



# Mastering the Art of Flavor

Cooking Demo Recipes

# Holland House Recipes

## *Stress-Free Holiday Cooking*

*Developed by Cate Meade, Chef*

### **Recipe #1: Spinach Feta and Artichoke Dip**

Prep Time: 10 min

Cook Time: 2 hours

Servings: 10-12

#### Ingredients:

½ cup *Holland House White Cooking Wine*

8 (oz.) package reduced fat cream cheese

3 cloves garlic, minced

1 (12 oz.) package of frozen spinach thawed and squeezed to drain excess liquid

2 (14 oz.) cans whole artichokes, drained well and chopped

1 (8 oz.) can sliced water chestnut, drained well and chopped

1¼ cups low fat mozzarella cheese

¾ cup feta cheese, crumbled

1¼ cups low fat Greek yogurt

¼ teaspoon red pepper flakes (optional)

Salt and pepper, to taste

#### Garnish:

Feta cheese

Roasted red peppers (optional)

#### Directions:

1. Grease a 6 to 8 quart slow cooker with oil or cooking spray.
2. Add garlic, spinach, artichokes, water chestnuts, mozzarella, feta, yogurt, and red pepper flakes to the slow cooker. Mix to combine.
3. In a small saucepan on medium heat, add ½ cup *Holland House White Cooking Wine*. Allow to simmer for 3 minutes. Stir in cream cheese and turn off the heat. Transfer cream cheese and wine mixture to the slow cooker and stir to combine ingredients.
4. Cook on low for two hours.
5. Serve in the slow cooker or transfer to serving bowl.

**For Serving:** Serve with vegetable crudité, baked pita chips, crackers

## **Recipe #2: Sherry Cherry Pork Loin Roast**

Prep Time: 20 minutes

Cook Time: 5-6 hours

Servings: 8-10

### Ingredients:

4- 4½ lb. Pork loin roast, trimmed and patted dry

2 large Vidalia onions, halved and thinly sliced

¾ cups *Holland House Sherry Cooking Wine*

5-6 cloves garlic

1 cup frozen bing cherries, divided

1½ tablespoons Coleman's dry mustard powder

4 tablespoons *Holland House Balsamic Vinegar*

2 tablespoons soy sauce

1 bunch fresh parsley, large stems removed

4 teaspoons Kosher Salt, divided

3 teaspoons freshly ground black pepper, divided

¼ cup plus 1 tablespoon avocado or grapeseed oil

3 tablespoons cornstarch, optional

### Garnish:

Fresh Parsley

### Directions:

1. Place a large 8-quart slow cooker on high and add, 2 tablespoons oil, sliced onions, and 1-teaspoon salt.
2. Season entire roast evenly on all sides with 2 teaspoons kosher salt and 1 teaspoon pepper.
3. Place a large skillet on medium heat. Add two tablespoons of oil to the pan. Sear pork loin for 3 minutes on each side, until gold brown. Transfer roast to slow cooker and place on top of the onions.
4. Cover and cook on low for 3 hours.
5. Sherry Cherry Sauce: In a blender add *Holland House Cooking Sherry*, garlic, ½ cup cherries, mustard powder, *Holland House Balsamic Vinegar*, soy sauce, parsley, 3 tablespoons olive oil, 1 teaspoon each salt and pepper. Blend until smooth and set aside.
6. After 3 hours of cooking add your prepared sherry cherry sauce around the pork roast. Cover and cook for 2-3 more hours on low.
7. To glaze, brush the roast with the warm sauce 3 or 4 times in the last remaining hour of cooking.
8. Once pork is cooked (internal temp of 145 degrees) remove and let rest for 15-20 minutes before slicing.
9. To finish the sauce, remove 1/4 cup of cooking liquid and mix with cornstarch to make a "slurry". Whisk the slurry and the remaining ½ cup of cherries in. Cook on high for 15 minutes, stirring occasionally.
10. Slice pork lion roast ½ inch thick and serve.

**For Serving:** Serve with sherry cherry sauce, braised onions, and roasted vegetables.

## **Recipe #3 | Red Cooking Wine Flourless Chocolate Cake with Red Wine Macerated Strawberries**

### **Red Cooking Wine Flourless Chocolate Cake**

#### **Ingredients:**

2/3 cup *Holland House Red Cooking Wine*  
1 1/3 cups granulated sugar  
¼ teaspoon sea salt  
18 oz. (2 ¼ cups) Ghirardelli bittersweet chocolate chips  
1 cup salted butter, cut into 1-inch cubes  
6 extra large eggs, at room temperature  
2 teaspoons vanilla extract  
½ cup Dutch processed or quality cocoa powder, sifted  
Powdered sugar or cocoa powder for dusting

### **Macerated Strawberries**

#### **Ingredients:**

16 oz. fresh strawberries, quartered or sliced  
2 tablespoons *Holland House Red Cooking Wine*  
2 tablespoons granulated sugar

#### **For the Cake:**

Preheat oven to 325 degrees F and place the oven rack second from the top. Prepare a 10-inch springform pan by lining with parchment paper and greasing generously with butter.

1. In a small saucepan heat the red wine, sugar, and salt on medium low, stirring until the sugar completely dissolves. Transfer to a measuring cup to cool.
2. Place chocolate chips in a large glass bowl. To melt chocolate, microwave in three to four 30-second intervals stirring with a rubber spatula each time. (Or use double-boiler method to melt)
3. Once the chocolate chips are completely melted, stir in 1 cup of cubed butter 2 pieces at a time, until smooth.
4. Using a whisk or hand mixer slowly stream in the red wine mixture into the melted chocolate.
5. Crack eggs into liquid measuring cup and add vanilla to the cup. Then whisk in eggs one at a time.
6. Add sifted cocoa powder and mix until batter is smooth.
7. Pour cake batter into prepared pan.
8. Bake for 40-45 minutes until the outer edge looks cooked and the center appears to be wet but firm to the touch. Leaving the the cake in the pan, allow to cool at room temperature on a wire rack for at least 4 hours, preferably overnight.
9. Cover the cake with sifted cocoa powder or powdered sugar.
10. Using a large spatula, carefully transfer the cake to a serving dish. Serve with macerated strawberries, fresh whipped cream, or ice cream.

#### **For the Strawberries:**

1. Place prepared strawberries in a large glass bowl, stir in cooking wine and sprinkle with sugar.
2. Allow to stand at room temperature for 30 minutes before serving.

# **NAKANO Recipes**

## *Healthy Habits for the New Year*

*Developed by Mia Syn, RDN*

### **Recipe #1: 15-Minute Chopped Chinese Chicken Salad with Sesame Dressing**

Serves: 6

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

Ingredients:

*Salad:*

12 oz. boneless, skinless chicken breast, thinly sliced

6 cups romaine, chopped

6 cups purple cabbage, chopped

1 cup mandarin orange

2 cups edamame, shelled

1/4 cup sliced, toasted almonds

cooking oil spray

*Dressing:*

1/4 cup sesame oil

2 tbsp gluten-free tamari

2 tbsp NAKANO Toasted Sesame Rice Vinegar

1 tbsp honey

1 tsp ginger, minced

2 cloves garlic, minced

Directions:

1. Spray a large sauté pan with nonstick cooking oil spray and place over medium-high heat. Add chicken and cook, stirring occasionally for about 3-5 minutes or until cooked and no longer pink. Set aside.
2. Add all salad ingredients to a large mixing bowl and toss to combine.
3. Add all dressing ingredients to a medium bowl and whisk together until combined and uniform. Pour over salad ingredients and toss to coat.

## **Recipe #2: 15-Minute Low-Carb Teriyaki Chicken Sheet Pan**

Serves: 3

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients:

*Sheet pan:*

3 boneless, skinless chicken breasts cut into bite-sized pieces

1 cup snow peas

1 red bell pepper, sliced

1 yellow bell pepper, sliced

3 large carrots, sliced diagonally

1 cup broccoli, cut into small florets

*Teriyaki Sauce:*

2 tbsp NAKANO Natural Rice Vinegar

1/4 cup water

1 tbsp cornstarch

1/4 cup gluten-free tamari

3 tbsp honey

1 tsp ginger powder

1 tsp garlic powder

Directions:

1. Preheat oven to 475 F.
2. Line a baking sheet with parchment paper and set aside.
3. In a small pot, whisk together teriyaki sauce ingredients until smooth and heat over medium-high heat until warm. Whisk until honey dissolves. Bring to a boil and reduce heat to medium, whisking constantly until desired thickness is achieved. Set aside.
4. Place chicken, carrots and bell pepper on your lined baking sheet in a single layer. Drizzle teriyaki sauce on top and bake for 7 minutes.
5. Remove from oven and add broccoli and snow peas to the baking sheet. Toss to coat all ingredients and arrange in a single layer. Cook for another 7-8 minutes or until chicken is cooked through and veggies are cooked and tender.

### Recipe #3: Cauliflower Fried Rice

Serves: 6

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes

#### Ingredients:

4 cups organic cauliflower rice

1 cup organic frozen peas

1 cup organic frozen carrots

4 organic eggs

1 cup organic red cabbage, chopped

2 tbs NAKANO Organic Natural Rice Vinegar

1/4 cup organic Gluten-free tamari

1/4 cup organic Sesame oil

salt and pepper to taste

cooking oil spray

#### Directions:

1. Add eggs, salt and pepper to a medium bowl and beat with a fork.
2. Spray a large skillet with oil and place over medium heat.
3. Add the eggs and cook, turning a few times until set. Remove from the skillet and set aside.
4. Add sesame oil to the skillet and increase heat to medium-high. Add peas, carrots and cabbage to the skillet and sauté for 3-4 minutes or until soft.
5. Add riced cauliflower to the skillet with tamari and NAKANO Organic Natural Rice Vinegar. Mix, cover and cook for another 3-4 minutes or until cauliflower rice is tender and slightly crisp, stirring occasionally.
6. Remove pan from heat and stir in the egg.