

# SCANDALOUS KITCHEN DELIGHTS

*so yummy it's almost a sin!*

By Cathy Tuch



## Grilled Caesar Salad

### INGREDIENTS

10 (1/2-ounce) slices diagonally cut French bread (about 1/4 inch thick)  
3 garlic cloves, divided; 1/4 tsp salt  
7 canned anchovy fillets, rinsed, drained, and divided  
1/4 cup fresh lemon juice  
1 tsp Dijon mustard; cooking spray  
1/2 tsp freshly ground black pepper  
1 large pasteurized egg yolk  
1/4 cup extra-virgin olive oil  
3 romaine lettuce hearts, cut in half lengthwise (about 24 ounces)  
1/2 oz Parmigiano-Reggiano cheese, shaved (about 1/3 cup)

### DIRECTIONS

Preheat grill to high. Coat bread slices with cooking spray. Place bread on grill rack coated with cooking spray; grill 1 minute until golden, turn once then remove. Cut 1 garlic clove in half, rub on both sides of bread. Discard clove. Pat anchovy fillets dry; combine in a blender remaining 2 garlic cloves, 2 anchovy fillets, juice, mustard, pepper, salt, and egg yolk, mix until smooth; add oil 1 tablespoon at a time; blend until smooth. Place lettuce on a grill rack cut sides down coated with cooking spray; grill 2 minutes; turn; grill 1 minute. Remove. Coarsely chop lettuce, place in a large bowl, drizzle with dressing, tossing gently to coat. Cut remaining 5 anchovy fillets in half length wise. Arrange 3/4 cup salad on each of 10 plates; top each serving with 1 bread slice and 1 anchovy half. Sprinkle each serving with about 1 1/2 teaspoons Parmigiano-Reggiano.

## Warm Brussels Sprout Salad with Hazelnuts and Cranberries

### INGREDIENTS

1 lb Brussels sprouts, trimmed/quartered.  
2 tablespoons olive oil.  
Salt/black pepper to taste.  
1 cup chopped hazelnuts.  
3 slices thick-cut bacon, chopped.  
2 tablespoons maple syrup.  
2 tablespoons chopped fresh rosemary.  
1 cup dried cranberries.  
1/4 cup grated Pecorino-Romano cheese.

### DIRECTIONS

Preheat oven to 425 degrees. Toss Brussels sprouts with olive oil, salt/pepper in a bowl until coated. Transfer sprouts to a baking sheet. Bake in preheated oven until sprouts are tender; 15 minutes. Cook and stir hazelnuts in a skillet over medium-low heat until lightly toasted and fragrant, about 5 minutes. Transfer hazelnuts to a bowl. Cook and stir bacon in the same skillet over medium heat til crisp; 10 minutes. Add maple syrup and rosemary; cook, stirring often, until the bacon drippings/maple syrup begin to thicken and stick to the back of a spoon; 10 minutes. Combine cooked Brussels sprouts and bacon mixture together in a large bowl; toss until sprouts are coated with maple syrup sauce. Sprinkle in hazelnuts, cranberries, and Pecorino-Romano cheese; toss. This dish is best warm. 6 servings; prep time is 20 minutes. Ready to serve in 50 minutes.



## Trifle Delight

### INGREDIENTS

2 cups heavy cream; 2 cups milk  
1/2 cup white sugar; 1/2 cup sour cream  
1/4 tsp almond extract; 2 tsp lemon juice  
2 (3.4oz) pkgs instant vanilla pudding mix  
2 loaves pound cake (store bought OK)  
2 pints strawberries sliced  
1 pint blueberries

### DIRECTIONS

Beat together cream, white sugar, and almond until stiff peaks forms. Set aside. The stiffer the whipped cream for a trifle the better, it holds up longer. Beat vanilla pudding mixes with milk for 2 minutes or until they are thick. Mix in sour cream and lemon juice. Fold in 1 cup of sweetened whipped cream (from step one). Slice pound cake into approx 2 inch cubes. Cover the bottom of the trifle bowl with a layer of pound cake, next layer approx 1/4 of the pudding mixture followed by 1/4 of the strawberries. Repeat layering until bowl is almost full. TIP: Layer distinctly so it's pretty on all sides of the bowl and each layer is separate from the other. Garnish top of the trifle with remaining whipped cream, strawberries and blueberries. Chill for at least 4-5 hours. Enjoy this fresh delight on any occasion!



## Salted Caramel Banana Bread

### INGREDIENTS

2 whole eggs; 20 unwrapped caramels.  
1 1/2 cups sugar; 2 ripe bananas.  
1/2 cup oil; 1 tsp vanilla.  
1/3 cup buttermilk; 2 tablespoons milk.  
1 3/4 cups all-purpose flour.  
1 teaspoon baking soda; 1/2 tsp salt.  
1 teaspoon sea salt.

### DIRECTIONS

Preheat oven to 350°F. Spray a loaf pan with cooking spray. Add eggs, sugar, oil, buttermilk, and vanilla to a large bowl. Whisk until combined. Add flour, baking soda, and salt to wet ingredients. Mash bananas with a fork; add to the batter. Mix until just combined. Pour batter into prepared pan and bake 50 min-1 hour, or until a toothpick comes out clean. Cool in pan for 15 minutes. Remove from pan cool completely on wire rack. Make glaze by melting caramels and milk in microwave for 1 minute. Stir until smooth. Pour over bread and sprinkle with sea salt.