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Borsht

I've seen borsht made as a rich broth with chunks of beets and potatoes, and I've seen it creamy and smooth -served hot and cold. Whichever way you do it, this recipe is easy and tasty!! The two of us ate the whole pot!



What you need:

- 3 large, fresh beets
- 4 Tablespoons olive oil
- 1 onion, chopped
- 2 cups russet potato, skinned and cut into $\frac{1}{2}$ inch cubes
- 4 cups beef broth
- $\frac{1}{2}$ teaspoon of salt
- $\frac{1}{4}$ teaspoon ground pepper (I use white, but black will work)
- 1 Tablespoon red wine vinegar

Topping:

- $\frac{1}{4}$ cup sour cream mixed with
- 1 teaspoon prepared horseradish
- 3 Tablespoons finely chopped parsley

How to Do it:



First, roast the beets.

Wash them and remove the greens (but don't throw them away - you can sauté them and eat them like spinach!).



Drizzle 2 Tablespoons of olive oil over them and roast at 350 degrees for about 20 - 25 minutes, until they are fork tender. Remove them from the oven and allow to cool completely. You can remove the skin by running them under cold water and gently rubbing until it all comes off. Any that won't can be carefully removed with a knife. Cut the beets into $\frac{1}{2}$ inch cubes.

I like to cut them in the pan to make sure I can recover any juices that come out during the cutting.

Using a medium kettle or large saucepan, sauté the onions in 2 Tablespoons of olive oil until they are starting to soften. Add the broth, potato, salt and pepper and simmer about 45 minutes to an hour, until the broth is bright red and the vegetables are tender.



Add the pepper and the vinegar.

Serve hot or cold. Often the cold borsht is pureed before chilling. To do this, just put it in a blender and whirl!



Top with a dollop of the sour cream/horseradish mixture and sprinkle with parsley.

Serves 4

Simple French Onion Soup



Nothing warms you up like soup! At our house, we like this soup on a quiet, week day night. Super simple and simply delicious!

What you Need:

- 1 onion, sliced
- 1 Tablespoon butter
- 1 quart beef broth (I like to use an organic)
- 4 thick slices of sourdough baguette, lightly toasted
- 4 slices of jarlsburg cheese (big slices to fit across the soup bowl) or more if needed.

Sauté the onions in the butter until they are soft and golden.



Add the beef broth and simmer until it's hot and the flavors meld.

Spoon the soup into four bowls. Top each bowl with a piece of toasted roll and a slice of cheese.

Put the soup in the broiler until the cheese is melted and bubbly.

Let it cool before serving.



Serves 4

Yep, it's that easy!

Fire Roasted Tomato, Citrus and Basil Bisque with Parmesan Crostini

This super easy soup takes only minutes to prepare, then heat. Just add a sandwich, like grilled cheese, and you have a great weeknight meal!



What you need:

- 2 15-oz cans of fire roasted tomatoes
- juice of $\frac{1}{2}$ lemon
- juice of 1 lime
- $\frac{1}{2}$ cup of chopped, fresh basil
- $\frac{1}{4}$ cup grated fresh parmesan (not the stuff in the can)
- 1 clove of garlic
- 1 cup of cream
- 1 Tablespoon of butter, melted

Crostini:

- 1 sourdough baguette
- 1 stick of butter (1/2 cup), melted
- 1/3 cup grated fresh parmesan

How to Do it:

Process the first six ingredients in a blender on puree until it is fairly smooth. Pour into a large saucepan and bring to a low boil, then reducing heat to low. Simmer for about 30 minutes.



Slowly stir in the butter and the cream, whisking, and cook on low for about 15 minutes. Be careful with this step. If you add the cream too fast or don't whisk it, the citrus will curdle the milk.



In the meantime, cut the baguette into slices on an angle. Using a pastry brush, brush the butter onto each piece. Evenly sprinkle the parmesan on each piece.

Bake at 350 degrees for about 15 minutes. When the bottom starts to brown slightly, move the pan into the broil and cook until the cheese is melted and the sides are starting to brown. Remove from the oven.

Garnish with a few drops of cream swirled on the top and serve with the crostini.



Makes about 4 servings



Grilled Hazelnut Encrusted Ahi Tuna

This dish can be prepared outside on the grill or inside on a grill pan. It is a perfect light meal on any day, served with a salad on the side-



What you need:

- 1 pound of Ahi Tuna steaks - nice and fresh -cut into four steaks
- 1/4 cup panko (Japanese bread crumbs)
- 1/4 cup chopped, toasted hazelnuts (you can get these in the baking section of the market)
- Olive oil
- 2 cups of baby spinach and arugula mix
- 1/4 cup toasted pine nuts
- blue cheese dressing

How to Do it:

Mix the panko and hazelnuts on a large plate. Press the tuna into the mixture, coating both sides well. Brush the grill (or grill pan) with olive oil and sear the tuna (brown quickly being careful not to burn), then turn to low and cook until the fish is cooked on the edges, but still slightly pink on the inside.

Here is what a grill pan looks like. I got mine at Ikea -



Mix the greens with a small amount of dressing (or more if that's how you like it). Place 1/4 mixture on the plate and top each with 2 T of the pine nuts. Place one of the steaks on the plate and serve -



Serves 4

Crockpot Barbeque Chicken Sliders

My crockpot gets a lot of use. Who wants to come home from a long day at work and cook! Serve this sandwich with a salad or some coleslaw and you have a quick, easy meal - or serve it up with your buffet for Sunday football!



What you need:

- 1 $\frac{1}{2}$ pound boneless, skinless chicken thighs
- 2 Cups V-8 juice
- $\frac{2}{3}$ cup cream sherry
- 2 Tablespoons
- 4 Tablespoons brown sugar
- $\frac{1}{4}$ Cup red wine vinegar
- 2 Tablespoons lemon pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoons hot sauce

- 4 rolls

How to Do it:

Place the chicken in the bottom of the crockpot. Mix the remaining ingredients (except the rolls) in a bowl. Pour over the chicken and cook on low for 10 to 12 hours.

Pour the cooking liquid into a saucepan and simmer on low until reduced. Divide the chicken into fourths and place on rolls. Spoon the sauce over the meat and serve hot. Goes great with sautéed summer squash!



Makes 4 sliders

Crockpot Tacos

I don't know about you, but I love my crock-pot. It's perfect for workdays - just put it in the pot, go to work and just assemble - and today, Its Tacos!



Here's what you need:

- 1 $\frac{1}{2}$ pounds top blade beef roast
- 2/3 cup of cold, brewed coffee
- 1 Tablespoon chipotle chili powder
- 1 Tablespoon regular chili powder
- 1 teaspoon ground cumin
- 1 $\frac{1}{2}$ teaspoons of salt
- 8 Corn tortillas

Mix the spices with the coffee. Place the meat in the crockpot and pour the coffee mixture over it. Cook on low for 7-8 hours, until the top is dark and the meat falls apart.

Either fry the tortillas into crispy shells (hard taco) or heat them in the microwave (soft tacos)

Prepare the condiments you like to use. I use Mexican onions (also known as Spring onions), cilantro, shredded pepper jack (not shown) and avocado. You can use salsa, cheddar, whatever you like on your tacos.



Remove the meat from the pot and shred with a fork (save the liquid to cook beans - I usually freeze it)

Build your tacos and enjoy! Makes four servings of two tacos each -



With Six (ingredients) You Get Eggroll



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OK - its eight ingredients if you count the wrappers, but that didn't fit the title. (For all the young folks, there was a classic movie in 1968 with that title).

But, going with the lazy theme, I don't like a page of ingredients when I cook - simple, simple simple - and these eggrolls are simple, not fried and taste great! They work for a snack or, as we did, a healthy, light meal.

What you need:

- $\frac{1}{4}$ pound of ground pork
- 1 teaspoon fresh grated ginger
- 1 teaspoon soy sauce
- 1 cup coleslaw mix (cabbage, carrots)
- 1 cup mung bean sprouts
- 3 green onions coarsely chopped (see photo)
- 1 Tablespoon toasted sesame oil
- 8 egg roll wrappers

Dipping suggestions:

- Soy sauce with Chinese hot mustard (what we used)
- ketchup with Chinese hot mustard
- plum sauce
- soy sauce with hot chili oil

How to Do it:

Preheat the oven to 350 degrees.

Process the pork, ginger and soy sauce in a food processor until it is well mixed and the meat has a smooth texture.



Cook until the meat is no longer pink. Remove from heat and set aside.

Gently mix the cabbage, bean sprouts and green onions so they are evenly mixed. Very lightly sauté in 1 teaspoon of the sesame oil.



Spread the wrappers out on a cutting board and brush the ends lightly with water. Put 1/8 of the meat mixture on center of each.

Put 1/8 of the vegetable mixture on top of that. Fold back each end and then carefully roll.



Brush each eggroll lightly with sesame oil. Place oiled side down on a cookie sheet, then brush the other side (so both sides are oiled).



Bake for 10 minutes, then turn and bake for another 10 to 15 minutes. They should be lightly browned and crispy and heated through.

Serve with your choice of dipping sauce -



Serves 4

Crockpot Sauerkraut and Pork



Easy and delicious!

What you need:

- 3 pounds boneless country style pork ribs
- 2 medium onion, chopped
- 4 cloves of garlic, crushed
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon caraway seed
- 12 baby or fingerling potatoes - red, yellow or a combination
- 1 32-oz. jar of sauerkraut (I use the one in the glass jar. The tin gives it a strange taste)
- $\frac{2}{3}$ cup water

How you do it:

Brown the ribs in a little olive oil on the outside. Place them into the crockpot. Cover with the onions, garlic, caraway, salt and pepper. Put the potatoes in the pot around the edges. Add the water and then the kraut. Turn crockpot on low and cook for 10 hours, or until the pork is fork tender.

To serve, place pork in a large shallow bowl, or a deep plate. Add three potatoes and a big scoop of kraut and onions. Serve hot! Goes great with hot bread.

Serves 4

Coffee Marinated Flank Steak



A great weekday meal - make the marinade the night before, then just prepare side dishes and broil the steak!

What you need:

- $\frac{1}{2}$ cup brewed coffee
- 1 teaspoon crushed garlic
- 1 teaspoon kosher salt
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon lemon pepper
- 1 Tablespoon olive oil
- $\frac{1}{4}$ cup club soda
- One sprig of rosemary
- 1 $\frac{1}{2}$ to 2 pound flank steak
- finishing salt (see note at the end)



How to do it:

Combine the first eight ingredients in a plastic bag or a marinade dish. Mix well. Add the flank steak and shake the marinade over the meat. Allow to marinate 12-24 hours, turning occasionally.



Remove the steak from the marinade and discard the liquid. Broil the steak to the desired doneness. We like it rare to medium rare so I cooked it about 3 minutes on each side.



Allow it to "rest" for about 5 minutes, giving all those succulent juices time to move back into the meat.

Slice it across the grain and serve hot. A great side dish is roasted baby potatoes and coleslaw (Got mine from the deli).



****Finishing salt** is a salt that is usually made of sea salt with a flavoring added. Sea salt does not dissolve well and is a stronger flavor so it doesn't cook well, but finishes great. I used black truffle sea salt.



Individual Potato Crust Quiches - And they're Gluten Free~

These little quiches are great right out of the oven or frozen and re-heated later!



What you Need:

- 1 Tablespoon olive oil
- 2/3 cup chopped broccoli (cut the florets into small pieces)
- 1/3 cup chopped onion
- 4 crimini (brown) mushrooms, sliced
- 1 Tablespoons plus 1 teaspoon butter
- 1 c. sweet potato puffs (I use Alexia brand)
- 8 eggs
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt (I like garlic salt)
- $\frac{1}{2}$ - $\frac{3}{4}$ cup grated sharp cheddar

Sauté the onions and broccoli in the olive oil until they are slightly softened. Add the mushrooms and 1 teaspoon of butter and cook until they have started to absorb the liquids.



While the vegetables are cooking, break up the potato puff and add the remaining 1 Tablespoon of butter.



Mix well. Divide into four and push into the bottom of four small tart pans (the kind you make individual potpies in).

Divide the vegetable mix into fourths and put on top of the potatoes. Place the grated cheese evenly on all four quiches.



Beat the eggs with the salt and pepper and pour 1/4 of the mixture into each pan. Place the pans on a cookie sheet to protect your oven from spillage. Bake at 350 degrees for about 40-50 minutes; until a knife comes out clean when pushed into the center - and the tops are starting to brown.

Remove from oven and serve hot.



Biscuits and Sausage Gravy

A rich, hearty breakfast - My husband's favorite - and refrigerator biscuits make it super simple!



Here's what you need:

- 1 pound bulk sage breakfast sausage
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon garlic salt
- 3 Tablespoons sausage fat
- 3 Tablespoon butter
- $\frac{1}{2}$ cup flour
- 3 $\frac{1}{2}$ cups milk (I use low-fat)
- 2 teaspoon smoked paprika
- salt and pepper to taste
- Package of jumbo refrigerator biscuits
- 8 eggs

Here's how you do it:

Crumble the sausage and cook until it is totally cooked. Set aside. (I make little patties on the side as well. My husband likes to make little sandwiches with the biscuits, and then top them with the gravy).



Drain all but 3 Tablespoons of fat. To that, add the butter and heat until melted. Make sure you loosen all those little bits of meat

sticking to the pan - lots of flavor there!

In the meantime, put the biscuits in the oven according to the package directions.



While the biscuits are baking, add the flour to the butter mixture and cook until it is slightly brown. It will start to thicken, so keep stirring!



SLOWLY pour in the milk and, using a wire whisk, whisk it into the cooked flour. Once it is fully incorporated (mixed together), stir frequently until it is thickened.

Stir in the paprika and then the salt and pepper.

Once the biscuits are done, cook the eggs. We like ours fried, over medium, but you can poach as well. Just make sure the yolk is still soft enough to run over the biscuits when it is broken. To fry over medium, break the egg into a well-oiled pan. Cook until the whites are set, then GENTLY turn the egg and cook until the white is fully set. Be careful not to over cook or you get a hard yolk!

Place two biscuits on each plate and cover with $\frac{1}{4}$ of the gravy. Top with a couple of eggs and serve!

Serves 4



I hope you enjoy these recipes - Visit
LazyGastronome.com for more easy and
delicious ideas!

Thanks,

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