

BREAKFAST BURRITO

8 large eggs
8 slices bacon
1/2 large white onion, chopped
1/2 large bell red pepper, chopped
1 16oz can black beans
Salt, to taste
Ground black pepper, to taste
1/2 cup cheddar cheese
4 large tortillas
Butter

Cook bacon in oven for desired time. After drained and cooled, break apart bacon into smaller pieces. Set aside.

Finely chop onion and pepper. Sauté in pan with couple tablespoons of butter. Once onions and peppers start to brown, add black beans. While cooking for a couple more minutes, scramble your eggs, add additional butter to the pan if necessary, then add your eggs. Add salt and pepper. Add bacon.

Once eggs begin to firm up, add cheese. Let the cheese melt and eggs finish cooking. Add filling to tortilla and serve. Tortillas can be toasted. Could add avocado, salsa, sour cream, etc.

GRILLED STEAK CROSTINI WITH LEMON PARSLEY SAUCE

2 lb. NY Strip (my fave) flank or skirt - serves 4-6 – bring to room temperature
Olive Oil
Salt and fresh pepper

Let steak come to room temperature, roughly 30 mins to sit out. Heat your grill or cast iron skillet to medium high/high heat. Season it very generously with salt and pepper on both sides. Grill the steak about 6 minutes on first side and 4 minutes on second side for a 1 1/2 inch steak, medium rare. Smaller steaks, will grill less time. Try not to move the steak too frequently, allowing it to brown.

Transfer steak to a cutting board and let stand 10-15 minutes. Cut the steak into small pieces, Top each crostini with a spread of goat cheese (optional) and a bite size piece of steak. Then top with Lemon Parsley Sauce.

Alternatively – slice the steak, place on a platter, and top with sauce.

Serves 10 for appetizer.

LEMON PARSLEY SAUCE

2 large garlic cloves, minced
1 teaspoon (or more) salt
1/2 teaspoon (or more) black pepper
1/2 teaspoon dried crushed red pepper
2 teaspoon (packed) grated lemon peel
4 tablespoons fresh lemon juice
3/4 cup extra-virgin olive oil
3/4 cup (packed) chopped Italian parsley

Mix all ingredients in small bowl (preferably) or puree in a food processor. Taste and season with more salt and pepper, if desired. DO AHEAD Can be made 6 hours ahead. Cover; chill. Bring to room temperature and re-whisk before using.

CROSTINI

Slice your baguette into roughly 1/2 inch pieces or less. Coat with olive oil, salt and pepper. Bake until crisp in a 375 degree oven for 10+ minutes.

CHICKEN ALFREDO PASTA

1 lb of pasta (any shape)
8 oz boneless chicken breast
Beer Can Chicken seasoning, or seasoning of choice*
2 large cloves of garlic, minced
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
8 tablespoons of butter
1 cup petite peas
1 cup heavy cream
1 cup parmesan cheese, shredded
Coarsely chopped parsley, for serving
Olive Oil

Slice the chicken breast in half lengthwise. Slice the chicken into thin strips. In a bowl, mix olive oil with chicken, then generously coat the chicken in the Beer Can seasoning in one layer. Add to skillet and cook thoroughly, approx. 6 minutes.

Bring a large pot of salted water to a boil. Add your pasta and cook until al dente, 8 minutes. Reserve about 1 cup of pasta water, then drain the rest.

Once chicken is fully cooked, add butter and garlic to the pan. Let cook 2-3 minutes. Add heavy cream, let simmer for a few additional minutes, then add pasta. Let it come to a soft boil. Then add parmesan and peas. Once cheese is melted, add parsley and serve.

*Italian seasoning or any other blends you prefer. When in doubt salt and pepper is always great.

CHICKEN TACOS WITH CILANTRO ONION RELISH

4 cups, cooked chicken breasts, chopped small
one medium onion, chopped small
1 bag Mexican shredded cheese
1 teaspoon chili powder
1/2 teaspoon cumin powder
1/2 teaspoon oregano, dried
Lettuce
1/3 cup Cilantro
1 small Onion

Soft Corn Tortillas

Heat your largest skillet or griddle to medium high. Add a few counts of oil, saute/cook your onions until lightly softened, season them with salt, pepper and spices. Once you smell the spices, add your cooked chicken and cook until it is heated through. Remove to a bowl.

Chop another small onion, into small pieces, add your 1/3 cup chopped Cilantro, combine those two together in a small bowl.

For soft shells – heat your largest skillet or griddle. Add your soft corn tortilla shells and heat until softened on one side, flip over and add your cheese. Then add your warm chicken mixture and let heat for another minute. Remove with a spatula and add desired toppings as prepared above. Yields 8-10 tacos

NOTE: this is great for any leftover meat or vegetables. Just chop the meat small for the kiddos. They like it better.

UNCOOKED CHICKEN - If your chicken is uncooked, make additional spice mixture as above, just make triple or larger amounts. In a large bowl, season your chicken well with salt and high heat oil, (avocado, regular olive oil, grapeseed) and add enough of the spice mixture to generously coat the chicken. Preheat your griddle, cast iron skillet over medium high heat, cook chicken undisturbed, flipping to finish on the other side. When cooled, shred or chop the chicken into small pieces and finish as above. If you are using this seasoned chicken, you do not need to add additional spice mixture to your onions.

QUESADILLAS

Exact measurements are not required for this recipe. Use what you have in your refrigerator, add some spices, salt, pepper, cheese and you have a great meal. Below are some ingredient suggestions and technique directions.

Meats (precooked)

Grilled Chicken

Grilled Steak

Rotisserie Chicken

Duck

Vegetables

Onions

Peppers – any color

Zucchini / Squash

Mushrooms

Tomatoes

Beans-refried, pinto, black (rinsed)

Cheese

Cheddar

Monterey Jack

Mozzarella

Pre packaged Mexican Mix

Manchego

Seasonings

Chili powder

Cumin

Salt and pepper

Fajita

Mexican blend

Technique: chop all of your vegetables and sauté on a medium heat skillet, add your onions and peppers first, and then add your seasonings and softer vegetables like mushrooms and beans. Once cooked through add your shredded meat to combine flavors and bring to temperature. Taste for seasonings and spoon mixture into a bowl.

CULINARY WORKS

It's All in The Experience.

If using refried beans, spread onto one tortilla shell. Place shell onto a medium heated skillet or griddle, add a generous sprinkling of cheese, add your meat and vegetable mixture in a single layer, add another layer of cheese and top with your tortilla shell. Continue cooking until cheese has melted and quesadilla begins to stick together on bottom side. Flip with a large spatula or onto a plate and continue cooking on other side. Remove from heat and cut into wedges. Serve with salsa and sour cream if you prefer