

Susan's

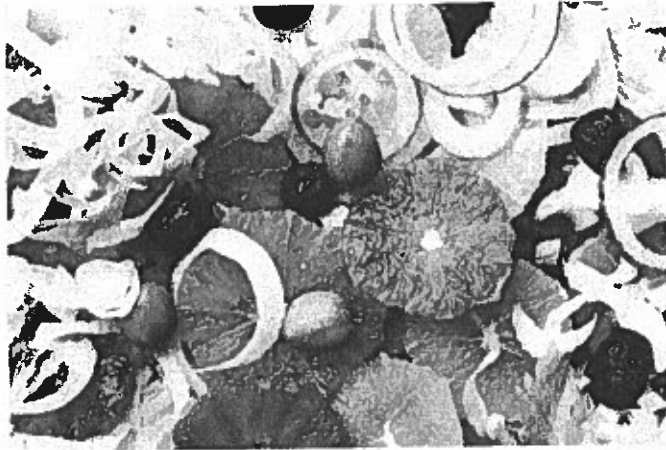
E | Cooking

Sicilian-Style Citrus Salad

By David Tanis

Time 30 minutes

Rating ★★★★★ (741)



Karsten Moran for The New York Times

Winter is the season when many kinds of citrus fruits suddenly appear. For this savory fruit salad, a mixture of navel, blood and Cara Cara oranges and a small grapefruit make a colorful display. It's fine to use just one kind of orange, blood oranges being the classic example. Thinly sliced fennel, celery and red onion add a tasty bit of crunch. The salad is dressed assertively with oil and vinegar, and scattered with olives and flaky sea salt.

INGREDIENTS

Yield: 6 servings

3 to 4 tablespoons olive oil
2 tablespoons sherry vinegar
or red wine vinegar
Salt and pepper
2 navel oranges
4 blood oranges
2 Cara Cara oranges
1 small grapefruit
1 small red onion, very thinly
sliced
1 small fennel bulb, very
thinly sliced, enough to make

PREPARATION

Step 1

Make the vinaigrette: Whisk together olive oil and vinegar in a small bowl. Season with salt and pepper and set aside. It should be tart but not over-vinegary. Taste and add a little more olive oil if necessary.

Step 2

To peel the citrus fruit, use a small serrated knife. First, cut off a thin slice of peel from the top and bottom of the orange, so it can sit flat and securely on the cutting board. Use a sawing motion to take off the peel, cutting from top to bottom, following the curve of the fruit. Remove only the peel and white pith, not the flesh of the orange. It should now be perfectly spherical and naked. Peel remaining oranges and grapefruit in this fashion.

Step 3

1 cup

2 or 3 tender inside celery stalks, thinly sliced at an angle

Handful of olives, black oil cured type or green

Castelvetrano type, pitted

Winter salad leaves, such as radicchio or escarole, optional

Large pinch of flaky sea salt

Carefully slice peeled citrus crosswise. Arrange slices on a large serving platter in a random pattern, letting them overlap a bit here and there. Scatter onion, fennel and celery over top. Dot the surface with olives. Surround with salad leaves, if using.

Step 4

Whisk vinaigrette, and spoon evenly over the salad. Sprinkle lightly with flaky salt and serve.

Private Notes

Leave a Private Note on this recipe and see it here.

Karen's

Red Lentil Soup With Lemon Recipe

from tastingtable.com

PREP TIME: 5 min

COOK TIME: 23 min

SERVINGS: 3 servings

INGREDIENTS

- 1 yellow onion
- 2 cloves garlic
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon cumin powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 cup red lentils
- 4 cups chicken broth
- juice and zest of 1 lemon

PREPARATION STEPS

1. Dice the onions and mince the garlic.
2. Next, pour the oil into a pan, then place the onion and garlic inside it. Turn the heat up to medium-high and gently sauté the onion and garlic for 3 minutes until golden brown.
3. Add the cumin powder, salt, and smoked paprika, and mix.
4. Add the red lentils, chicken broth, lemon juice, and lemon zest, and mix together.
5. Cook for 20 minutes on low-medium heat, stirring halfway through.
6. After 20 minutes, ladle the soup into bowls and serve.

NOTE

This red lentil soup with lemon is packed with both flavor and nutrition — perfect for an easy meal after a cold winter day.

NUTRITION

Serving Size: 0 g

Calories: 448 calories

Fat: 14 g fat

Saturated Fat: 2 g saturated fat

Trans Fat: 0 g

Cholesterol: 10 mg cholesterol

Sodium: 852 mg

Carbohydrates: 59 g carbohydrates

Fiber: 8 g fiber

Sugar: 9 g

Protein: 25 g protein



Robin's

Linguine With Lemon Sauce

cooking.nytimes.com

MAKES: 4 servings

INGREDIENTS

- 2 tablespoons butter
- 1 tablespoon freshly grated lemon zest, plus more for serving
- 1/2 pound fresh or dried linguine
- 4 tablespoons heavy cream
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons freshly grated Parmesan cheese, plus extra cheese to serve on the side

DIRECTIONS

1. Bring a pot of salted water to boil.
2. Heat the butter in a skillet and add the lemon zest.
3. Drop the linguine into the boiling water. Cook pasta according to package directions. Drain.
4. Add the cream to the butter and lemon zest mixture. Add the pasta and lemon juice and stir until just heated through. Add the Parmesan and toss. Serve with additional Parmesan and lemon zest on the side.

NUTRITIONAL INFO

343 calories;

Amy's



MONTICELLO
GOURMET

WASHINGTON, D.C.



If you look at the mouth-watering take-out menus at the Monticello Gourmet, you don't know where to begin—or end. You can start with a cognac liver mousse appetizer; follow that with crabmeat-stuffed mushrooms or raw sirloin strips in mustard scallion sauce; have a green pea with mint soup or a tomato aspic with blue cheese and avocado salad; or choose a hearty entrée like this cumin beef with pearl onions, which, all by itself, is quite a treat.

gravy by half. Adjust the seasonings. Return the beef rolls to the pot and warm them over low heat. Serve with fresh pasta and tomato salad with balsamic vinaigrette.

ORANGE CUMIN BEEF STEW

Serves 6

3 pounds chuck for stew, in 1-inch cubes

Cooking oil

½ cup orange juice

Grated rind of 1 orange

½ cup beef broth

1 6-ounce can tomato paste

¼ cup red wine vinegar

2 tablespoons light brown sugar

4½ teaspoons ground cumin

1 tablespoon oregano

3 cloves garlic, minced

1½ teaspoons allspice

1 bay leaf

Half of a 16-ounce bag frozen pearl onions

1 pound small mushrooms

Butter for sautéing

Salt and pepper to taste

Sauté the beef in foaming oil a few pieces at a time. Transfer it to a large pot and add all the other ingredients except the onions, mushrooms, butter, and salt and pepper. Simmer for about 1½ hours, or until the beef is tender. If the sauce is too thin, add 2 tablespoons of beurre manié (see page 103) or cornstarch dissolved in water. Sauté the onions and mushrooms briefly in butter and add them to the stew. Simmer briefly again; add salt and pepper to taste and then serve.

= 30 min Instant Pot high pressure; 10 mins then quick release

Carry Out Cuisine
Phyllis Méras
with Linda Glide Conway
1986

Orange Cumin Beef Stew

Author: Nicole Criss

Recipe Type: Main

Prep Time: 25 mins Cook Time: 1 hour 45 mins Total Time: 2 hours 10 mins

Serves: 6

The orange and cumin turn stew into a wonderful experience. A great dish to serve on a chilly Fall evening with friends.

Ingredients

- 3 pounds (1 kilo 300 grams) chuck for stew, cut in 1 inch cubes
- canola oil
- ¼ cup (59 ml) orange juice
- grated rind of 1 orange
- ½ cup (118 ml) beef broth
- 1 6-ounce (170 grams) can tomato paste
- ¼ cup (59 ml) red wine vinegar
- 2 tablespoons light brown sugar
- 4½ teaspoons ground cumin
- 1 tablespoon oregano
- 3 cloves garlic, minced
- 1½ teaspoons allspice
- 8 ounces pearl onions
- 1 pound (450 grams) small mushrooms
- butter for sautéing
- salt and pepper to taste

Instructions

1. Sauté the beef in medium hot oil a few pieces at a time to brown each side.
2. Transfer all the beef to a pot and add all the other ingredients except the onions, mushrooms, butter, salt and pepper.
3. Simmer for about 1½ hours over medium to low heat, covered or until the beef is tender.
4. Sauté the onions and mushrooms briefly in a bit of butter, then add them to the stew.
5. Simmer again briefly.
6. Add salt and pepper to taste, then serve.

Notes

If you can find fresh pearl onions, boil them skin on for 4 minutes, then cut off the stem at root end and the skins will slip right off. Then you can sauté them for several minutes in butter before adding to the stew. Otherwise it's OK to use frozen. If the sauce is too thin, add a bit of cornstarch dissolved in water.

Recipe by Honest Cooking at <https://honestcooking.com/orange-cumin-beef-stew/>

A helpful hint from Amy:

<https://amindfullmom.com/convert-recipes-pressure-cooking/>

A handy guide for converting your recipes to a pressure cooker/instant pot