

SIMPLE GOURMET VALENTINE DINNER FOR TWO

<p>DISH 1</p> <p>Crispy Chicken Breasts with Mushroom and Thyme Pan Sauce</p>	<p>2 bone-in chicken breast (½ t salt, divided) (½ t ground black pepper, divided) (1 T canola oil, divided) 8 oz crimini or white button mushrooms, quartered 2 T minced shallots 2 t chopped fresh thyme (1 t minced garlic) (1 T all-purpose flour) 1 c lower-sodium chicken broth (½ c milk, 1 T butter)</p>	<p>Preheat oven to 350°. Sprinkle chicken with ¼ t salt and ¼ t pepper. Heat ½ T oil in a large oven-proof skillet over medium-high heat. Add chicken, skin side down, to pan; cook 4 minutes or until skin is browned Turn over and cook 2 minutes. Bake chicken 45 minutes or until done; let stand 10 minutes. Return pan to medium heat. Add ½ T oil to pan. Add mushrooms to pan; cook 5 minutes, stirring occasionally. Add shallots, thyme and garlic; cook 2 minutes. Combine broth, milk and flour in a bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Reduce heat and simmer 7 minutes. Stir in ¼ t salt, ¼ t pepper and butter.</p>
<p>DISH 2</p> <p>Roasted Garlic and Baby Red Potatoes</p>	<p>1¼ lbs 2" red potatoes (2 T olive oil) 2 t chopped fresh thyme (½ t salt, ½ t pepper) 1 head of garlic, cloves separate but not peeled.</p>	<p>Preheat oven to 400°. Combine potatoes, oil, thyme, salt, pepper and garlic in a large bowl; toss to coat. Place potatoes on a jelly-roll pan. Bake 30 minutes or until tender, stirring halfway.</p>
<p>DISH 3</p> <p>Steamed Cauliflower with Vinaigrette</p>	<p>(1 c water) 1 large cauliflower heads, cut into florets (2 T apple cider vinegar) (½ T Dijon mustard) (½ T minced garlic, ¼ t salt) (¼ t ground black pepper) (3 T extra-virgin olive oil)</p>	<p>Bring water to a boil in a large saucepan. Add cauliflower; cook 4 min or until crisp-tender. Combine vinegar, mustard, garlic, salt and pepper in a large bowl. Slowly add oil, stirring with a whisk. Reserve 2 T dressing for Dish 4. Add cauliflower to dressing; toss to coat.</p>
<p>DISH 4</p> <p>Shaved Carrot and Parsley Salad</p>	<p>3 large carrots, shaved into strips using a peeler 1 large head of romaine, chopped 1 c fresh parsley leaves 2 T dressing from Dish 3 1 large tomato, cut into 12 wedges</p>	<p>Combine carrot, romaine and parsley in a large bowl; toss. Drizzle with dressing and serve with tomatoes.</p>
<p>DISH 5</p> <p>Dark Chocolate Torte</p> <p>This rich, fudgy cake is a decadent dessert for a special evening with your special someone.</p>	<p>(Butter & flour for pan) 7 oz dark chocolate baking squares, chopped (½ c unsalted butter, 1 stick) 4 eggs, separated (1 c sugar) (3 T flour) Optional Garnish: (Powdered sugar) Fresh raspberries</p>	<p>Butter & flour a 9" spring form pan. Preheat oven to 275°F. Melt chocolate & butter in a double boiler or in a metal bowl set over a pan of simmering water, stirring until smooth. Remove from heat; cool 5 min. In a large bowl, whisk together 4 egg yolks, sugar & flour. Add chocolate mixture; stir to combine. In a metal bowl, beat egg whites with an electric mixer on high speed until stiff peaks form. Using a spatula, gently fold egg whites into chocolate mixture; do NOT over-mix. Pour into prepared pan and bake 45 min (toothpick will not come out clean). Cool in pan 10 min, and then remove walls of pan. Cool completely on a wire rack. Dust with powdered sugar, and garnish with raspberries before serving if desired. Note: You also use a 9" round cake pan but do not attempt to flip the delicate cake out of the pan. Slice and serve from pan.</p>

(Staples in parenthesis)

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SIMPLE GOURMET VALENTINE DINNER FOR TWO GROCERY LIST

(Walmart prices listed)

To eliminate a particular dish, cross out each grocery item with that corresponding dish #. Prices & availability of grocery items may vary from store to store.

DISH #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
-----		DELI & BAKERY			
-----		PRODUCE			
1		8 oz crimini or white mushrooms	3.44		
1		1 shallot, for 2 T minced	.99		
1,2		1 package fresh thyme, for 4 t chopped	2.24		
2		1¼ lbs 2-inch red potatoes	1.49		
2		1 head of garlic	.40		
3		1 large cauliflower heads	1.38		
4		3 large carrots	.78		
4		1 large head of romaine	1.88		
4		1 large bunch flat-leaf parsley, for 1 c	.84		
4		1 large tomato	.99		
5		1 pint raspberries	4.98		
-----		MEAT & SEAFOOD			
1		2 bone in chicken breasts	2.84		
-----		DAIRY			
5		½ dozen eggs, for 4 eggs	.98		
-----		PACKAGED			
1		14 oz can lower-sodium chicken broth, for 1 c	.96		
5		7 oz dark chocolate baking squares	2.32		
-----		APPROXIMATE TOTAL:	\$26.51		

STAPLES NEEDED FOR EACH DISH:

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DISH 1

Canola oil
Minced garlic
Flour
½ c milk
butter

DISH 2

Olive oil

DISH 3

Apple cider vinegar
Dijon mustard
Minced garlic
3 T extra-virgin olive oil

DISH 4

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DISH 5

3 T flour
½+ c unsalted butter
1 c sugar
Powdered sugar