

GRoW MENUS

Dinner Party 1

Hors d'oeuvre's

Canapes

Watermelon Feta Shooters

Beverages

Virgin Mojitos

Cucumber Mellon Water

First Course

Heirloom Tomato Salad

Entrée

Jerk Pork Tenderloin, mango salsa, snow peas

Dessert

Vanilla Bean Panna Cotta, mascerated fresh berries

Dinner Party 2

Hors d'oeuvre's

Assorted Bruschetta

Beverages

Sun Tea

Strawberry Lemonade

First Course

Mixed greens, strawberry balsamic vinaigrette, fresh berries, orange supremes, walnuts

Entrée

Lacquered Salmon, microgreens, Asian vinaigrette, lemongrass infused herbed cous cous

Dessert

Berry Semifreddo, pistachio, macadamia crust

Movie Night

Beverages

Strawberry Watermelon Daiquiris

Arnold Palmer

Snacks

Crudite, garlic herb spread

Pita Points, assorted hummus

GRoW INGREDIENTS

Canapés

Apple/Gorgonzola/Walnut

- Sliced cucumber
- Diced granny smith apple
- Gorgonzola crumbles
- Walnuts

Goat Cheese and Fresh Vegetable

- Sliced cucumber
- Diced fresh vegetables (pepper, zucchini, yellow squash)
- Chopped herbs (basil, chives, oregano, cilantro)
- Sliced cherry tomato
- Green onion
- Aged balsamic

Watermelon Feta Shooters

- Diced Watermelon
- Crumbled feta
- Diced shallot
- Fresh orange and lime juice
- Cider vinegar
- Fresh mint
- Extra virgin olive oil
- Honey (to taste)

Virgin Mojitos

- Fresh mint
- Limes
- Coconut palm sugar
- Club soda

Cucumber Mellon Sparkling Water

- Cucumbers
- Watermelon
- Water
- Honey or coconut palm sugar (to taste if needed)

Heirloom Tomato Salad

- Sliced heirloom tomatoes
- Sliced Fresh Mozzarella
- Fresh herbs (chives, basil, oregano)
- Capers
- Aged balsamic
- Roasted garlic olive oil
- Diced shallot
- Shaved reggiano
- Salt and pepper (to taste)

Jerk Pork Entrée

- Pork Tenderloin
- May substitute with tilapia at later date
- Also offer Tofu

Jerk Seasoning

- Parsley
- Cilantro
- Shallots
- Garlic
- Yellow onion
- Habanero pepper
- Fresh ginger
- Coffee
- Soy sauce
- Water
- Canola oil
- Thyme
- Allspice
- Salt
- Pepper
- Cinnamon
- Nutmeg
- Cloves
- Coconut palm sugar

Mango Salsa

- Diced Mango
- Diced red pepper
- Diced red onion
- Diced jalapeño
- Cilantro
- Fresh lime juice
- Fresh lemon juice
- Salt and pepper to taste

Snow Peas

- Snow peas
- Shallot
- Vegetable stock
- Butter
- Slivered almonds
- Fresh lemon juice

Vanilla Bean Panna Cotta

Panna Cotta

- Whole milk
- Gelatin
- Heavy cream
- Honey
- Sugar
- Vanilla bean

Macerated Fresh Berries

- Strawberries
- Blueberries
- Fresh orange (for zest and juice)
- Honey
- Lime Zest

Assorted Bruschetta

- Sliced baguette

Pineapple

- Diced pineapple
- Diced red pepper
- Diced red onion
- Capers
- Cilantro
- Fresh lime juice
- Fresh lemon juice
- Cream cheese
- Salt to taste

Pesto Tomato

- Diced tomatoes
- Diced red onion
- Basil
- Balsamic
- Olive oil
- Garlic
- Chives
- Pine nuts
- Reggiano
- Fresh Lemon Juice
- Salt and pepper to taste

Sun Tea

- Peach tea
- Earl grey
- Green Tea
- Honey
- Oranges
- Fresh Mint

Strawberry Lemonade

- Water
- Lemons
- Strawberries
- Coconut palm sugar

Mixed Greens Salad

- Mixed Greens
- Strawberries
- Blueberries
- Orange supremes
- walnuts

Strawberry Balsamic Vinaigrette

- Strawberries
- Olive oil
- Balsamic
- Fresh orange juice
- Orange zest
- Honey (to taste)

Lacquered Salmon Entrée

- Micro greens

Lacquered Salmon

- Salmon filets
- Sugar
- Soy sauce
- Cooking sake or mirin
(alcohol free)
- Salt and pepper

Asian Vinaigrette

- Sesame oil
- Rice wine vinegar
- Cooking sake or mirin
(alcohol free)
- Pickled ginger
- Wasabi
- Green onion
- Soy sauce

Cous Cous

- Cous cous
- Vegetable stock
- Lemon grass
- Thai basil
- Cilantro
- Green onion
- Sesame oil
- Salt (to taste)

Berry Semifreddo

Semifreddo

- Strawberries
- Blueberries
- Sugar, honey or agave nectar
- Egg whites
- Heavy cream
- Vanilla bean
- Orange zest
- Orange juice
- Pistachios
- Macadamia nuts

Strawberry Watermelon Daiquiris

- Strawberries
- Watermelon
- Fresh lime juice
- Water
- Coconut palm sugar/honey/agave nectar (to taste)

Arnold Palmer

- Sun tea (above)
- Lemonade (as above, no berries)

Crudité

- Fresh Vegetables
- Pita Bread

Garlic Herb Spread

- Cream cheese
- Fresh herbs (basil, oregano, cilantro, chives)
- Shallots
- Heavy cream
- Salt (to taste)

Assorted Hummus

- Chick peas
- Tahini
- Extra virgin olive oil
- Garlic
- Red peppers
- Cumin
- Basil
- Chives
- Cilantro
- Fresh lemon juice

GRoW Menu Recipes

Canapés

Apple/Gorgonzola/Walnut

- Sliced cucumber (1 or 2 depending on size)
- 2 granny smith apples (1/4 apple reserved for garnish)
- 8 oz gorgonzola crumbles
- 4 - 6 oz chopped walnuts

Slice cucumber (1/8 to 1/4 inch thick). Dice apples, with skin on 1/8 to 1/4 inch. Slice 1/4 of an apple very thin for garnish. Mix diced apple, gorgonzola, and walnuts together. Spoon onto cucumber slices. Garnish with sliced apple.

Goat Cheese and Fresh Vegetable

- Sliced cucumber (1 to 2 depending on size)
- Diced fresh vegetables (pepper, zucchini, yellow squash)
- Chopped herbs (basil, chives, oregano, cilantro)
- 8 oz. goat cheese (room temperature)
- Sliced cherry tomato
- Green onion
- Aged balsamic

Slice cucumber (1/8 to 1/4 inch thick). Halve zucchini and yellow squash lengthwise, remove seeds by scraping with a spoon. Small dice red pepper, zucchini and yellow squash (very small, 1/8 inch or less). Chop small handful of fresh herbs. Mix room temperature goat cheese, diced vegetables, and chopped herbs. Spoon mixture onto sliced cucumbers, garnish with thinly sliced cherry tomatoes and green onions sliced thinly on a bias. Drizzle with aged or reduced balsamic vinegar.

Watermelon Feta Shooters

- Diced Watermelon
- Crumbled feta
- 2 small shallots
- 1 orange, 1 lime
- Cider vinegar
- Fresh mint
- 2 T extra virgin olive oil
- Honey (to taste)

Zest orange and lime and juice each. Gently whisk citrus juice and zest, olive oil, diced shallots, and vinegar and honey to taste in large bowl. Dice watermelon and toss with citrus mixture. Refrigerate. Just before serving toss crumbled feta and fresh mint leaves with watermelon. Vinaigrette may be made ahead of time, but watermelon should not be dressed until 2 hours prior to serving.

Virgin Mojitos

- Fresh mint
- 4 Limes
- Coconut palm sugar (to taste)
- Club soda

Slice limes, reserve ¼ for garnish. Muddle 3 to 5 lime slices, 1 sprig of fresh mint and palm sugar in glass in cocktail shaker. Add club soda to shaker, shake, and pour over ice (do not strain). Garnish with lime slice.

Cucumber Mellon Sparkling Water

- 1 cucumbers
- Watermelon
- Water or club soda
- Honey or coconut palm sugar (to taste if needed)

Thinly slice 1 cucumber, and dice approximately twice as much watermelon. Add small amount of honey or coconut palm sugar if desired. Add water to cover fruit by 1 inch. Refrigerate for at least 1 hour or up to 24 hours. Remove from refrigerator and water or club soda as desired for taste. Add more honey or palm sugar if desired. Serve over ice.

Heirloom Tomato Salad

- Sliced heirloom tomatoes (as needed, 2 to 4 slices per serving)
- Sliced Fresh Mozzarella (same number of slices as tomatoes)
- Fresh herbs (chives, basil, oregano)
- Capers
- Aged balsamic
- Roasted garlic olive oil
- Diced shallot (to taste)
- Shaved reggiano
- Salt and pepper (to taste)

Slice heirloom tomatoes (1/4 to 1/3 inch). Slice fresh mozz to ½ thickness or less of tomato slices. Chop fresh herbs and dice or slice shallots as desired to taste. Layer tomato and mozz slices on plate and season to taste with salt and pepper (can be broiled lightly if desired or served raw). Sprinkle capers, shallots and herbs over tomatoes as desired. Garnish with fresh shaved reggiano.

Jerk Pork Entrée

- Pork Tenderloins (each serves 2 – 3 people)
- May substitute with tilapia at later date
- Also offer Tofu

Jerk Seasoning

- 2 bunches parsley
- 2 bunches cilantro
- 4 shallots
- 8 garlic cloves
- 2 small yellow onions
- 2 habanero peppers (seeds removed)
- Fresh ginger (approximately 1 inch)
- 1 cup Coffee
- ¼ cup soy sauce
- Water (as needed)
- ½ cup canola oil
- 2 T Thyme
- 4 tsp Allspice
- ¼ cup Salt (or to taste)
- 2 T black pepper
- 1 T Cinnamon
- 1 tsp Nutmeg
- 1 T Cloves
- ½ cup Coconut palm sugar
- Juice of 4 limes

Chop herbs and dice onions, shallots, garlic, and peppers. Mix all dry (non-liquid) ingredients together in large bowl. Mix all liquid ingredients (besides water) in pitcher or liquid measuring cup. Blend all ingredients in several batches in blender. Add liquid as needed to allow puree. If more liquid is required, use water. Puree until well mixed, remove from blender, and pour over pork. Reserve extra for later use (can be frozen). Allow pork to marinate for at least 24 hours. Grill pork to desired doneness, slice against grain and top with mango salsa.

Mango Salsa

- 2 Mango
- 1 red pepper
- ½ small red onion
- 1 jalapeño
- Cilantro
- Fresh lime juice
- Fresh lemon juice
- Salt and pepper to taste

Dice mango (1/4 inch), red pepper, red onion and jalapeno (1/8 inch or smaller). Chop cilantro as desired to taste. Mix all in bowl. Add equal parts fresh lemon and lime juice as desired to taste. Add salt and pepper to taste.

Snow Peas

- 1 to 2 T canola oil
- Snow peas
- Shallot
- Vegetable stock
- 1 to 2 T butter
- Slivered almonds
- Juice of 1 fresh lemon

Heat canola oil in pan. Add slivered almonds and sliced shallots, sautee until almonds lightly brown. Add snow peas and sautee until bright green. Add juice of 1 fresh lemon, and a splash of vegetable stock. Turn off heat and put on lid. Add butter just before serving, stirring well to melt butter.

Vanilla Bean Panna Cotta

Panna Cotta

- ½ cup Whole milk
- ½ packet Gelatin
- 2 cups Heavy cream
- ½ cup whole milk greek yogurt
- Honey (to taste)
- ¼ cup Sugar
- 1 Vanilla bean

Macerated Fresh Berries

- 1 pint Strawberries
- ½ pint Blueberries
- 1 fresh orange (for zest and juice)
- Honey
- Lime Zest

For Panna Cotta: sprinkle gelatin over milk in bowl, don't stir. Slice vanilla bean in half lengthwise, scrape out seeds with knife, add seed and bean to cream and sugar in a small pot. Heat cream gently (just enough to dissolve gelatin). Add milk and gelatin mixture to warm cream, stir until gelatin is dissolved. Stir in greek yogurt. Check for desired sweetness and add honey as desired. Pour equal amounts into 6 to 8 ramekins. Refrigerate for at least 6 hours, or until set, loosely covered with plastic wrap.

For Berries: Dice ½ pint of straw berries, puree other ½ pint in blender. Mix diced berries, blueberries, zest and juice of 1 orange and zest of 1 lime. Add honey as desired to taste. Add pureed berries or keep separate to serve as sauce. Place berries in refrigerator, stirring occasionally until panna cotta is set.

To Serve: Turn ramekins upside down and shake to loosen custard. Remove custard from ramekin and place, inverted, on plate. Add strawberry sauce (if reserved) and spoon macerated berries on top.

Assorted Bruschetta

- Sliced baguette

Pineapple

- 1/3 to 1/2 pineapple
- 1 red pepper
- 1/2 red onion
- Capers
- Cilantro
- Fresh lime juice
- Fresh lemon juice
- Cream cheese (room temperature)
- Salt to taste

Pesto Tomato

- 3 to 5 tomatoes
- 1/2 red onion
- 3/4 cup fresh basil (reserve a few leaves for tomatoes)
- Balsamic
- Olive oil (to taste (1/4 to 1/2 cup))
- 2 garlic cloves
- 1/2 cup chives
- 1/4 to 1/3 cup Pine nuts
- Reggiano
- Fresh Lemon Juice
- Salt and pepper to taste

For pineapple: Dice pineapple (1/4 inch), red pepper and red onion (1/8 inch or smaller). Chop cilantro as desired to taste. Mix in bowl and add capers, lemon juice, lime juice and salt to taste. Spread cream cheese on thinly sliced baguette (about a 1/4 inch thick), spoon pineapple mixture on top. Garnish with cilantro leaves and serve.

For pesto tomato: Puree basil, chives, pine nuts, and garlic. Add reggiano, lemon juice, salt and pepper, and olive oil as desired for taste and consistency. Small dice tomatoes (1/8 to 1/4 inch) and red onion (1/8 inch or smaller). Add a splash of olive oil and balsamic, salt and pepper to taste. Add chiffonade of reserved basil leaves. Both pesto and tomato mixture will improve in flavor as it sits, but it can be served immediately. Spread pesto onto thinly sliced baguette, spoon tomato mixture over top, garnish with shaved reggiano.

Sun Tea

- Peach tea
- Earl grey
- Green Tea
- Honey
- 2 oranges
- Fresh Mint

Slice oranges and add to glass jar with 2 to 3 bags of each tea. Fill with water and sit in sun for at least 4 hours. Remove tea bags, sweeten with honey to taste and add sprigs of fresh mint to taste. Chill and serve over ice.

Strawberry Lemonade

- Water
- 6 to 8 lemons
- Strawberries
- Coconut palm sugar

Juice lemons and crush or puree strawberries to taste. Add water and palm sugar to taste. Mix well.

Mixed Greens Salad

- Mixed Greens
- Strawberries
- Blueberries
- Orange supremes
- walnuts

Strawberry Balsamic Vinaigrette

- ¾ cup strawberries
- Olive oil
- Balsamic
- 1 orange
- Honey (to taste)

For vinaigrette: Zest and juice orange. Add to food processor with strawberries and puree. Add 1 tsp balsamic and mix well. With processor running, slowly drizzle in olive oil to desired taste and consistency. Dressing will begin to thicken if oil is added slowly enough. Stop periodically to taste and add more balsamic and/or honey if desired.

For salad: place mixed greens in bowl. Top with sliced or quartered strawberries, blue berries, orange supremes, and walnuts to taste. Serve with vinaigrette.

Lacquered Salmon Entrée

- Micro greens

Lacquered Salmon

- Salmon filets
- ¼ cup sugar
- Soy sauce
- Cooking sake or mirin (alcohol free)
- Salt and pepper
- Cooking oil or coconut oil

- Pickled ginger
- Wasabi
- Green onion
- Soy sauce

Couscous

- 1 cup couscous
- 1 ½ cups vegetable stock
- 1 stalk lemongrass
- Thai basil
- Cilantro
- Green onion
- Sesame oil
- Salt (to taste)

Asian Vinaigrette

- 2 T sesame oil
- ¼ cup rice wine vinegar
- ¼ cup cooking sake or mirin (alcohol free)

For Asian vinaigrette: Gently whisk rice wine vinegar, sake (or mirin) and sesame oil in a bowl. Rough chop pickled ginger and thinly slice green onion and add as desired to taste. Add wasabi and soy sauce as desired to taste. Reserve for latter, can be made up to 2 days ahead of time.

For couscous: Makes 3 to 4 servings. Roughly chop cilantro, thai basil and green onion as desired to taste and add to bowl or plastic container with lid with uncooked couscous. Smash lemongrass with kitchen mallet or back of knife and cut into 1 inch sections. Add lemongrass and vegetable stock to pot and bring to gentle boil. Season broth with salt to taste. Pour boiling broth over couscous and herbs, stir gently, and add a few drops of sesame oil. Cover with lid or plastic wrap (this will trap heat to cook the couscous). After a few minutes, gently fluff couscous with a fork, and check for doneness. Replace lid/wrap and let sit for a few more minutes if not desired doneness. **Note:** do not add broth to couscous until you have begun searing salmon, or couscous will chill.

For salmon: Dry filets with paper towel or lint free cloth. Season with salt and pepper to taste. Place sugar on plate in a thin layer. Heat small amount of cooking oil in sauté pan. Place filets skin side up on sugar and allow to coat well. Place filets in hot pan, sugared side down. Cook until filet lifts easily off of pan, a small amount of pressure from tongs or a spatula should lift the salmon. Flip filets, and add equal parts sake/mirin and soy sauce to form thin layer in bottom of pan. Turn heat off, and add lid. Allow residual cooking until desired doneness is reached.

To serve: Spoon couscous onto plate. Place salmon on top of couscous so that half of the salmon rests on couscous and half rests on the plate. Gently toss microgreens in small amount of vinaigrette and place on top of salmon as desired. Drizzle remaining vinaigrette on top of salmon and microgreens as desired.

Berry Semifreddo

Semifreddo

- 3 cups strawberries
- 3 cups blueberries
- 1 cup sugar
- 2 egg whites
- 1 cup heavy cream
- 2 tsp vanilla extract
- 1 orange
- $\frac{3}{4}$ cup Pistachios
- $\frac{3}{4}$ cup Macadamia nuts

Fruit: Dice 1 cup strawberries and set aside with 1 cup blueberries. Puree 2 cups strawberries and 2 cups berries in blender. Zest orange and add to pureed berries, set aside. Juice orange and add to reserved diced berries (macerated berries as above).

Prepare Pan: Line a loaf pan with plastic wrap, allowing plastic to hang over sides. Chop pistachios and macadamia nuts, and press into sides of pan (macadamia nuts should make mixture sticky enough, if not, put generous portion in bottom of pan and reserve the rest for garnish).

Semifreddo: Whip heavy cream, $\frac{1}{8}$ cup sugar, and vanilla extract in bowl by hand or mixer until stiff. Refrigerate. With mixer, begin whipping eggwhites on high speed. When frothy, add remaining sugar slowly while continuing to whip. Whip until soft peaks form. Gently fold pureed berry mixture into egg whites, then fold in whipped cream. Pour into prepared pan, wrap and freeze until set (several hours, best to prepare the day before so it can set overnight).

To Serve: Remove semifreddo from pan and remove plastic wrap. Slice into thin slices, layer several per plate. Top with macerated berries and chopped nuts, if reserved.

Strawberry Watermelon Daiquiris

- Strawberries
- Watermelon
- Fresh lime juice
- Water
- Coconut palm sugar/honey/agave nectar (to taste)

Add fruit (enough for desired portions) and lime juice (approximately $\frac{1}{2}$ lime per serving) to blender and puree. Add water and sweetener to desired consistency and taste.

Arnold Palmer

- Sun tea (above)
- Lemonade (as above, no berries)

Mix tea and lemonade in desired proportions to taste. Serve over ice.

Crudité

- Fresh Vegetables
- Pita Bread

Garlic Herb Spread

- Cream cheese (room temperature)
- Fresh herbs (basil, oregano, cilantro, chives)
- 1 shallots
- Heavy cream
- Salt (to taste)

Assorted Hummus

- 15 oz can chick peas, or equivalent dried and cooked
- ¼ cup tahini
- 2 T extra virgin olive oil
- 1 clove garlic, minced
- Roasted red peppers
- ½ tsp Cumin
- Pesto (recipe above)
- 1 lemon, juiced

For Garlic Herb Spread: Stir heavy cream into room temperature cream cheese to desired consistency. Small dice shallot and add to cream mixture with chopped fresh herbs to taste. Season with salt to taste. Best prepared 1 day ahead of time.

For Hummus: Mix lemon juice and tahini in food processor for 1 minute. Scrape down sides. Add olive oil, minced garlic and cumin, process for 30 seconds. Scrape down sides. Rinse chick peas well under running water, remove “shells” if desired. Add half of the chickpeas to food processor and run for 1 minute. Scrape down sides. Add remaining chickpeas and process until smooth. Remove from processor and split into three equal portions. Blend roasted red peppers into one portion to taste in food processor. Stir in pesto to taste with spoon in second portion. Add water to desired consistency of third portion if needed.