Dinner Menus - Recipes - Ingredients
Mom’s Bacon Wrapped Meatloaf
made with Cal Poly organic grass-fed beef
served with Artisan French Bread

Broccoli Salad
made with a crunchy combination of broccoli, kale, cranberries, and sunflower seeds

Green Beans
local green beans sautéed with caramelized onions and seasoned with thyme

Homestyle Mashed Potatoes
deliciously creamy mashed red potatoes bolstered with sour cream, butter, and garlic

Mom’s Bacon Wrapped Meatloaf
made with Cal Poly organic grass-fed beef served with Artisan French Bread

Apple Tart and Vanilla Ice Cream
Granny Smith apples baked with a sweet honey glaze served with Cal Poly vanilla ice cream

Southern Sweet Iced Tea

- Dishes -
- Dessert -
- Beverage -
Green Beans

- Ingredients -
  4 handfuls Green beans
  1 Onions
  salt and pepper
  5 tbsp Butter
  1 sprig fresh Thyme

- Directions -
Steam green beans till almost cooked.
Sauté in butter with garlic, onions, thyme, salt, and pepper.
Broccoli Salad

- Ingredients -
  broccoli florets
  ½ cup grapes
  ½ cup sunflower seeds
  ¼ cup of red onion, chopped
  Pumpkin seeds
  craisins
  kale

- dressing -
  1 cup mayonnaise, best quality such as Hellmann’s or Duke’s
  2 tablespoons cider vinegar
  3 tablespoons honey or sugar
  ¼ teaspoon salt
  ¼ teaspoon ground black pepper

- Directions -
  Dice onions.
  Chop broccoli and kale to bite sized pieces.
  Toss with all ingredients.
Homestyle Mashed Potatoes

- Ingredients -
  1 lb baby red potatoes
  1 clove garlic
  ½ cup sour cream
  4 tbsp butter
  salt and pepper

- Directions -
  Boil potatoes and garlic. Drain.
  Mash with sour cream, butter, and salt and pepper to taste.
Mom’s Bacon Wrapped Meatloaf

- Ingredients -
1 tablespoon Olive oil

½ medium white onion, finely chopped (about 1 cup)
2 medium garlic cloves, minced
Leaves from 4 sprigs thyme (about 1 teaspoon)
2 large eggs
½ cup well-shaken lowfat buttermilk
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 pounds ground beef
1 pound bratwurst pork sausage, removed from casings and broken up
1 cup crushed saltine crackers (about 20)
¼ cup finely chopped fresh Italian parsley leaves
8 strips bacon

- Directions -
Heat the oven to 400°F and arrange a rack in the upper third. Line a baking sheet with foil and set aside.
Add the oil to a medium pan over medium heat. When the oil shimmers, add the onion, garlic and thyme and cook until softened, about 3 minutes; set aside. In a large bowl, add the eggs, buttermilk, mustard, Worcestershire, salt, and pepper. Whisk until the eggs are broken up and evenly combined. Add the onion mixture, ground pork, sausage, cracker crumbs, and parsley. Mix until thoroughly combined (don’t squeeze mixture). Dampen your hands, and put the meat on the prepared baking sheet. Form the meat into a 9 by 5-inch loaf. Arrange the bacon across the top of the loaf and bake until the internal temperature is 155 degrees F, on an instant-read thermometer, about 55 to 65 minutes. Remove from the oven to a cutting board and let cool for 10 to 15 minutes before serving.
Apple Tart and Vanilla Ice Cream

- Ingredients -
- granny smith apples
- ¼ cup brown sugar
- 1 tsp cinnamon
- 1 lemon
- 3 tbs butter
- pie crust
- 2 tbs honey

- Directions -
Preheat oven to 350°F. Skin and chop apples. Sauté in butter, brown sugar, cinnamon, and juice of half the lemon. Arrange on pie crust. Cook 10-15 minutes until crust is cooked. While cooking add honey to the juice left from sautéing apples. Warm and mix mixture. Drizzle on top of tart. Serve with ice cream.
# Dinner I

## Comprehensive Ingredients List

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Dinner II

A High-End Six Course Meal

- **Starters** -
  - Strawberry Salad
    tender greens topped with candied walnuts, dried cranberries, gorgonzola, sliced strawberries, and a sweet vinaigrette
  - Creamy Butternut Squash Soup
    pureed squash infused with a savory concoction of sage, rosemary, and thyme, and topped off with a dollop of cream

- **Entrée** -
  - Herb Crusted Pork Tenderloin
    Cal Poly farm-raised pork rubbed with raw mustard, sage, rosemary, and thyme roasted with a savory combination of Granny Smith apples, onions, and garlic drizzled with cider gravy and served with roasted root vegetables and creamy polenta

- **Dessert** -
  - Lemon Pudding Souffle
    creamy pudding topped with an airy cake dusted with powdered sugar and garnished with a sprig of mint

- **Beverage** -
  - Sparkling Cranberry Apple Cider
Strawberry Salad

- Ingredients -
  Strawberries
  Spring greens
  Gorgonzola
  vinaigrette
  craisins
  candied walnuts or pecans

- Directions -
  Slice strawberries and toss all ingredients
Creamy Butternut Squash Soup

- Ingredients -
  1 butternut
  4 leaves sage
  1 sprig rosemary
  1 sprig thyme
  1 cup chicken stock
  1 cup almond milk
  ½ cup Gruyère cheese
  1 clove garlic
  red pepper
  Salt and pepper
  Heavy cream

- Directions -
  Skin, deseed, and chop butternut.
  Boil with herbs and garlic in almond milk and stock.
  When the squash is tender remove stems and use a submersible blender to blend the mixture.
  Add cheese, and red pepper, salt, and pepper to taste.
  Serve with a splash of heavy cream.
Herb Crusted Pork Tenderloin

- Ingredients -

- Porkloin -
  2 tbsp raw mustard seed
  10 leaves sage
  2 sprigs rosemary
  Olive oil
  4 sprigs thyme
  ½ cup parsley
  salt and pepper
  2 granny smith apples, skinned and chopped
  1 onion, roughly chopped
  2 tbsp butter
  2 tbsp flour
  1 clove garlic, roughly chopped
  1 cup apple cider

- Directions -

- porkloin -
  Chop all herbs. Rub pork with salt, pepper, and a little olive oil. Add herbs and mustard and rub those in too.
  Sear pork in a hot pan, transfer to a baking dish and finish in the oven at 400° F for 40-50 minutes.
  In the pan with the pork drippings add the apples, onions, and garlic, simmer in apple cider for 8 minutes.
  Separate apples from juice. Cook butter and flour in another pan until lumps are out.
  Add juice from apples and cook down until desired thickness. Serve apple and onion mixture and gravy with pork.

- polenta -
  4 cups water, plus more as needed
  4 cups milk, plus more as needed
  3 tablespoons butter
  2 teaspoons salt
  2 cups polenta
  1/2 cup creme fraiche
  1/3 cup Parmigiano-Reggiano

- root vegetables -
  ¼ lb carrots
  ¼ lbs parsnips
  2 sprigs thyme
  4 tbsp butter
  salt and pepper

- polenta -
  In a large saucepan, bring the water, milk and butter to a boil. Add 2 teaspoons of salt to the water and whisk in the polenta. Whisk constantly for 3 to 4 minutes to prevent lumps. Simmer for 45 minutes, partially covered and stirring every 10 minutes, until the polenta is thick, smooth, and creamy. Add the creme fraiche and Parmesan. Check for seasoning and adjust consistency by adding milk or water to the polenta. Polenta may be made up to 20 minutes ahead of time and kept covered until ready to serve.

- root vegetables -
  Skin carrots and parsnips. Sautee in butter with thyme, salt, and pepper
Lemon Pudding Souffle

- Ingredients -
2 tablespoons unsalted butter, melted, plus more, room temperature, for ramekins
1/3 cup all-purpose flour (spooned and leveled)
1/2 teaspoon baking powder
1/4 teaspoon fine salt
3 large eggs, separated
1/4 cup granulated sugar
1 teaspoon finely grated lemon zest, plus 1/3 cup lemon juice (from 2 lemons)
1 1/4 cups whole milk
Confectioners’ sugar, for serving

- Directions -
Preheat oven to 325°F. Butter eight 6-ounce ramekins or a 2-quart baking dish.
Set in a shallow baking pan. In a medium bowl, combine flour, baking powder, and salt.
In a large bowl, whisk together egg yolks with 1/2 cup granulated sugar until pale and smooth. Whisk in butter,
lemon zest and juice, milk, and flour mixture. (Refrigerate mixture, up to 3 hours.)
In a large bowl, using an electric mixer, beat egg whites with 1/4 cup granulated sugar until stiff peaks form,
5 minutes; fold into batter. With a ladle, divide batter among ramekins, keeping sides clean. Pour enough hot water
into baking pan to come halfway up sides of ramekins. Bake until cakes are puffed and slightly golden on top, 30
minutes. Dust with confectioners’ sugar and serve immediately.
Meat
- pork tenderloin

Dairy
- gorgonzola
- gruyere
- heavy cream
- butter
- milk
- creme fraiche
- parmesan-reggiano

Vegetables
- spring greens
- butternut
- garlic
- onion
- carrots
- parsnips

Fruit
- strawberries
- craisins
- lemons
- Granny Smith apples

Grocery
- vinaigrette
- candied walnuts
- almond milk
- chicken stock
- red pepper
- salt and pepper
- olive oil
- flour
- eggs
- mustard seed
- apple cider
- polenta
- baking powder
- granulated sugar
- confectioner's sugar
- sparkling cranberry apple cider

Herbs
- thyme
- parsley
- sage
- rosemary
- Movie Night -
Crinkle Cookie Ice Cream Sandwich
mocha chocolate crinkle cookies sandwiching Cal Poly ice cream and your choice of toppings

- Ingredients -

- Directions -
Heat oven to 350°F.
Mix all ingredients excluding the sugar for rolling until combined and crumbly.
Roll into balls and coat with sugar and place on a cookie sheet with wax paper.
Bake until slightly hard on top approximately 10-12 minutes.
Serve with your choice of ice cream and roll in your choice of toppings.

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Crinkle Cookie Ice Cream Sandwich
mocha chocolate crinkle cookies sandwiching Cal Poly ice cream and your choice of toppings

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Comprehensive Ingredients List

Movie Night

Dairy
butter
ice cream

Grocery
flour
cocoa
white sugar
brown sugar
instant espresso
vanilla
egg
baking soda
salt
soda
caramel corn