



Maple Mustard Brisket

Serves 8. Prep time: 30 minutes active; 6 hours, 30 minutes total.

1 4-pound beef brisket	1 yellow onion, diced
1 teaspoon garlic powder	1 carrot, sliced
1 teaspoon smoked paprika	1 celery stalk, sliced crosswise
½ teaspoon each of salt and black pepper	3 cloves garlic, peeled and smashed
4 tablespoons Dijon or stone ground mustard, divided	½ cup red wine
2 tablespoons vegetable oil	½ cup water
	2 tablespoons maple syrup

Preparation

Season the brisket with the garlic powder, paprika, salt, pepper and 2 tablespoons of mustard. Wrap the brisket in plastic wrap and refrigerate for 3 hours (or overnight).

Preheat the oven to 300 degrees F.

Heat a large oven-proof skillet over medium-high heat. Add the oil and brown the brisket for 5 minutes on each side. Remove the brisket from the pan and set aside.

In the same skillet, sauté the onion, carrots, celery and garlic for a few minutes in the brisket juices, then add the red wine and water. Place the brisket back in the pan on top of the veggies and cover the pan tightly with an oven-proof lid or aluminum foil. Place the pan in the oven and cook the brisket, covered, for 3 hours until very tender. Remove from oven.

To prepare the maple sauce, carefully remove 1 cup of the juices from the brisket pan and put into a small skillet or saucepan. Add the maple syrup and remaining mustard and bring to a simmer for about 5 minutes. Slice the warm brisket across the grain and serve with sauce.

Maple Mustard Brisket

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Celery
- ☐ Carrot
- ☐ Garlic

GROCERY

- ☐ Dijon or stone ground mustard
- ☐ Red wine
- ☐ Vegetable oil
- ☐ Maple syrup

MEAT/SEAFOOD

- ☐ Beef brisket

SPICES/SEASONINGS

- ☐ Garlic powder
- ☐ Sea salt
- ☐ Smoked paprika
- ☐ Black pepper

Serving suggestion

Potatoes, root vegetables, green beans or roasted winter squash (such as Hubbard or kabocha tossed with garlic and parsley) are all delicious accompaniments to this delightful holiday entrée.

Nutritional information per serving

394 calories	13 g. fat
158 mg. cholesterol	211 mg. sodium
7 g. carbohydrate	0 g. fiber
57 g. protein	

The nutritional values and information provided are approximations.

Persimmon Bread Pudding

Serves 8. Prep time: 60 minutes active; 120 minutes total.

4 to 5 ripe Hachiya persimmons	½ teaspoon ground ginger
3 eggs	1 loaf (about 16 ounces) challah, torn or cut into bite-sized pieces
2 cups milk	½ cup raisins
¾ cup sugar, divided	
2 teaspoons vanilla extract	
1 teaspoon cinnamon	

Preparation

Cut the ripe fruit in half. Scoop the pulp out with a spoon and puree or mash until smooth. Measure 1 ½ cups of puree for the recipe (refrigerate or freeze extra puree to spoon over oatmeal, yogurt or ice cream).

In a bowl, whisk together the persimmon puree, eggs, milk, sugar (reserve 1 tablespoon), vanilla, cinnamon and ginger. Stir the bread and raisins into the mixture, cover and let sit in the refrigerator for at least 1 hour.

Preheat the oven to 350 degrees F. Grease a 9 x 13 inch casserole dish with butter and sprinkle the dish with 1 tablespoon sugar. Pour the bread pudding mixture into the casserole dish, spread out evenly and bake for 40 to 45 minutes until just set but still pudding-like. Remove from oven and serve warm.

Tip: Hachiya persimmons are ready to enjoy when they are very, very soft, like an overripe tomato or water balloon.

Persimmon Bread Pudding

Ingredient checklist

PRODUCE

- ☐ Hachiya persimmons

BULK

- ☐ Sugar
- ☐ Raisins

GROCERY

- ☐ Vanilla extract

REFRIGERATED/DAIRY

- ☐ Eggs
- ☐ Milk

BAKERY

- ☐ Challah

SPICES/SEASONINGS

- ☐ Cinnamon
- ☐ Ground ginger

Serving suggestion

This seasonal dessert is best served topped with whipped cream, vanilla ice cream or yogurt, and can be eaten hot or cold. You can substitute brioche or Italian white bread for the challah if desired.

Nutritional information per serving

- | | |
|--------------------|----------------|
| 311 calories | 5 g. fat |
| 63 mg. cholesterol | 236 mg. sodium |
| 60 g. carbohydrate | 4 g. fiber |
| 9 g. protein | |

The nutritional values and information provided are approximations.



Beef and Scallion Rolls

Serves 6. Prep time: 60 minutes.

- | | |
|---|-----------------------------------|
| 1 pound center-cut beef tenderloin | 2 ounces blue cheese, crumbled |
| Salt and black pepper | 2 tablespoons water |
| 3 tablespoons olive oil, divided | 2 tablespoons balsamic vinegar |
| 2 portobello mushrooms, cleaned and sliced about ½-inch thick | 1 tablespoon Worcestershire sauce |
| 6 scallions, trimmed and sliced thinly lengthwise | |

Preparation

Cut the tenderloin horizontally into 6 slices and pound between pieces of plastic wrap until thin. Season both sides of meat with salt and pepper.

Heat 1 tablespoon olive oil in a skillet over medium-high heat and sauté the sliced mushrooms for 5 minutes until soft. Remove the mushrooms from the pan, drain and set aside.

Lay out a slice of steak. Place a few slices each of mushrooms and scallions and a sprinkle of blue cheese crumbles near the edge closest to you. Roll the steak around the filling and secure with a toothpick if needed. Repeat for each slice of steak.

In the pan used to sauté the mushrooms, heat remaining oil over medium-high heat. When the pan is hot, add the steak rolls and sear on all sides until meat reaches desired doneness. Remove the rolls from the skillet, lower the heat and add the water, vinegar and Worcestershire sauce to the pan. Bring the sauce to a simmer for several minutes until it begins to thicken. Serve the steak rolls drizzled with sauce.

Beef and Scallion Rolls

Ingredient checklist

PRODUCE

- ☐ Portobello mushrooms
- ☐ Scallions

GROCERY

- ☐ Olive oil
- ☐ Worcestershire sauce
- ☐ Balsamic vinegar

MEAT/SEAFOOD

- ☐ Center-cut beef tenderloin

REFRIGERATED/DAIRY

- ☐ Blue cheese

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

These savory bundles make a delicious shared appetizer at a casual party. Substitute goat or feta cheese if desired. Add caramelized onions to the rolls for a rich, sweet earthy flavor.

Nutritional information per serving

- | | |
|--------------------|---------------|
| 191 calories | 14 g. fat |
| 49 mg. cholesterol | 20 mg. sodium |
| 2 g. carbohydrate | 1 g. fiber |
| 14 g. protein | |

The nutritional values and information provided are approximations.



Brussels Sprouts with Pomegranate Glaze

Serves 4. Prep time: 45 minutes.

1 pound Brussels sprouts,
trimmed and halved

1 tablespoon olive oil

Pinch each of salt and black
pepper

2 tablespoons pomegranate juice

1 tablespoon balsamic vinegar

2 tablespoons pomegranate seeds

Preparation

Preheat the oven to 375 degrees F.

Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes. Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the Brussels sprouts halfway through baking. Remove from the oven when the sprouts are tender and the pomegranate-vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

Brussels Sprouts with Pomegranate Glaze

Ingredient checklist

PRODUCE

- ☐ Brussels sprouts
- ☐ Pomegranate seeds

GROCERY

- ☐ Olive oil
- ☐ Pomegranate juice
- ☐ Balsamic vinegar

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

The sweetness of the pomegranate juice caramelizes the sprouts, which are delicious served warm as a side dish with ham, turkey or roasted chicken or at room temperature on an appetizer or antipasto platter.

Nutritional information per serving

- | | |
|--------------------|---------------|
| 69 calories | 2 g. fat |
| 0 mg. cholesterol | 89 mg. sodium |
| 12 g. carbohydrate | 5 g. fiber |
| 4 g. protein | |

The nutritional values and information provided are approximations.