



# PROJECT SUMMARY:

## DINNER PARTY MENUS AND RECIPES

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TEAM ONTARIO  
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## Dinner Party Menu

### Dinner 1

**Appetizer:** Stuffed Peppers

**Main:** Beef Roast with Oven-Roasted Asparagus and Garlic Mashed Potatoes

**Dessert:** Poached Pear with Maple Syrup

**Drink:** Hibiscus-Earl Grey Iced Tea

### Dinner 2

**Appetizer:** Garlic and Parmesan Tortilla Chips with Jalapeño Cheese Dip

**Main:** Salmon with Ratatouille

**Dessert:** Crepes with Strawberries and Maple Syrup

**Drink:** Sparkling Rosemary Limeade



## Recipes

### Stuffed Peppers

<http://duhlicious.com/2012/04/moms-famous-stuffed-bell-peppers/>

#### Ingredients (Serves 12)

6 large red or green bell peppers  
2 ½ cups long-grain white rice  
2 pounds lean ground beef  
1 medium sweet onion, diced  
3 cups sharp cheddar cheese, grated  
½ teaspoon pepper  
1 teaspoon salt  
1 teaspoon chicken seasoning  
1 egg  
2 ½ cups tomato juice  
½ teaspoon pepper  
1 teaspoon salt  
6 bay leaves  
2 tablespoon vegetable oil  
1 tablespoon all-purpose flour

#### Directions

1. Pre-heat oven to 400°F. Cut the bell peppers in half, top to bottom, or through the transverse of the pepper (up to you). Remove the seeds and the segments.
2. In a large bowl, combine ground beef, rice, onion, seasoning, and egg. Mix until it comes together. Generously fill the peppers with the ground beef filling.
3. Grease your casserole dish or pan with vegetable oil, and snugly place peppers in the dish. Carefully pour tomato juice into the dish to fill ¾ of the way (approx 2 ½ cups). Season to taste, add bay leaves and cover with aluminum foil. Bake for 45 minutes.
4. Remove the foil and using a ladle, carefully drain the tomato juice into a saucepan. Generously top each pepper with cheese and return the pan to the oven, uncovered, and bake for about 7-10 minutes until the cheese melts and starts to bubble.
5. While the peppers are baking make the tomato sauce: heat the tomato juice over medium high heat. Add all-purpose flour and whisk until combined. Once the sauce begins to thicken, remove from heat. Season to taste. I add a few fresh leaves of basil. Spoon sauce over peppers and serve.



## Beef Roast

[http://www.simplyrecipes.com/recipes/roast\\_beef/](http://www.simplyrecipes.com/recipes/roast_beef/)

**Ingredients** (Serves 4-8, depending on size of roast)

3 to 3 1/2 pounds (1.3 to 1.6 kilograms) of Boneless Rump Roast (pick an end cut with a layer of fat if you can)

Olive oil

8 slivers of garlic

Salt and pepper

## Directions

1. Start with the roast at room temperature (remove from refrigerator 1 hour before cooking - keep it wrapped). Preheat the oven to 375°F (190°C).
2. With a sharp knife make 8 small incisions around the roast. Place a sliver of garlic into each incision. Take a tablespoon or so of olive oil and spread all around the roast. Sprinkle around the roast with salt and pepper. Place the roast directly on an oven rack, fatty side up, with a drip pan on a rack beneath the roasting rack. This arrangement creates convection in the oven so that you do not need to turn the roast. The roast is placed fat side up so that as the fat melts it will bathe the entire roast in its juice
3. Brown the roast at 375°F (190°C) for half an hour. Lower the heat to 225°F (107°C). The roast should take somewhere from 1 1/2 to 2 1/2 hours additionally to cook. The shape of the roast will affect the cooking time, by the way. So if your roast is on the long and narrow side, versus a more round shape, it may take less time to cook. So keep an eye on it. When the roast just starts to drip its juices and it is brown on the outside, check the temperature with a meat thermometer. Pull the roast from the oven when the inside temperature of the roast is 135°F to 140°F (57°C to 60°C). Let the roast rest for at least 15 minutes, tented in aluminum foil to keep warm, before carving to serve.



## Oven Roasted Asparagus

<http://allrecipes.com/recipe/oven-roasted-asparagus/detail.aspx>

### Ingredients (Serves 4)

1 bunch thin asparagus spears, trimmed  
3 tablespoons olive oil  
1 1/2 tablespoons grated Parmesan cheese (optional)  
1 clove garlic, minced (optional)  
1 teaspoon sea salt  
1/2 teaspoon ground black pepper  
1 tablespoon lemon juice (optional)

### Directions

1. Preheat an oven to 425°F (220°C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, and then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.



## Garlic Mashed Potatoes

<http://allrecipes.com/recipe/garlic-mashed-potatoes/>

### Ingredients (Serves 4)

8 potatoes, peeled and quartered  
1/2 cup milk  
1/4 cup butter  
2 cloves garlic, minced  
Salt to taste  
1 pinch ground white pepper  
2 tablespoons sesame seeds

### Directions

1. Bring a large pot of water to boil; add potatoes, and boil until soft, about 20 to 25 minutes. Drain, and place in a large bowl.
2. Combine potatoes with milk, butter, garlic, salt, and pepper. Mix with an electric mixer or potato masher to your desired consistency. Sprinkle with sesame seeds.



### Poached Pear and Maple Syrup

<http://www.theperfectpantry.com/2008/01/maple-syrup.html>

#### Ingredients (Serves 4)

4 pears  
Zest of 1 lemon  
Juice of 1/2 lemon  
1/4 cup pure maple syrup  
2 tablespoons sugar  
1 tablespoon butter  
1 teaspoon pure vanilla extract

#### Directions

1. Peel the pears and, from the bottom, remove the cores, leaving the stems on.
2. Place in a nonreactive pot with lemon zest, lemon juice, and maple syrup, plus enough water to cover.
3. Bring to a simmer and cook over low heat until tender when pierced with a knife.
4. Allow pears to cool in the poaching liquid. This can be done several hours ahead.
5. Remove pears to serving plates, and bring the liquid to a boil. Stir in sugar, butter and vanilla, and reduce the sauce to desired consistency.
6. Drizzle the sauce over and around pears, and serve.





### Hibiscus-Earl Grey Iced Tea

<http://www.thekitchn.com/recipe-hibiscus-earl-grey-iced-tearecipes-from-the-kitchn-167920>

#### Ingredients (Serves 8)

2 quarts water (preferably filtered)  
6 Earl Grey tea bags (or 6 teaspoons loose-leaf tea in an infuser)  
1/2 cup dried hibiscus blossoms

#### Directions

1. Combine all ingredients in a lidded jar or pitcher and refrigerate for at least two hours and overnight. A shorter brewing time yields a lighter drink, while a longer brewing time intensifies the color and flavor.
2. Strain and chill until ready to serve.

Some variations:

- Add other ingredients during the infusion, such as orange slices, a cinnamon stick, a couple of star anise pods, or a couple of thyme sprigs.
- Sweeten the brewed tea with simple syrup.
- Serve with a slice or twist of lime.



### **Garlic and Parmesan Tortilla Chips**

<http://www.groupprecipes.com/24159/parmesan-garlic-tortilla-chips.html>

#### **Ingredients**

8 flour tortillas (medium size)  
8 teaspoon olive oil  
Coarse salt to taste  
1 - 2 cloves garlic, crushed  
Grated parmesan/romano cheese  
Dash cayenne pepper

#### **Directions**

1. Cut tortillas into wedges
2. Mix olive oil, garlic, and cayenne pepper together
3. Brush olive oil mixture lightly on both sides of tortilla wedges
4. Sprinkle with cheese, herbs, and other seasonings as desired
5. Broil both sides until golden and crispy



## Jalapeño Cheese Dip

<http://www.yummly.com/recipe/external/Insanely-Amazing-Jalapeno-Cheese-Dip-AllRecipes>

### Ingredients (Serves 8)

1 (4 ounce) can diced jalapeno peppers  
1 cup shredded Parmesan cheese  
1/2 cup shredded Cheddar cheese  
1 cup mayonnaise  
1 (4 ounce) can chopped green chilies

### Directions

1. Preheat an oven to 350°F (175°C).
2. Combine jalapeno peppers, Parmesan cheese, Cheddar cheese, mayonnaise, and green chilies in a backing dish.
3. Bake in the preheated oven for 30 minutes.



## Grilled Salmon

<http://allrecipes.com/Recipe/Grilled-Salmon-I/Detail.aspx>

### Ingredients (Serves 6)

1 1/2 pounds salmon fillets  
Lemon pepper to taste  
Garlic powder to taste  
Salt to taste  
1/3 cup soy sauce  
1/3 cup brown sugar  
1/3 cup water  
1/4 cup vegetable oil

### Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.



## Ratatouille

<http://chefmichaelsmith.com/recipe/ratatouille-2/>

### Ingredients (Serves 4-6)

Several splashes olive oil  
1 eggplant, cut into 1-inch chunks  
A few zucchini, cut into 1-inch chunks  
1 red bell pepper, cored and seeds removed, cut into 1-inch chunks  
1 green bell pepper, cored and seeded, cut into 1-inch chunks  
A few onions, sliced  
4 or 5 cloves garlic, finely chopped  
Several garden ripe tomatoes, cut into 1-inch chunks  
A bay leaf  
A few sprigs fresh thyme or 1 teaspoon dried  
A sprinkle or two sea salt and freshly ground pepper  
1 or 2 bunches fresh basil, chopped  
1 tablespoon balsamic vinegar

### Directions

1. Begin by sautéing the eggplant and zucchini in a large skillet over high heat with a splash or two of olive oil. Continue cooking, stirring and tossing, until the vegetables are golden brown and tender, 10 minutes or so. Set these vegetables aside in a bowl.
2. Turn the heat down a bit and continue with another splash or two of olive oil and the bell peppers, cooking them just until they're tender, another 5 minutes or so. Add them to the first batch of reserved vegetables.
3. Next, sauté the onions with another splash of olive oil until they soften a bit. Add the garlic and continue for another few minutes.
4. Lower the heat. Add the tomatoes, bay leaf and thyme and simmer until the mixture thickens, another 10 minutes or so. Break up the whole tomatoes into smaller pieces.
5. Add the reserved vegetables and season the works with salt and pepper. Simmer until everything is heated through.
6. Stir in the fresh basil and balsamic vinegar and serve immediately.



### **Crepes with Strawberries and Maple Syrup**

<http://allrecipes.com/recipe/basic-crepes/>

#### **Ingredients** (Serves 4)

1 cup all-purpose flour  
2 eggs  
1/2 cup milk  
1/2 cup water  
1/4 teaspoon salt  
2 tablespoons butter, melted

#### **Directions**

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.
4. Serve with freshly cut strawberries and maple syrup.



### Sparkling Rosemary Limeade

<http://www.thekitchn.com/drink-recipe-sparkling-rosemar-154731>

#### Ingredients (Serves 8)

1 cup lime juice (from about 6 limes)  
3/4 cup sugar  
Peel of 2 limes  
Two 4-inch sprigs fresh rosemary, plus more to serve  
4 to 6 cups chilled sparkling water

#### Directions

1. Stir the lime juice with the sugar in a small saucepan and bring to a simmer over medium heat. Lower the heat and cook, stirring frequently, until the sugar is completely dissolved. Add the lime peel and the rosemary sprigs. Simmer for another minute, and then turn off the heat. Cover and refrigerate overnight.
2. Strain out the lime peel and rosemary and mix with the chilled sparkling water in a sealed jar or bottle. Taste and add more water if you want a lighter flavor. Serve over ice with a small sprig of rosemary muddled into the drink.