

AGGIE SOL *Dinner Menu 1*



- Beverages -

Horchata

Honey Lemon Ginger Tea



- Appetizers -

Bread & Olive Oil Tasting

*Pan-Grilled Crostini topped with Roasted
Corn & Heirloom Tomato Salsa*



- Main Dish -

Taco Fresco



- Side Dish -

Bell Pepper & Wild Rice Salad



- Dessert -

Brown Sugar Peaches with Vanilla Bean Ice Cream



AGGIE SOL *Dinner Menu 2*



- Beverages -

Pomegranate Spritzer



- Appetizers -

Bread & Olive Oil Tasting

Caprese Salad



- Main Dish -

*Broiled Flank Steak
w/ Avocado Pesto Chimichurri Sauce*

*Grilled Portobello Mushroom
w/ Avocado Pesto Chimichurri*



- Side Dish -

Roasted Carrots w/ Thyme & Garlic

Parmesan Roasted Cauliflower



- Dessert -

Pear Almond Tart



AGGIE SOL *Movie Night*



- Beverages -

Ginger Beer

Mexican Hot Chocolate



- Finger Food -

*Local Cured Cold Cuts &
Cheese Platter*

Caramel Apple Pops





AGGIE SOL

Recipe Book



Dinner Menu 1

Horchata
Pan-Grilled Crostini topped with Roasted Corn & Heirloom Tomato Salsa
Bread & Olive Oil Tasting
Tacos Fresco & Pico de Gallo
Bell Pepper & Wild Rice Salad
Brown Sugar Peaches & Vanilla Bean Ice Cream
Honey Lemon Ginger Tea

Dinner Menu 2

Pomegranate Spritzer
Caprese Salad
Bread & Olive Oil Tasting
Broiled Flank Steak or Portobello Mushroom with Avocado Pesto Chimichurri
Colorful Roasted Vegetables
Pear Almond Tart

Movie Night

Ginger Beer (non-alcoholic)
Mexican Hot Chocolate
Local Cured Cold Cuts w/ Cheese Platter
Caramel Apple Pops



Beverages



Appetizers



Main Dish



Side Dish



Dessert

serving size: 4
prep time: 3 hrs
cook time: 30 min

Horchata

Ingredients



| | |
|--|---------|
| almonds, soaked in 2 cups of hot water for 3 hours and then drain | 1/2 cup |
| cooked rice, rinse after cooking | 1/4 cup |
| ground cinnamon | 1 tsp |
| agave nectar | 2 tbsp |
| cold water | 1 cup |
| ice cubes | 1 cup |

Instructions

- 1 Combine the rice and cinnamon stick with 4 cups water in a blender; pulse to coarsely grind.
- 2 Transfer to a large bowl and add another 4 cups water; soak at room temperature for 3 hours.
- 3 Puree the rice mixture in a blender in batches until smooth. Strain through cheesecloth or a fine sieve into a pitcher. Mix in the sugar; chill.
- 4 Stir the horchata well before serving. Pour into ice-filled glasses; garnish with cinnamon sticks and a dusting of ground cinnamon.

serving size: 6-8
prep time: 18 min
cook time: 12 min

Pan-Grilled Crostini topped with Roasted Corn & Heirloom Tomato Salsa

Ingredients

| | |
|--|---------|
| French baguette, sliced 1/2 inch thick | 1 |
| olive oil | 1/4 cup |
| large shallots, diced | 2 |
| tablespoons red wine vinegar | 2 |
| ears of corn, shucked | 4 |
| heirloom tomatoes, seeded & diced | 4 |
| chopped cilantro leaves | 1/4 cup |
| garlic cloves, minced | 2 |
| Kosher salt | |
| freshly ground black pepper | |

Instructions

- 1 Preheat a cast iron skillet grill pan to medium-high heat. Brush bread slices with olive oil, pan grill until lightly toasted about 2 minutes.
- 2 Toss the shallots and vinegar in a large bowl. Let marinate at room temperature for 10 minutes.
- 3 Meanwhile, place a grill pan over medium-high heat. Grill the corn for 10 to 12 minutes, turning occasionally, until charred on all sides. Set aside until cool enough to handle.
- 4 Cut the corn kernels off the cob and add to the bowl with the pickled shallots. Stir in the tomatoes, cilantro, and garlic and season with salt and pepper, to taste.
- 5 Spoon the corn mixture over the toasted bread slices and serve.

Bread & Olive Oil Tasting

Ingredients

| | |
|---------------------------------|---------|
| large cloves of garlic, minced | 3 |
| balsamic vinegar | 2 tbsp |
| UC Davis extra-virgin olive oil | 5 tbsp |
| crushed red pepper flakes | 1/2 tsp |
| fresh rosemary, chopped | 1 tsp |
| salt & black pepper | 1 pinch |

UC Davis Extra-Virgin Olive Oil Options

Estate Extra Virgin Olive Oil

Gunrock Extra Virgin Olive Oil

Silo Extra Virgin Olive Oil

Roasted Garlic Olive Oil

Instructions

- 1 Place the garlic, balsamic vinegar, olive oil, red pepper flakes, rosemary, and salt and pepper into a shallow bowl in that order.
- 2 To serve, spoon small amount onto bread.

Pico de Gallo

Ingredients



| | |
|-------------------------------------|--------|
| plum tomatoes, chopped | 5-6 |
| chopped Spanish onion | 2 tbsp |
| chopped red onion | 2 tbsp |
| serrano or jalapeño pepper, chopped | 1 |
| chopped cilantro | 4 tbsp |
| lime juice | 1 |
| pinch of sugar | |
| salt to taste | |

Instructions

- 1 Mix ingredients in a medium bowl.
- 2 Set aside.
- 3 Prep tacos (see next page).

serving size: 6
prep time: 20 min
cook time: 20 min

Taco Fresco

Ingredients



| | |
|--------------------------------------|---------|
| chili powder | 1/4 cup |
| olive oil | 2 Tbsp |
| chicken breast | 1 lb |
| 4" corn tortillas | 6 |
| canned black beans, rinsed & drained | 1 cup |
| chopped red onion | 1/4 cup |
| chopped cilantro | 1/4 cup |
| avocado, cut into 6 slices | 1 |
| lime wedges for garnish | 6 |
| pico de gallo | |

Instructions

- 1 Make a paste with chili powder and oil; rub onto meat.
- 2 Grill chicken (or cook in a lightly oiled grill pan) until cooked, about 10 minutes on each side; slice chicken into strips.
- 3 Heat tortillas in the microwave (about 20 seconds)
- 4 Spread beans on top of each.
- 5 Add chicken, pico de gallo, onion, cilantro, and avocado. Leave off chicken for a vegetarian dish.
- 6 Serve with lime wedges.

serving size: 6
 prep time: 40 min
 cook time: 40 min

Bell Pepper & Wild Rice Salad

Ingredients



| | |
|---------------------------------------|------------|
| water | 6 cups |
| chicken stock | 1 1/2 oz |
| wild rice, rinsed | 1 cup |
| medium red onion, minced | 1/2 medium |
| garlic, minced | 1 clove |
| balsamic vinegar | 6 tbsp |
| large carrot, peeled & shredded | 1 |
| red bell pepper, cut in small dice | 1 |
| yellow bell pepper, cut in small dice | 1 |
| dried apricots or raisins | 1/2 cup |
| shelled pistachio nuts | 1/2 cup |
| extra-virgin olive oil | 3 tbsp |
| chopped fresh parsley | 1/4 cup |
| salt & ground black pepper | |

Instructions

- 1 Bring the water to a simmer in a large saucepan. Whisk in the chicken stock and stir until it dissolves. Add the rice, bring the stock back to a simmer, and cook about 40 minutes until the rice is tender.
- 2 While the rice is cooking, combine the onion, garlic, and vinegar in a small bowl and let stand for at least 30 minutes.
- 3 When the rice is done cooking, drain it and transfer it to a large bowl. Add the reserved onion/garlic/vinegar mixture, then the carrot, peppers, dried apricots, pistachios, olive oil, and parsley and toss to mix well. Season to taste with salt and pepper.
- 4 The salad may be served right away or stored in a covered container in the refrigerator. Serve chilled or at room temperature.

serving size: 4
prep time: 5 min
cook time: 5 min

Brown Sugar Peaches with Homemade Ice Cream

Ingredients



| | |
|---------------------------------|---------|
| peaches | 4 |
| lemon, juiced | 1/2 |
| unsalted butter | 4 tbsp |
| firmly packed light brown sugar | 1/4 cup |
| vanilla bean ice cream | 1 pint |

Instructions

- 1 Rub off peach fuzz with a kitchen towel. Halve and pit the peaches, then cut them into slices 1/2 inch thick.
- 2 In a bowl, toss together the peach slices and lemon juice. Set aside.
- 3 In a large frying pan, melt the butter over medium heat. Add the peaches and brown sugar and saute the peaches until they are lightly browned and the sugar has caramelized, about 5 minutes.
- 4 To serve, scoop the ice cream into martini glasses or individual bowls. Top each serving with an equal amount of warm peaches and drizzle with an equal amount of the pan juices. Serve immediately.

serving size: 1
prep time: 5 min
cook time: 5 min

Honey Lemon Ginger Tea

Ingredients



| | |
|---|--------|
| freshly grated ginger (no need to peel) | 1 tbsp |
| freshly squeezed lemon juice | 1 tbsp |
| honey | 1 tbsp |

Instructions

- 1 Put the ginger in tea pot or medium bowl. Pour 1 cup boiling water over it and let it seep for 3 minutes.
- 2 Meanwhile, put the lemon juice and the honey in a large mug. Strain the ginger tea into the mug.
- 3 Stir to dissolve the honey, and add more honey for sweetness or lemon juice for tartness to taste.

Pomegranate Spritzer

Ingredients



| | |
|--|-------------|
| fresh or concentrate pomegranate juice | 1-2 tbsp |
| sugar | 2 tsp |
| sparkling water or club soda | 6 oz |
| pomegranate seeds | for garnish |

Instructions

- 1 Add pomegranate juice, sugar, and water. Garnish with pomegranate seeds. Pour into glasses filled with ice.
- 2 Add additional sugar, pomegranate juice to personal taste, sweetness, and tartness.

Caprese Salad

Ingredients



| | |
|---|---------|
| Balsamic Vinegar | 2 cups |
| whole heirloom tomatoes, sliced thick | 3 whole |
| fresh mozzarella cheese, sliced thick | 12 oz |
| fresh basil leaves | |
| olive oil, for drizzling | |
| kosher salt and freshly ground black pepper | |

Instructions

- 1 In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook for 10 to 20 minutes, or until balsamic has reduced to a thicker glaze. Remove from heat and transfer to a bowl or a cruet. Allow to cool.
- 2 To serve, arrange tomato and mozzarella slices on a platter. Arrange basil leaves between the slices. Drizzle olive oil and balsamic reduction over the top of the salad. Store extra balsamic reduction in fridge for later use.
- 3 Sprinkle kosher salt and black pepper.

serving size: 4-6
prep time: 5 min
cook time: 32 min

Broiled Flank Steak or Portobello with Avocado Pesto Chimichurri

Ingredients



| | |
|------------------------------|--------------|
| flank steak | 2-3 lbs |
| portobello mushroom | 1 per person |
| garlic powder | 1 tsp |
| smoked paprika | 1 tsp |
| dried cilantro | 1 tsp |
| smoked chipotle chili powder | 1/2 tsp |
| salt | 1 tsp |
| ground pepper | 1/2 tsp |
| avocados, sliced | 2 |
| cherry tomatoes | 1 lb |
| olive oil | |
| avocado pesto chimichurri | |

Instructions

- 1 Preheat oven to 400.
- 2 Place cherry tomatoes on a baking sheet, season with olive oil, and salt.
- 3 Roast cherry tomatoes for 20 minutes, remove from oven and let sit.
- 4 In a small bowl, mix garlic powder, paprika, cilantro, chipotle chili powder, salt, and pepper
- 5 Rub seasoning mixture onto both sides of the flank steak.
- 6 Broil flank steak in cast iron skillet for 4-6 minutes, until it reaches medium.
vegetarian: broil cleaned portobello mushrooms brushed in olive oil and seasonings for about 10 minutes
- 7 Let steak sit for 3-4 minutes to let the juices settle, slice in thin strips.
- 8 Serve steak or portobello mushroom on top of a bed of parsnip puree, roasted tomatoes, slice avocado, and topped with chimichurri sauce.

serving size: 4
prep time: 30 min
cook time: 10 min

Avocado Pesto Chimichurri

Ingredients



| | |
|----------------------------------|----------|
| fresh flat-leaf parsley, chopped | 1 cup |
| fresh cilantro, chopped | 3/4 cup |
| fresh oregano, chopped | 1/4 cup |
| garlic, minced | 3 cloves |
| red wine vinegar | 1/4 cup |
| red pepper flakes | 2 tsp |
| lime, juiced | 1 |
| olive oil | 1/2 cup |
| salt & pepper | |

Instructions

- 1 Chop up flat leaf parsley, cilantro, oregano, and 3 garlic cloves.
- 2 Put this in a food processor. Add red wine vinegar, juice of 1 lime, red pepper flakes, and salt & pepper. Process to combine.
- 3 Slowly add olive oil and process until smooth.
- 4 Put sauce in a bowl and place in the refrigerator to sit for 20 minutes.

Roasted Carrots with Thyme & Garlic

Ingredients



| | |
|----------------------------------|---------------|
| extra-virgin olive oil | 2 tbsp |
| large carrots, halved lengthwise | 2 1/2 lbs |
| unsalted butter | 1 tbsp |
| garlic, minced | 1 |
| fresh thyme | 3 sprigs |
| sea salt | 1/4 tsp |
| black pepper | 1/2 cup |
| water | 1/2 cup water |

Instructions

- 1 Preheat oven to 400 degrees.
- 2 Heat oil in a 12" heavy overproof skillet over medium-high heat until just beginning to smoke, then add half of carrots, cut sides down and cook undisturbed until they begin to brown, 12-15 minutes. Transfer to a plate.
- 3 Brown remaining carrots in same manner but leave in skillet. Add butter and stir once, then return carrots on plate to skillet. Continue to cook over medium-high heat, turning frequently, until edges are golden brown, about 5 minutes more.
- 4 Add garlic, thyme, sea salt, pepper, and water; cover skillet with foil. Toast until carrots are tender, about 20 minutes. Remove foil and continue roasting, turning over carrots with tongs occasionally, until edges are slightly crisp, 10-15 minutes more.

serving size: X
prep time: X min
cook time: X min

Parmesan Roasted Cauliflower

Ingredients



| | |
|-----------------------------|----------|
| cauliflower | 1 head |
| medium onion, sliced | 1 |
| thyme | 4 sprigs |
| unpeeled garlic | 4 cloves |
| olive oil | 3 tbsp |
| Kosher salt | |
| freshly ground black pepper | |
| grated Parmesan | 1/2 cup |

Instructions

- 1 Preheat oven to 425 degrees. Cut cauliflower into florets; toss on a large rimmed baking sheet with onion, thyme, garlic cloves, and oil; season with salt and pepper.
- 2 Roast, tossing occasionally, until almost tender, 35-40 minutes.
- 3 Sprinkle with Parmesan, toss to combine, and roast until cauliflower is tender, 10-12 minutes longer.

serving size: 8
prep time: 10 min
cook time: 30 min

Pear Almond Cake

Ingredients



| | |
|---|---------|
| ripe, but firm, pears – Bartlett or D’Anjou | 2 |
| sugar | 3/4 cup |
| unsalted butter, room temperature | 1/2 cup |
| almond paste | 8 oz |
| eggs | 3 |
| Amaretto (optional) | 1 tbsp |
| almond extract | 1/4 tsp |
| all-purpose flour | 1/4 cup |
| baking powder | 1/2 tsp |

Instructions

- 1 Preheat oven to 350 degrees.
- 2 Peel and core pears. Slice lengthwise into 12 even pieces. Place pear slices in circular pattern into a well greased and floured, 9 inch round cake pan.
- 3 Cream softened butter and sugar with a mixer, until smooth. Separate (or cut) almond paste and beat pieces into the butter/sugar mixture.
- 4 Beat in eggs, Amaretto, and almond extract.
- 5 Gently stir in flour and baking powder, mixing just until blended.
- 6 Pour batter into the cake pan.
- 7 Bake at 350 degrees for 40-50 minutes, or until a wooden pick or cake tester comes out clean.
- 8 Cool for 15 minutes. Invert onto a cake plate. Serve slightly warm or cooled, with or without a scoop of vanilla ice cream.

Ginger Beer

Ingredients



| | |
|---------------------|---------|
| cold water | 2 cups |
| fresh lime juice | 1 cup |
| ground fresh ginger | 4 tsp |
| superfine sugar | 3/4 cup |
| sparkling water | 3 cups |

Instructions

- 1 Combine water, juice, and ginger in a blender, process until blended.
- 2 Line a strainer with cheesecloth. Strain mixture over a pitcher; discard solids. Add sugar to pitcher, stir until dissolved.
- 3 Add sparkling water just before serving. Serve of ice. Garnish with lime slices, if desired.

serving size: 2-3
prep time: 2 min
cook time: 5 min

Mexican Hot Chocolate

Ingredients



| | |
|----------------------------|----------|
| whole milk | 2 cups |
| light brown sugar | 1 tbsp |
| bittersweet chocolate | 4 1/2 oz |
| pure vanilla extract | 1/2 tsp |
| ground cinnamon | 1/8 tsp |
| small pinch cayenne pepper | |

Instructions

- 1 Place milk and sugar in a medium saucepan and bring to a simmer.
- 2 Off the heat, stir in the chocolate, vanilla, cinnamon, and cayenne pepper with a wooden spoon and allow to steep for 3 minutes.
- 3 Reheat the hot chocolate over low heat until it simmers.
- 4 Strain the chocolate into a measuring cup and pour into mugs.
- 5 Stir with cinnamon sticks, if desired.

Caramel Apple Pops

Ingredients

| | |
|----------------------|------------------|
| butter | 1 cup / 2 sticks |
| brown sugar | 2 1/4 cups |
| light corn syrup | 1 cup |
| heavy cream | 2 cups |
| apples | 4 whole |
| skewers | |
| corn starch | |
| sea salt | |
| chopped peanuts | |
| mini chocolate chips | |

Instructions

- 1 In a heavy bottom sauce pan, melt butter over medium-low heat. Whisk the sugar and stir until combined. Add corn syrup and cream. Stir to combine.
 - 2 Let sit over medium heat until it reaches 245-250 degrees Fahrenheit.
 - 3 Cut granny smith, braeburn, or other tart apples into about 8 slices each.
 - 4 Poke hole for skewers in apples. Blot apples, such that the extra juices aren't running off.
 - 5 Dust apples with corn starch, remove excessive corn starch
 - 6 Heat up caramel so it is just slightly warmer than room temperature. About 15 seconds in microwave.
 - 7 Dip apples in caramel (only half way) – allow extra caramel to drop off before standing upright.
 - 8 Serve plain or with garnish with sea salt, peanuts, or mini chocolate chips
- TIP: Keep apple pops upright, store in a cool location for up to 2 hours before serving. Do not keep in direct sunlight, minimize refrigeration time as apples will sweat their liquid.

Dinner I shopping list

almonds
white rice
cinnamon
agave nectar
french baguette
olive oil
shallots
red wine vinegar
corn
tomatoes
cilantro
garlic
salt
black pepper
balsamic vinegar
red pepper flakes
rosemary
spanish onion
red onion
jalapeno
lime
chili powder
chicken breasts
corn tortillas
black beans
avocado
vegetable stock
medium grain wild rice
carrot
bell peppers
apricots/raisins
pistachio
parsley
peaches
lemons
light brown sugar
vanilla bean ice cream
ginger
honey

Dinner II shopping list

pomegranate juice
sugar
club soda
balsamic vinegar
heirloom tomatoes
mozzarella
basil
olive oil
salt
black pepper
flank steak
portobello mushroom
garlic powder
smoked paprika
cilantro
smoked chipotle chili powder
avocados
cherr tomatoes
parsley
oregano
garlic
red wine vinegar
red pepper flakes
limes
carrots
butter
thyme
cauliflower
onion
parmesan
pears
sugar
almond paste
eggs
almond extract
flour
baking powder

Movie Night shopping list

ginger
sparkling water
lime
sugar
milk
brown sugar
chocolate
vanilla extract
cinnamon
cayenne pepper
butter
brown sugar
light corn syrup
heavy cream
skewers
apples
sea salt
chopped peanuts
mini chocolate chips
crackers
cheeses
cured meats