

## SIMPLE GOURMET VALENTINE DINNER

<p><b>DISH 1</b></p> <p><b>Crispy Chicken Breasts with Mushroom and Thyme Pan Sauce</b></p>	<p>6 bone-in chicken breasts (1 t salt, divided) (1 t ground black pepper, divided) (1½ T canola oil, divided) 8 oz crimini or white button mushrooms, quartered 2 T minced shallots 1 T chopped fresh thyme (2 t minced garlic) (1½ T all-purpose flour) 1 c lower-sodium chicken broth (1 c milk, ¼ t salt, ¼ t pepper, 1 T butter)</p>	<p>Preheat oven to 350°. Sprinkle chicken with ¾ t salt and ¾ t pepper. Heat 1 T oil in a large skillet over medium-high heat. Add ½ chicken, skin side down, to pan; cook 4 minutes or until skin is browned. Turn over and cook 2 minutes. Place chicken, skin side up, on a jelly-roll pan. Bake chicken 45 minutes or until done; let stand 10 minutes. Add ½ T oil to large skillet. Add mushrooms to pan; cook 4 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><b>DISH 2</b></p> <p><b>Roasted Garlic and Baby Red Potatoes</b></p>	<p>2½ lbs 2-inch red potatoes (2 T olive oil) 1 T chopped fresh thyme (1 t salt, 1 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 through.</p>
<p><b>DISH 3</b></p> <p><b>Steamed Cauliflower with Vinaigrette</b></p>	<p>(1 c water) 2 large cauliflower heads, cut into florets (3 T apple cider vinegar) (1 T Dijon mustard) (1 T minced garlic, ½ t salt) (½ t ground black pepper) (¼ c extra-virgin olive oil)</p>	<p>Bring water to a boil in a large saucepan. Add cauliflower; cook 4 or until crisp-tender. Combine vinegar, mustard, garlic, salt and pepper in a large bowl. Slowly add oil, stirring with a whisk. Reserve ¼ c dressing for <b>Dish 4</b>. Add cauliflower to dressing; toss to coat.</p>
<p><b>DISH 4</b></p> <p><b>Shaved Carrot and Parsley Salad</b></p>	<p>6 large carrots, shaved into strips using a peeler 1 large head of romaine, chopped 2 c fresh parsley leaves ¼ c dressing from <b>Dish 3</b> 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><b>DISH 5</b></p> <p><b>Dark Chocolate Torte</b></p> <p>This rich, fudgy cake is a decadent dessert for a special evening with your special someone.</p>	<p>(Butter &amp; 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) <b>Optional Garnish:</b> (Powdered sugar) Fresh raspberries</p>	<p>Butter &amp; flour a 9" spring form pan. Preheat oven to 275°F. Melt chocolate &amp; 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 &amp; 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. <b>Note:</b> 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 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
_____		<b>DELI &amp; BAKERY</b>			
_____		<b>PRODUCE</b>			
1		8 oz crimini or white mushrooms	3.44		
1		2 shallots, for 2 T minced	1.99		
1,2		1 package fresh thyme, for 2 T chopped	2.24		
2		2½ lbs 2" red potatoes	2.97		
2		1 head of garlic	.40		
3		2 large cauliflower heads	2.76		
4		6 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		
_____		<b>MEAT</b>			
1		6 bone in chicken breasts	6.90		
_____		<b>DAIRY</b>			
5		½ dozen eggs, for 4 eggs	.98		
_____		<b>PACKAGED</b>			
1		14 oz can lower-sodium chicken broth, for 1 c	.96		
5		7 oz dark chocolate baking squares	2.32		
_____		<b>APPROXIMATE TOTAL:</b>	<b>\$34.43</b>		

### STAPLES NEEDED FOR EACH DISH:

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#### DISH 1

Canola oil  
Minced garlic  
Flour  
1 c milk  
Butter

#### DISH 2

Olive oil

#### DISH 3

3 T apple cider vinegar  
Dijon mustard  
Minced garlic  
¼ c extra-virgin olive oil

#### DISH 4

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#### DISH 5

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