



4300 Hoffmeister Ave. St. Louis, MO 63125  
314-638-6660 x4

## **Black Eyed Turkey**

### Ingredients:

one small bag black eyed peas  
one lb smoked turkey sausage  
one small onion- diced  
one carrot - diced  
two sticks celery- diced  
16 oz chicken broth  
6 oz peeled canned tomatoes  
salt and pepper  
1/4 teaspoon oregano leaves  
1/2 teaspoon granulated garlic- or chopped fresh garlic  
2 tablespoons margarine or butter

### Direction:

Soak peas in cool salted water for minimum of 4 hours or over night. Rinse peas and reserve. Slice turkey links lengthwise and brown in a large pot. Remove, cool, and reserve. Cut turkey into bite size pieces. Place margarine in stock pot with diced onions, carrot, and celery. Brown vegetables over medium heat until soft. Remove vegetables and reserve. Add chicken stock to pot with the peas, oregano, and garlic. Simmer peas for approximately 30 minutes over medium heat until tender. Add water to stock if necessary if too much evaporates during the cooking of the peas. Some of the stock should reduce. Add reserved vegetables, tomatoes, turkey and season with salt and pepper to taste.

## **Fiesta Salad**

### Ingredients:

one can corn- drained  
one can peeled tomatoes- diced and drained  
one can red beans- rinsed and drained  
one can garbanzo beans- rinsed and drained  
1/2 green bell pepper- diced  
1/2 red bell pepper- diced  
1/4 diced red onion (white or yellow onion can be substituted)  
4 green onions- chopped

1/2 of a 16 oz. bag frozen green peas- thawed (can add the whole bag if you want)  
3/4 cup light salad oil  
3/4 cup apple cider vinegar  
1 cup sugar  
1 small bunch cilantro- washed and chopped  
1 teaspoon chopped fresh garlic  
salt and pepper to taste

**Method:**

This is so simple- just mix all ingredients in a large bowl. This is great for a bbq or Mexican food buffet. There is a lot of color and flavors. More or less sugar can be added per your preference. The oil and vinegar should just be enough to coat all ingredients nicely. More or less can be added per your preference.



131 Carondelet Plz St Louis, MO 63105-3429  
(314) 725-6777

## **Asian Turkey Lettuce Wraps**

### Ingredients:

2 pounds ground turkey  
1 pound white button mushrooms (chopped)  
1 yellow onion (diced)  
4 cloves of garlic (chopped)  
1 small piece of ginger (chopped)  
½ cup soy sauce  
¼ cup chicken broth  
4 oz ketchup  
1 t cornstarch  
Asian hot sauce (to taste)  
2 heads of broccoli  
3 cups of brown rice  
1 head of iceberg lettuce

### Directions:

1. Brown the turkey in a large sauté pan. About halfway through, add the onion, garlic and ginger.
2. Cook for 3 minutes. Add the soy sauce, chicken broth, ketchup and hot sauce. Reduce the heat to a simmer. Add the broccoli, cover and cook for 5 minutes.
3. Dissolve the cornstarch in 2 oz of water and pour into the simmering liquid. The liquid will thicken slightly creating a nice sauce.
4. Serve with the rice and use the lettuce leaves as a wrapper to contain everything.

The addition of other Asian ingredients such as scallions, cilantro, water chestnuts, peanuts or cashews will make this dish even better but even just the basic recipe is really delicious.



in The Loop since 1985

6525 Delmar Blvd St Louis, MO 63130-4502

(314) 727-3663

## Turkey Chili, Texas Style

### Ingredients:

- 1 lb. Ground Turkey
- 2-14oz. cans of Chili Beans
- 1 6oz can of Beef Stock
- ½ Cup Flour
- 8 oz Finely Diced Onion
- 8 oz Finely Diced Red Pepper
- 1 Tbl Fresh Ground Pepper
- 2 oz Chili Powder
- 1 Tbl Salad Oil
- 4oz Finely Diced Jalapeno (\*OPTIONAL\*)

### Directions:

Heat salad oil in a large pot, add ground turkey and brown the meat thoroughly, breaking up any large clumps. Add the diced onion, red pepper and jalapenos and simmer. Turn off heat and stir in flour until well blended. Add beef stock and turn the heat on low. Add chili beans and chili powder and stir well. Continue cooking until the meat reaches a temperature of 180 degrees, stirring frequently.



7118 Oakland Ave St Louis, MO 63117-1813 (314) 781-0243

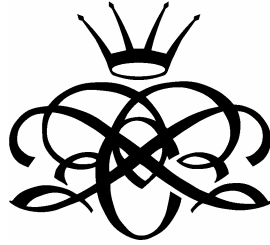
## **Gazpacho Shooters**

### Ingredients:

4 lbs. Roma tomatoes  
10 oz sweet onions  
2 whole red pepper  
1 whole seeded cucumber 8 – 10 oz.  
3 cloves garlic  
2 stalks celery  
3 tablespoons Spanish sherry wine vinegar  
Salt to taste  
Ground pepper to taste  
¼ cup olive oil  
½ teaspoon cumin  
½ teaspoon coriander

### Directions:

1. Puree all ingredients
2. Strain and chill
3. Serve in shooters glasses



*The Chase Park Plaza*

7401 Manchester Rd St Louis, MO 63143-3031  
(314) 644-3995

## **Chicken Caccitora**

*Serves 4*

**Ingredients:**

2 pounds boneless skinless chicken breast  
¼ cup small diced green pepper  
¼ cup small dice yellow onion  
¼ cup small dice carrot  
¼ cup sliced mushrooms  
1 teaspoon minced garlic  
1 teaspoon dry oregano  
1 tablespoon chopped fresh basil  
Kosher salt – see recipe  
Black pepper – see recipe  
3 tablespoon vegetable oil  
Flour – see recipe  
1 pound rigatoni  
6 ounces chicken broth  
16 ounces dice tomato  
2 teaspoon granulated sugar  
½ cup parmesan cheese

**Directions:**

Cook pasta according to directions and reserve. Sauté vegetables in oil till soft. Salt and pepper chicken then dredge in the flour till nicely coated and sauté in the same pan with the vegetables. Sauté till chicken is golden brown. Add garlic, oregano, sugar and basil. Add chicken broth and simmer till liquid is reduced by half. Add diced tomatoes to mixture and simmer till mixture reduces slightly. Check mixture for salt and pepper and adjust seasoning if necessary. Toss rigatoni with some of the sauce and put in a casserole dish. Spoon remainder of mixture over noodles top with cheese and bake till cheese is melted.



## Creamy Polenta with Chicken, Tomatoes, and Smoked Sausage

*Serves 4*

2 each boneless skinless Chicken Breasts

1 Cups Yellow Corn Meal

5 Cups Chicken Broth

1 Cup Parmesan Cheese, grated

1 Cup Canned Corn

1 T Cooking Oil

1 Green Bell Pepper, small dice

1 medium Yellow Onion, small dice

1 8 ounce can Peeled Tomato, roughly chopped

1 Cup Smoked Turkey Sausage, medium dice

Salt and Pepper, to taste

### Directions:

Preheat oven to 350 degrees. Season the chicken breasts with salt and pepper and place on a baking sheet. Roast the chicken in the oven until done, approximately 10 minutes. Remove and set aside. In the meantime, using a large saucepot, bring the 5 cups of chicken broth to a boil. Slowly add the 1 cup corn meal while whisking thoroughly. Continue whisking until mixture thickens. Add canned corn and grated parmesan cheese and incorporate. Season to taste with salt and pepper. Remove from the heat and cover with a lid.

Using a sauté pan over medium-high heat with 1T cooking oil, sauté the peppers and onions until lightly browned. Add the smoked sausage and chopped tomatoes and continue cooking until heated through. Season to taste with salt and pepper and set aside.

Divide each chicken breast in two. On a platter, scoop the polenta in the center, top with the pepper-tomato-sausage mixture, and present the chicken breasts alongside or on top.

Enjoy!

## Gazpacho Shooters

Catering Plus

4 lbs. Roma tomatoes

10 oz sweet onions

2 whole red pepper

1 whole seeded cucumber 8 – 10 oz.

3 cloves garlic

2 stalks celery

3 tablespoons Spanish sherry wine vinegar

Salt to taste

Ground pepper to taste

¼ cup olive oil

½ teaspoon cumin

½ teaspoon coriander

Puree all ingredients

Strain and chill

Serve in shooters glasses

Bryan Young CPCE



7169 Manchester Road Maplewood, MO 63143  
(314) 647-5350

### **Southwestern Crab Cakes with Black Bean and Sweet Corn Relish**

Serves 6

#### Crab cakes Ingredients:

|     |          |                |
|-----|----------|----------------|
| 1   | pound    | Imitation Crab |
| 2   | whole    | Eggs           |
| ½   | cup      | Celery         |
| ½   | cup      | Onion          |
| ½   | cup      | Green Pepper   |
| 1   | dash     | Hot sauce      |
| ¾   | cup      | Mayonnaise     |
| ½   | teaspoon | Salt           |
| ½   | teaspoon | Black Pepper   |
| 1 ½ | cups     | Bread Crumbs   |

#### Directions:

Chop crab, celery, onion, and green pepper and mix together with hot sauce.

Wisk the eggs and blend in the mayonnaise, salt and pepper.

Gently combine the crab mixture and mayonnaise mixture together.

Slowly add bread crumbs while folding ingredients until fully incorporated.

Form into 12 uniform portions and shape into cakes. Brown both sides of cakes in hot skillet. Transfer onto baking sheet, bake at 350 degrees for 8-10 minutes.

#### Black Bean and Sweet Corn Relish (Optional) Ingredients:

|   |            |                     |
|---|------------|---------------------|
| 1 | 16oz can   | Black beans, rinsed |
| 1 | 16oz can   | Sweet Corn          |
| ½ | cup        | Onion, diced        |
| ½ | cup        | Green Pepper, diced |
| 1 | 8oz can    | Tomato, diced       |
| 1 | tablespoon | Garlic              |
| 2 | dashes     | Hot Sauce           |
| 1 | teaspoon   | Salt                |
| 1 | teaspoon   | Pepper              |

#### Directions:

Mix all ingredients together and chill. Serve on top of crab cakes or on the side.

\* Instead of relish, Crab cakes can be served with salsa, tartar, or cocktail sauce.



[www.travelingkitchen.com](http://www.travelingkitchen.com)

## Northern Indian-Style Turkey Chile

*Serves 6-8*

Ground Turkey, White and/or Dark Meat 2 #  
Onion, Diced 1 Large  
Oil or Butter as needed  
Garlic, Minced 3 Cloves  
Curry Powder (optional) 3 Tablespoons  
Green Pepper, Diced 2  
Sweet Potato, Peeled/Diced 2 Medium  
Carrot, Peeled/Diced 1 Large  
Celery, Diced 1 Large Stalk  
Tomatoes, Canned/Peeled 1 Can (15oz.)  
Green Apples, Peeled/Diced (optional) 2  
Chicken Stock 3 Quarts  
Kale or Collards, Julienned (optional) 4 Leaves  
Garbanzo Beans, Cooked 1 Cup  
Plain Yogurt (optional) 1 Cup  
Salt & Black Pepper To Taste

### Preparation Procedure-

In a large stock pot sauté onion and garlic. When translucent add turkey, and cook through, breaking up the pieces with a large spoon. Add sweet potatoes, peppers, carrot and celery cook 5 to 7 minutes. Add curry powder, tomatoes and apples. Cook several minutes. Add stock and bring to a boil, reduce heat and simmer for 15 to 20 minutes. Add cooked garbanzo beans, kale and yogurt, don't allow to boil, cook for 10 minutes longer. Remove from heat and season to taste.

For seasonal recipes and culinary gab check out the traveling kitchen blog.

[www.travelingkitchen.com/blog](http://www.travelingkitchen.com/blog)



1811 Pestalozzi St  
St Louis, MO 63118  
(314) 773-8646

## **Roast Chicken**

*Serves 2*

### Ingredients:

1 whole chicken about 4lbs.  
½ Lemon  
1 onion, peeled and cut in half  
1 sprig of fresh thyme (optional)  
1 sprig of fresh rosemary (optional)  
2 tablespoons herb butter (optional)  
3 tablespoons butter, softened  
1 ½ cups white wine (optional)  
Chopped parsely

### Directions:

1. Preheat oven to 375 degrees
2. Remove any excess fat and any giblets from inside the chicken. Trim off excess skin outside at the neck. Wash chicken thoroughly under cold water. Allow to dry and then season inside and out with salt and pepper.
3. Carefully lift the skin on each side of the chicken and gently push a tablespoon of herb butter underneath. Push it along between the skin and breast meat. When finished a lump herb butter should sit on each side of the birds breast. (If you do not have herb butter, use a lump of plain butter seasoned with salt, pepper, and a little honey or sugar.
4. Place half lemon, one half onion and the optional sprigs of rosemary and thyme inside the bird. Be sure the outside of the bird is well seasoned with salt and pepper and rub the outside of the bird all over with about half of the softened butter. Truss the bird by tying the legs together with string.
5. Place the remaining half of the onion along with the giblets (and neck bone if one came with the bird) in the center of the roasting pan. Place the chicken on the top of these items. Pour ½ cup of white wine (you may use water or canned chicken broth instead) into the pan and place in the preheated oven. Roast bird for ½ hour spooning the juices over the bird a few times during cooking. When basting the bird rotate the pan in the oven so bird cooks evenly on all sides.

6. Place roasting pan with the onion and giblet over a stove burner and add the remaining optional wine (you may use water or canned chicken broth instead). Bring the liquid in the pan to a boil, scraping the bottom of the pan to release all the brown stuff. When the liquid in the pan is reduced to about half, remove the giblets, neck bone and onion and stir in remaining butter and chopped parsley. Taste for seasoning, add salt and pepper as needed. Serve in a saucer along side the roast chicken.

To accompany the chicken serve roasted or mashed potatoes, corn on the cob, and your favorite cooked green vegetable.

**Herb Butter Ingredients:**

- 1 stick of butter (4 ounces), softened
- 1 tablespoon fresh basil, chopped fine
- 1 tablespoon parsley, chopped fine
- 1 ½ teaspoons fresh thyme, chopped fine
- 1 ½ teaspoons rosemary, chopped fine
- 1 ½ teaspoons honey
- 1 pinch of salt
- 1 pinch white pepper

**Directions:**

Mix well and roll into a log



8149 Big Bend Blvd  
Webster Groves, MO 63119-3204  
(314) 961-3534

## **Nicoise Potato Salad**

### Ingredients:

2 pounds new potatoes  
3 tablespoons vinegar  
1/2 cup olive oil  
1 tablespoon dried dill  
1-tablespoon parsley flakes  
1-teaspoon mustard  
1-teaspoon sugar  
1-cup cherry tomatoes, cut in half  
4 hard boiled eggs, peeled and quartered  
1/2 cup chopped red onion (can substitute green or yellow onions)  
6 ounces of canned tuna  
1 cup black olives, preferably oil cured  
2 cups cooked green beans, (may substitute frozen that are lightly sautéed with olive oil in a skillet)

### Directions:

1. Place the potatoes in a large pot of boiling water and cook 20-30 minutes or until a fork can easily pierce them. Drain the water and transfer to a bowl for about 10 minutes to cool.
2. Make the salad dressing by placing the vinegar, dill, parsley, mustard and sugar in a bowl and mix lightly. Add salt and pepper to taste.
3. Once cool, cut the potatoes in half and toss in salad dressing.
4. Add the tomatoes, olives and green beans. Gently toss to coat them with salad dressing.
5. Open the tuna and flake it with a fork. Add to the salad.
6. Garnish with hard-boiled eggs and serve with bread.

## **Corn off the Cob Salad with Lemon Chicken**

Cravings @ 2009

### Corn Salad Ingredients:

4 ears of fresh corn ( frozen or canned may be substituted but will not be as good)  
1/2 bell pepper  
1/2 yellow onion  
lemon juice  
2 teaspoons cumin or chili powder  
salt and pepper  
jalapeno\*

### Lemon Chicken Fingers Ingredients:

1/2 cup lemon juice ( fresh is best....about 3 lemons)  
1/2 cup olive oil ( vegetable oil may be substituted)  
1/2 teaspoon dried thyme  
salt and pepper  
1 pound chicken fingers.

1. Mix lemon juice, oil, thyme, salt and pepper together and pour over the chicken fingers. Marinate for 2 hours in the refrigerator. Drain off the marinade and pat the chicken so it is dry.
2. Sautee on each side in a skillet with 2 tablespoons olive oil. Cook about 4-5 minutes per side.

### To make the corn salad:

1. Use a sharp knife to cut the kernels from the cob. ( Do this over a cookie sheet to catch any stray kernels and to minimize clean up.)
2. Chop onion and sauté in 2 tablespoon of olive oil, butter or combination of each. This will take about 4 minutes over medium heat. Add the chopped bell pepper and cook an additional 5 minutes.

\* 1/2 chopped and seeded jalapeno pepper may be added for heat.

3. Add the corn kernels to the sautéed onion-peppers and cook for about 5 minutes.
4. Stir in the cumin, salt and pepper and lemon juice.
5. Divide the corn among 4 plates. Add sautéed lemon chicken and serve.