

RECIPE: Pan Seared Salmon with Assorted Quinoa Salad			
4	ea	Salmon Fillet cut 30z. each	See marinade recipe below
1	lb.	Cooked Assorted Quinoa	follow direction for cooking on the box
1/2	cup	Dried Cranberries	
1/2	cup	Roasted Pumpkin Seeds	
1/2	cup	Red Onion	small diced
1/4	cup	Flat Italian Parsley	chopped
3/4	cup	Dragon Fruit and Calamanci Vinaigrette	40z Fruit puree, 2 Tbl. olive oil Calamanci juice, 2tsp. Honey, and s&p to taste
Rub for Salmon			
1	Tbl.	Ex. Virgin Olive oil	Veg. oil will work too
2	tsp.	Smoked paprika	regular is fine too
1	tsp.	Black Pepper from a Pepper mill	
2	tsp.	Salt	

Procedures:

- Combine all the ingredients of the rub then rub over the salmon fillets. Saute till completely cooked and set aside.
- Combine the quinoa, cranberries, pumpkin seeds, onions and parsley. In a separate sm. bowl for the Fruit vinaigrette 2 Tbl. Ex. Virgin olive oil, 1 Tbl. Fresh Calamanci Juice, 2 tsp. honey and salt and pepper to taste. Once the vinaigrette is mixed combine with quinoa mixture and toss.
- On a plate place some fresh salad greens, the quinoa salad and top with seared salmon.

RECIPE Nawiliwili Chili			
1	#	Ground Beef	
1	#	Ground Pork	
1	tube	Pork Chorizo	
1	can	Diced Tomato 140z	
1	ea	Fresh Diced Bell Peppers	
1	ea	Diced Onions	
2	ea	Chopped Jalapeno	Optional
1	Tbl	Chili Powder	
1	Tbl	Ground Cumin	
3-4	cups	Chicken Stock	
6	ea	Fresh Corn Tortilla	to use as thickening agent (optional)

Procedures:

- Brown beef and pork and reserve the rendered fat, add chorizo, and sweat the peppers and onions. Add chili powder and ground cumin. Then add tomatoes, and stock and simmer 45min. to and hour.
- In food processor ground the tortillas into a fine ground mixture. Create a roux like mixture with the ground tortilla and the rendered fat. Add this thickening agent into your chili and simmer for a few minutes longer.
- For service- top with coarsly chopped cilantro, chopped onions and shredded cheese

RECIPE:		Bread? Pudding	Yields 1 - 9x9" Pan
8	oz	Bread?	
4	ea.	Eggs	
4	oz	Sugar	
1	tsp	Vanilla	
20	oz	Milk	
1/2	tsp	Cinnamon	
1	T	Melted Butter	
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Procedures:

- Cut the bread into 1 inch cubes. In a bowl combine the remaining ingredients and combine with cut bread and pour into a greased 9"X9".
- Place plastic wrap directly over the mixture and lightly press. Let it sit for 30-45 minutes before baking.
- Bake at 350 degrees for 45 minutes to an hour. Serve warm or cold.