

HOUSEWORKS

LIFE'S BEST MOMENTS ARE AT HOME.

May 16, 2020

Houseworks Webinar with Larissa Taboryski

***Convection Multi-Rack Meal**

It's well proven that the Mediterranean diet has many health benefits and the bonus is that the foods are simple, flavorful and delicious and taste good hot or at room temperature. The preparation for this meal requires just a few simple steps.

Menu and Timing

**All three dishes will be cooked in the Convection Roast or Convection Bake Mode 400 degrees. Meal serves 4-6 persons, cake serves 10-12.*

Assorted bone-in skin on chicken pieces - for best results give the chicken a rub with kosher salt and the seasoning at least a few hours or overnight prior to cooking. Cooking time is 30 - 40 minutes. Place this tray in the upper part of the oven. If you have room consider adding a chicken breast or two to have on hand to use in salads or quesadillas over the next few days.

Roasted Potatoes with Tomatoes & Capers - in this recipe the potatoes need to be steamed for about 15 minutes then left to dry a bit before combining with the remaining ingredients. If capers are not to your taste, just leave them out. Cooking time is 20 - 30 minutes. Place this tray in the lower part of the oven so the potatoes get nice and crispy.

Grain Stuffed Peppers - the filling for the peppers needs to be made in advance but it's very simple. You can use any grain or rice and add meat if you prefer. I am using Farro which I cooked for about 20 minutes until tender. I combined it with some sautéed onion, garlic, chopped chard, chickpeas and feta cheese. If you make the filling and stuff the peppers in advance and they are very cold let them come to room temperature before cooking. These can be placed on the lower rack or middle rack, cooking time is 25 - 30 minutes.

(Another Option) - Roasted Broccoli Florets with Crispy Breadcrumbs

If you don't want to make the peppers this will make a great side dish. If you are feeding children, some plain roasted chicken and plain broccoli is usually well received and the good thing is you can season the chicken and broccoli to adult tastes, keep some plain for the children but cook everything at one time. Cook on the lower rack for 10 - 12 minutes.

Almond Orange Olive Oil Cake - this cake definitely needs to be cooked in advance if you plan to serve it as a dessert with the above meal. It can be baked in the regular Bake Mode at 350 on the middle rack or in the Convection Mode 325 degrees on the middle rack. Cooking time is 40 - 45 minutes..

Ingredients and Instructions

Spice Rubbed Chicken Pieces

- 6 - 8 assorted bone-in skin on chicken pieces
- 1 - teaspoon kosher salt
- 1 - teaspoon mixed Italian seasoning
- 2 - teaspoons smoked paprika

Pat the chicken pieces dry and place on a rimmed baking sheet. Combine the seasoning and rub into the chicken pieces, drizzle with a little olive or vegetable oil, be sure to let them sit out of the refrigerator for at least an hour before cooking.

Some red onion and lemon cut into $\frac{1}{2}$ " thick slices and tossed with oil can be added to the chicken prior to cooking and if you are going for bold flavors, fold in some olives halfway through the cooking time.

Cook in the Convection Roast or Convection Bake Mode 400 degrees for 30 minutes or until juices run clear. Remember meats are best if they rest for 5 minutes (for small pieces) before serving.

Roasted Potatoes with Tomatoes and Capers

- 3 - lbs small golden potatoes, steamed till just barely tender about 15 minutes
- Cooled and cut into $\frac{1}{2}$ " thick slices
- 1 - 10oz container cherry tomatoes, halved
- 2 - cloves garlic, crushed
- $\frac{1}{2}$ - teaspoon dried oregano
- 1 - tablespoon salted capers, rinsed well
- 3 - tablespoons olive oil
- $\frac{1}{4}$ - cup fresh basil leaves, washed dried and finely minced

First steam the potatoes, set them aside to cool then cut them into $\frac{1}{2}$ " thick slices and gently toss with 2 tablespoons olive oil and salt & pepper to taste. Spread onto a rimmed baking sheet, combine the tomatoes with the garlic, capers and oregano and a little drizzle of oil and spread over the potatoes. Cook on the lower rack for 30 minutes or until the edges of the potatoes begin to crisp. Transfer to a serving platter and top with the fresh basil.

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Baked Stuffed Peppers

2 - 3 bell peppers, halved length-wise and ribs and seeds removed

1 - cup cooked farro - ***mixed with the following sauteed vegetables***

1/2 - small yellow onion, finely chopped

(continued stuffed peppers, pg.2)

2 - cloves garlic, minced

2 - 3 chard leaves, large ribs removed, finely sliced, - ***combined with***

1/2 - cup cooked chickpeas

1/2 - cup shredded mozzarella cheese

1/2 - cup crumbled feta cheese

Pack the filling into the peppers and place in a lightly oiled shallow baking dish or small rimmed baking pans. Bake on the middle or lower rack for 25 to 30 minutes.

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Almond, Orange Olive Oil Cake

1 - cup whole raw almonds lightly toasted and cooled

$\frac{3}{4}$ - cup twice-sifted cake flour

1 $\frac{1}{2}$ - teaspoons baking powder

Pinch of kosher or sea salt

4 - large eggs

1 - cup sugar

1 - teaspoon vanilla extract

Finely grated zest of one small orange or Meyer lemon

$\frac{2}{3}$ - cup extra virgin olive oil

Toast the almonds in the Convection Mode 325 degrees until golden brown inside, set aside to cool completely. Leave the oven set at 325 or change to 350 degrees if using standard Bake Mode.

Butter the bottom and sides of a 9" round cake pan and line the bottom with a circle of parchment paper.

Place the almonds in a food processor with one third of the cake flour and process until almost as fine as sand. In a medium sized bowl whisk together the remaining cake flour, baking powder and salt then whisk in the ground almond mixture.

In a stand mixer fitted with a whisk attachment, whip the eggs on high speed until well-blended. Add the sugar gradually then add the vanilla and orange zest, continue whipping on high speed until the mixture triples in volume, about 3 minutes.

On low speed, add the flour mixture in three batches alternating with the olive oil and beating just until the batter is blended. Pour the batter into the prepared pan and bake until firm to the touch in the center. Cool in the pan for 10 minutes before inverting onto a rack.