

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING GRASS-FED BEEF & ZUCCHINI SKILLET

SALAD COURSE:

Arugula & Cherry Tomato Salad with Shaved Parmesan

INGREDIENTS

4 cups baby arugula
1 cup cherry tomatoes, halved
1/4 cup shaved Parmesan
2 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
1 tsp Dijon mustard
Salt and freshly ground black pepper to taste

PREPARATION

Whisk olive oil, lemon juice, Dijon, salt and pepper in a small bowl.
Toss arugula and cherry tomatoes lightly with the dressing.
Add shaved Parmesan and gently toss once more.

PRESENTATION

Serve on chilled plates, mound the salad in the center, scatter a few extra Parmesan shavings on top and finish with a light drizzle of olive oil and a lemon wedge on the side.

ENTREE — GRASS-FED BEEF & ZUCCHINI SKILLET

INGREDIENTS (SERVES 4)

1 lb grass-fed ground beef (or thinly sliced grass-fed skirt/flank if preferred)
3 medium zucchini, sliced into 1/4" rounds
1 medium yellow onion, thinly sliced
3 cloves garlic, minced
2 tbsp olive oil
1 tsp smoked paprika
1/2 tsp dried oregano
1/4 tsp red pepper flakes (optional)
Salt and black pepper to taste
1/4 cup beef stock or dry red wine (optional, for deglazing)
2 tbsp chopped fresh parsley or basil

1 tbsp butter (optional, for finish)

PREPARATION

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add sliced zucchini in a single layer and sear until golden, about 2–3 minutes per side. Remove and set aside.

Add remaining 1 tbsp olive oil to the skillet. Add onion and cook until soft and beginning to brown, 5–7 minutes. Add garlic and cook 30 seconds.

Add the grass-fed beef, breaking up with a spoon; season with smoked paprika, oregano, red pepper flakes, salt and pepper. Cook until beef is browned.

Deglaze the pan with beef stock or 2 tbsp red wine if using, scraping up browned bits. Return zucchini to skillet and stir to combine. Simmer 2–3 minutes so flavors meld.

Stir in butter (if using) and chopped herbs. Adjust seasoning.

PRESENTATION

Serve family-style in the skillet or spoon onto warm plates. Garnish with extra parsley, a few lemon wedges on the side, and freshly cracked black pepper.

SIDE DISH 1 — GARLIC PARMESAN ROASTED BABY POTATOES

INGREDIENTS

1.5 lbs baby potatoes, halved

2 tbsp olive oil

3 garlic cloves, minced

1/3 cup grated Parmesan

1 tsp dried rosemary or thyme

Salt and black pepper

PREPARATION

Preheat oven to 425°F (220°C). Toss potatoes with olive oil, garlic, rosemary, salt and pepper.

Roast on a sheet tray cut-side down for 20–25 minutes until golden and crispy. Remove and sprinkle with Parmesan; return to oven 2 minutes to melt.

PRESENTATION

Serve in a warm serving bowl sprinkled with chopped parsley and a dusting of extra Parmesan.

SIDE DISH 2 — SAUTÉED GREEN BEANS WITH TOASTED ALMONDS

INGREDIENTS

1 lb green beans, trimmed

1 tbsp olive oil

2 tbsp butter

2 cloves garlic, sliced thin

1/4 cup sliced almonds, toasted
Salt and pepper, squeeze of lemon (optional)

PREPARATION

Blanch green beans 2–3 minutes in salted boiling water, then shock in ice water. Drain.

In a skillet, heat olive oil and butter, add garlic until fragrant, add green beans and toss until heated through. Season with salt, pepper and a squeeze of lemon. Stir in toasted almonds.

PRESENTATION

Plate alongside the entree, scatter a few almonds on top for texture.

DESSERT — WARM BERRY COMPOTE WITH MASCARPONE

INGREDIENTS

2 cups mixed berries (fresh or frozen)
2 tbsp honey or sugar
1 tsp lemon zest
1/2 tsp vanilla extract
1 cup mascarpone or whipped cream

OPTIONAL: SHORTBREAD COOKIES OR BISCOTTI FOR SERVING

PREPARATION

In a small saucepan, combine berries, honey, lemon zest and vanilla. Simmer over medium heat 6–8 minutes until berries break down slightly and sauce thickens. Remove from heat and cool slightly.

Spoon a dollop of mascarpone into dessert bowls and top with warm berry compote.

PRESENTATION

Serve warm in small bowls with a cookie on the side and a mint leaf garnish.

WINE PAIRING

RECOMMENDED WINE: KAIKEN ULTRA MALBEC RED WINE

WHY THIS WINE

Malbec's ripe dark-fruit flavors (black cherry, plum) and plush tannins complement the earthy, lean richness of grass-fed beef without overpowering it. Its moderate acidity and spice notes also balance the grilled/seared flavors and the herbaceous zucchini, while providing a smooth finish that works well across the whole menu.