

strawberry jam

ingredients

2lbs fresh or frozen strawberries
2/3 cup sugar
1 lemon

directions

1. Place strawberries in a sauce pan with the sugar. If using fresh berries, add 1/2 cup water.
2. Simmer on low heat, stirring occasionally. The cooking time will vary depending on the amount of liquid the berries give off.
3. Cook until you achieve a syrupy consistency. If you have the patience, reducing the liquid over a longer period really helps concentrate the strawberry flavor.
4. Take off the heat and immediately add the zest and juice of one lemon. Stir to combine thoroughly.

The jam will continue to thicken as it cools. Refrigerate and eat within 2 weeks as it has no preservatives.
Makes about 1 1/2 cups.

*Recipe courtesy of:
SRC Catering—Susan Cuneo
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cream scones

ingredients

2 cups (10 oz) all-purpose flour
3 Tbs sugar
1 Tbs baking powder
1/2 tsp salt
5 Tbs unsalted, chilled butter
1 cup heavy cream

directions

1. Heat oven to 425 degrees.
2. Place flour, sugar, baking powder and salt in a food processor and pulse to combine.
3. Cut butter into small cubes and add to the dry ingredients.
4. Pulse several times until the mixture looks like coarse cornmeal and then transfer to a bowl.
5. Stir in the heavy cream with a spatula just until everything is combined.
6. Turn the dough out onto a clean, dry surface and gently knead a few times until it comes together into a sticky ball.
7. Flatten into a disc and cut 8 wedge shaped scones.
8. Place them onto a parchment-lined or ungreased cookie sheet and bake until very lightly browned, about 12 minutes.
9. You can freeze the dough for later baking, or make and refrigerate for a couple of hours prior to baking.

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chicken curry salad

ingredients

1 lb boneless, skinless cooked chicken breast
1/2 cup plain, Greek yogurt
1/4 cup mayonnaise
2 T yellow curry paste
1/4 tsp salt
1/4 tsp pepper
1/2 tsp garlic powder
1/4 tsp cayenne pepper
1 lime, zest and juice
2 stalks celery
2 scallions
1/2 cup chopped toasted almonds
2 Tbs finely chopped mint
2 Tbs finely chopped cilantro
1/2 finely chopped mango (halved grapes also work well)

Optional for spicier version—squirt of Sriracha

directions

- Skip steps 1 and 2 if you already have cooked chicken.
1. Brine 2 boneless, skinless chicken breasts in water, 3 Tbs salt, 1 Tbs brown sugar, 1 bay leaf, 6 peppercorns and a pinch of red pepper flakes for 2 - 8 hours.
 2. After brining, drain chicken from brine.
 3. Heat 9x11 baking dish in a 350 degree oven, add 1/2 cup unsalted butter.
 4. Once butter is melted in dish, add chicken breasts and turn to coat thoroughly with melted butter.
 5. Cook until chicken temp reaches 160 degrees (it will continue to cook and come up another five degrees) and remove from oven, approximately 40 minutes.
 6. Allow to cool completely before cutting into small cubes for the salad.
 7. In a large bowl, mix yogurt, mayonnaise, curry paste, salt, pepper, garlic powder and cayenne.
 8. Add zest from lime then stir in lime juice.
 9. Chop celery and scallions and mix in dressing with the chicken, mint, cilantro and chopped mango.
 10. Adjust seasonings to your taste.
 11. Fold in nuts at the end.

Serve this salad on a bed of lettuce or as a sandwich filling. If using as a sandwich filling, coat each slice of bread with a thin layer of butter or mayonnaise first.

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