

School of Cooking

Martin's

One Pot Suppers

Hosted by Chef Alan Perry

November 7, 2006

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Cioppino

Ingredients

- 1/3 Cup Olive Oil
- 2 Medium red onions, thinly sliced
- 4 green onions, thinly sliced
- 3 strips of lemon peel
- 3 garlic cloves, thinly sliced
- 1 yellow pepper, chopped
- 3/4 Cup dry vermouth, or dry white wine
- 1 Can (28 oz) tomatoes, chopped
- 1 Cup Water
- 1/2 tsp salt
- Pinch crushed red pepper
- 1 1/2 lbs striped bass or red snapper filets, cut into 2" pieces.
- 1 lb medium shrimp, shelled and deveined
- 3/4 Cup chopped fresh parsley
- 2 Tbsp chopped fresh basil

Instructions

In 5 quart Dutch oven, heat oil over medium high heat. Add red and green onions, lemon peel, and garlic and cook, stirring until

red onions are every tender, about 10 minutes. Add yellow pepper and vermouth and cook, stirring 5 minutes.

Increase heat to high, stir in tomatoes with their juice, water, salt, and crushed red pepper; heat to boiling. Add bass, shrimp, and ½ cup parsley; cover and simmer until fish and shrimp are just opaque throughout, about 5 minutes.

Remove from heat and stir in remaining ¼ cup parsley and basil. Makes about 8 cups or 6 main dish servings

Country Captain Casserole

Ingredients

2 Tbsp plus 1 tsp of vegetable oil
2 chickens (3 ½ lbs ea) cut into 8 pieces and skin removed from all but wings
2 medium onions, chopped
1 large Granny Smith apple, peeled, cored and chopped
1 large green pepper, chopped
3 large garlic cloves, finely chopped
1 Tbsp grated peeled fresh ginger
3 Tbsp curry powder
½ tsp ground black pepper
¼ tsp ground cumin
1 Can (28 oz) plum tomatoes in puree
1 Can (14 ½ oz chicken broth)-or 1 ¾ Chicken broth
½ Cup dark seedless raisins
1 tsp. salt
¼ Cup chopped fresh parsley

Instructions

In an 8 quart Dutch oven, heat 2 tablespoons oil over medium high heat until very hot. Add chicken, in batches, and cook until golden brown, about 5 minutes per side. With slotted spoon, transfer chicken pieces to bowl as they are browned.

Preheat oven to 350 degrees. In same Dutch oven, heat remaining 1 tsp oil over medium high heat. Add onions, apple,

green pepper, garlic and ginger; cook, stirring frequently, 2 minutes. Reduce heat to medium; cover and cook 5 minutes longer.

Stir in curry powder, black pepper, and cumin; cook 1 minute. Add tomatoes with their puree, broth, raisins, salts, and chicken pieces. Heat to boiling over high heat; boil 1 minute. Cover and place in oven. Bake 1 hour. Sprinkle with parsley. Makes 8 main dish servings.

Osso Buco with Gremolata

Ingredients

4 meaty veal shank cross cuts (osso buco)
½ tsp salt
¼ tsp pepper
1 Tbsp Olive oil
2 medium onions-chopped
3 carrots, peeled and chopped
2 stalks celery, chopped
4 garlic cloves, finely chopped
1 can (14½ to 16 oz) tomatoes in puree
1 Cup dry white wine
1 Cup chicken broth
1 bay leaf
2 Tbsp chopped fresh parsley
½ tsp freshly grated lemon peel

Instructions

Preheat oven to 350 degrees. Sprinkle shanks with salt and pepper. In a 5 quart Dutch oven, heat oil over medium high heat until very hot. Add shanks and cook until browned. Add onions to Dutch oven and cook over medium heat, stirring occasionally, until slightly browned, about 5 minutes. Add carrots, celery and three-fourths of the garlic; cook 2 minutes longer.

Return veal to Dutch oven. Stir in tomatoes with their puree, wine, broth and bay leaf. Heat to boiling over high heat. Cover

and place in oven. Bake until veal is tender when pierced with fork, about 2 hours.

Meanwhile, prepare gremolata: In small bowl, mix parsley, lemon peel, and remaining garlic. Cover and refrigerate until ready to serve.

Transfer veal to platter. Heat sauce in Dutch oven to boiling over high heat; boil until it has reduced to 4 cups, about 10 minutes. Pour sauce over veal and sprinkle with gremolata. Makes 4 main dish servings