

## Valentine's Day Meal Grocery List & Recipe Reference

Kitchen Staples	What You'll Need From the Store
Salt Pepper Cinnamon Honey Sugar Brown Sugar Powdered Sugar Flour Vanilla Butter Eggs Olive Oil Balsamic Vinegar Chicken Broth Beef Broth Onions	Bourbon (1 oz.) Sparkling Red Wine Orange Liqueur 12 oz. orange drink Dijon Mustard Cherry Preserves 6 oz. Bittersweet Chocolate 2 oz. Semi-Sweet Chocolate ½ Cup Walnuts ½ Cup Dried Cranberries Other Dried Fruit (apricots/prunes/cherries/raisins) Boxed Wild Rice Mix Espresso Powder Pork Loin Green/Red Romaine Thyme French Baguette Loaf Blue Cheese Crumbles Goat Cheese Cream Cheese

Menu:

### Caramelized Onion & Goat Cheese Crostini

- 1 French Baguette, sliced and lightly browned at 325 degrees
- 2-3 medium onions, sliced thin
- 1 Tablespoon brown sugar, balsamic vinegar
- 2 Tablespoons Olive Oil
- 1 Teaspoon salt
- 4 oz. Softened goat cheese
- 3 oz. Softened cream cheese

1. Heat 2 tablespoons of olive oil over medium heat. Stir in about two medium sized thinly sliced onions and cook uncovered for about 10 minutes stirring frequently.
2. Reduce the heat to medium and stir in 1 teaspoon of salt, 1 tablespoon of brown sugar, and 1 tablespoon of balsamic vinegar. Cook for 30-35 minutes longer, stirring about every five minutes until the onions are a deep golden brown and have shrunk slightly. Cool a little bit.

3. Heat your oven to 325 degrees. Place sliced baguette pieces on a cookie sheet and spray lightly with cooking spray. Bake until the breads just start to turn a golden brown.....no more than 10 minutes.
4. Meanwhile, combine 4 ounces of room temperature goat cheese with three ounces of softened cream cheese. Blend until smooth and set aside.
5. Place one teaspoon of caramelized onions onto each bread and top with a generous dollop of the cheese mixture. Sprinkle with some fresh thyme leaves.

### **Sparkling Red Wine Cocktails**

- 1 bottle sparkling red wine
- 1 24 oz. bottle Orangina (or other sparkling orange beverage)
- 1/4 cup. brandy (optional)
- 1/4 cup sugar
- 1/4 tsp. cinnamon
- 1 orange, cut into wedges

Combine all liquid ingredients in a large pitcher. Mix cinnamon and sugar on a small plate. Wet the rim of each glass with an orange wedge, invert the cup and coat the rim in cinnamon-sugar. Fill each glass with ice cubes, wine mixture and an orange slice.

### **Valentine's Day Salad**

- Green and red romaine leaves, 4 cups, packed
- Dried cranberries, 1/2 cup
- Walnuts, 1/2 cup
- Blue cheese, 1 cup, crumbled
- Balsamic vinegar, 1/4 cup
- Extra virgin olive oil, 1 tablespoon
- Dijon mustard, 2 tablespoons
- Honey, 2 tablespoons

1. In a large bowl, toss together the washed romaine leaves, dried cranberries, walnuts, and blue cheese crumbles.
2. In a small bowl, whisk together the balsamic vinegar, extra virgin olive oil, Dijon mustard, and honey.
3. Add the vinaigrette to the salad (depending on your preference, add half or all of the vinaigrette), toss, and serve.

### **Cherry Glazed Pork Tenderloin**

- 1/3 cup flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 1 pork loin cut into medallions
- 3 tablespoons olive oil
- 2 t. minced garlic
- 1/2 c. beef broth
- 3/4 c. cherry preserves

- 1/3 c. balsamic vinegar
  - 1 1/2 cups assorted dried fruits, such as pitted prunes, apricots, raisins, and cherries
1. Preheat oven to 400 degrees. Whisk together flour, salt, pepper, and cinnamon in a small bowl; set aside 2 tablespoons. Sprinkle remaining flour mixture over pork, turning to coat; shake off excess.
  2. Heat oil in a large ovenproof skillet over medium heat until hot but not smoking. Add pork, and brown well, 3 to 4 minutes per side. Transfer to oven; roast pork until they are cooked through, about 5 minutes more.
  3. Transfer pork chops to a plate; cover to keep warm. In skillet add garlic and cook for 30 seconds. Add beef broth and pepper and cook for an additional minute. Add cherry preserves, balsamic vinegar and dried fruit. Continue to cook until sauce has thickened and fruits are tender, about 15 minutes more. Add pork back to pan and cook, turning once, just until glazed. Season with salt and pepper; serve with wild rice.

### **Chocolate Molten Lava Cake**

- 6 oz. bittersweet chocolate
  - 2 oz. semi-sweet chocolate
  - 10 TB. Butter
  - 1/2 c. flour
  - 1 1/2 c. confectioner's sugar
  - 3 large eggs
  - 3 egg yolks
  - 1 tsp. vanilla
  - 2 TB orange liqueur
1. Preheat oven to 325
  2. Grease 6 (6 oz.) custard cups
  3. Melt the chocolate and butter in a double boiler until smooth
  4. Remove from heat and stir in flour and sugar
  5. Whisk in eggs and egg yolks, stirring until smooth
  6. Whisk in vanilla and orange liqueur
  7. Divide batter evenly among cups
  8. Bake at 425 for 14 minutes. Cakes should have firm sides, but runny center.
  9. Remove from oven and run knife around edge of the cups to loosen. Let cool completely before turning out onto plate. Dust with powdered sugar.