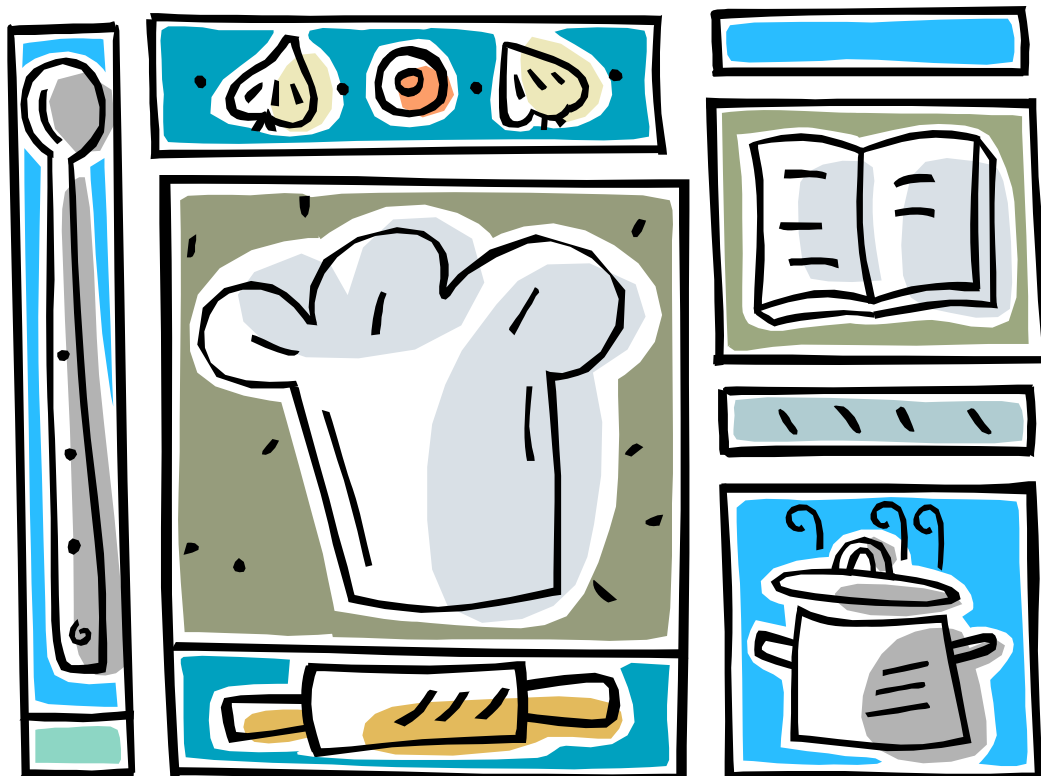


HEALTHY HOLIDAY RECIPES

By Local Bath & Brunswick Restaurants



**DON'T FORGET TO DECORATE YOUR PLATE!
WITH RED AND GREENS
THIS HOLIDAY SEASON!**



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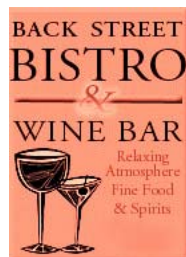


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Acknowledgements

The following restaurants have generously donated their time and recipes for your holiday table.



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11 Town Hall Place
Brunswick, Maine 04011
725-4060
backstreetbistro.net

Chicken Roulade Stuffed with Goat Cheese, Pistachios & Asparagus
Served with Cauliflower Mash
by Chef Chris Pillsbury

Ingredients for the Chicken

4 chicken breasts
1 bunch of asparagus
2 cups softened goat cheese
1 cup crushed pistachios
1 cup almond flour

Mix pistachios & goat cheese and set aside.

Place chicken breasts between plastic wrap and lightly pound to flatten & even out the chicken.

Spread goat cheese mixture evenly on one side of the chicken breasts.

Place 3-4 spears of asparagus on chicken and roll.

Secure chicken with a toothpick.

Dredge in almond flour.

Heat a sauté pan to med-hi heat and add olive oil.

Brown all sides of the chicken roulade and finish in a 350 degree oven for 8 - 10 minutes.

Ingredients for the cauliflower

1 head cauliflower
1 tbs goat cheese
1/2 cup grated parm
1/2 tsp roasted garlic
Salt & pepper
chopped chives
3 tbs butter

Bring 3 cups chicken stock to a boil.

Clean & cut cauliflower into small pieces and cook for about 6 minutes or until well done.

Drain well and pat dry, while still hot, with several layers of paper towels.

In a food processor, or with an immersion blender, puree the hot cauliflower, cream cheese/sour cream, parmesan, roasted garlic.

Back Street Bistro (cont.)

Chicken Roulade Stuffed with Goat Cheese, Pistachios & Asparagus Served with Cauliflower Mash

Ingredients for the pan sauce

1 tbs chopped shallots

1 cup white wine

1 cup chicken stock

Drain most of the oil from the sauté pan used to brown the chicken.

Add shallots and cook for 2 minutes.

Deglaze pan with white wine and reduce by 75%.

Add chicken stock and reduce by 75%.

Salt and pepper to taste.



215 Water Street • Bath, ME 04530-2628
442-9514 • www.mainebbq.com

Pork Loin Ham with Cranberry Orange Relish on Whole Spelt Crostini

Michael Quigg, President / Executive Chef

Whole Spelt Crostini:

Whole spelt has all the benefits of whole wheat and makes a nutty flavored bread with a texture that is smoother than whole wheat, but any baguette shaped loaf will work, a store bought loaf works fine.

5 cups whole spelt flour

2 teaspoons salt (salt can be omitted or reduced as the ham will have ample salt)

2 cups water @ 100 degrees

1 tablespoon Olive oil (optional)

1 package yeast

1 teaspoon maple syrup

Mix yeast and syrup into 1 cup of water and let stand until yeast froths. Reserving 1 cup of flour, mix 4 cups flour and 2 teaspoons salt in a metal or ceramic bowl. If kitchen is not warm, place flour and salt into oven at 200 degrees for 5 minutes. Make a small well in the flour and add yeast mix and olive oil into it. Using your hand like a paddle stir from the outside in until water is incorporated into flour.

Add remaining warm water until the dough seems a bit slippery and comes clean off the side of the bowl. Turn out the dough onto ½ cup of the remaining flour and kneed in just enough of the remaining flour so the dough can be rolled onto a soft baguette style loaf and will hold its form. The size of the baguette should be a little larger than ½ the diameter of the pork loin you will be using, so when it nearly doubles it will be somewhat similar in size.

Use light canola oil or other high temp oil to lightly grease a baking sheet. Set loaf on sheet to rise until almost doubled. Ideally, the loaf will still be wet enough to flatten out a bit when rising.

Cook the loaf at 450 degrees for 20 minutes or until crust is hard and loaf sounds hollow when tapped.

Pork Loin

You want to make sure your pork is not the variety that has any water and salt added already (most supermarket pork is pumped with up to 12% water and sodium). We recommend Bisson's meats or any butcher who can provide an unadulterated pork loin roast of about 4-5 pounds. It is essential that you obtain a very fresh piece of meat and brine it right away.

Brine for a 4 to 5 pound roast (can be made and refrigerated a day before obtaining your meat):

3 quarts water

¾ cup salt

Optional: 1 tablespoon pink salt (curing salt #1) or 2 to 3 large thin sliced whole celery stalks and florets.

Beale Street BBQ Recipe (cont.)

Pork Loin Ham with Cranberry Orange Relish on Whole Spelt Crostini

1 cup maple syrup
½ teaspoon poultry seasoning (equal parts rosemary, thyme, sage)
½ teaspoon cinnamon
5 whole cloves
3 garlic cloves roughly chopped

Heat all ingredients in a stainless steel pot until salt is dissolved and temperature is at least 180 degrees, but do not boil.

Cool Brine and refrigerate until cold. Store brine in a non-reactive container.

To brine meat:

In a non-reactive container, submerge roast in brine and weight it down with a plate that will keep it submerged. Refrigerate for 3 days, then flip over and refrigerate for 2 more days, more time might be needed for larger roasts. To be sure, it won't matter if you don't brine long enough, but you may have a color contrast where the brine was not fully penetrated, this is fine. Temperatures, meat density, and other factors can affect brine times, practice makes perfect.

Throw away the brine, towel dry the pork, let stand in fridge for at least 4 hours or overnight.

To cook roast.

Optional Seasoning: gently slather your pork with maple syrup and sprinkle with black pepper and dust lightly with clove.

Method 1: Slow cook on a smoker at 250 degrees with a good amount of smoke until an internal temperature of 160 is reached, about 2 hours, then remove, cool, and refrigerate.

Method 2: Slow roast in oven at 250 degrees until an internal temperature of 160 is reached, about 2 hours, then remove, cool, and refrigerate.

Cranberry Orange Relish:

This is an adaption of a relish my mother made for all family occasions from Thanksgiving through Easter.

1 bag of washed cranberries

½ cup of honey

1 whole seedless orange, washed well, skin on

2 Macintosh or Cortland apples, washed and cored, skin on

1 medium yellow onion

Chop orange (skin on) chop onion, chop apple, then pulse all three in food processor until relish-like consistency is achieved.

Pulse whole cranberries in food processor until relish-like consistency is achieved.

Mix all ingredients together with honey.

This makes more than you will need, but can be saved for several days in the fridge and is good eating on its own or on any sandwich.

To Assemble

Slice the chilled pork loin about 1/8 to 1/4 inch thick.

Slice crostini about ¼ to ½ inch thick and lightly toast in oven or on a griddle or large pan.

Add a thin coating of your mustard of choice on the bread.

Let bread cool and stack one slice of pork on each crostini, add 1 teaspoon or so of relish. Optional: Roll ham around relish and skewer down through the bread with a toothpick (this method works well if the pork slice is a lot wider than the bread).



61 Maine Street • Brunswick Maine
721-9141 • www.henryandmarty.com

Seared Tempeh with Caramelized Leeks, Hahn's End Blue Cheese in Roasted Pumpkin Sauce by Chef Aaron Park

Pumpkin puree

1 sugar pumpkin - cut in 1/2, seeded and oven roasted, upside down until soft
Extra Virgin Olive Oil
Minced celery, carrots, and shallot
Vegetable stock
1 T maple syrup
1/4 t coriander
1/4 t white pepper
few sprigs of fresh thyme

Scoop out pumpkin meat and put through a ricer. Gently sauté vegetable in EVOO until soft and add vegetable stock, maple syrup and spices. Simmer until reduced by 1/2 and add pumpkin puree. Gently simmer until sauce is fairly thick.

Tempeh

1 package of Lalibela Farm Tempeh
Extra Virgin Olive Oil
Kosher salt
Cleaned leeks cut lengthwise and then diced
Hahn's End Blue Cheese cut into 1" thin slices

Cut the tempeh lengthwise into four squares - set aside.
In the EVOO, slowly cook the leeks until lightly browned.
Drain the oil and save.

Add more EVOO to the saved oil and brown the tempeh on both sides and lightly sprinkle with Kosher Salt.

Put tempeh in a pool of warmed pumpkin sauce and top with a slice of Blue cheese and sprinkle leeks over the top of the dish

Enjoy!



128 Front Street • Bath, ME 04530
443-3373 • www.solobistro.com

Citrus Poached Salmon with a Cranberry Orange Relish by Chef Jonathan Merry

Salmon

2 1/2 lbs. salmon fillets

Poaching Liquid:

1 qt, Veg stock

1 ea Orange (zest peeled and juiced)

1 ea Lemon (zest peeled and juiced)

1 ea Lime (zest peeled and juiced)

2 cups white wine

1 small yellow onion, sliced

4 cloves garlic smashed

1 tbsp. fish sauce

1 tsp. black pepper

1. In a large pot combine all ingredients and bring to a boil for 5 minutes to reduce and concentrate the flavors.

2. Reduce the heat to a very low simmer and place the salmon skin side down in the poaching liquid and cook salmon for about 5-10 minutes until the salmon is tender. (I like to use a cake tester by sticking it into the fillet against the flaks, it will be done when you don't feel any resistance while inserting)

Cranberry Orange Relish

1 cup chopped fresh cranberries
food processor works the best if available)

1 each shallot, diced

1 clove garlic minced

1 each orange zested and juiced

1/4 cup white balsamic vinegar

1/4 cup EVOO

2 tbsp sugar in the raw

2 tbsp chopped dill

2 tbsp chopped parsley

Salt and pepper to taste

1. In a bowl combine the orange juice, vinegar, EVOO and sugar. Whisk together until sugar has dissolved.

2. Add the chopped cranberries, shallots, garlic, orange zest, dill, and parsley. Mix together and adjust seasoning with salt and pepper.

Serve the Salmon warm with the relish or chilled with greens as a salad.



725-7973

Raspberry Oatmeal Bars (Adapted from Bob's Red Mill)

By Baker Kelley Hughes

Bars

1/2 cup (1 stick) Unsalted Butter or non-hydrogenated buttery spread (Earth Balance), melted
1 tsp. pure Vanilla Extract
1 cup GF Oat Flour
1 cup GF Rolled Oats
1/2 cup sugar
1-1/2 tsp. Xanthan Gum
1 tsp Baking Powder
1/2 tsp Sea Salt

Filling

1 tsp Lemon Juice
4 cup Fresh or Frozen Raspberries
1 tsp Pure Vanilla Extract

Preheat oven to 375°F. Generously grease 8x8-inch pan. In medium bowl, combine melted butter and 1 teaspoon of the vanilla. Stir in flour, oats, sugar, xanthan gum, baking powder, lemon juice, and salt until thoroughly blended. Press 1 cup of oat mixture firmly on bottom of pan. Mix remaining teaspoon of vanilla and lemon juice with the raspberries (its fine to do this while berries are frozen), then spread evenly on top. Sprinkle remaining oat mixture over berries, then pat firmly to make top layer smooth and even. Bake 30 to 35 minutes or until top is lightly browned and firm. Cool bars in pan for 30 minutes on wire rack. Cut into 16 squares and serve at room temperature. Makes 16 bars.

The following establishments will have copies of recipes available to the public.

You may also go to our website www.accesshealthme.org and click on Holiday Recipes to download.



Bath Natural Market
36 Centre Street
Bath, ME 04530
442-8012



Hannaford
35 Elm Street
Brunswick, ME 04011
729-1604



Brackett's Market
215 Water Street
Bath, ME 04530-2628
442-9514



Morning Glory Natural Foods
60 Maine St.
Brunswick, ME
729-0546

Happy & Health Holiday Season from the Staff at Access Health!



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