

## **Two Men and a Stove Cooking for a Crowd (of Firefighters)**

These recipes are meant to **feed 24 people** (or 12 Firefighters). Reduce proportionately for a smaller group.

### **Firefighter Beans with Butternut Squash and Green Flame Salsa**

12 oz each of Cranberry bean, Navy beans and Black Turtle beans (soak per package instructions)  
2 ½ qt water  
¼ cup olive oil  
2 cups yellow onion diced @ ½"  
6 tsp fresh minced garlic  
6 fresh tomatoes chopped  
3 tsp fresh basil leaves chopped  
2 tsp fresh oregano leaves chopped  
2 tsp fresh black pepper  
2 tsp salt  
1 lb fresh butternut squash cubed @ 1"  
6 oz frozen sweet corn

Add water to soaked and drained beans and bring to a boil. Reduce to simmer.

Heat oil and add onions and garlic. Sauté until onions are transparent.

Add tomatoes, basil, oregano, salt and pepper. Cook to sauce consistency before adding to beans.

Serve with a Tbs of Green Flame Sauce (see below).

### **Green Flame Salsa**

6 Tbs olive oil  
2 Tbs red wine vinegar  
1 cup water  
1 cup fresh cilantro leaves chopped  
2 tsp fresh garlic minced  
2 tsp salt  
3 fresh Serrano peppers seeded and minced

Chill sauce for at least 3 hours. Remove from refrigeration prior to use and allow to reach room temperature before serving as topping to the Firefighter Beans.

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## **Dr. K's Firehouse Salsa**

### Dry ingredients

- 4 to 6 chili peppers (or dried Poblano or Serrano peppers)
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 Tbs coriander seeds
- 1 bay leaf
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 cup vegetable broth

In a skillet on low to medium heat warm the dry ingredients until peppers start to smoke. Then add the broth and let simmer until mixture starts to thicken. Stir and set aside off the heat.

### Roasting ingredients

- 4 medium vine-ripened tomatoes chopped
- 1 large onion chopped
- 6 – 8 garlic cloves halved
- 1 bunch fresh cilantro rough chopped
- 1 lemon
- 1 Tbs coarse sea salt
- 1 Tbs fresh cracked pepper
- 1 tsp brown sugar
- 2 Tbs olive oil

Place the chopped tomatoes and onion plus the peeled and halved garlic cloves in a large bowl. Add cilantro, olive oil, salt and pepper and hand toss. Spread these ingredients on an aluminum foil-lined baking sheet and squeeze the juice of one lemon over all. Place in oven for 20 minutes at 350 degrees and roast.

In a blender add roasted ingredients and pour in the simmered pepper broth along with the brown sugar, cover and pulse gently. Add additional salt to taste.

### **Firehouse Grilled Chicken with Dr. K's Firehouse Salsa:**

Pre-heat a grill plate (or a charcoal or gas grill)\* on medium-high heat

\*For inside cooking, a cast iron ridged grill plate works best. Do not use charcoal in-doors.

Boneless skinless chicken breast halves washed and patted dry

Brush the chicken breasts liberally with **Dr. K's Firehouse Salsa** (see recipe above) and allow them to sit and absorb for 15-30 minutes

Place the breast pieces at 45 degree angle across the grill ridges (for those attractive grill marks) turning once until cooked through.

Remove from heat to a cutting board or platter to rest for 5 minutes before slicing in half to allow the juices to be reabsorbed. Serve on a platter over a bed of Pole-Slider Rice (recipe below)

### **Smokin' Salmon:**

Pre-heat oven to 375 degrees

In a baking pan, place whole filet of wild salmon on aluminum foil.

Sprinkle with coarse sea salt and fresh cracked pepper.

Squeeze the juice of half a lemon.

Pour one cup of **Dr. K's Firehouse Salsa** over salmon and spread evenly.

Place in oven covered with aluminum foil for 20 minutes at 375 degrees.

Remove the foil cover and finish cooking for 5 minutes at 475 degrees.

Place the salmon on a platter and cut it into individual serving portions (size of a deck of playing cards) and serve on or with Pole-Slider Rice.

### **Pole-Slider Rice**

4 cups of Basmati Rice

8 cups of water

Bring water to a boil, add rice and stir. Return to a boil, reduce to simmer and cover until water is absorbed checking and stirring once.

Slider ingredients:

½ cup golden raisins

½ cup raisins

¼ cup pine nuts

1 Tbs olive oil

½ tbs butter

Heat oil and add butter over medium heat, add the three other ingredient and set heat to medium-low stirring regularly until the raisins plumb (3-5 minutes). Pour the mixture over the rice and mix to distribute throughout.

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## **Hook and Ladder Salad**

½ cup balsamic vinegar

4 Tbs olive oil

4 Tbs minced shallots

2 medium or 1 large fennel bulb trimmed and cut into thin slices

6 cups baby spinach or arugula leaves or whatever greens you like

4 medium red apples cored and thinly sliced

4 medium pears cored and thinly sliced

2 cups walnuts toasted (350 degrees for 8-10 minutes)

1 Tbs blue cheese or gorgonzola cheese on each salad serving

Combine balsamic vinegar, olive oil and minced shallots in the closeable container and allow to rest for at least 1 hour prior to use.

Make a shallow bed of greens and add apple and pear slices, drizzle with oil (above), add toasted walnuts and blue cheese.

**Eat Smart and Move More**

**A Healthier You Today...A Healthier Community Tomorrow!**

*A message for responsible living from Two Men and a Stove and Caldwell Memorial Hospital*