

Cook With Your Mother

On the Menu

- Chicken Strawberry Arugula Salad
- Salmon Wellington
- Curried Cauliflower "Rice" Pilaf



ALL INGREDIENTS

- ¾ pound chicken breast
- 2 cups arugula
- 2 cups romaine
- 8 strawberries
- ½ cup sliced almonds
- 1/4 cup white wine vinegar
- ¼ cup sugar
- 3 shallots
- ½ teaspoon poppy seed
- ½ teaspoon ground mustard
- 2 tablespoons mayonnaise
- ¾ cup oil
- 4 4ounce salmon
- 2 ounces salt
- 2 ounces black pepper
- 2 garlic cloves
- ¼ cup white wine
- 2 ounces cream cheese
- 5 ounces spinach
- 3 tablespoon breadcrumbs
- ¼ cup parmesan cheese
- 1 sheet puff pastry
- 1 egg
- 1 parchment paper
- 1 pound cauliflower rice
- ¼ teaspoon turmeric
- ½ teaspoon curry power
- ½ cup chicken stock
- 1/3 cup raisins
- 2 tablespoons cilantro



To learn more please visit: www.bonnie-brae.org

Or contact Heather at hsmall@bonnie-brae.org or 908-647-4700 for more information.

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EQUIPMENT NEEDED

- 1 medium pots
- 3 medium bowls
- 1 baking sheets
- 1 pastry brush
- 1 cutting board
- 1 chef’s knife
- 3 spoons
- 1 tong
- 1 medium sauté pan
- 1 small sauté pan



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Chicken Strawberry Arugula Salad

INGREDIENTS

- ¾ pound boneless skinless chicken breasts, cut into strips
- 1/4 cup reduced-sodium chicken broth
- 1/4 cup poppy seed salad dressing, divided
- 2 cups fresh baby arugula
- 2 cup torn romaine
- 1 cup sliced fresh strawberries
- 1/4 cup sliced almonds, toasted



INSTRUCTIONS

1. Place chicken on a double thickness of heavy-duty foil (about 18 in. x 15 in.).
2. Combine broth and 1 tablespoon poppy seed dressing; spoon over chicken.
3. Fold edges of foil around chicken mixture, leaving center open.
4. Grill, covered, over medium heat until chicken is no longer pink, 10-12 minutes.
5. In a large salad bowl, combine the arugula, romaine and strawberries.
6. Add the chicken and remaining poppy seed dressing; toss to coat.
7. Sprinkle with almonds.



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Poppy Seed Salad Dressing

INGREDIENTS

- 1/4 cup white wine vinegar or champagne vinegar
- 1/4 cup sugar
- 1 small shallot
- 1/2 teaspoon salt
- 1/2 tablespoons poppy seeds
- 1/2 teaspoon ground mustard
- 2 teaspoons mayonnaise, optional for a creamier dressing
- 1/2 cup olive oil



INSTRUCTIONS

- Whisk the white wine vinegar and sugar until the sugar is mostly dissolved (it's okay if there is still some undissolved sugar).
- Peel the shallot and grate it on a microplate or the smallest holes on a box grater directly into the bowl.
- Add the poppy seeds, salt, and ground mustard, and whisk to combine.
- Whisking the dressing steadily, pour the olive oil into the dressing in a slow stream.
- Continue whisking until completely combined.



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Salmon Wellington

INGREDIENTS

- 4 - 4 oz salmon fillets with skin off
- salt and pepper to taste
- 2 tbsp butter
- 2 garlic cloves minced
- 1 shallot chopped
- 1/4 cup white wine
- 2 oz cream cheese
- 5 oz fresh baby spinach
- 3 tbsp plain breadcrumbs
- 1/4 cup shredded parmesan cheese
- 2 lb. package puff pastry or 2 sheets with wax paper in middle
- 1 egg for egg wash



INSTRUCTIONS

- Season the salmon with salt and pepper to taste.
- In a pan, heat butter, chopped shallots, and garlic over medium heat. Sauté until the shallots become translucent.
- Bring the heat to high and add the white wine. Let the liquid cook out for about 5 minutes, then add the cream cheese and sauté for 1 minute.
- Lastly, add the spinach, breadcrumbs, and Parmesan cheese. Sauté just until the spinach softens.
- Unfold the puff pastry onto a light floured surface and roll out the 2 sheets, then cut them in half. So, you end up with 4 pieces. I made each piece about 10X 14



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Salmon Wellington



INSTRUCTIONS Cont'd.

- Place each seasoned salmon fillet in the middle of each puff pastry sheet. Depending on the size of the fillet, you may need to roll out the puff pastry a little more or less. Leave about 2 inches around the edges.
- Divide the spinach mixture into 4 equal parts and evenly spread it on top of the 4 fillets. Then brush the edges of the puff pastry with egg wash (1 egg + 1 tsp water).
- Begin folding the puff pastry over starting with the longer side. When folding over the short edges, brush more of the egg wash before folding.
- Line a baking sheet with parchment paper and place the salmon wellington seam side down.
- Make crosshatch slits on top of the Wellington with a knife. Then brush with more egg wash.
- Bake at 390 degrees Fahrenheit for 25-30 minutes or until the pastry is golden brown.



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Curried Cauliflower "Rice" Pilaf

INGREDIENTS

- 1/2 head cauliflower
- 1 small onion chopped
- 3 tablespoons olive oil divided
- 1/4 teaspoon turmeric
- 1/2 teaspoon curry powder
- 1/2 teaspoon kosher salt
- 1/4 cup vegetable broth or water
- 1/3 cup golden raisins
- 2 tablespoons almonds toasted sliced
- 2 tablespoons cilantro freshly chopped



SPECIAL EQUIPMENT

Food processor with a shredder attachment or box grater

INSTRUCTIONS

- Cut the cauliflower into florets and transfer them into the grater tube of your food processor or use the large holes on a box grater to shred the florets. Set aside.
- Add the broth (or water) to a small bowl and heat for 30-45 seconds in the microwave. Add the raisins to the broth and set aside to plump.



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Curried Cauliflower "Rice" Pilaf



INSTRUCTIONS Cont'd.

- In a large skillet, heat 1 1/2 tablespoons of olive oil over medium heat.
- Add the onions and cook about 2 minutes.
- Stir in the turmeric, curry powder and salt.
- Add the cauliflower rice and remaining olive oil and stir until well coated.
- Turn the heat down to a medium low and cover tightly with a lid.
- Cook for 7-10 minutes, stirring every minute or so to prevent browning or sticking.
- Remove from heat.
- Drain the raisins and add them into the cauliflower mixture.
- Sprinkle on the toasted almonds and cilantro and serve.



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