



Multigrain Salad

- ½ cup cooked barley
- ½ cup cooked red wheat berry
- ½ cup cooked bulgur wheat
- 1 carrot
- 1 bell pepper
- 1 cucumber
- 3 radishes
- 1 small head of radicchio
- 2 handfuls of baby arugula
- 1 tbsp chopped cilantro
- 2 tbsp chopped scallion
- ¼ cup chopped peanuts

Julienne the carrot, bell pepper, cucumber, radishes and radicchio and combine in a bowl with mixed grains and arugula. Top with herbs and peanuts.

Sesame Vinaigrette

- 4 tbsp red wine vinegar
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 3 tbsp olive oil
- Dash of sesame oil
- Sprinkle of sesame seeds
- Salt and pepper to taste

Combine all of the ingredients in a bowl and whisk until blended. *(Serves 4)*





Port Wine Braised Beef Short Ribs

- 3-4 lbs bone-in short ribs
- 2 cups red wine
- 2 cups port wine
- 1 cup prepared demi-glace (reduced veal stock)
- 3 cups beef stock
- 1 shallot
- 2 sprigs of thyme
- 1 sprig of rosemary
- Flour
- Salt and pepper to taste

Season a bowl of flour with salt and pepper. Dredge each piece of short rib in the flour and pat off the excess. In a hot pan, brown the short ribs on all sides until the fat starts to render. Remove and place in a shallow baking dish with a rim. Next, add the beef stock, shallot, thyme and rosemary into the baking dish. Cut a piece of parchment paper the size of the inside of the pan and place it on top of the meat. Cover the pan tightly with plastic wrap, making sure to only wrap under the rim and not to the bottom of the pan. Cover the plastic with aluminum foil, making sure no plastic is exposed. Place in the oven at 300° for three hours or until the meat is falling off the bone. Remove the bones and place the meat on a tray. Refrigerate until firm.

While the ribs are cooling, reduce the wine by half in a tall sauce pot, then add demi-glace and simmer until a smooth sauce has been achieved. When the ribs are cool, place them on a cutting board and carefully shave off the outer crust and excess fat. Once trimmed, place them in a shallow sauté pan with a lid, cover with the sauce and simmer for 20 to 30 minutes, adjusting the sauce with small amounts of beef stock as it thickens. (Serves 4)



Shrimp and Grits

Shrimp

- Peeled, deveined shrimp
- Minced shallot
- Chopped garlic
- White wine
- Lemon juice
- Butter
- Salt and pepper to taste

Sauté the shrimp with minced shallot, garlic, white wine, lemon juice, butter and salt and pepper to taste.

Grits

- 1 box of grits
- Shredded, aged cheddar cheese
- Chicken stock

Make your choice of quick or regular grits by following the recipe on the box, using chicken stock for more flavor. One cup will make approximately four servings. When the grits are tender, stir in the shredded cheddar.

Tomato Jam

- 1 qt diced Roma tomatoes, outer flesh only
- ½ cup minced sweet onion
- 1 tbsp minced garlic
- 1 tsp chili flakes
- 1 cup sugar
- ¼ cup white wine vinegar

In a sauce pan, combine all of the ingredients and bring to a boil. Reduce the heat and simmer for 20 minutes until thickened. Season with salt and pepper to taste and refrigerate. Serve the shrimp on top of the grits with the tomato jam. Garnish with French beans and fried green tomatoes. ■