solar roof pod
TEAM NEW YORK

Our Team

Our Garden

Dinner Menu

Dinner Night 1

Appetizer

Berry Salad

A refreshing mix of berries and pecans tossed with romaine lettuce in a vinaigrette

Main Course

Mediterranean Stuffed Chicken

A Mediterranean infused stuffed chicken breast served with a side of flavorful couscous

Dessert

Pear and Apple Tart

Honey glazed slices of apple and pear baked on a layer of puff pastry topped with brown sugar and cinnamon

Beverages

Your choice of

Homemade Dominican Lemonade
Water

BERRY SALAD

© www.ntscblog.com

Ingredients

- 1 head of romaine lettuce
- 1 1/2 cups of strawberries
- 1 1/2 cups of blueberries
- 1/2 cup of toasted pecans

Recipe

1. Wash lettuce and dry.
2. Place greens on individual salad plates or a large salad bowl.
3. Slice strawberries and place on top of greens.
4. Add blueberries, vinaigrette and pecans, toss all together.

Stuffed Chicken Breast

Ingredients

©FortheLoveofCooking.net

- 8 chicken breasts
- Sea salt and freshly cracked pepper, to taste
- Garlic powder, to taste
- Dried oregano, to taste
- 4 small baby red bell pepper, diced
- 1/2 cup low fat feta cheese
- 1/2 cup of kalamata olives, diced
- 1/2 cup of red onion, diced
- 4 tbsp pine nuts
- 1/2 cup basil, chopped

Recipe

1. Combine the bell pepper, feta cheese, olives, red onion, pine nuts, and basil together in a small bowl.
2. Cut a horizontal slit through the thickest portion of the chicken breast to form a small pocket.
3. Stuff 2-3 tbsp of the cheese mixture into each pocket; close the opening with a toothpick.
4. Season the chicken breast with sea salt, freshly cracked pepper, garlic powder, and oregano to taste on each side.
5. Place the chicken on the grill pan for 6 minutes on each side or until done.
6. Remove from grill, cover loosely with tin foil and let the meat "rest" for 7-10 minutes before slicing.

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APPLE PEAR TART

© 2011 Cooking Channel, LLC

Ingredients

- Flour
- 1 sheet of frozen puff pastry, thawed
- 1 pear, peeled, cored and thinly sliced
- 2 Golden Delicious apples, peeled, cored and thinly sliced
- 3 tablespoons of unsalted butter, melted
- 3 tablespoons of light brown sugar
- ½ teaspoon of ground cinnamon
- ¼ cup of warmed honey

Recipe

1. Dust a cutting board with flour and unfold puff pastry onto it.
2. Transfer floured puff pastry sheet to a parchment paper-lined baking sheet.
3. Using a fork, pierce a border around the edge of the puff pastry, 1/2 inch from the edges. Prick the center of the pastry as well, about 10 times all over the pastry.
4. In a bowl combine sugar and cinnamon.
5. Arrange the pear and apple slices on top of the pastry in 4 rows overlapping each other avoiding the border.
6. Brush the fruit with melted butter and top with cinnamon-sugar.
7. Speedcook at upper temperature medium and lower temperature low for 13-15 minutes, brush honey over the fruit halfway through.

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Movie Night Appetizers

Bruschetta

Toasted baguette slices topped with mozzarella and a mix of fresh tomato, sun-dried tomato and garlic

Brie En Croute

A piece of brie cheese topped with a mix of cranberry, pecans and honey wrapped in a puff pastry

Chinese Lettuce Wrap

A mix of mushrooms, beef and vegetables served in pockets of lettuce

Beverages

Your choice of

Carbonated mineral water with fruit juice
Water

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BRUSCHETTA

© Free Online Recipes

Ingredients

- 6 plum tomatoes, chopped
- 1/2 cup sun-dried tomatoes
- 3 cloves garlic, minced
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese

Recipe

1. In a large bowl, combine and mix the tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, salt, and pepper. Allow the mixture to sit for 10 minutes.
2. Cut the baguette into 3/4-inch slices. Brush both sides of bread with olive oil and cook on grilling pan until slightly brown.
3. Divide the tomato mixture evenly over the baguette slices. Top with mozzarella cheese.
4. Speedcook at high upper and lower temperature in speedcook oven for 5 minutes.

BRIE EN CROUTE

Ingredients

© Food and Wine, March 2011

- 1 puff pastry sheet
- 1 egg
- 1 tbsp. water
- 1/3 cup dried cranberries, softened
- 1/4 cup chopped toasted pecans
- 1/4 cup honey
- 1 Brie cheese round

Recipe

1. Thaw pastry sheet at room temperature 40 minutes until it is easy to handle.
2. Preheat oven to 350 degrees.
3. Beat egg and water in a small bowl.
4. Unfold the pastry sheet on lightly, floured surface. Roll sheet into a 14 in square.
5. Stir cranberries, pecans, and honey in bowl. Spread cranberries onto center of square. Top with cheese.
6. Brush edges of pastry with egg mixture. Fold two opposite sides over cheese. Trim remaining two sides of square to 2 inches from edge of cheese. Decorate top with pastry scraps if desired. Brush with egg mixture.
7. Bake for 25-30 minutes or until pastry is deep golden brown. Let stand for 45 minutes before serving.

CHINESE LETTUCE WRAP

© BBC Magazines Ltd.

Ingredients

- 8 lettuce leaves
- 1 lb. ground beef
- 2 tbsp. chopped chives
- 2 tbsp. parsley
- 1/4 cup of bamboo shoots, julienned
- 1 tbsp. ginger, minced
- 1 garlic clove, minced
- 1/2 cup of marinated mushrooms, julienned
- 1/2 cup of onions, cubed
- 1/4 cup of jew's ear mushrooms, julienned
- 2 tbsp. soy sauce
- 1/4 cup fried vermicelli
- Salt to taste
- Sugar to taste

Recipe

1. In a bowl, combine the beef, green onions, garlic, parsley, ginger, bamboo shoots, soy sauce, salt and sugar.
2. Sauté the cubed onions in a pan until translucent, adding in the jew's ear mushrooms and marinated mushrooms until cooked.
3. In a separate pan, sauté the beef mixture until well done.
4. On a lettuce leaf, spoon in some of the beef mixture, followed by some of the mushroom mixture. Sprinkle some fried vermicelli to serve.

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Our Team

Our Garden

Dinner Menu

Dinner Night 2

Appetizer

Greek Salad

Authentic mix of fresh cucumber, tomato, onion, peppers and olives topped with crumbled feta cheese and olive oil

Main Course

Chicken Tikka Masala

Cubed chicken flavored with a mix of Indian spices in a savory yogurt sauce over a bed of rice

Dessert

Dulce Frio

Dominican dessert of lady fingers soaked in evaporated and condensed milk with fruit cocktail

Beverages

Your choice of

Freshly brewed Iced Tea
Water

GREEK SALAD

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Ingredients

- 3/4 cup red bell pepper, chopped
- 3/4 cup chopped green bell pepper
- 1 cup cucumber - peeled, seeded and chopped
- 1 tomato, chopped
- 1/2 cup diced red onion
- 1 small can of black olives, quartered
- 1/2 cup crumbled feta cheese
- 1/2 cup vegetable oil
- 1/4 cup chopped oregano
- 2 teaspoons white wine vinegar
- salt to taste

Recipe

1. In a large bowl, combine the red bell pepper, green bell pepper, cucumber, tomato, oregano, red onion, and olives.
2. Whisk together the oil and vinegar. Before serving add the oil and vinegar mixture, feta cheese and salt.
3. Toss together and serve.

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CHICKEN TIKKA MASALA

© The Pensive Citadel

Ingredients

•50 oz cubed chicken breasts

For Marinade:

- 2 cups of plain yogurt
- Juice of 2 lemons
- 2 tbsp grounded coriander
- 8 tbsp of garlic & ginger paste
- 4 tsp chili powder
- 2 tsp of salt
- 1 tsp turmeric

For Masala gravy:

- 8 tomatoes, chopped
- 2 onion, sliced
- 6 tablespoons of ginger chopped
- 3 garlic cloves, minced
- 4 tbsp brown sugar
- 2 tbsp tomato paste
- 4 tsp garam masala powder
- 2 tsp turmeric powder
- 1 tsp chili powder
- 4 tbsp of ghee oil
- 1 cup of heavy cream

Handful of parsley to garnish

Recipe

1. Mix the marinade ingredients in a bowl and add chicken. Stir well and leave to marinate in the fridge overnight.
2. Place chicken pieces on skewers, cover with marinade and place on grill pan. Turn every few minutes and baste with remaining marinade.
3. Chicken should cook after 10-15 minutes. Remove from skewer when cooked.
4. Prepare the masala gravy. Heat the ghee in a pan and fry onions for 5 minutes.
5. Add in ginger and garlic and cook for 2 minutes.
7. Turn off the heat and process the masala with a hand blender.
8. Mix in cream, then add cooked chicken.
9. Bring to a boil slowly and serve.

DULCE FRIO

© Recetas Gratis

Ingredients

- Lady fingers (1 Pack)
- 1 can of fruit cocktail
- 1 can of condensed milk
- 1 can of Carnation evaporated milk

Recipe

1. In tray, line the lady fingers.
2. Take a toothpick and poke holes in the lady finders.
3. Mix fruit cocktail, condensed milk, and evaporated milk.
4. Pour the mixture over the lady fingers evenly.
5. Refrigerate before serving.

Comprehensive Ingredients List

1. 6 red bell peppers
2. 2 green bell pepper
3. 2 cucumbers
4. 16 plum tomatoes
5. 7 garlic cloves
6. ½ cup kamata olives
7. Small can of black olives
8. 1½ cup feta cheese
9. 2 tbsp. tomato paste
10. 14 boneless chicken breasts
11. 2 cups. mozzarella cheese
12. ¾ cup honey
13. 2 puff pastry sheets
14. 1 French baguette
15. 1 cups flour
16. 1 can evaporated milk
17. 1 can condensed milk
18. 5 tsp. chili powder
19. 2 tbsp. chopped chives
20. ¼ cup bamboo shoots
21. 7 tbsp. chopped ginger
22. 8 tbsp. garlic and pinger paste
23. 3 yellow onions
24 2 red onions
25. 4 tbsp. ghee
26. 2 tbsp. coriander powder
27. 3 tsp. turmeric powder
28. 4 tsp. garam masala powder
29. ½ tsp. ground cinammon
30. 2 tsp. white wine vinegar
31. 2 tbsp. balsamic vinegar
32. Olive oil
33. Vegetable Oil
34. Salt
35. Black Pepper
36. Sugar
37. Soy sauce
38. Garlic powder
39. Pack of tea bags
40. 2 cups yogurt
41. 7 tbsp. light brown sugar
42. 3 tbsp. unsalted butter
43. ½ cup marinated mushrooms
44. ¼ cup jew's ear mushrooms
45. 1 brie cheese round
46. ¼ cup fried verimicelli
47. 8 lettuce leaves
48. 1 head of romaine lettuce
49. 1 can fruit cocktail
50. 1 pack lady fingers
51. 1 egg
52. 2 cups couscous
53. ¼ cup chopped oregano
54. ½ cups basil leaves
55. Dried oregano
56. ¼ cup mint
57. I bunch parsley
58. 18 medium size lemons
59. ½ gal. concentrated fruit juice
60. ½ gal. mineral water
61. 3 gallons water
62. 1 cup pecans
63. 1/3 cup dried cranberries
64. ½ cup sun dried tomatoes
65. 4 tbsp. pine nuts
66. 1 pear
67. 2 golden delicious apples
68. 1 lb. ground beef
69. 2 lbs. rice
70. 1 cup heavy cream
71. 1 ½ cup blueberries
72. 1 ½ cup strawberries