

Apple, Cheddar and Bacon Tarts

1 tablespoon olive oil 1 small onion, diced 2 to 3 slices par-cooked bacon, diced ½ granny smith apple, peeled and cored Sea salt and freshly ground black pepper 1/2 cup ricotta cheese
1/4 cup grated cheddar cheese
1 teaspoon minced fresh thyme
1/2 teaspoon each onion & garlic powder
Two 5-inch squares puff pastry
1 egg yolk, mixed with a little water
1/4 cup crumbled feta cheese

- Preheat oven to 350 degrees. Line a sheet pan with parchment paper.
- Bring a pan to medium heat and add the oil.
- Cook the onions and bacon until golden brown. Stir in apples; cook 1 minute more. Remove from heat; let cool slightly.
- Stir together the ricotta, cheddar, thyme and spices; stir in onions. Season with salt and pepper.
- Place puff pastry on sheet pan; brush edges with egg wash. Arrange apple filling on pastry; top with feta.
- Bake until golden; garnish with balsamic glaze.

Mushroom and Spinach Penne with Spicy Marinara

1 tablespoon olive oil

3 to 4 mushrooms, thinly sliced

1 small shallot, finely diced

2 cups baby spinach

2 cloves garlic, thinly sliced

½ teaspoon each onion and garlic powder

Pinch of crushed red peppers

1/4 cup white wine

1 cup crushed tomatoes

2 cups cooked penne

Fresh basil

Sea salt and freshly ground black pepper

- Bring a skillet to medium heat and add the olive oil. Cook the mushrooms and onions until nicely caramelized.
- Add the spinach; cook until wilted. Add garlic and spices; cook 1 minute more.
- Add the wine; cook until reduced by half. Add the tomatoes; cook until thickened.
- Stir in penne; cook until heated through. Season with basil, salt and pepper.



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Sauteed Chicken or Salmon with Sundried Tomato Cream Sauce

1 tablespoon olive oil

2 chicken cutlets or salmon fillets

½ tablespoon herb mix

1 shallot, minced

2 to 3 sundried tomatoes, chopped

1 plum tomato, diced

2 cloves garlic, minced

½ tablespoon Italian seasoning

Pinch of crushed red peppers

½ cup red wine

1/4 cup heavy cream

Fresh rosemary

Sea salt and freshly ground black pepper

- Place a skillet over medium heat and the oil.
- Season chicken or salmon with herb mix. Saute, turning once, until just cooked through to the center. Remove from pan.
- Add the shallots and sundried tomatoes; cook until nicely softened. Add the tomatoes; cook until softened and liquid has evaporated.
- Add the garlic, spice mix and crushed red peppers; cook 1 minute more.
- Add the wine; simmer until reduced by half.
- Add the heavy cream; continue cooking until flavors combine, about 8 to 10 minutes.
- Season with rosemary, salt and pepper.
- Serve over chicken or salmon; serve with crusty bread.

Ricotta Gnocchi

1 pound fresh whole milk ricotta

2 egg yolks

1 cup grated parmesan cheese

1/4 teaspoon grated nutmeg

1-1/2 cups all-purpose flour, or as needed

Salt and pepper

- Stir together ricotta, egg yolks, parmesan and nutmeg; season with salt and pepper. Add flour, stirring, until it forms a firm dough.
- Transfer to a floured cutting board. Gently knead into a ball; cut into two pieces and shape each piece into a rope about ½-inch in diameter. Cut each rope crosswise into 1/2-inch pieces; transfer to a floured baking sheet.