

**MOVEABLE FEAST CATERERS
BACK -TO-SCHOOL**

Recipes:

Roast Chicken Infused with Garden Herbs (Rosemary, Thyme & Basil)

Ingredients:

1 Whole Chicken
3 Tablespoons Fresh Herbs (Rosemary, Basil Thyme)
1 Tablespoon Italian Seasoning
2-3 Tablespoons Olive Oil
1 Head of Garlic Finely Chopped
2 Limes
2-3 Tablespoons Vinegar
1 Tbsp Soy Sauce
A sprinkle of salt & black Pepper

Method:

1. Wash chicken with lime juice and vinegar, drain and pat dry.
2. Season Chicken with herbs, rub herbs over chicken and under skin. Place seasoned chicken in an oven proof casserole dish and drizzle with olive oil. Chicken may be seasoned the day before or a few hours before baking.
3. Bake covered with foil in an oven at 350 degrees (f) for one hour, remove foil and bake for another 45 minutes to an hour or until juice runs clear when inserted with a knife. Serves 6-8 persons.

Pimento Infused Roast Beef

1 1/2 – 2 Lbs Roast (Sirloin Tip or Top Round if possible)
1 Tablespoon Pimento (crushed)
1-2 Tsps Rosemary
2 Sprigs of Thyme
2 Sprigs of Escallion chopped
1 Small onion chopped
2-3 Cloves garlic chopped
2 Tbl Olive oil
Salt and Black Pepper
2 Bay Leaves

Method:

In a dutch pot sear meat (brown) on both sides for a few minutes, on medium heat.

Reduce heat, add 1/2-3/4 cup beef broth or water with salt and simmer until tender.

This should take about 45 minutes or less according to ones preference, ie. Medium-well done.

Pasta Salad with Broccoli, Cherry Tomatoes & Pesto Dressing

½ lb Rigatoni

1 Cup or a large handful of cherry tomatoes

1 Small Bunch/Head Broccoli

½ Small Red Onion

½ Small Red Bell Pepper

½ Small Yellow Bell Pepper

1 Small Carrot (thinly sliced)

3 Tablespoons chopped parsley, cilantro and basil

2 Tablespoons Olive Oil

2 Cloves Chopped Garlic

Salt & Cracked Black Pepper to Taste

* cherry tomatoes may be substituted with plummy tomatoes for a dinner but for a lunch pan cherry tomatoes would make a better choice as tomatoes will remain firm.

Method:

1. Cook pasta in boiling water with salt until al dente (tender yet slightly chewy).
2. Drain Pasta. Immediately grate onion on hot drained pasta allowing onion to be infused quickly. Set aside in a colander to cool.
3. Cook broccoli & carrots until tender but still firm and place in ice water bath, ie. ice with water in a bowl, this process stops vegetables from cooking and retains an attractive colour.
4. To make pesto combine herbs, garlic and olive oil. Should appear as a paste.
5. Combine pasta, broccoli, carrots, strips of sweet peppers and pesto. Serves 6-8

Garden Salad with Spinach

2 Heads of Lettuce (cut in large pieces)

½ Pack of Spinach

1 Small Cucumber (thinly sliced)

2 Large Salad Tomatoes (cut in wedges)

1 Small Carrot (thinly sliced with potato peeler)

¼ Small Red Onion

Wash and dry lettuce and spinach, toss with red onion. Sprinkle with carrot and cucumber slices. Arrange tomato wedges as desired to complete salad. Serve with low fat dressing of choice. * Serves 6-8

French Loaf Pizza

1 French Loaf (cut in half horizontally, 2 pieces)
1-2 Tsp Butter
Garlic Powder
4 Tablespoons Tomato Sauce (canned)
2 Tablespoons Chopped red or white onion
1 Small Green Sweet Pepper
1 Small Red or Yellow Sweet Pepper
1 Tsp Italian Herb Seasoning or fresh parsley
1 Cup Shredded Mozzarella or Cheddar Cheese

- serves 2-3

Method: