

Cooking With Kalota

White Bean Chicken Chili

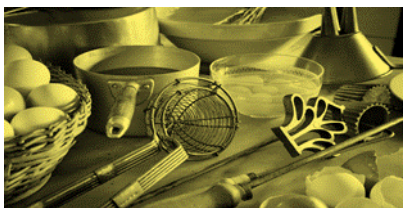
This twist on chili is both spicy and hearty. This soup doesn't take very long to make so it can be an easy workweek meal! A blend of spices makes it aromatic and juicy, the perfect winter chili! Serves 4-6.

Ingredients:

- 2 tbsp EVOO (extra virgin olive oil)
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 whole chicken, baked and shredded (rotisserie chicken is great!)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp chili powder
- 6 cups chicken stock
- 28oz roasted, diced tomatoes
- 4 Anaheim peppers, fresh mild chilies, or Hungarian hot peppers
- 56oz cannellini beans (or great white north beans)
- Salt & Pepper to taste

Directions:

1. In a large stock pot or dutch oven, add olive oil, onion, and garlic. Cook, stirring as needed on LOW heat with the cover on the pot until onions caramelize, this takes about 30 minutes. Keep stirring and add a little water if you see the onions browning.
2. Add chicken, paprika, cumin, garlic powder, onion powder, and chili powder to pot and continue to cook for 10 minutes, covered, so chicken gets infused with all the aromatic spices.
3. Stir in chicken stock, diced tomatoes, green chilies, and 1 tsp of salt and a pinch of pepper. Bring to a slow boil and cook, uncovered, until liquid has reduced to your level of preference, this only takes about 10-15 minutes.
4. Add the rinsed beans and cook until beans are warm, about another 2 minutes.
5. Salt and pepper to taste before you turn off the heat.



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Roasted Red Salsa

Earthy and sweet flavors combine with a deep roast of the vegetables. If you don't have a blender or food processor, feel free to just mash everything together with your hands. If you don't like the extra spiciness of jalapeños, just core them and get rid of the seeds.

Preheat oven to 450°F. Makes about 2 cups salsa.

Ingredients:

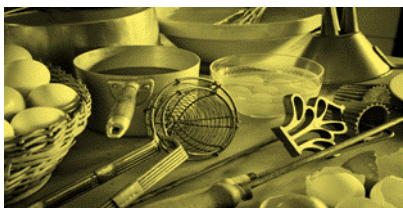
- 5-6 fresh medium sized tomatoes
- 1 jalapeño
- ½ red onion
- 1 chile from chiles in adobo sauce can
- Handful of fresh cilantro
- 1 clove of fresh garlic
- Juice of ½ lime
- 1 tbsp cumin
- Salt

Directions:

1. Line a baking sheet with tin foil.
2. Place tomatoes, onion (with skin left on), and jalapeño on the baking sheet.
3. Put the baking sheet on the top rack of your oven. Roast until all the vegetables have a dark char on them – about 20-25 minutes.
4. In a food processor or blender combine the roasted tomatoes, jalapeño (remove the top stem), onion (remove the skin), chile, cilantro, garlic, lime juice, cumin, and salt.
5. Combine well and taste for spices, salt, and acid. Add more if necessary.

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Fried Rice

A GREAT way to get rid of leftover rice! The key to this is to keep soy sauce on hand—a must!. Other than that ,the vegetables you put in are up to you. You can clean out your fridge! If you do not have day-old rice, simply make 1-2 cups fresh rice. It still can be used. The final product will have a looser texture.

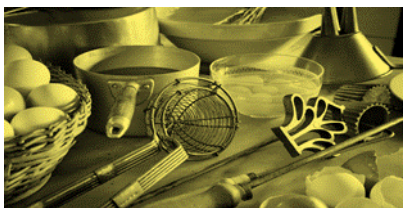
Ingredients:

- 1-2 cups day old rice
- 1 carrot, shaved
- ½ small onion, diced
- ½ cup frozen peas
- ½ cup frozen corn kernels
- 2 tbsp vegetable oil
- 2 eggs
- Salt & Pepper to taste
- 1 tbsp milk
- Soy sauce to taste

Directions:

1. Scramble two eggs with milk, salt, and pepper.
2. Cook scrambled eggs in a sauté pan, remove eggs, and set aside.
3. In the same pan over medium high heat add vegetable oil. Stir in rice, carrots, onion, peas, and corn kernels.
4. Toss for 30 seconds after the rice starts sizzling. Add soy sauce, toss again and taste for salt level.

Add in scrambled eggs, toss again and serve hot.



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Chicken Stock

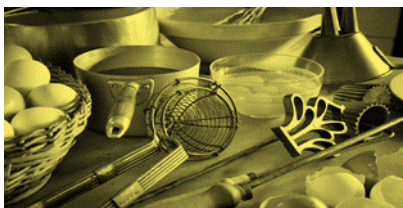
For chicken stock I usually use a chicken backbone, chicken thighs, or drumsticks that are really hacked up so the bone marrow is exposed (that's where the flavor comes from). A roasted chicken carcass is also great to save and make stock with. Makes 2 quarts or 8 cups stock.

Ingredients:

- 1 chicken backbone (or other parts discussed above)
- 10 c. cold water
- 3 celery stalks, rough chopped + celery leaves
- 3 carrots, rough chopped
- 1 white onion, rough chopped
- 1 garlic clove, smashed
- ½ bunch fresh parsley
- ½ tsp peppercorns
- 1 bay leaf
- 1 tsp salt

Directions:

1. In a large stock pot or Dutch oven add chicken backbone with cold water and let come to a gentle boil.
2. Skim any scum off the top and then add celery stalks plus leaves, carrots, onion, garlic clove, parsley, peppercorns, bay leaf, and salt together.
3. Lower heat to a very low and gentle "bubble" (you should see bubbles every so often, but simmering is too much for stock) and let cook for 1-4 hours depending on how much stock you have made.
4. Turn heat off and discard solids. Strain through a cheesecloth.
5. Can freeze for up to 6 months. Do not leave in the fridge for more than 5 days without freezing.



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Salsa

There are many ways to make salsa. This method really highlights the tomatoes in their peak season by simply boiling and peeling the skins. Use the freshest tomatoes you can find or grow!

Ingredients:

- 6-8 Roma tomatoes or other tomato of choice
- 1-2 whole jalapeño peppers
- 1 medium white onion, peeled and diced in large pieces
- 2 whole garlic cloves, skin left on
- Juice of ½ lime
- 1 Tbs. chopped cilantro
- Salt to taste
- 1 tsp. cumin

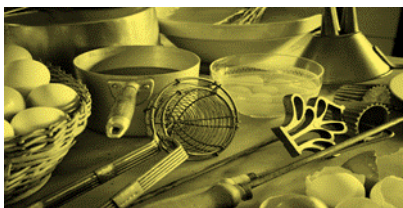
Directions:

1. Pre-heat the oven to 450.
2. Arrange the jalapeños, onion and garlic on a sheet tray.
3. Roast the garlic for 15 minutes and remove.
4. Roast the onion and jalapeños an additional 10-15 minutes until deeply charred.
5. Meanwhile, while the vegetables are roasting, bring a large pot of water to a boil.
6. Prepare a large bowl with ice water.
7. Make a small X using a paring knife on the bottom of each tomato.
8. Boil the tomatoes 20-30 seconds, until softened and the skin begins to split.
9. Remove and add to the ice bath to stop the cooking. Remove the tomatoes, peel and discard the skin.
10. Add all of the ingredients to a food processor or blender and blend to your desired consistency.

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Veggie and Lentil Curry

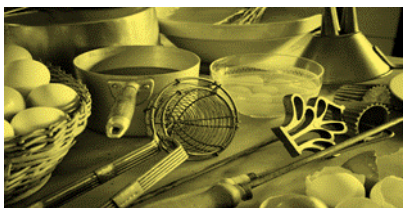
A “curry” refers to anything made with a spiced sauce. There are thousands of curries that come from countries all across Asia. The beauty of a curry is you can use whatever spices you like. Feel free to swap out vegetables for whatever you have on hand as well. Serves 6.

Ingredients:

- 1 Tbs. extra virgin olive oil
- 1 large onion, cut in half and sliced
- 4 garlic cloves, roughly chopped
- ½ head cauliflower, cut in small pieces
- 1 medium eggplant, peeled and diced small
- 1 Tbs. curry powder
- 1 tsp. ground cumin
- ½ tsp. ground turmeric
- 1 tsp. red pepper flakes
- 1 ½ C red lentils
- 4 ½ C vegetable stock or water
- Salt to taste

Directions:

1. Heat a large sauté pan or Dutch oven over medium high heat and add the oil. Add the onion and sauté until golden brown.
2. Add the garlic and sauté another minute.
3. Add the cauliflower and eggplant and season with salt. Sauté the veggies until softened slightly, about 5 minutes.
4. Add the curry powder, cumin, turmeric and red pepper flakes and stir to coat the spices.
5. Add the lentils and vegetable stock and stir to combine.
6. Bring to a boil, then lower the heat and simmer, covered, until the lentils are tender, about 30 minutes.



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Sweet Potato & Chick Pea Tagine

A tagine refers to both the name of a dish as well as the cooking vessel used to make it. Originating in Northern Africa, this dish is typically comprised of veggies and/or meat, combined with spices and braised in a sauce. Tagines are typically served with couscous (crushed semolina) as an accompaniment to soak up extra sauce. Serves 4.

Ingredients:

For the tagine:

- 1 Tbs. extra virgin olive oil
- 1 large onion, sliced
- 4 garlic cloves, roughly chopped
- 1 tsp. red pepper flakes
- 1 Tbs. ground cumin
- 1 Tbs. smoked paprika
- 1 tsp. ground turmeric
- ½ tsp. ground allspice
- 1 cinnamon stick
- 1 bay leaf
- 1 large sweet potato, peeled and diced small
- 2 medium carrots, diced small

- 1 C soaked and boiled chickpeas OR 1 15oz. can, drained and rinsed
- 2 C canned tomatoes, crushed
- Salt and black pepper to taste
- ½ C unpitted black Moroccan olives
- ¼ C vegetable stock OR water
- ¼ C slivered almonds for garnish (optional)
- ¼ C golden raisins for garnish (optional)
- Chopped parsley for garnish (optional)

For the Couscous:

- 1 ½ C small couscous
- 2 ¾ C water
- 1 Tbs. extra virgin olive oil
- Salt to taste

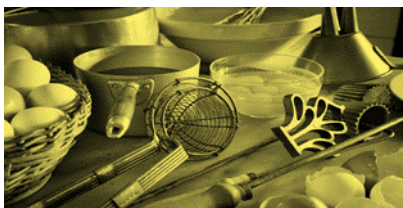
Directions:

1. Heat the olive oil in a sauté pan over medium heat. Add the onion, along with a pinch of salt and cook, stirring occasionally until dark golden brown and caramelized.
2. Add the garlic, red pepper flakes, cumin, smoked paprika, allspice, cinnamon stick and bay leaf. Sauté another minute or so to toast the spices, then turn off the heat.
3. Add the onion/spice mixture to the tagine or Dutch oven, along with the sweet potato, carrots, chickpeas, tomatoes and olives. Season with salt and pepper. Cover the pot and bring up to a boil very slowly, over low heat. Simmer gently, stirring occasionally for about an hour until the sweet potato and carrots are tender. If you are using a Dutch oven, monitor the liquid level. A small amount may need to be added throughout the cooking process to ensure nothing dries out.
4. While the tagine is cooking, pre-heat the oven to 400. Spread out the slivered almonds on a small baking sheet. Toast the almonds 5-6 minutes until golden brown. Remove from the oven, mix with the golden raisins in a small bowl and set aside.
5. Spread the couscous out in an even layer on a baking sheet. In a sauce pot, add the water, olive oil and a good pinch of salt. Once boiling, pour the water evenly over the couscous. Let the couscous absorb the water, about 10-15 minutes. Fluff the couscous with a fork.
6. Garnish the tagine with the toasted almonds, golden raisins and chopped parsley.

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Basil Pesto with Roasted Veggies

This sauce is a staple in the northern regions of Italy. Pesto is incredibly versatile and can be used on any protein, vegetable or pasta. The basil can be swapped out for another type of herb and the nuts for a different type as well. Use whatever veggies you like as well. Serves 4-6 as a side.

Ingredients:

For the Pesto:

- 3 heaping cups fresh basil leaves, washed and dried thoroughly
- 3 Tbs. pine nuts
- 3 garlic cloves, peeled
- 2 tsp. salt
- ½ C Parmigiano Reggiano cheese, grated
- ½ C extra virgin olive oil, plus more as needed

For the Veggies:

- 3 carrots, medium dice
- ½ head cauliflower, florets broken into medium pieces
- 1 medium eggplant, peeled and diced in medium pieces
- 3 Tbs. extra virgin olive oil

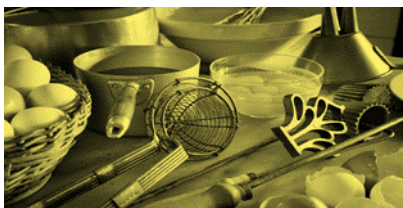
Directions:

1. Pre-heat the oven to 425.
2. Line 3 sheet trays with parchment paper. If you don't have 3 sheet trays, keep the vegetables separate on the tray.
3. Add the carrots to a mixing bowl and season with salt, pepper and 1 Tbs. olive oil. Spread them out evenly on the sheet tray without overlapping any of the pieces. In order to roast evenly, the veggies need enough room.
4. Repeat with the cauliflower and eggplant.
5. Roast until the veggies are dark and golden, 25-30 minutes.
6. In a food processor or blender, add the basil leaves, pine nuts, garlic, salt and cheese. Blend until well incorporated, then scrape down the sides.
7. Stream in the olive oil through the feed tube and blend until a smooth sauce is formed. For a looser sauce, add more olive oil.
8. Taste and adjust for salt.
9. Serve the veggies dolloped with the pesto or with the pesto underneath.

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Ash (Persian Bean and Barley Stew with Herbs)

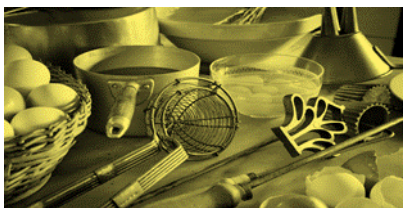
This dish perfectly represents all the quintessential Persian flavors. Herbs are eaten with almost every meal in Iran, adding lots of flavor and nutritional value. You can use whatever beans you like and the barley can also easily be swapped with bulgur. This dish is also wonderful served over rice to absorb all the juices! Serves 6.

Ingredients:

- 1 Tbs. extra virgin olive oil
- 1 large onion, cut in half and sliced
- 4 garlic cloves, roughly chopped
- 1 tsp. ground turmeric
- 1 tsp. ground cumin
- 1 ½ C dried beans, soaked overnight
- ½ C barley
- 8 C vegetable stock OR water
- 3 C fresh spinach, left whole
- 2 C fresh cilantro, roughly chopped
- 2 C fresh parsley, roughly chopped
- ½ C fresh mint, roughly chopped
- ¼ C fresh dill, roughly chopped
- Juice of one lemon
- Salt and pepper to taste

Directions:

1. In a large Dutch oven, heat the olive oil over medium heat. Add the onions and cook until softened and beginning to brown slightly.
2. Add the garlic and sauté another minute. Add the turmeric and cumin and stir to coat the spices with the onion and garlic.
3. Season with salt and pepper, then add the beans and barley, along with the vegetable stock or water and bring to a boil. Once boiling, turn the heat down, cover the pot halfway and simmer the beans for about 45 min to an hour, until the beans and barley are tender.
4. While the beans and barley are simmering, wash, dry and roughly chop all your herbs. They can be chopped and kept together all in one large bowl.
5. When the beans and barley are tender, add all of the herbs and simmer an additional 10 minutes.
6. Stir in the lemon juice and adjust the seasoning for salt and pepper.
7. Serve as is or on top of rice.
- 8.



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Pickled Cucumber

A great all-purpose pickle for any type of vegetable. Feel free to use whatever cucumber you like as well. Larger cucumbers can easily be sliced or crinkle cut for a classic pickle chip look.

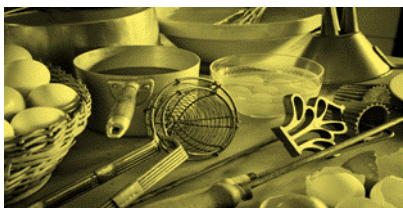
Ingredients:

- 4-6 Persian cucumbers, washed and dried
- 1 Tbs. coriander seeds
- 2 whole cayenne chiles (optional)
- 1 bay leaf
- 1 tsp. cumin seed
- 2 garlic cloves, smashed
- 2 C water
- 2 Tbs. kosher salt
- ¼ C white wine or champagne vinegar

Directions:

1. In a saucepot, over medium heat, combine all the ingredients, except the vinegar.
2. Heat, stirring often until the salt dissolves.
3. Let the mixture cool then stir in the vinegar.
4. In a sterilized* mason jar, add the cucumbers, followed by the pickling liquid.
5. Close the jar and refrigerate for about a week, until the cucumbers have softened.

*Sterilize mason jars by filling them with boiling water. Allow the water to cool completely before discarding. In a separate bowl, cover the lid with boiling water. Allow to cool before discarding.



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Pickled Cabbage

A great all-purpose pickle for any type of vegetable. I especially like this pickle for cabbage because it creates such a beautiful red color and a bit of sweetness from the beet juice.

Ingredients:

- ¼ head red cabbage, washed, dried and sliced
- 1 Tbs. coriander seeds
- 2 whole cayenne chiles (optional)
- 1 bay leaf
- 1 tsp. cumin seed
- 2 garlic cloves, smashed
- 2 C water
- 2 Tbs. kosher salt
- ¼ C white wine or champagne vinegar
- ¼ - ½ C beet juice

Directions:

1. In a saucepot, over medium heat, combine all the ingredients, except the vinegar and beet juice.
2. Heat, stirring often until the salt dissolves. Let the mixture cool then stir in the vinegar and beet juice.
3. In a large sterilized* mason jar, add the cabbage, followed by the pickling liquid.
4. Close the jar and refrigerate about a week until the cabbage has softened but still has a nice crunch.

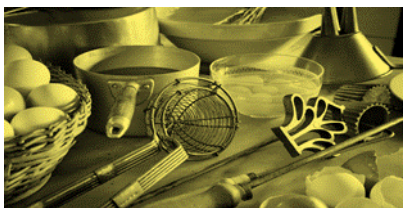
*Sterilize mason jars by filling them with boiling water. Allow the water to cool completely before discarding. In a separate bowl, cover the lid with boiling water. Allow to cool before discarding.

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Pasta Fagioli

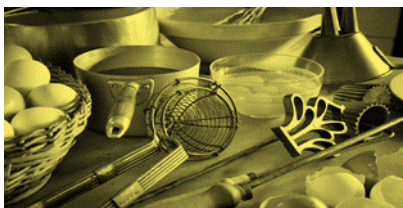
This is a great weeknight meal that can be on the table in 30 minutes! This dish is a great way to use your peeled tomatoes from the garden as well.

Ingredients:

- 2 Tbs. extra virgin olive oil
- 1 small onion, minced
- 4 garlic cloves, minced
- ½ tsp. red pepper flakes
- 1 28oz. can of whole tomatoes OR whole peeled fresh tomatoes, crushed by hand or blended
- 1 handful fresh basil, chopped
- ¼ C freshly grated Parmigiano Reggiano cheese
- Salt and pepper to taste
- 1 14.5oz. can beans of choice
- ½ C small pasta of choice

Directions:

1. Place a Dutch oven pot over medium heat. Add the olive oil, along with the onion and sauté until softened, about 5 minutes. Add the garlic and red pepper flakes and sauté for another minute. Add the tomatoes, basil, cheese, salt and pepper. Bring to a boil, then lower the heat and simmer until the sauce has reduced, about 20 minutes.
2. While the sauce is cooking, rinse the canned beans well and set aside. Fill a medium saucepot with water and bring it to a boil. Salt the water well and add the pasta. Cook the pasta until al dente, per package instructions.
3. Once the sauce has reduced, add the beans and stir to combine, then shut off the heat. Add the pasta, along with the cooking water to the Dutch oven and stir to combine. Serve with crusty bread for dipping.



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Pan Seared Flank Steak with Roasted Carrots

A simple meal that is BIG on flavor! The overnight marinade does all the work for you, making this a very quick weeknight meal.

Ingredients:

For the steak:

- 1-2 lb. flank steak
- ½ C soy sauce
- ½ C balsamic vinegar
- ¼ C extra virgin olive oil
- 5 garlic cloves, crushed
- 1 handful of fresh herbs such as basil, parsley, tarragon, thyme and oregano
- Freshly cracked black pepper to taste

For the carrots:

- 1 lb. carrots, peeled and cut into 1 inch pieces
- ¼ C extra virgin olive oil
- Salt and pepper to taste
- Juice of ½ lemon

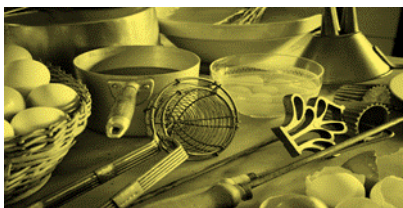
Directions:

1. Add the steak, along with the rest of the ingredients to a large zip top bag. Place on a plate or tray and refrigerate overnight.
2. Pre-heat the oven to 425. Toss the carrots in a bowl, along with the olive oil, salt and pepper. Spread the carrots out evenly on a baking tray. Roast until the carrots have taken on some charred color and are fork tender, about 25-30 minutes. Remove the carrots and squeeze the lemon juice over them.
3. While the carrots are roasting, heat a large sauté pan over medium high heat for 3-4 minutes. Remove the steak from the marinade and pat it dry. Add a small amount of neutral cooking oil to the pan, then add the steak. Sear the steak 5-6 minutes per side for medium well or longer for more well done. Remove the steak and let it rest at least 10 minutes before slicing. Slice the steak against the grain to ensure tender pieces.
4. While the steak is searing, strain the marinade and add it to a small saucepot. Bring the marinade to a boil for at least 10 minutes, until reduced.
5. Drizzle the marinade over the steak and carrots.

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Italian Style Tuna Salad

This is my favorite tuna recipe! I sub olive oil for the traditional mayo, making it a lighter option.

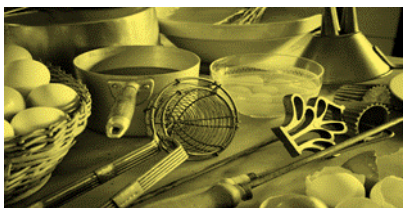
Serve in a sandwich or as a dip.

Ingredients:

- 2 cans tuna packed in olive oil
- 1 celery stalk, chopped small
- ¼ C pitted olives, I love Castelvetrano olives for this
- 2 Tbs. fresh parsley, minced
- 2 Tbs. red onion, minced
- ¼ C sun dried tomatoes, chopped small
- Juice of 1 lemon
- ¼ C extra virgin olive oil
- Salt and pepper to taste

Directions:

Drain most of the oil from the tuna and place in a large bowl. Mash the tuna gently with a fork. Add the rest of the ingredients and mix to combine.



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Fruit Jam

Use whatever fruit you desire for this recipe, preferably fruit in peak season! I do not use pectin in my fruit jam and instead, rely on the natural pectin found in the fruit, combined with lemon juice. If using fruits with low pectin such as berries, add a high pectin fruit, such as orange and apple to help the jam stabilize.

Ingredients:

- 1 lb. fresh berries, washed, dried and cut in half
- 1 orange, peeled and segmented
- $\frac{3}{4}$ C granulated sugar
- 2 Tbs. freshly squeezed lemon juice
- Pinch of salt

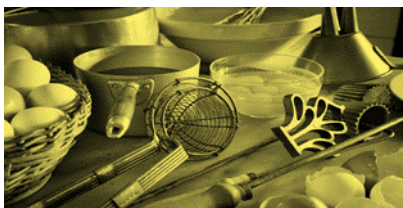
Directions:

1. In a large saucepot, over medium heat, combine the berries, orange, sugar and salt. Bring to a boil, stirring occasionally until the fruit has softened.
2. Mash the fruit with a potato masher or a fork.
3. Add the lemon juice and lower the heat, cooking an additional 20 minutes, until the mixture has thickened.
4. Ladle the jam into sterilized* mason jars and allow to cool completely before refrigerating.

*Sterilize mason jars by filling them with boiling water. Allow the water to cool completely before discarding. In a separate bowl, cover the lid with boiling water. Allow to cool before discarding.

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Caramelized Onion Jam

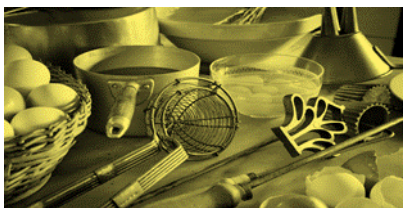
This is a beautiful sweet/savory jam. Great for simply eating on toast or on top of grilled meats and fish.

Ingredients:

- 4 large yellow onions, sliced thin
- 2 Tbs. unsalted butter
- 1 Tbs. extra virgin olive oil
- 1 Tbs. granulated sugar
- Salt to taste
- 1 tsp. white wine or balsamic vinegar
- 1 tsp. fresh thyme, minced

Directions:

- In a large [sauté](#) pan, over medium high heat, add the butter and olive oil.
- Once the butter has melted, add the onions, along with the sugar and salt. Sauté about 10 minutes, until the onions begin to brown.
- Lower the heat and cook an additional 40 minutes to 1 hour, stirring occasionally, until the onions are very soft.
- Stir in the vinegar and fresh thyme.



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Summer Citrus and Herb Dressing

A fresh and vibrant summer dressing in which you can use whatever citrus and herbs are available to you!

Ingredients:

- 2 Tbs. citrus juice (lemon, lime, grapefruit, orange, etc.)
- 1 garlic clove
- ½ C extra virgin olive oil
- Salt and pepper to taste
- 1 handful of fresh herbs, roughly chopped (basil, parsley, cilantro, tarragon, etc.)

Directions:

1. Add the citrus juice, garlic clove, olive oil, salt and pepper to a blender and blend until smooth. Stir in the fresh herbs.
2. Alternatively, you can crush the garlic, add it to the citrus juice, along with the salt and pepper and slowly whisk in the olive oil. Stir in the herbs at the end.



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Herb and Citrus Fish Marinade

This is a flavor packed fish marinade, great for hearty cuts of fish such as salmon, swordfish, tuna and bass. Since fish is a more delicate protein, it only needs to marinate up to an hour. This marinade can also be strained and reduced to use as a sauce!

Ingredients:

- ½ C soy sauce
- 2 Tbs. brown sugar
- Juice of 1 orange
- Juice of 1 lime
- 3 cloves garlic, peeled and crushed
- ½ red onion, sliced thin
- 1 sprig fresh oregano
- ½ C fresh cilantro leaves
- ½ C fresh basil leaves

Directions:

1. In a small saucepot, combine the soy sauce and brown sugar and heat until the sugar is just dissolved.
2. Remove from the heat and cool completely. Add the rest of the ingredients and stir to combine.
3. Add the marinade to a zip top bag, along with your fish filets and marinate for 1 hour.
4. Remove the fish and strain the marinade.
5. Return the marinade to a saucepot and bring to a boil. Reduce the marinade to your desired consistency for spooning over your cooked fish.

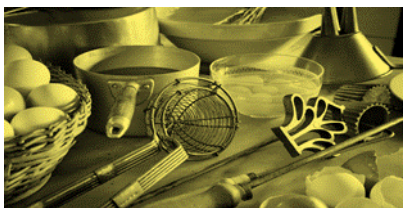
Marinade needs be boiled for at least 10 minutes to prevent any cross contamination!

Example! Here's how to use the marinade with salmon.

Add 4, 6oz salmon filets to the marinade and refrigerate for 30 minutes. Pre- heat the oven to 425. Remove the fish from the marinade and pat dry. Add the filets to a baking sheet, lined with parchment paper. Bake the filets until cooked through and a thermometer registers 145 degrees, about 10-12 minutes depending on the thickness.

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Cooking With Kalota

Chicken/Beef/Pork/Veggie Dry Rub

This is a very versatile rub that works beautifully with any protein or veggie! Since this is a dry rub, it relies on all shelf stable pantry items and is a great way of using your dried garden herbs.

Ingredients:

- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 tsp. brown sugar
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. black pepper

Directions:

1. Whisk all the ingredients, except the brown sugar together in a small bowl.
2. Transfer to an airtight container and store in the pantry for up to 6 months.
3. Add the brown sugar right before use to keep it from hardening.

If using this for a meat protein, salt the meat well all over then rub the marinade into the meat. Cover and refrigerate overnight.

If using this for a veggie, toss the veggies with the dry rub, along with salt and olive oil to coat. Spread the veggies evenly on a baking tray and roast in the oven at 425 degrees until browned. Here are some great veggies to try with this rub:

- Cabbage
- Kale
- Broccoli
- Turnips
- Cauliflower
- Eggplant
- Zucchini
- Bell Pepper
- Okra

Created for Our Kitchen Table

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