



The Best Way To Enjoy A Great Kings Hot Price
Is With A Great Kings Cooking Studio Recipe!

Boneless Skinless Chicken Breast With Tomatoes, Sage And Leeks Over Linguine

Adapted from a recipe by Diana Albanese, cooking studio instructor
Serves 4-6

Ingredients:

- 1 Pound Boneless, Skinless Chicken Breasts, Cut Into Thin Slices
- 4 Tablespoons Extra Virgin Olive Oil
- 2 Tablespoons Chopped Fresh Sage
- 1 Large Garlic Clove, Crushed and Roughly Chopped
- 1 Leek, White and Pale Green Part, Sliced Into Thin, Half-Moons
- 1/4 Pound Shiitake Mushrooms, Stemmed and Sliced
- 3 Vine Ripened Tomatoes, Peeled, Seeded and Chopped
- 1/2 Cup Low Sodium Chicken Broth, May Need More
- 1 Stick Unsalted Butter, Cut Into Pieces
- Salt and Freshly Ground Black Pepper
- 1 Pound Imported Fine Linguine
- Imported Freshly Grated Parmesan Cheese, Optional

Method:

1. Combine 2 tablespoons extra virgin olive oil with 1 tablespoon chopped sage, the fresh garlic, salt and pepper in a non-reactive bowl or in a large zip top bag. Add the chicken breasts and coat all sides of the chicken. Marinate for 10 minutes.
2. Bring a large pot of water to the boil for pasta. Add salt and cook until al dente.
3. Heat a large sauté pan with the remaining oil over medium heat. Saute the leeks and mushrooms for 5 minutes. Add the tomatoes, broth and butter. Season with salt and pepper. Combine and cook for 2 minutes.
4. Cook the chicken in a grill pan over high heat for 3 minutes per side. Rest, and then slice the chicken into 3/4-inch strips. Add the chicken to the skillet and 1 tablespoon of chopped sage.
5. Drain the pasta and add it to the skillet. Toss, adjust seasonings and add grated cheese if desired.

Asparagus And Cheese Wrapped In Prosciutto

Adapted from a recipe by Sally Kofke, cooking studio instructor

Serves 6

Ingredients:

1/2 Pound Cold Italian Fontina Cheese Cut in Thin Slices

18 Thick Stalks of Asparagus

6 Large, Thin Slices of Imported Prosciutto (Parma or San Daniele)

Unsalted Butter

Method:

1. Pre-heat the oven to 400 degrees F. Choose a baking dish large enough to hold the bundles in a single layer. Lightly butter the bottom of the dish and set aside.
2. Leave the Fontina cheese in the refrigerator to stay cold until you need it.
3. Wash the asparagus, trim the hard ends and peel the stalks. Line them up and cut the bottoms so they are all the same length.
4. Steam the asparagus until al dente (a little underdone). Drain, and then refresh the asparagus by running them under cold water. Dry them and set them aside.
5. Set aside 12 long thin slices of the fontina and divide the rest into 6 portions.
6. Lay the prosciutto slices on a clean work surface. Place three asparagus spears across the short side of each slice. Top with the fontina, tucking some in between the spears.
7. Fold the prosciutto snugly around the asparagus and place the bundles in the prepared baking dish.
8. Lay the remaining 12 slices of cheese across the bundles, forming an X. Dot each bundle with about one teaspoon of butter.
9. Place the baking dish on the top shelf of the preheated oven. Bake about 20 minutes, or until the cheese has melted and the top is a spotty brown.
10. Remove and rest for 5 minutes, then serve each person a bundle.
11. Spoon the accumulated juices over the top and serve with crusty Italian bread.

Butternut Squash Soup Featuring Peeled Butternut Squash

From our cooking studio recipes

Serves 4

Ingredients:

3 Pounds Peeled Butternut Squash
Olive Oil
1/2 Cup Onion, Minced
1 Stalk Celery
2 Quarts Chicken Stock
1/2 Cup Sour Cream
1/4 Teaspoon Cinnamon
1 Teaspoon Sugar
1/2 Cup Pepitas (Pumpkin Seeds)

Method:

1. Preheat the oven to 350 degrees F.
2. Toss the squash with 2 or 3 tablespoons olive oil. Spread the squash on a sheet pan lined with foil or parchment paper. Bake 30 to 45-minutes or until a knife easily goes into the thickest piece. Remove from the oven and cool.
3. Meanwhile, finely mince the onion and celery. Melt the butter in a large, heavy soup pot. Add the onion and celery and “sweat” them for 3-4 minutes.
4. Add the chicken broth and bring it to a simmer on medium-high heat.
5. Add the squash to the soup pot.
6. Simmer the mixture for 10-15 minutes.
7. Use an immersion blender to puree the soup. Or puree it in a blender. Don't fill the blender to the top! It might take 3 or 4 batches to puree all of the soup.
8. Combine the sour cream, sugar and cinnamon in a small bowl. Stir to thoroughly combine and pour it into a squeeze bottle.
9. Put a ladle of the soup into a bowl. Drizzle some of the sour cream mixture on top, sprinkle with 1-2 teaspoons of pepitas and serve.

Pollock Fillet

From our cooking studio recipes

Serves 6

Ingredients:

2-1/2 to 3 Pounds Pollock Filets (Enough to Make 6 Portions)
1/4 Cup All Purpose Flour
1 Teaspoon Paprika
1 Teaspoon Salt
1/2 Teaspoon Pepper
1/4 Teaspoon Onion Powder
6 Tablespoons Unsalted Butter (1/2 Stick)
1 Large Lemon
1 Tablespoon Chopped Flat Leaf Parsley

Method:

1. Preheat the broiler. Generously grease a broiler safe baking pan and set it aside.
2. Rinse the fish under cold water and pat it dry. Remove any bones.
3. Cut the fish as needed to make 6 portions.
4. Combine the flour, paprika, salt, pepper and onion powder in a shallow dish like a pie plate.
5. Dredge the fillets in the seasoned flour. Shake gently to remove excess flour and lay the fillets skin side down on the prepared baking pan.
6. Melt the butter and drizzle 4 tablespoons evenly over the fish.
7. Broil for 10-15 minutes, or until the fish flakes easily with a fork.
8. Cut the lemon in half and juice one half to make 2 tablespoons juice. Slice the other half into thin slices to use as garnish.
9. Add the remaining 2 tablespoons butter in a small frying pan. Add the almond slices and saute over medium heat until they are golden brown.
10. Add the lemon juice and parsley to the pan with the almonds. Remove from the heat.
11. Pour the sauce over the fillets, garnish with lemon slices and serve immediately.

Fluke Fillet

From our cooking studio recipes

Serves 4

Ingredients:

4-6 Fluke Fillets

1 Lemon

2 Sleeves Butter-Flavored Crackers (Ritz)

1 Stick Salted Butter

Method:

1. Preheat the oven to 450 degrees F. Butter the bottom a 9x13 inch glass baking dish available,
2. Rinse the fillets and dry them thoroughly. Feel for bones and remove any you find. Be sure the fish is very dry.
3. Crush the crackers until only a few small pieces remain. You can do this in a food processor or in a plastic bag.
4. Melt 3/4-stick butter (6 tablespoons)
5. Line the fillets in the baking dish in a single layer. Sprinkle the crushed crackers evenly over the fish.
6. Drizzle the melted butter over the crackers.
7. Cut 5 or 6 thin slices from one lemon and lay them down the middle of the dish. Save the other lemon to use as a garnish.
8. Place the fish in the preheated oven only until the fish is cooked through or the crumbs are a nice golden brown, no more than 10-12 minutes. Start checking at 8 or 9 minutes.
9. Remove the fluke fillets from the oven. Squeeze the juice from the unused half lemon over the fish. Cut the remaining whole lemon into slices to garnish the fish at serving.

Serve with a green salad and roasted potatoes.