



"Getting kids excited about wholesome, healthy food"

The Four Seasons

Menu

Strawberry Rhubarb Loaf
Rhubarb Jam
Lemon Orzo with Asparagus
Asparagus Soup
Summer Pea Risotto
Pea and Scallion Soup
Shaved Squash Salad with Tomatoes, Zucchini Blossoms, Ricotta, and Thyme Oil
Pappardelle with Sausage, Summer Squash, and Cherry Tomatoes
Heirloom Tomato Basil Mozzarella Salad
Lemon Curd in Coconut Flour Tart with Blueberries
Blueberry Ricotta and Honey Crostini
Butternut Squash Macaroni and Cheese
Aloo Gobi
Cream of Cauliflower Soup
Apple Pie Clafoutis

June:

Strawberry Rhubarb Loaf

Makes one loaf

Ingredients

3/4 cup light brown sugar, packed
1/3 cup vegetable oil
1 egg
1 teaspoon vanilla
1 cup flour
1/4 cup whole wheat flour
1/2 teaspoon salt
1 teaspoon baking soda
1/4 cup sour cream
1/2 cup diced rhubarb
1/2 cup sliced strawberries

Directions

Beat together the brown sugar, vegetable oil, egg, and vanilla. Combine the flours, salt and baking soda; stir. Add dry ingredients to first mixture with the sour cream. Stir in strawberries and rhubarb.

Spread into a greased 9×5-inch loaf pan — the batter will be very thick. Combine topping ingredients - they should be thick and clumpy.

Bake at 350° for about 55 to 65 minutes, or until a wooden pick or cake tester inserted in center comes out clean.

Rhubarb Jam

Ingredients

2 pounds rhubarb, trimmed and cut crosswise, 1/2 inch thick (6 1/2 cups)

1 pound sugar (2 1/4 cups)

Salt

Juice from 1 lemon

1 teaspoon vanilla

Directions

Bring rhubarb, sugar, lemon juice, vanilla and 1/4 teaspoon salt to a boil in a large pot, stirring often. Cook, stirring often, until bubbles slow, foam subsides, fruit rises to the top, and jam sticks to a wooden or metal spoon when lifted from mixture, about 10 minutes. Let cool for 1 hour.

Note: this jam has not undergone a canning process, and should be used within two weeks. Please keep in the refrigerator.

Lemon Orzo with Asparagus

Ingredients

Dressing:

4 whole lemons, zested

1 cups lemon juice

6 cloves garlic, crushed

¾ teaspoons salt

2 teaspoon freshly ground black pepper

1 cup extra virgin olive oil

Orzo:

2 pounds thin-stalked asparagus, plus boiling water for cooking asparagus

8 cups vegetable stock

8 cups water

2 tbsp salt

1/2 tsp turmeric

6 cups orzo pasta

1 cup green onions, whites and stalks, thinly sliced

optional: fresh parmesan to taste

Directions

Dressing: Place the lemon zest, juice, garlic, salt, and pepper in a deep-sided bowl. Add the oil in a thin, steady stream while whisking the mixture vigorously to form an emulsion. Set aside.

Orzo salad: Clean the asparagus, remove the woody stems, and snap into one inch pieces. In a pot of boiling water, cook asparagus until just tender, about 2 minutes. Rinse asparagus immediately in cool water to stop cooking. Place the chicken stock and water in a large pot and bring to a boil. Add the salt and turmeric. Add the orzo and cook until tender—about 10 to 12 minutes. Drain orzo, but do not rinse it. Place the hot orzo in a spacious, heat-resistant bowl and add the asparagus and green onions. Whisk the dressing if needed and pour it over the salad. Mix well.

Asparagus Soup

Ingredients

6 cups chicken stock
2 bunches asparagus
1 large onion, diced
1 each carrot, peeled and chopped
2 stalks celery, chopped
Salt and pepper to taste

Directions

Cut asparagus into small pieces. Sauté onions, carrots and celery in a large pot until soft. Add asparagus and stock and gently season with salt and pepper. Bring to a boil, then turn heat to low. Simmer for 1/2 hour on low. Blend until smooth using emulsion blender. Pass soup through a medium mesh strainer if desired. Taste and season with salt and pepper. Serve hot and drizzle with extra virgin olive oil to finish.

July:

Summer Pea Risotto

Serves 4

Ingredients

50 g pancetta, chopped in small cubes
50g butter
1 onion, finely chopped
300g frozen or cooked fresh peas
2L hot vegetable stock
350g risotto rice
25g parmesan, grated
2 good handfuls pea shoots
extra-virgin olive oil, to drizzle (optional)

Directions

Melt the butter in a large pan, add the onion and gently sweat for about 10 mins until really soft. Add the pancetta and cook until crispy. Meanwhile, put 100g peas into a food processor with a ladleful of stock and whizz until completely puréed. Stir the rice into the onion, increase heat to medium and sizzle the rice for 1 min. Pour in a bit of stock, then bubble and stir until completely absorbed. Continue cooking like this, adding a ladleful of stock at a time, and stirring continuously until the rice is tender and has a good creamy consistency – this will take 20-30 mins. Stir in the puréed peas, remaining peas, Parmesan and some seasoning, then turn off the heat and leave to stand for a few mins. Give the risotto a final stir, spoon into shallow bowls and top with some pea shoots and a drizzle of olive oil, if you like.

Pea and Scallion Soup

serves 6

Ingredients

1 tbsp olive oil
knob of butter
½ bunch spring onion, sliced, plus a few extra to serve
1 potato, cut into small dice
1l hot vegetable stock
900g frozen peas
½ small bunch mint, leaves picked, plus a few extra to serve
85g parmesan, very finely grated

Directions

Heat the olive oil and butter in a heavy based pan. When foaming, add the spring onions and potato. Gently fry without colouring for about 5 mins. Stir in the stock, bring to the boil and simmer for 10 mins or until the potato is tender. Stir in the peas, bring to the boil again, then cook for about 3 mins until they are just done. Remove the pan from the heat, add the mint leaves and whizz in a blender or food processor until smooth.

To make the Parmesan biscuits, heat the grill to high. Line a baking sheet with baking parchment and divide the grated Parmesan into 6 long strips. Grill for 1 min or until the cheese has melted and is lightly golden. While still warm and a bit flexible, release the biscuits from the baking parchment with a palette or cutlery knife, then cool until firm.

To serve, heat the soup and divide between 6 bowls. Scatter with mint and sliced spring onions, if you like, and serve with the Parmesan biscuits on the side.

Shaved Squash Salad with Tomatoes, Zucchini Blossoms, Ricotta, and Thyme Oil

Ingredients

1 generous handful fresh thyme sprigs (about 3/4 ounces)
1/2 cup extra-virgin olive oil
1/2 teaspoon finely grated lemon zest, plus 2 teaspoons fresh lemon juice
2 baby zucchini (3 ounces total), thinly shaved on a mandoline

4 baby pattypan squashes (a mixture of yellow and green; 3 ounces total), thinly shaved on a mandoline
4 ounces mixed teardrop or cherry small tomatoes, cut in half crosswise (1 cup)
6 zucchini blossoms, halved or quartered if large
1/4 cup fresh basil leaves, torn if large, plus more for sprinkling (optional)
Pinch of red-pepper flakes
1/4 teaspoon coarse salt
Coarsely ground pepper
3 ounces fresh ricotta (1/3 cup)

Directions

Place thyme on a cutting board, and bruise with the dull edge of a knife. Place thyme and oil in a small saucepan. Cover, and heat over medium heat until small bubbles appear. Turn off heat, and steep thyme, covered, 20 minutes. Discard sprigs, leaving loose thyme leaves in oil. Whisk together lemon zest and juice and 2 tablespoons thyme oil (reserve remaining oil for another use; it can be refrigerated up to 2 weeks).

Combine half the dressing with the zucchini, pattypan squashes, tomatoes, zucchini blossoms, basil, red-pepper flakes, and salt. Season with pepper, and toss. Divide half the salad between 2 plates, and dot with half the ricotta. Top with remaining salad and remaining ricotta. Drizzle with remaining dressing, and sprinkle with basil.

August:

Pappardelle with Sausage, Summer Squash, and Cherry Tomatoes

serves 4

Ingredients

8 oz pappardelle
2 italian sausage
1 zucchini or summer squash
1 large handful cherry tomatoes, halved
splash of cream
½ bunch tarragon, chopped
small handful basil, chopped
1/4 cup parmesan cheese
salt and pepper to taste

Directions

Set a pot of water to boil. Heat a non-stick skillet over medium high heat with a little bit of olive oil. Remove the sausage from it's casing and, breaking it up into chunks as you go, add it to the pan. Use a wooden spoon or spatula to break the sausage up as it cooks, creating crumbles. Cut the zucchini or summer squash into dice, and half cherry tomatoes. When the sausage has just gotten crispy, around the time when the water for the pasta is boiling, add the cherry tomatoes, and cook until just starting to burst. Then add the zucchini to the sausage pan and add the pasta to the boiling water. Cook the pasta to desired consistency. When it is done, strain, and add to sausage pan. Sauté for about 30 seconds, mixing and stirring frequently. Add salt and pepper to taste, herbs, and a splash of cream. Pour pasta mixture on a plate. Top with parmesan cheese.

Heirloom Tomato Basil Mozzarella Salad

Ingredients

Heirloom tomatoes, sliced
Fresh basil, leaves carefully chopped as not to bruise
Fresh mozzarella cheese, sliced
Extra virgin olive oil
Balsamic wine vinegar
Salt and pepper

Directions

Assemble the salad with slices of tomatoes, basil leaves, and mozzarella slices. Sprinkle extra virgin olive oil over the salad. Add a dash of vinegar and a very light sprinkling of salt and pepper. For a completely different flavor, you can substitute the mozzarella with thin slices of Parmesan.

Coconut Flour Pie Crust

Ingredients

½ cup coconut oil or butter, melted
2 eggs
¼ teaspoon sea salt
1 cup coconut flour (may need more)
1-3 tablespoons honey

Lemon Curd:

1 large egg
4 large egg yolks
100 g sugar
70 ml lemon juice
25g butter, cubed

Directions

Preheat oven to 400 degrees. In a medium bowl beat butter, eggs, honey and salt together with a fork. Add coconut flour. Stir until dough holds together. Gather the dough into a ball, then pat into a 9" greased pie pan. Prick the dough with a fork. Bake for 8-10 minutes or until lightly brown. Let cool.

In a bowl, over a saucepan of simmering water, combine egg yolks sugar lemon juice, whisk until mixture begins to thicken, about 2-3 minutes. Slowly whisk in butter until everything is incorporated.

Blueberry Ricotta and Honey Crostini

Ingredients

1 cups fresh blueberries
2 tablespoons fresh lemon juice, divided
2 teaspoons honey
1/2 cup ricotta cheese
Zest of 1/2 large lemon
1/2 French baguette, thinly sliced and toasted
Additional honey, for drizzling

Directions

Preheat oven to 400 degrees F. Place blueberries in a bowl and pour one tablespoon lemon juice and 1 teaspoon honey over top of the berries. Sauté in a pan over medium heat until just about to burst, transfer to a bowl and let the blueberries cool to room temperature. In a small bowl, combine ricotta cheese, the remaining 1 tablespoon of lemon juice, and lemon zest. Spread the baguette slices with the ricotta cheese mixture. Spoon roasted blueberries on top of the cheese. Drizzle each baguette slice with honey and serve.

Note: to toast baguette slices-preheat oven to 400 degrees F. Place baguette slices on a large baking sheet and toast until edges are slightly golden and bread begins to toast, about 5 minutes.

September: Butternut Squash Macaroni and Cheese

Ingredients

1 small butternut squash (about 1 pound), peeled, seeded, and cut into 1-inch cubes (about 3 cups)
1 cup homemade or low-sodium canned chicken stock, skimmed of fat
1 1/2 cups non-fat milk
Pinch of freshly grated nutmeg
Pinch of cayenne pepper
3/4 teaspoon coarse salt
Freshly ground black pepper
1 pound elbow macaroni
4 ounces extra-sharp cheddar cheese, finely grated (about 1 cup)
4 tablespoons Parmesan cheese, finely grated (1 ounce)
2 tablespoons fine breadcrumbs
1 teaspoon olive oil
Olive-oil, cooking spray
1/2 cup part-skim ricotta cheese

Directions

Preheat oven to 375 degrees. Combine squash, stock, and milk in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; simmer until squash is tender when pierced with a fork, about 20 minutes. Remove from heat. Mash contents of saucepan; stir in nutmeg, cayenne, and salt, and season with black pepper. Stir to combine.

Meanwhile, bring a large pot of water to a boil. Add noodles; cook until al dente according to package instructions, about 8 minutes. Drain, and transfer to a large bowl; stir in squash mixture, cheddar, ricotta, and 2 tablespoons Parmesan.

Lightly coat a 9-inch square baking dish (4 inches deep) with cooking spray. Transfer noodle mixture to dish. In a small bowl, combine breadcrumbs, remaining 2 tablespoons Parmesan, and oil; sprinkle evenly over noodle mixture. Cover with foil, and bake 20 minutes. Remove foil, and continue baking until lightly browned and crisp on top, 30 to 40 minutes more. Serve immediately.

Aloo Gobi

Ingredients

1/4 cup butter
1 tablespoon whole cumin seeds
2 onions, diced
2 teaspoons ground cinnamon
2 tablespoons curry powder
2 large sweet potatoes, peeled and cut into 1-inch chunks
1 head cauliflower, cut into florets
a sprinkle or two sea salt
1/2 cup water
1 cup frozen peas
1 bunch cilantro, chopped

Directions

Melt the butter in a large skillet over medium heat. Add the cumin seeds and gently fry them for a minute or two to heat them through, remove any shelf staleness and brighten their flavour. Add the onions and sauté until they soften. Add the cinnamon and curry powder and stir well for another minute or so. The direct heat of the sauté dramatically brightens the flavours of the spices. Add the sweet potato chunks and cauliflower florets and stir or toss well to coat them with the spices. Season with salt, add a splash or two of water, cover with a tight-fitting lid and lower the heat. Continue cooking until the sweet potatoes are tender, another 20 minutes or so. Just before serving, stir in the peas and cilantro, quickly heating them through.

Cream of Cauliflower Soup

Ingredients

4 tablespoons unsalted butter
2 heads cauliflower (4 to 5 pounds total)
1 coarsely chopped leek (light green and white parts only)
1 small coarsely chopped onion
1/4 teaspoon yellow curry powder
kosher salt
2 cups heavy cream
2 cups whole milk
2 cups water
canola oil for deep frying
1 medium red beet
freshly ground black pepper

Directions

For the soup: Remove the outer leaves of the cauliflower, and cut out the core. Trim off the stems and reserve them. For the garnish, trim 2 cups florets and set aside. Coarsely chop the remaining cauliflower and the stems into 1-inch pieces so that they will cook evenly. You will need about 8 cups of cauliflower. Melt 3 tablespoons of butter in a large saucepan over medium heat. Add the onion, leek, curry and chopped cauliflower, season with 2 teaspoons salt, cover with a lid. Cook, stirring occasionally, until the vegetables are almost tender, about 20 minutes. Pour in the milk, cream and water, increase heat to medium-high, and bring to a simmer. Simmer for about 30 minutes, skimming off the foam from time to time. Working in batches, transfer the cauliflower mixture to a blender or food processor. Puree until smooth and velvety. Check the seasoning and add more salt if needed. Transfer back to the saucepan and keep warm.

For the garnish: Fill a small deep pot with 1 inch of oil and heat over medium heat to 300°F. Set a cooling rack lined with paper towels over a baking sheet. While the oil heats, peel the beet and slice off about 1/2 inch from the top. Using a mandolin, slice the beet into rounds that are slightly thicker than paper-thin. Carefully add a few beet rounds to the oil and fry, turning them with a wire skimmer or slotted spoon as the edges begin to curl, pressing gently on the chips to keep them submerged. When the bubbling stops, after 1 to 1-1/2 minutes, the beets will be crisp. Transfer the beets to the prepared cooling rack and season with salt. Fry the remaining chips in batches. Follow the same steps with the cauliflower florets, slicing and deep frying until golden brown.

To serve: Reheat the soup if necessary. If it seems too thick, add a little water to thin to the desired consistency. Season with salt and pepper to taste. Pour the soup into bowls. Top each serving a few cauliflower chips and a stack of beet chips. Sprinkle with pepper. Serve immediately.

Apple Pie Clafoutis

Ingredients

Batter:

3 each eggs
1 cup milk
1/2 cup unsalted butter, melted
1 teaspoon vanilla extract
2/3 cup all-purpose flour
1/2 cup sugar
1/2 teaspoon salt

Apples:

1/4 cup unsalted butter
4 each tart apples, peeled, cored, and sliced
1/2 cup sugar
3 tablespoons apple cider
1 teaspoon ground cinnamon

Directions

Preheat oven to 400°. Put milk, eggs, 6 tbsp. of the butter, vanilla, flour, sugar, and salt into a blender, blend until smooth, and set aside. Grease a 10" pie plate with remaining butter, then set in oven to heat. Melt butter in a large skillet over medium-high heat. Add apples, ½ cup of the sugar, and brandy and cook until apples are glazed and warm, about 5 minutes. Remove pie plate from oven and immediately pour in half the batter. Arrange warm apple slices over batter, reserving juices, then pour remaining batter over apples. Sprinkle remaining sugar and a little cinnamon over batter and bake until clafouti is golden and set in the center, 25–30 minutes. Drizzle with warmed reserved apple juices.