

Hunter Sauce

Anthony Stingo
cooking for your health:

Servings: 20

Yield: 4 ounces

5 pounds beef shank, R-T-C
1 1/2 cups onion, chopped
1 cup celery, chopped
1 cup carrot, chopped
1/2 tablespoon garlic, chopped
1/2 teaspoon Thyme, ground
1/2 teaspoon kosher salt
1/2 pound mushroom pieces, washed and dried
1/2 pound Portobello mushrooms, cleaned & quartered
1 gallon water
4 ounces tomato paste
1/2 tablespoon unsalted butter, softened
1 tablespoon flour, all-purpose
Great for pasta with pork or chicken.
full body - 8

Preparation Time: 1 hour

In a large brazing pan add beef bones, 1 cup of onions, 1/2 cup of celery, 1/2 cup of carrots, 1 teaspoon of garlic.
Mix well and put into oven pre-heated at 350, for about 3 hours or until all is brown well done (Some of the veggies will burn and that is OK, this will give off a very rich flavour.

Once the mixture has cooked enough, place on a burner on the top of the stove and add the water.

Add all the tomato paste to the stock, this will give the stock a rich colour and flavour.

Bring to a slow simmer and let cook for about 4 hours or until reduced by half

Once the stock is reduced, strain out all the mixture inside and discard. (SAVE the STOCK)

WELL you have just made a beef stock that can be used in most meat dishes.

To finish the sauce strain out all ingredients and discard.

At this point you should have a rich beef stock without anything in it.
Return stock to the stove in a medium sauce pot and set to low simmer.

The stock should be at about half a gallon or about 2 liters by now. Add the rest of the onions, celery, carrots, garlic and Thyme. Bring back to a low simmer and this must reduce until it is at about 1 liter

In a different pan saute all the mushrooms in the butter until they are cooked, add the flour to the mushrooms and stir well.
This will make the sauce thick when you add the stock.

Adding the stock to the mushrooms you must add slowly and stir well. Add S&P to taste and you should have a great tasting Hunter Sauce

Rich beef stock, used for many sauces

Per Serving (excluding unknown items): 170 Calories; 9g Fat (46.4% calories from fat); 18g Protein; 4g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Garden Salsa

Anthony Stingo

Servings: 20

Yield: 6 ounces

12 cups fresh tomatoes, chopped fine

1 1/2 cups Onions, chopped

1/2 cup green pepper, coarsely chopped

1/2 cup Red pepper, coarsely chopped

6 cloves fresh garlic, chopped fine

1/2 cup coriander leaves, chopped fine

2/3 cup red wine vinegar

3/4 tablespoon kosher salt

4 whole hot red chili peppers, diced fine

Great for chips or as a sauce for chicken

Cuisine: country

heart healthy - 3

Preparation Time: 35 minutes

Toss all items into s/s bowl, and mix lightly.

Place mixture into pot and bring to a boil, simmer for 10 minutes (only).
Place on the side and get your bottles ready.

For canning see any standard recipe.

Using the clean bottles, fill to the inside rim and seal.

Place back into boiling water for the sealing of the sauce.

After about 25 minutes remove from water and set a side. You should hear the bottles click or pop, this means that it has sealed

After bottles come to room temp. tighten the tops of the bottles and store as needed.

Spicy dipping sauce

Per Serving (excluding unknown items): 37 Calories; trace Fat (9.0% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 224mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Mango / Pineapple Relish

Anthony Stingo

Chef Anthony

cooking for your health:

Servings: 8

Yield: 3 ounces

2 cups Mango, skinned

2 cups pineapple, skinned

1/2 cup red onion, diced fine

1/2 cup red pepper, diced fine

1/4 cup cilantro, chopped fine

1/4 teaspoon kosher salt

1/4 teaspoon white pepper

Great for side dish to inbalance fish or chicken

low salt - 8

Preparation Time: 30 minutes

Cut skinned mango in half along the pit so that you can remove the pit and dice the fruit, put into a mixing bowl.

Cut the pineapple in half standing up, then into half again. Slice off the inside core part on each of the sections. Then slice each section long ways and dice to a small size cut. Add to the mixing bowl with the mango.

At this point add all the other ingredients and stir, let stand in the cooler for about an hour.

fresh fruit great for fish or chicken

Per Serving (excluding unknown items): 55
Calories; trace Fat (5.1% calories from fat); 1g
Protein; 14g Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 62mg Sodium. Exchanges: 0
Grain(Starch); 0 Lean Meat; 0 Vegetable; 1
Fruit; 0 Fat.

Santa Fe Chicken Chile W/ White Beans

Anthony Stingo
Chef Anthony

Servings: 8

Yield: 6 ounces

2 cups navy beans, cooked
4 ounces bacon slices
1/2 pound boned and skinned chicken breast
1/2 cup red bell pepper
1/3 cup celery
1/4 cup red onions
1/8 cup green onions, Chopped
1 fluid ounce Tomato paste
1 cup tomatoes, red ripe, peeled and chopped
1/8 teaspoon cayenne pepper, ground
1/4 teaspoon Ground Cumin, ground
1/2 teaspoon dry mustard
1 whole bay leaf
1 teaspoon Thyme, ground
1/2 teaspoon Kosher salt
1/2 teaspoon Black Pepper, cracked
1 teaspoon Virgin olive oil
1/3 teaspoon garlic, finely chopped
2 liters water
Great soup for the winter chills

heart healthy - 2

Preparation Time: 1 hour

Soak Beans over night.

In a large stock pot add 1/2 the Olive Oil and lightly brown garlic. Add all the veggies and cook until tender (Do not cook all the way)

Sautee chicken meat in a seperate pan keep all the juices, set aside.

Add beans to the stock pot with all the other ingredients. Not the chicken!

After simmering for about 1 hour add the chicken, and simmer for about an hour more.

Description:

"Light and lively Great for the Summer B.B. Q."

Cuisine:

"country"

Source:

Chef anthony

Yield:

"6 ounces"

Start to Finish Time:

3 hours

Per Serving (excluding unknown items): 198 Calories; 8g Fat (37.7% calories from fat); 15g Protein; 16g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 410mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat.

Pesto Sauce

Anthony Stingo
Chef Anthony
cooking for your health:

Servings: 10

Yield: 2 ounces

4 cups basil leaves, coarsely chopped

*2 tablespoons pine nuts (pignolia),
chopped*

1/8 cup garlic, chopped fine

1/2 cup virgin olive oil

1/3 tablespoon kosher salt

1/2 teaspoon white pepper

full body - 8

Preparation Time: 20 minutes

In a food proesser add all items , but not the oil.

As the mixture grinds add the oil slowly to the bowl

The end reslut should be a thick paste, full of Flavour

Per Serving (excluding unknown items): 110 Calories; 12g Fat (93.5% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 189mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fat.