



One Hour Date Night
Friday, April 22, 2022
5:30 – 6:30 pm EST

- Menu -

Cucumber, Cherry Tomato and Dill Salad
Jambalaya Pasta with Sausage, Chicken and Shrimp
Roasted Balsamic Strawberries with Vanilla Ice Cream

To access the class video please cut and paste the following link into
your browser:

www.cookingthymewithstacie.com/video-class-purchase/1hrdt

www.cookingthymewithstacie.com

Shopping List

Dairy

- 2 cups heavy whipping cream
- ¼ cup cream cheese, softened
- 2 TB butter
- 1 pint vanilla ice cream

Pantry

- ¼ cup red wine vinegar
- ¼ cup plus 3 TB olive oil
- 1 TSP Dijon mustard
- 12 ounces (¾ box) penne pasta
- 1, 14.5 ounce can petite diced tomatoes
- 3 TB balsamic glaze
- 2 TB honey

Produce

- 1 English cucumber
- 1 pint cherry tomatoes
- 1 shallot, halved and sliced very thinly
- 1, 0.5-ounce package fresh dill
- 1 bag fresh salad greens, I prefer arugula
- ½ cup yellow onion, chopped fine
- 1 yellow pepper, chopped fine
- 3 cloves of garlic, minced
- 2 green onions, green parts only, sliced on the diagonal
- 1 qt fresh strawberries, hulled and tops removed

Protein

- ½ pound shrimp, shells and tails removed
- ½ pound smoked andouille sausage, sliced in ¼" rounds (2 links)
- 1 chicken breast, sliced thin

Spices

- Salt
- Pepper
- 2 TSP Cajun seasoning (more if you prefer it more spicy)

Specialty

- ½ cup white wine (substitute with chicken broth if desired)

Equipment List

Baking

- Rimmed baking sheet

Pots and Pans

- Large pasta pot
- Deep 12" skillet

Utensils

- Chef's knife
- Cutting board
- Ice cream scoop
- Measuring cups and spoons
- Mixing bowls, various sizes
- Spatula
- 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?”

- **Thaw shrimp if frozen and clean, remove shells and tails**
- **Cut up chicken breast**
- **Fill a large pot with water and salt it thoroughly, put it on to simmer**

Crispy Cucumber and Tomato Salad with Dill Dressing

1 English cucumber
1 pint cherry tomatoes
1 shallot, halved and sliced very thinly
1, 0.5-ounce package fresh dill
¼ cup red wine vinegar
¼ cup olive oil
1 TSP Dijon mustard
1 bag fresh salad greens, I prefer arugula
Salt and pepper to taste

Cut the ends off the cucumber and then cut in half. Remove the seeds. Cut the cucumber in half moon shapes and toss in a bowl. Wash the tomatoes and cut them in half, add them to the bowl. Toss in the shallots.

Chop up $\frac{3}{4}$ of the dill, leaving a few sprigs intact for garnish.

In a separate bowl, whisk the red wine vinegar, olive oil, mustard and a pinch of salt and pepper. Toss the vegetables with the dressing. Stir in the chopped dill. Taste and adjust for seasoning. You may want to add a bit more salt.

Add the salad greens to a large platter, top with the tomato, cucumber mixture and garnish with dill sprigs.

Jambalaya Pasta

Makes 4 servings

12 ounces (3/4 box) penne pasta
2 cups heavy whipping cream
¼ cup cream cheese, softened
½ pound shrimp, shells and tails removed
½ pound smoked andouille sausage, sliced in ¼” rounds (2 links)
1 chicken breast, sliced thin
½ cup yellow onion, chopped fine
1 yellow pepper, chopped fine
3 cloves of garlic, minced
1, 14.5 ounce can petite diced tomatoes
2 TSP Cajun seasoning
½ cup white wine (substitute with chicken broth if desired)
2 green onions, green parts only, sliced on the diagonal
¼ cup Parmesan cheese, for garnish
3 TB olive oil
2 TB butter

Season the raw shrimp and the chicken with salt and pepper.

In a large pot of salted water cook the penne about 9 – 10 minutes, until al dente. Reserve 1 cup of the pasta water. Drain and set aside.

While the pasta is cooking, in a large skillet, heat 1 TB olive oil over medium-low heat. Add the shrimp and 1 TSP Cajun seasoning. Cook the shrimp about 2 minutes on each side until no longer opaque and remove to a platter.

In the same skillet add 1 more TB of olive oil and then the thinly sliced chicken breast. Stirring frequently until the chicken is almost cooked through. Remove the chicken to the platter. Next place the sausage rounds in the skillet and fry two minutes per side. Remove the sausage to the platter.

Add 2 TB of butter, the onions and the bell pepper to the skillet. Cook 7 – 8 minutes until the onions are cooked through and translucent. Push them to the side and add the garlic, cooking about 30 seconds until fragrant.

Deglaze the pan with 1/2 cup of wine. Scrape the bottom of the pan with a wooden spoon to remove any cooked-on bits. Next add the can of tomatoes and 1 TSP Cajun seasoning. Stir in the softened cream cheese followed by the heavy whipping cream. Once combined and bubbly, stir in the pasta, shrimp, chicken and sausage. Coat everything well in the sauce.

Taste the sauce and adjust the seasoning to your taste. You may add more Cajun seasoning if you prefer it hotter and some salt and pepper to taste. Simmer a few minutes until everything is heated through. If you feel it needs to be a little “saucier” add a few tablespoons of the pasta water until it is your desired consistency!

Garnish with Parmesan cheese and green onions.

Roasted Balsamic Strawberries and Ice Cream

1 qt fresh strawberries, hulled and tops removed
3 TB balsamic glaze
2 TB honey
1 pint vanilla ice cream

Spray a large baking sheet with cooking spray.

Preheat oven to 400°.

Cut the hulled strawberries into quarters and toss them with honey and balsamic glaze in a medium size bowl.

Spread the coated strawberries evenly in one layer on the baking sheet.

Roast in the oven for 20 minutes. Stir after 10 minutes.

Remove and let cool slightly. Top vanilla ice cream with the strawberries and a drizzle of balsamic glaze.