

Orange Vinaigrette
from The Modern Proper

PREP TIME: 10 min

SERVINGS: 6

INGREDIENTS

- 2 tablespoons vinegar (such as white wine vinegar, apple cider vinegar, champagne vinegar, or rice vinegar)
- 2-3 teaspoons grated orange zest
- ½ cup fresh orange juice (from 1 orange)
- 2 teaspoons honey
- 1 tablespoon Dijon mustard
- ½ cup extra-virgin olive oil
- 2 tablespoons minced shallot
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly cracked black pepper

PREPARATION STEPS

1. In a small bowl, whisk together vinegar, orange zest, orange juice, honey, mustard, olive oil, shallot, salt, and pepper until fully emulsified
2. Store refrigerated in an airtight container for up to 1 week.

NOTE

This orange vinaigrette recipe is a great way to add a touch of fresh sweetness—with orange and honey—to a classic vinaigrette base.

NUTRITION

Calories: 123 calories

Fat: 12 grams fat

Saturated Fat: 2 grams saturated fat

Cholesterol: 0 milligrams cholesterol

Sodium: 247 milligrams sodium

Carbohydrates: 5 grams carbohydrates

Fiber: 0 grams fiber

Sugar: 3 grams sugar

Protein: 0 grams protein

SOURCE URL

<https://themodernproper.com/orange-vinaigrette>

DRESSING & SAUCES

Fruit Salad Dressing

2 cups plain Greek Yogurt (I used Greek Gods)
1 cup frozen peaches (can use any fruit)
1 tbs lime juice
1/4 tsp salt
Dark brown sugar to taste (optional)

Combine everything in a blender, food processor
until smooth
Refrigerate

Thai Peanut Sauce

1 cup peanut butter - natural, unsweetened
4 tbs low sodium soy sauce
2 tbs rice vinegar (I used white vinegar)
4 tbs brown sugar
2 tbs fresh lime juice
3 garlic cloves grated
2 tbs ginger root grated
4-8 tbs warm water

Combine all ingredients except water
Whisk to fully combine
Add water, 1 tablespoon at a time, until desired
consistency is reached.
Less water for a sauce, more for a dressing

Tzatziki Sauce

½ 1ge English cucumber – grated
1 cup Greek yogurt
1 tbs fresh lemon juice
½ tbs extra virgin olive oil
1 garlic clove – grated
¼ tsp sea salt (I used kosher salt)
1 tbs chopped fresh dill

Place the grated cucumber on a paper towel
and gently squeeze out excess water
Combine all ingredients
Refrigerate until ready to serve

COFFEE-CARAMEL SAUCE

MAKES ABOUT 1 3/4 CUPS
(ENOUGH FOR TWO 8-OUNCE JARS)

8 tablespoons water
4 teaspoons instant coffee powder
1 1/3 cups sugar
2/3 cup whipping cream
5 tablespoons unsalted butter, diced
Pinch of salt

Stir 2 tablespoons water and 4 teaspoons coffee powder in small bowl until coffee powder dissolves. Stir remaining 6 tablespoons water and 1 1/3 cups sugar in heavy medium saucepan over low heat until sugar dissolves. Increase heat and boil without stirring until syrup

turns deep amber, occasionally brushing down sides of pan with pastry brush dipped in water and swirling pan, about 8 minutes.

Remove saucepan from heat. Add whipping cream, butter and coffee mixture (mixture will bubble vigorously). Return to heat and bring to a boil, whisking constantly until smooth. Whisk in salt. Divide sauce between two 8-ounce canning jars; seal jars tightly with lids. (*Sauce can be prepared two weeks ahead; refrigerate. Rewarm over medium low heat stirring constantly.*)

ETHEL'S CRANBERRY CONSERVE

While she rested on her sofa in her tiny, snug West Tisbury cottage under a handsome striped blanket woven many years ago out of wool from Farmer Whiting's sheep, the elderly lady who makes this delicious preparation described it as "sort of rehashed Fanny Farmer." She studied her tattered and bespattered 1924 edition of that most venerable of cook books and then read out her version of this excellent conserve. The main change is the addition of extra raisins and the omission of nuts because they get "all gooey."

Makes about 8 standard jelly jars

1 quart cranberries, washed	3¼ cups sugar
¾ cup water	¾ cup boiling water
1 scant cup seeded raisins	
1 California orange, thinly sliced and chopped into tiny pieces	

Combine cranberries and water in a saucepan, bring to a boil over moderate heat and cook until the skins split. Allow to cool slightly, then put cranberries and cooking liquid through a food mill. Replace in saucepan and add all other ingredients. Bring to a boil, then reduce heat to a simmer and cook about 25 minutes, or until quite thick. Pour or spoon into clean hot jars and seal at once with paraffin.

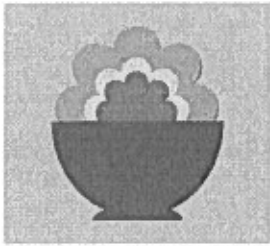
*1 qt. cranberries = ~ 1 1/4 bags cranberries
Doubles easily ~ 2 1/2 bags cranberries*

*The Martha's Vineyard Cookbook
Louise Tate King and Jean Stewart Wexler*

Recipe Notes

Chicken Fajitas cooking instructions

Mix the fajita spices in a small bowl. Coat the chicken breasts with the mixture of fajita spices and pat the spices in with your hands. Heat the oil in a skillet over medium heat and sear the chicken breasts for about 7 minutes per side. While your chicken is cooking, slice the onions and peppers. Once the chicken has finished cooking, remove it to a plate and allow it to cool for a few minutes. Add the onion and pepper slices to the same skillet over medium heat and allow to cook for about 4-5 minutes. When the vegetables are almost done sautéing, slice the chicken into strips and put the chicken back into the skillet. Add a squeeze of fresh lime juice and stir everything together. Serve immediately with tortillas and toppings.



Chicken Fajitas From Downshiftology.com

INGREDIENTS

US

CHICKEN FAJITAS

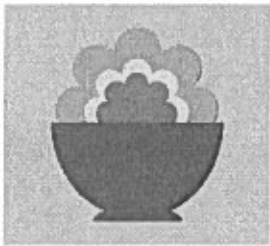
- ☐ 3 boneless skinless chicken breasts
- ☐ 1 onion, thinly sliced
- ☐ 3 bell peppers , thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ ½ lime

FAJITA SEASONING

- ☐ ½ tablespoon chili powder
- ☐ ½ tablespoon ground cumin
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon paprika
- ☐ ½ teaspoon oregano
- ☐ ½ teaspoon kosher salt
- ☐ ¼ teaspoon ground black pepper

FOR SERVING

- ☐ tortillas
- ☐ sour cream
- ☐ pico de gallo
- ☐ avocado



Sourdough Tortillas

Sourdough Flour Tortillas (made with discard or not)

author: Alexandra Stafford

total time: 45 minutes

yield: 6 to 12

I use Spectrum vegetable shortening instead of butter



This recipe is adapted from [this](#)

flour tortilla recipe, which is

made with baking powder (as opposed to a sourdough starter). Regardless of which recipe you are using, there are two keys to success here:

Roll the dough as thinly as possible.
Get your skillet piping hot.

Ingredients in bold are for doubling the recipe

I love using my Le Creuset crepe pan for cooking tortillas.

INGREDIENTS

420 G

- 210 g (1.5 heaping cups) unbleached all-purpose flour

14 G

- 7 g (1 1/4 teaspoons) kosher salt

112 G

- 56 g (1/4 cup) softened butter

200 G

- 100 g water (1/3 cup + 1 tablespoon)

200 G

- 100 g (1/2 cup) sourdough starter

INSTRUCTIONS

1. Whisk flour and salt together in a medium bowl. Using the back of a fork, cut the butter into the flour, mixing and smushing it until it is well incorporated into the flour. You can use your hands if necessary to further incorporate the butter into the flour.
2. Stir in the water and sourdough starter and mix with a spatula until a shaggy dough forms. Use your hands to gently knead the dough in the bowl, if necessary, to get the mixture to form a rough ball.
3. Turn the dough out onto a floured surface and knead for another 1 to 2 minutes or until it is smooth and not sticking to the work surface.
4. Cut the dough into 12 pieces for taco- or enchilada-sized tortillas or 6 pieces for burrito-sized tortillas. Shape each piece into a ball. **(Video guidance here.)**
5. Cover with a very light kitchen towel or plastic wrap. Be careful that your room isn't too hot. Let the dough rest 30 minutes and up to two hours (at room temperature or 24 hours in the fridge. If you need to store the in the fridge, transfer balls to an airtight container.)
6. Roll out each ball to about 6 to 8 inches (taco size) or 10 to 12 inches (burrito size) in diameter, or till you can see the counter start to come through — in other words, roll them as thinly as possible.
7. Heat a 12 inch non-stick or cast-iron pan (do not add any oil) on medium-high. Lay the tortilla in the pan and cook until it puffs and little brown spots on the underside appear. Turn with tongs or your fingers and cook again till lightly brown. Each tortilla takes about 60 seconds total to cook. If you like a bit of char, keep the tortilla in the skillet until it is charred on both sides. *Note: Your first 3 to 4 tortillas may be on the pale side. This is just likely because your skillet isn't up to temperature. Once you make a few, you'll find your rhythm and adjust the heat as necessary depending on if you want more or less char.*
8. Once the tortillas cool, store them in an airtight bag or container at room temperature for up to 5 days or freeze for up to 3 months.

Find it online: <https://alexandracooks.com/2020/10/03/sourdough-flour-tortillas-made-with-discard-or-not/>