

First Course: *Eggplant and Herbed Goat Cheese Napoleon*



Serving Size: 2 (or make smaller stacks to serve 4)

nonstick cooking spray

1 medium eggplant

4 ounces goat cheese

2 tablespoons fresh thyme leaves

2 tablespoons fresh parsley, finely chopped

½ cup balsamic vinegar

1 tablespoon extra virgin olive oil

kosher salt

freshly ground black pepper

- Preheat oven to 400 degrees.
- Wash the eggplant and slice in 1/4-inch rounds (you will want 8 slices of eggplant). Lay eggplant slices on a paper towel and lightly sprinkle with kosher salt. Let the eggplant sit while you prepare the goat cheese.
- Slice the goat cheese log evenly into 6 rounds (unflavored dental floss works wonderfully for this!). In a small bowl, combine the thyme leaves and chopped parsley. Lightly coat the goat cheese rounds with the fresh herbs and set aside.
- Place eggplant slices in a single layer on a cookie sheet lined with heavy duty aluminum foil and coated with nonstick cooking spray, drizzle with 1/2 tablespoon of olive oil and sprinkle with pepper. Place in oven. Roast eggplant for 10 minutes or until tender and golden brown.
- While the eggplant cooks, place the balsamic vinegar in a small pan and simmer over medium heat for approximately 5 minutes or until it has reduced by half, is syrupy and easily coats the back of a spoon. (watch carefully as this can happen fast!) Remove from heat to keep from getting too stiff and sticky.
- Remove eggplant from oven. Let cool slightly.
- To assemble, place one eggplant round on a small salad plate, top with an herbed goat cheese round. Continue layering until you have a "tower" made up of 4 eggplant slices and 3 goat cheese rounds per serving. Drizzle with remaining ½ tablespoon olive oil and balsamic syrup. Sprinkle with any remaining fresh herbs. Serve warm. The cheese will melt slightly between the layers of eggplant...YUM!

Main Course: *Roasted Planked Salmon with Sesame-Soy Glaze*



Serving Size: 4 (family sized recipe, halve for a couple)

24 ounces (very) fresh wild salmon filet, sliced into 4 equal portions approximately 6 ounces each
1 tablespoon vegetable oil
1/8 cup soy sauce
1/8 cup honey
2 tablespoons white wine (or lemon juice)
2 cloves garlic, minced
1 sprig fresh thyme, leaves removed
1 tablespoon toasted sesame seeds
freshly ground black pepper

- Preheat oven to 400 degrees.
- Wash salmon under cold running water and gently pat dry with paper towels. Place salmon in a glass baking dish (or other noncorrosive dish). Mix together oil, soy sauce, honey, white wine, garlic and thyme. Pour mixture over salmon and let marinate for 30 minutes to 1 hour.
- Prepare wooden roasting plank according to directions. For most planks this requires oiling the plank and preheating in the oven (place on a cookie sheet lined with heavy-duty aluminum foil).
- When ready to cook salmon, remove filets from marinade and place on hot wooden roasting plank. Sprinkle with toasted sesame seeds and black pepper.
- Place into the oven and roast for approximately 15 minutes, until the center of the thickest filet is slightly opaque or when you give the fish a light squeeze it feels firm and just starts to flake. Don't overcook the salmon, it is best served when cooked no more than medium.
- Remove salmon from oven and let sit for 5 minutes before removing to serving plates.

NOTE: Special Items: Wood plank for roasting or grilling. Can be found at many larger grocery stores (Giant Eagle carries planks), or on line at www.surlatable.com (grill planks). Depending on plank size, you may use one plank for all filets or use individual planks for each serving. (If wood planks are unavailable, this recipe is equally excellent on the grill.)

Side Dish: *Roasted Asparagus and Prosciutto Bundles*



Serving Size: 4 (family size, halve for a couple)

nonstick cooking spray

1 pound fresh asparagus, washed and trimmed of tough ends

2 slices prosciutto, halved lengthwise

2 teaspoons extra virgin olive oil

1 dash kosher salt

freshly ground pepper

fresh lemon – optional

- Preheat oven to 400 degrees.
- Evenly divide the clean, trimmed asparagus spears into four portions. Wrap each portion around the middle with a slice of prosciutto.
- Place "bundles" in a shallow baking dish that has been lined with heavy-duty aluminum foil and sprayed with nonstick cooking spray. Drizzle with the olive oil and sprinkle with salt and pepper to taste.
- Place in oven and roast for approximately 15 minutes or until the asparagus is tender-crisp and the prosciutto has tightened around the asparagus to make a snug bundle.
- Before serving squeeze fresh lemon over the bundles if desired.

NOTE: TO TRIM ASPARAGUS hold the asparagus spear in both hands near each end and gently bend. The spear will naturally break between the tough and tender parts, typically removing 1/3 of the spear. Toss the tough bottom end and use the remaining tender portion of the asparagus.

Side Dish: *Truffled Yukon Golds*



Serving Size: 6 (more than you need for a couple, but make the full recipe...these are GREAT as leftovers!)

nonstick cooking spray
2 pounds Yukon Gold potatoes, scrubbed and quartered
½ sweet onion, sliced
2 tablespoons olive oil
2 teaspoons kosher salt
black pepper
1 tablespoon truffle oil
1 teaspoon Red Hawaiian Sea Salt*

- Preheat oven to 400 degrees.
- Toss together cleaned, quartered potatoes, olive oil, kosher salt and pepper. Place in a single layer on cookie sheet coated with nonstick cooking spray.
- Place in oven. After 20 minutes add the sliced onions on top of the potatoes, return pan to oven and roast an additional 10-15 minutes until the potatoes are nicely toasted, crispy on the outside and slide easily on the pan.
- Remove from oven. Drizzle with truffle oil and sprinkle with Red Hawaiian Sea Salt.

NOTE: * Can substitute grey sea salt or any other medium-coarse sea salt. Red Hawaiian Sea Salt can be found at Giant Eagle grocers under their Market District brand.

Finale: *Chocolates & Red Wine*



To end the evening, toss what dishes are left (which shouldn't be many if you lined your baking pans w/ foil), tuck the kids in bed and then snuggle up on the couch with some fine chocolates and a nice California Zinfandel.

Wishing you a Happy Valentine's Day and a Passionate Life!