

Sweet and Sour Asparagus, Spinach & Rhubarb

by [Eric Dunn](#)

1 Pound Asparagus
1 Pound Spinach
1 pound Rhubarb
1 tsp cornstarch
1 Tbsp cold water
2 Tbsp Peanut oil
½ Cup chicken broth
1 Tbsp soy sauce
3 Tbsp Honey

Cut the asparagus into 2 inch pieces. Pick off any big stems from the spinach. Cut the Rhubarb into 1 inch bite size pieces. Combine the cornstarch and water in a small bowl and set aside. Heat the oil in a large heavy skillet or wok. Add the Asparagus and stir fry for 1 minute. Add the chicken broth and cook for 2 more minutes. Add the Rhubarb and Spinach and the cornstarch mixture, soy sauce and honey and cook for 1 more minute until the sauce has thickened and serve immediately.

Eggplant Parmesan

by [Eric Dunn](#)

2 Lb Eggplant
Salt
3 Eggs
2 Tb water
2 C. Panko bread crumbs
¾ C. Olive Oil
1C. Parmesan cheese (grated)
2 Tb Fresh Basil (chopped)
¾ Lb Mozzarella cheese (sliced)
3 C. Tomato sauce

Peel the eggplant and slice into 3/8 inch pieces. Salt and let drain for 30 minutes; pat dry. Beat the eggs with 2 tablespoons water. Dip the eggplant slices first into the eggs, then into the crumbs. Heat ¼ cup olive oil in a large frying pan and saute the eggplant slices until golden brown on both sides. Remove and drain on paper towels. Cook all the eggplant using additional oil if needed.

Place half the eggplant slices in a 9 x 13 inch pan. Sprinkle with 1/3 the Parmesan cheese, ½ the Basil, and 1/3 the Mozzarella cheese. Cover with ½ the tomato sauce. Repeat the layers. Top with the last of the Parmesan and mozzarella cheeses. Bake in a preheated 350* oven for 30 minutes or until bubbly.

Homemade tomato sauce or meat sauce is best, but a good quality canned or jarred sauce works great too.

Watermelon Sherbet (1 1/2 quarts)

by [Eric Dunn](#)

3# Watermelon
1 1/2 C. Sugar (superfine)
1/4 C. Lemon juice
1 14 oz. can Sweetened condensed milk
1 C. Heavy cream

De-seed and puree watermelon. Mix sugar,lemon juice, sweetened condensed milk and heavy cream. Add to watermelon puree. Process in ice cream maker.

Roasted Squash Medley

by [Eric Dunn](#)

2# Squash
2 tsp Thyme
1 oz Olive Oil
1 1/2 tsp Sea Salt
1 1/2 tsp freshly ground black pepper
3-4 Tbsp Balsamic vinegar

Choose a selection of the baby squashes, mini squashes, button squashes and the many zucchini's at the farmers market. Cut squash into 1/2 inch dice. Combine the olive oil, thyme, salt and pepper in a large bowl. Add the squash and toss to evenly coat the pieces. Transfer to a cookie sheet. Roast at 425* for 15 minutes. Cook until squash is tender and then stir in the balsamic vinegar.

Roasted Potato Medley

by [Eric Dunn](#)

3# Potatoes (Yellow fin, All Blues, Yukon, Baby Reds, All Reds)
6 ea. garlic cloves
3 Sprigs Rosemary
1 1/2 oz. Olive Oil
2 tsp Sea Salt
1 1/2 tsp freshly ground black pepper

Quarter the potatoes or cut into 3/8 inch dice. Mince the garlic cloves and chop the rosemary leaves. Combine the olive oil, garlic, Rosemary, salt and pepper in a large bowl. Add the potatoes and toss to evenly coat the potatoes. Transfer to a cookie sheet. Roast at 425* for 45 minutes. Stir several times so the potatoes are golden brown

All Blue Potatoes Anna

by [Eric Dunn](#)

2 Pound All Blue potatoes
2 oz. clarified butter
1 tsp salt
1 1/2 tsp black pepper, freshly ground

Peel the potatoes and cut into thin uniform slices. A mandolin makes this an easy job. Liberally brush a 10 inch cast iron skillet with some of the butter. Arrange the potatoes in an overlapping circular pattern in the skillet making sure to season each layer with salt, pepper and clarified butter. Place the skillet in a 425* oven and cook 35 to 40 minutes or until tender. Drain off the excess butter and turn out the potato cake onto a serving platter. It should be crispy and a beautiful blue color. Slice it into portions and serve immediately.

French Toast Casserole

by [Eric Dunn](#)

1 loaf Challah or Brioche
1 (8 oz) cream cheese
1 pint Blueberries
3 Tbsp sugar
1/4 cup butter
1 cup milk
5 eggs
1 tsp nutmeg

1 tsp cinnamon
1/2 tsp salt

Preheat oven to 375*. Butter a 13 x 9 x 2 -inch baking dish. Cut the loaf of Brioche into 1/2 inch cubes. Layer 1/2 the bread cubes into the baking dish. Cut the cream cheese into strips and place over the bread. Place a layer of blueberries on top of the bread and sprinkle with sugar. Cover with remaining bread cubes. Mix milk, eggs, nutmeg, cinnamon and salt in a bowl and pour over bread. Dot with butter and bake for 40 - 50 minutes. Top will puff up and be golden brown. Serve warm or cold.

Fresh Tomato Soup

by [Eric Dunn](#)

1# fresh Tomatoes: peeled, seeded and chopped
2 Tbsp Butter
3 Tbsp chives, chopped and divided
2 C. Half and Half
Salt and Pepper to taste

Any variety of tomato or a mix will work. This is a quick and easy soup to enjoy when the tomatoes are ripe and plentiful. You could make the puree of tomato and then freeze it, then later this winter you could reheat the puree and add fresh half and half for a tasty soup.

Melt the butter in a large pot. Add the tomatoes and 1/2 the chives and bring to a simmer and cook for 10 minutes. Puree the mixture and add the half and half. Reheat the soup until it comes to a simmer and then season with salt and pepper. Use the remaining chives to garnish your bowls of soup.

Apple Betty

by [Eric Dunn](#)

4 C. apples, sliced
1 lemon, juiced
3/4 C. all-purpose flour
1 C. sugar
1/2 tsp. cinnamon, ground
1/4 tsp. nutmeg, ground
1 pinch salt
1/2 C. butter

Preheat oven to 375*. Mix apple slices with the lemon juice and mound in a pie plate. In a bowl mix the flour, sugar, cinnamon, nutmeg and salt. Cut in butter until coarse crumbs form. Spread over the apples and bake for 50 minutes.

Upside down Blueberry Steam Cake

by [Eric Dunn](#)

1 pint Blueberries or other berry
4 oz cream cheese
1/3 C sugar
1/2 box White cake mix prepared as directed on box

You can use your pressure cooker to cook a cake at home on your stove top or while camping. I use a 5 1/2 quart pressure cooker with a 8" cake pan and steam trivet to keep the cake pan above the water in the pressure cooker. the 8" cake pan just fits inside the pressure cooker.

Cut the cream cheese into 1/4" cubes and place into the bottom of the cake pan. spread Blueberries over cream cheese and sprinkle with the sugar. Prepare half a box of white cake mix according to directions and place on the blueberries. Pour 1 cup of water in the pressure cooker and the steam trivet. Put the cake pan on the trivet. (I place a long strip of aluminum foil under the cake pan and up the sides to make removing it easier.) Place the lid on the

pressure cooker and heat according to manufacturers directions. Cook cake for ten minutes. Cool cooker and then remove the cake. Place a plate on the cake pan and turn upside down to remove the cake.

Makes one 8" cake

Ratatouille Saute

by [Eric Dunn](#)

2 Tb Olive Oil
2 Tb Butter
3 Garlic cloves, minced
1 Walla Walla onion, Chopped
2 Yellow squash , cut into 1½ inch cubes
2 Zucchini, cut into 1½ inch cubes
1 # Tomatoes, chopped
1½ # orange and red Cherry Tomatoes
1 # Eggplant, cut into 1½ inch cubes
2ea. Green Peppers, 1½ inch dice
1 tsp. Salt
fresh ground Black pepper, to taste
1¼ Cup Basil Jam (Little Acres)
1⅓ Cup Balsamic Vinegar
2 Tb fresh Basil, chopped
¾ Cup Parmesan cheese, grated

Heat the butter and olive oil in a large skillet over low heat. Add the garlic and onion and saute until soft, about 5 minutes.

Raise the heat to medium, add the yellow squash, zucchini, tomatoes and eggplant and green peppers, and cook, tossing frequently until just wilted and slightly browned, about 5 minutes. Add salt, pepper, basil jam, balsamic vinegar and the fresh Basil, and toss to mix. Sprinkle with Parmesan cheese and serve immediately.

The Eggplant will absorb all the wonderful juices from the tomatoes and squash. This is a great way to clean out the garden for an easy one dish meal!

Cheese steak sandwich

by [Eric Dunn](#)

1# Tri-tip steak
2 ea. Red peppers
1 ea Walla Walla Onion
3 TB olive oil
8 oz cream cheese
1 tsp granulated garlic
1 tsp onion powder
1 tsp paprika
1 tsp basil
1 tsp marjoram
1 tsp thyme
1/2 tsp salt
1 tsp freshly ground pepper
3 oz Swiss cheese (sliced)
1 loaf Rosemary focaccia bread

Cut the steak into 3/8 inch strips. Cut the peppers and onion into julienne strips. Heat the olive oil in a large skillet and add the steak and saute for 5 minutes. Add the peppers and onions and saute for 5 minutes more or until tender. Add the seasonings. Add the cream cheese and stir until melted. Slice the Focaccia loaf in half length wise. Pile the meat onto the Focaccia loaf and top with the Swiss cheese. Cut loaf into serving sized slices and enjoy!

Top Sirloin Steak sandwich

by [Eric Dunn](#)

3/4 # Pasture Proper top sirloin steak
1 Red pepper
1 Yellow pepper
1 Red onion
1 Tbsp fresh thyme
1 Tbsp fresh Marjoram
1 Tbsp fresh basil
1 Tsp granulated garlic
4 Tbsp Olive oil
Salt & pepper to taste
5 oz Cream cheese
1 loaf Powers Focaccia bread

Cut steak into strips. Cut the peppers and onion into julienned strips. Mix the fresh herbs, garlic and salt & pepper. Heat 2 Tbsp olive oil in a skillet over medium heat. Saute beef quickly but don't overcook. Remove from pan and set aside. Add remaining olive oil and saute peppers and onions until they sweat and begin to caramelize. Add cream cheese to the pan and stir in. Add the meat and fresh herb mix to the onions and peppers. Cut Focaccia bread lengthwise and fill with steak mixture. Cut into wedges and enjoy.

Asparagus and Chicken stir fry

by [Eric Dunn](#)

1/2 Cup Soy Sauce
1/3 Cup lemon juice or Rice vinegar
2 TB Olive Oil
1 TB Sesame Oil
2 Garlic cloves minced
2 TB granulated garlic powder
1 1/2 # Chicken tenders
2 # Asparagus
1 Onion
1 TB Oil

Combine the first six ingredients for a marinade. Trim the asparagus and slice the onion into slivers. Marinate the chicken and vegetables for at least an hour or overnight for more flavor. Heat the oil in a wok on medium to high heat. Add the chicken and cook for 5 minutes and remove from wok. Add the onion and asparagus to the wok and cook for 5 minutes. Return the chicken to the wok and cook until chicken is cooked throughout. Serve over rice.

Rotisserie Herb Chicken

by [Eric Dunn](#)

4# Chicken
4 sprigs Rosemary
4 sprigs Thyme
Zest of 2 Lemons
4 Garlic cloves
2 TBSP Garlic (granulated)
2 TBSP Kosher Salt
1 Tsp Pepper
1/4# Butter

Defrost chicken and pat dry. Use your fingers to make a pocket between the skin and breast meat. Remove rosemary and thyme leaves from the woody stems and chop coarsely. Mince garlic cloves and pile all the ingredients except

butter on cutting board. Use a chef knife to mix by chopping through the ingredient pile several times. This helps to release more flavor from the herbs which the salt will absorb. Work butter into herbs. Separate butter into two equal pieces. Put one piece of butter mixture into each of the pockets. Truss the bird and place onto a rotisserie spit. Use indirect heat and BBQ for an hour or so or until cooked through. Always check the temp with a meat thermometer.

Stir fried Asparagus

by [Eric Dunn](#)

1 Pound Asparagus
1 tsp cornstarch
1 Tbsp cold water
2 Tbsp Peanut oil
½ Cup chicken broth
1 Tbsp soy sauce

Cut the asparagus into 2 inch pieces. Combine the cornstarch and water in a small bowl and set aside. Heat the oil in a large heavy skillet or wok. Add the Asparagus and stir fry for 1 minute. Add the chicken broth and cook for 2 more minutes. Add the cornstarch mixture and soy sauce and cook for 1 more minute until the sauce has thickened and serve immediately.

Grilled Asparagus Parmesan

by [Eric Dunn](#)

Grilled Asparagus Parmesan

2 Tbsp Butter
¼ C. Olive Oil
1 ½ # Asparagus, trimmed
1 C. Parmesan cheese, grated
Salt and Pepper to taste

Melt butter and olive oil in a large pan over medium heat. Add asparagus and cook for 5 to 6 minutes, being careful not to overcook the asparagus. Remove from pan to serving platter and season with salt and pepper. Sprinkle with Parmesan cheese and serve.

Spicy Chicken in Corn Sauce

by [Eric Dunn](#)

Serve this tasty dish in soup bowls along with fresh bread to sop up the juices.

3 # chicken tenders
2-3 Tb olive oil
1 C. chopped red peppers
1 C. chopped onions
1 C. chopped, peeled, and seeded tomatoes
3 C. scraped corn
2 diced jalapeno peppers
1 Tb fresh tarragon
1 tsp chili powder
1 tsp salt
1 tsp fresh ground black pepper

2 Tb sour cream

Dry chicken tenders, brown in olive oil, and set aside. Sauté peppers and onions in oil until softened. Drain oil; return chicken to pan along with remaining ingredients except the sour cream. Cook over low heat, stirring occasionally, until chicken is tender and fully cooked, 20 – 30 minutes. Add sour cream just before serving. Serves 4 people

Vegetable medley in a fresh Corn Sauce

by [Eric Dunn](#)

3 Tb Olive Oil
2 C. chopped peppers (red, yellow, orange)
1 C. Chopped onions
2 diced jalapeno peppers
1 C. chopped zucchini
1 C. chopped squash
1 C. chopped eggplant
1 C. Chopped, peeled, and seeded tomatoes
3 C. scraped* corn
2 Tb fresh basil
1 tsp chili powder
1 tsp salt
1 tsp pepper

1/2 C. Heavy cream

*To make scraped corn: husk corn and remove corn silk. Use a knife to slice the rows of corn kernels on the cob from end to end all the way around the cob. Then you scrape the cob with the back of the knife (dull side) into a bowl.

Sauté peppers, onion, jalapeno's, zucchini's, squash and eggplant in olive oil until softened. Add tomatoes, scraped corn and seasonings. Bring to a simmer and add heavy cream just before serving.
