yet.)

Reduce the heat to medium and add the whipping cream, marmalade, mustard and red pepper and whisk until combined. Add all the chicken breasts and almonds. Continue to cook for an additional 8 minutes and the sauce has thickened.

Israeli Couscous with Roasted Vegetables

1 8.8 ounce box Israeli couscous (I use Osem brand – about 1 ½ cups)
2 cups vegetable broth
1 large carrot, peeled and cut in ½” cubes
1 red pepper, deseeded and cut in ½” cubes
½ red onion, cut in ½” cubes
1 parsnip, peeled and cut in ½” cubes
½ zucchini, cut in ½” cubes
6 TB olive oil, divided
1 TB fresh thyme, chopped plus extra for garnish.
1 TSP Kosher salt
¼ TSP black pepper
2 TSP white wine vinegar
1 Tb honey

Preheat oven to 400°F.

In a mixing bowl place all the cubed vegetables. To the vegetables, add 3 TB olive oil, 1 TB thyme, salt and pepper. Stir to combine.

Pour the vegetables on to a large rimmed baking sheet. Spread the vegetables so they are in an even layer. Place in the oven and bake 15 minutes. After 8 minutes, remove the pan and stir the vegetables. Replace the pan in the oven and continue roasting for another 7 minutes or until the vegetables are crisp tender. You can cook them a bit longer if you prefer them softer in texture.

While the vegetables are roasting, bring 2 cups of vegetable broth to a boil in a medium saucepan. Add the couscous (about 1 ½ cups). Bring it back to a boil. Cover and reduce heat to a low simmer. Continue cooking for about 8 minutes until the broth has been absorbed and the couscous is “al dente”.

To make the dressing:

In a small bowl, whisk together 3 TB olive oil, 2 TSP white wine vinegar, 1 TB honey, a pinch of salt and pepper.

Add the roasted vegetables to the cooked couscous. Toss together with the dressing. Serve with a garnish of fresh thyme.