



2007 Finalist Recipes

Acton- Douglas Drake  
Cider Jerk Chicken w/ Apple-Melon Salsa

4 Boneless Chicken Breasts (6oz each)

**Marinade**

1 Onion, finely chopped  
 ½ C. Green Onions, chopped fine  
 1 T. Ground Thyme  
 1 T. Salt  
 1 T. Black Pepper  
 1 T. Cayenne Pepper  
 1 T. Ground Allspice  
 1 ½ t. Nutmeg  
 1 ½ t. Cinnamon  
 2 t. Sage  
 6 T. Brown Sugar  
 3 T. Vegetable Oil  
 9 T. Soy Sauce  
 3 T. Cider Vinegar  
 3 T. Cider  
 3 T. Root Beer

1. Place marinade and chicken in a Ziploc bag and marinade overnight or up to 24 hours
2. Heat Barbecue grill. Wipe racks with vegetable oil to get a good seal and keep chicken from sticking
3. Cook chicken, turning once, until done

4. Serve with Rice Pilaf or Roasted potatoes
5. If you reuse marinade be sure to boil hard for a full minute, cool and store in fridge up to 3 weeks

**Apple-Melon Salsa**

½ C. Watermelon, ¼" diced  
 ½ C. Cantaloupe, ¼" diced  
 ½ C. Honeydew, ¼" diced  
 ½ C. Fresh Pineapple, ¼" diced  
 ½ Brae burn, Gala, or Granny Smith Apple, ¼" diced (skin removed)  
 ¼ C. Red Bell Pepper, ¼" Diced  
 ¼ C. Green Bell Pepper, ¼" diced  
 3 Scallions, chopped  
 1 Small Bermuda Onion, ¼" diced  
 1 T. Sea Salt  
 1 t. Crushed mint leaves  
 1 T. Cilantro  
 1 t. Chili Powder  
 1 t. grated toasted lime peel (key lime is preferable)

3 T. Fresh lime Juice  
 1 T. Vanilla  
 1 t. Ginger, freshly grated  
 Toss all ingredients. Chill. Serve with chicken, pork, or seafood like Tuna steak

**Arlington- Julie Kitayama**  
**Sweet and Spicy Pork Chops with Mixed Mashed Potatoes**

Boneless pork loin chops (3/4 to 1 inch thick)  
Cajon Seasoning (see below)  
1/2 cup of apple cider  
Splash of dry sherry  
2 tbsp butter

Generously Season pork  
Heat frying pan with slight bit of vegetable oil  
Cook pork for roughly 5 minutes on each side (varies based on thickness)

Remove pork and keep warm  
Add sherry to pan and cook for 1 minute  
Add cider to pan and cook until reduced to less than half and thickened  
Add butter 1 tbsp at a time and cook for 3 minutes

Bake both potatoes for 1 hour in 400 degree oven  
Heat light cream in saucepan and add butter. Heat until butter is melted  
Peel sweet potato and mash together with unpeeled Yukon gold

Add heated cream and butter and 1/4 tsp salt

**Cajun Seasoning**

1 tablespoon Spanish paprika  
1 tablespoon garlic powder  
1/2 tablespoon black pepper  
1/2 tablespoon onion powder  
1/2 tablespoon cayenne pepper  
1 tsp salt

Plate the pork and serve with the sauce drizzled over

**Mixed Mashed Potatoes**

1 Sweet potato  
1 Yukon gold potato  
1/2 cup of light cream  
1/4 cup of unsalted butter

Beverly- Lynne Johnson  
Not Your Average Pork & Beans

1 teaspoon garlic salt  
1 teaspoon ground cumin  
¼ teaspoon ground red pepper  
4 boneless pork chops  
Cooking spray  
Vegetable oil  
1 cup diced red bell pepper  
½ cup bottled chunky salsa, divided  
1 (15 oz) can pinto beans, rinsed and drained  
¼ cup chopped cilantro

Heat a grill pan over medium high heat. Combine first 3 ingredients. Remove 1 teaspoon cumin mixture, and set aside. Sprinkle remaining cumin mixture over pork. Coat pork with cooking spray. Place pork in grill pan; cook until pork is done to your liking. Let the pork sit for about 5 minutes. Cut into thin slices.

While pork cooks, heat the oil in a saucepan over a medium high heat. Add bell pepper and sauté until tender. Add reserved cumin mixture, ¼ cup salsa, and beans; cook until thoroughly heated, stirring.

Place bean mixture on each plate and place sliced pork on bean mixture. Top each serving with 1 tablespoon salsa and 1 tablespoon cilantro.

Burlington- Tracy Griffith  
Spinachoke Crusted Cod

1 ½ lb Fresh Cod Filet  
1 pkg Knorr dry vegetable soup mix  
1 cup marinated artichoke hearts,  
drained & chopped  
1 pkg frozen spinach, thawed and  
drained  
1 8oz square of cream cheese,  
softened  
1 cup Mayo  
3 cups shredded mozzarella cheese  
Parmesan Cheese

Preheat oven to 425

Combine soup, cream cheese, and  
mayo in a bowl.

Stir spinach, artichoke hearts, and  
mozzarella cheese. Set aside.

Cut Cod into serving size pieces, pat  
dry if necessary

Place in baking dish and cover  
generously with spinachoke mix  
Sprinkle with parmesan cheese

Bake in oven for 10-15 minutes until  
fish is just cooked through.

Remaining spinachoke mix can be  
baked for a great dip



Dartmouth- Meg and Richard Secatore  
Risi e Bisi and Salmon

A light lemony take on New England Peas and Salmon and Italian Rice and Peas

Green Vegetable Broth

8 cups water  
½ teaspoon salt  
Pinch of whole peppercorns  
1 bunch scallions, trimmed and coarsely chopped  
2 cloves garlic, crushed  
Handful each of parsley and spinach

Combine ingredients in a heavy saucepan and simmer over low heat for 15-20 mins. Strain broth, discarding vegetables and peppercorns.

Risotto

½ lb sugar snap peas  
1 tablespoon olive oil  
2 tablespoons unsalted butter (divided use)  
1 cup minced onion  
2 cups Arborio rice  
1 cup dry white wine, room temperature  
1 package frozen baby peas  
½ cup parmesan cheese  
1 teaspoon grated lemon peel  
Salt and Pepper to taste

Bring reserved broth to a boil. Drop snap peas into blanch for 2 minutes. Strain broth, reserving snap peas and rinse in cold water to stop cooking. Reduce heat to low so that stock is steaming, but not boiling. Melt one tablespoon butter and olive oil in heavy saucepan. Add onion

and cook over low heat until onion is soft. Do not brown. Add Arborio rice, stirring constantly to coat each grain and heat through. Add the wine, stirring constantly. When the wine has evaporated, add one cup of hot broth. Stir frequently until the broth is completely absorbed.

Repeat, adding one cup of hot broth at a time until rice is al dente (you may have left over broth)

Add snap peas and frozen peas with the last broth addition. Remove pan from heat. Add cheese and lemon peel and a generous grind of black pepper. Taste and add additional salt, if needed.

Salmon

4 4-6 oz filets of salmon, skin removed  
Mediterranean style spice rub (basil, oregano, rosemary, etc.)  
Olive Oil  
2 cloves garlic, crushed  
Salt and Pepper

Rub filets with olive oil and garlic. Coat with spice rub and pepper. Add salt if it is not included in the rub.

Grill, broil, or bake filets as desired.

To serve: place a mound of risotto on the plate. Top with 1 filet. Garnish with lemon wedges and parsley.

Hyannis- Jason Warren  
Haddock 'n Hash

Pan Fried Haddock

1 lb Filet of fresh haddock, skin removed  
and cut into 2 portions  
1 egg, beaten  
3 T flour  
¾ C Italian Bread Crumbs  
Salt and Pepper  
¼ C Olive Oil or Olive Oil Blend

1. Heat nonstick skillet over medium high heat, add oil
2. Season fish with salt and pepper
3. Lightly coat fish with flour, then dip in the egg, then coat with bread crumbs
4. Cook fish on both sides until a golden brown crust forms on the outside

Hash Browns with Bacon Bits

3 Strips Bacon chopped  
1lb Russet Potatoes, peeled and rinsed  
1 small onion, chopped  
¼ C butter or bacon fat or half of each  
Salt and Pepper

1. Preheat oven to 425 Degrees
2. Cook bacon in a nonstick skillet until crisp
3. Remove bacon from pan with slotted spoon, reserve bacon fat
4. Sauté the onion in the same skillet over medium heat using 2 T of the bacon fat until the onion turns translucent, about 5 minutes. Remove onion from pan.
5. Cut the potatoes into cubes about ¼ inch on each side- don't wash them in a bowl toss the potatoes with the cooked onion and bacon-

6. season with salt and pepper
7. Melt 2 T butter in the same skillet over medium heat and add the potato mixture
8. Sauté potatoes for about 10 minutes and then move them to a small sheet pan
9. bake them in the oven for 15-20 minutes until they are crisp

Hollandaise

2 Egg Yolks  
1 T Fresh Lemon Juice  
¼ C Butter Melted  
Pinch salt  
Pinch Cayenne Pepper

1. Whisk the yolks and lemon together over a saucepan with simmer water until the mixture turns pale yellow in color- Don't let the eggs get too hot or they'll scramble
2. Slowly drizzle in the butter and continue whisking until the sauce is thickened
3. Remove from heat and season with salt and cayenne
4. Cover and keep warm

Putting it Together

1. Cut a slice of hash brown and put on plate
2. Place haddock on top of the hash brown
3. Top with hollandaise
4. Garnish with chopped chives
5. Serve with a side of vegetables



Lexington- Linda Cargiuolo  
Oven Roasted Jerk Chicken with Pineapple Rum Glaze

1 Whole Fryer Chicken split (about 3 lbs)

¼ to ½ cup of Jamaican Jerk Rub  
1 recipe Jamaican Glaze

Wash and pat dry chicken.

Generously sprinkle Jamaican Jerk Rub on both sides of chicken.

Refrigerate for at least ½ hr and up to 2 hrs. Meanwhile make the glaze. Preheat oven to 375 degrees. Place chicken skin side down and brush with glaze. Bake uncovered for 20 minutes. Turn chicken over and brush generously with glaze and bake for another 30 minutes or until instant read thermometer registers 190 degrees. 5 minutes before chicken is done brush again with glaze. Garnish with your favorite mango/pineapple salsa.

Jerk Rub

2 ½ tsp ground allspice  
1 tsp milk curry powder  
2 tsp granulated sugar  
½ tsp salt  
½ tsp pepper  
¼ tsp ground cloves  
2 ½ tsp dried thyme  
2 ½ tsp sweet paprika  
1 ½ tsp ground cinnamon  
1 tsp cayenne  
¼ tsp ground nutmeg

Mix thoroughly and store in an airtight container or Ziploc bag.

Jamaican Glaze

½ Cup pineapple juice  
½ cup golden or dark rum  
2 Tbsp dark brown sugar  
½ tsp ground allspice  
½ tsp cayenne

Place all ingredients in a small sauce pan and cook over med heat for about 10 minutes.

**Medford- Janet and Jamie Mendelsohn**  
**Not Your Mother's Roast Stuffed Flank Steak**

8 oz fresh spinach (washed well)  
½ cup cornflake crumbs  
½ cup freshly grated Parmesan  
Cheese  
¼ cup olive oil + oil for brushing on  
2 cloves fresh garlic  
1 small jar roasted red peppers  
1 ½ lbs flank steak, butterflied  
Salt and Pepper  
4 oz prosciutto  
Red pepper flakes

Using a food processor, mince the garlic cloves. Add the parmesan cheese, cornflake crumbs, and ¼ cup olive oil. Using a vegetable steamer, cover and steam the spinach for about six minutes until wilted. When done, squeeze the spinach with your hands to eliminate excess water. Add spinach to the other ingredients and puree until smooth.

Preheat oven to 350 degrees. If flank steak is not yet butterflied, lay it flat on a board and slice horizontally. Pound the meat with a tenderizer mallet.

Spread open the two halves of the butterflied flank steak. Season with salt and pepper. Cover one half with a layer of prosciutto. Layer roasted red peppers over the prosciutto. Layer the spinach mixture evenly on top of the

peppers then sprinkle with red pepper flakes (to taste). Lay the other half of the steak on top of this, as if making a sandwich with the meat.

Starting at a narrow end roll up the filled steak into a log. Using either kitchen string or small skewers, fasten the roll in several places to hold it together. Spray a roasting pan (to prevent sticking) and place the stuffed flank steak roll in the middle. Brush the meat with remaining olive oil. Optional: season with salt and pepper or montreal steak seasoning.

Roast for 40 minutes (mid-rare) or longer, to taste. When done, allow to rest of a couple of minutes before slicing, moving down the log from one end to the other, in ¾ inch servings. Serves 4.

Methuen- Ray Cebula  
Sun dried Tomato Basil Chicken Sausage Lasagna

1 package No Boil lasagna noodles  
5-6 Sun dried Tomato Basil Chicken Sausages  
1 package frozen chopped spinach  
1 8oz tub of ricotta cheese  
2 jars tomato basil sauce  
2 cups of shredded mozzarella cheese  
1 yellow onion  
2 cloves garlic  
2 tbsp evoo  
  
1 tube 3 cheese blend (for sprinkling)

In a warm frying pan, sauté garlic and onion in EVOO. Strip casings from 5-6 sundries tomato basil chicken sausages. Fry until cooked in garlic and onions.

In lasagna pan, wet bottom of pan with tomato sauce. Line with first layer of noodles. Place cooked sausage meat on noodles, cover lightly with tomato sauce and shredded mozzarella.

Layer second layer of noodles. In a mixing bowl, blend ricotta and chopped spinach. Layer on noodles.

Layer third layer of noodles. Cover with tomato sauce. Cover with shredded mozzarella.

Bake in preheated oven for 50 minutes at 350 degrees.

Cover with sauce when serving and sprinkle with 3 cheese mixture.

Serve with crusty bread and your favorite salad.

Needham- Alexandra Etscovitz  
Fresh Tilapia with Avocado Corn Salsa

Tilapia

2 Filets of Tilapia and 2 tablespoons  
of olive oil, salt and pepper

Salsa

1 Ear of corn  
½ of an avocado cubed  
10 cherry tomatoes halved  
1/8 cup of red onion  
1 tbsp of olive oil  
1/8 cup of lemon juice  
salt and pepper to taste

Sides

10 stalks of asparagus and 1 cup of  
jasmine rice

Prepare Dish

Place tilapia in an oven-dish with the  
olive oil and salt and pepper at 350  
degrees for 15-20 minutes. Then  
roast the ear of corn with olive oil for  
about 20 minutes at 400 degrees (add  
asparagus in pan for the side) and  
steam rice. Then, cut the ear of corn  
when cooled and add tomatoes,  
avocado cubes, red onion, lemon  
juice, and oil. Add salt and pepper to  
taste. Plate the rice then the tilapia  
with salsa on top and enjoy.

**Newburyport- Paul Niman**  
**Southwestern Shepherd's Pie**

**Bottom Layer**

2 tbsp canola oil  
1 medium onion, diced  
½ medium red pepper, diced  
2 cloves garlic, minced  
1 ½ lb ground turkey (sub beef, pork,  
or mixture)  
8 oz can of tomato sauce  
2 tbsp ancho chili powder  
½ tsp ground cumin  
½ tsp thyme  
¼ tsp cayenne pepper  
½ tsp salt

Sauté onion and peppers in oil until beginning to soften. Add garlic and stir for one minute. Add ground turkey and sauté until meat is browned and vegetables are tender. Add remaining ingredients and cook on low for 10 minutes or until most of the liquid is absorbed.

**Middle Layer**

1 ½ cups frozen corn  
Cook corn in boiling water until tender. Drain and set aside for final prep.

**Top Layer**

3 large sweet potatoes, peeled and cut into large chunks  
2 tbsp butter  
¼ tsp chipotle chili powder  
juice from 1 lime  
½ tsp salt

Place sweet potatoes in enough water to cover and bring to boil. Simmer until tender and drain. Melt butter in pan potatoes were cooked in and add remaining ingredients. Add drained, but still hot, sweet potatoes and mash well.

**Final Prep**

Spread the chili filling in the bottom of an 8"x8" pan. Spread corn over chili. Top with mashed sweet potatoes and spread evenly on top. Bake at 400 for 30 minutes or until hot. Serve with tossed salad with sliced avocados and lemon vinaigrette dressing.

Randolph- Matthew Gosselin  
Kickin' Cornbread Chicken

Chicken Prep

Chicken breast filet  
2 cups of buttermilk  
flour  
olive oil  
1 tbsp white pepper  
1 tbsp paprika  
1 tbsp salt  
egg

1. Allow the chicken to marinate in buttermilk for 1 hour
2. Beat together the egg and buttermilk and set aside
3. Mix together the salt, black pepper, paprika, and white pepper and sprinkle on both sides of chicken breast filet
4. Dredge the chicken breasts in the flour shaking off the excess. Then dip each piece into the egg/milk mixture, then back in the flour.
5. Heat the olive oil in a pan on medium heat for a few minutes. Fry chicken breasts on both sides for two minutes each side. Remove from pan and let cool.
6. Place chicken in small oven safe dish and pour cornbread mixture on top until chicken is covered and small dish is  $\frac{3}{4}$  full.
7. Bake for 30 minutes and remove. Drizzle the kickin' gravy over the chicken.

Corn Bread Recipe

2 8.5 oz boxes of jiffy corn muffin mix  
1 18 oz box of butter recipe cake mix  
5 eggs  
 $\frac{2}{3}$  milk  
1  $\frac{1}{3}$  cups water  
 $\frac{1}{2}$  cup softened butter

1. Pre heat oven to 350 degrees and mix all dry ingredients.
2. Add remaining ingredients and mix well
3. Set aside

Kickin Gravy

2 Tablespoons of olive oil  
3 tablespoons of flour  
1 cup buttermilk  
1 tablespoon of Tabasco sweet and spicy sauce  
1 cup of chicken stock

1. Sprinkle 3 tablespoons of flour in the hot oil. Stir with a wooden spoon, quickly to brown the flour.
2. Gradually stir in 1 cup buttermilk and 1 cup water, mixed together, stirring constantly with the wooden spoon and mashing out any lumps. Lower heat, and gravy will begin to thicken.
3. Continue cooking and stirring a few minutes until gravy reaches desired consistency. Check seasonings and add more salt and pepper according to your taste.

Watertown- Andrea Merrill  
Thai Pot Pai

**Chicken**

2 lbs boneless skinless breasts  
olive oil  
salt  
pepper

**Pastry**

3 cups all purpose flour  
1 ½ tsp kosher salt  
1 tsp baking powder  
1 ½ tsp coconut extract  
½ cup Crisco or other vegetable shortening  
1 stick cold, unsalted butter, diced  
½ to ¾ cup water  
1 egg beaten w/1 Tbsp water and ½ tsp coconut extract

**Filling**

5 cups chicken stock  
1 ½ sticks unsalted butter  
6-7 kaffier lime leaves  
2 stalks of lemon grass, cut into several pieces and bruised  
2 small green chilies, lightly bruised  
2 cloves of garlic, minced  
2 medium onions, roughly chopped  
¾ cup all purpose flour  
¼ cup cream of coconut  
2 tsp Thai red curry paste  
1 tsp turmeric  
3 tsp fish sauce  
juice of ½ a lime  
2 cups frozen peas  
3 small white potatoes boiled until just tender and cut into small pieces  
1 ½ cans straw mushrooms  
toasted coconut and cilantro, to garnish  
bean sprouts and slices of lime, to serve

Preheat oven to 350

Rub the chicken breast with olive oil and then sprinkle with salt and pepper. Place on a greased breaking sheet and bake for 35-40 minutes or until cooked through. Remove from oven and let cool. Cut into bite sized cubes.

To make the pastry, add flour, salt, and baking soda to a food processor fitted with a metal blade. Pulse several times to mix. Add coconut extract Crisco, and butter. Pulse until mixture resembles a coarse meal. With the motor running, add water until it just comes together in a ball. Turn out dough onto a sheet of plastic wrap. Wrap dough and place in a fridge for at least 30 minutes.

Bring chicken stock to a low boil in a small pot. Meanwhile, in a large pot melt butter over medium low heat. Add lemon grass, chilies, and kaffir lime leaves and sauté for 2 minutes. Add garlic and onions and sauté 10 minutes or until translucent. Add flour and cook for 2 minutes, stirring constantly. Pour in hot stock and reduce heat to low. Stir for 1 minute until the sauce thickens. Remove lemon grass, chilies, and kaffir lime leaves with a slotted spoon. Mix in coconut cream, red curry paste, fish sauce, turmeric, and lime juice. Remove from heat and stir in chicken peas straw mushrooms, and potatoes.

Pre heat oven to 350

Divide filling among 4 oven proof bowls. Divide dough in 4 pieces and roll out into a circle slightly bigger than the tops of the bowls. Cut edges to make an even circle. Brush the egg wash around the edge of the bowls. Place the dough on top and press the dough to the sides and make it stick. Brush the dough all over with the egg wash and cut 3 slits in the top. Bake 45-50 minutes or until top is golden brown and filling is bubbling. Garnish with toasted coconut and cilantro. Serve with bean sprouts and slices of lime on the side.