

# Recipes

By  
*Delaware*

## FULL MEAL RECIPE FEATURING SWEET HONEY JAPANESE BBQ RIBS (SERVES 4)

### SALAD

#### ARUGULA & ORANGE SALAD WITH BALSAMIC

#### INGREDIENTS

6 cups arugula  
2 oranges, peeled and segmented  
1/3 cup shaved parmesan (optional)  
1/4 cup toasted walnuts (optional)  
2 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tsp honey (optional)  
Salt and black pepper

#### PREPARATION

Whisk olive oil, balsamic, honey, salt, and pepper.  
Toss arugula with dressing.  
Top with orange segments and parmesan/walnuts if using.

#### PRESENTATION

Serve on a platter, letting the citrus sit on top. Finish with extra pepper.

#### ENTREE (MEAT-CENTERED): ITALIAN-STYLE STUFFED TURKEY SAUSAGE SKILLET (BAKED “SAUSAGE CUPS”)

Works great for the “stuffed” idea—your turkey sausage is the star and the filling is mixed into baked sausage portions.

#### INGREDIENTS

1 lb Turkey Italian Style Sausage (mild or hot), casings removed (loose sausage)  
1 small onion, finely diced  
1 bell pepper, finely diced  
2 cloves garlic, minced  
1 tbsp tomato paste (optional)  
1 tsp Italian seasoning  
1/2 tsp red pepper flakes (optional)

1/2 cup marinara sauce (or crushed tomatoes)  
1/2 cup breadcrumbs  
1/2 cup grated parmesan (optional)  
1 egg (optional, helps bind)  
Salt and pepper  
2 tbsp olive oil

#### **PREPARATION**

**Cook the base:** Heat olive oil in a skillet. Sauté onion and bell pepper until soft, 6–8 minutes. Add garlic 30 seconds.

**Brown sausage:** Add turkey sausage; cook until fully browned, breaking it up, 8–10 minutes.

**Season & simmer:** Stir in tomato paste, Italian seasoning, red pepper flakes (if using), and marinara. Simmer 3–5 minutes.

**Make it “stuffed”:** Turn off heat. Stir in breadcrumbs (and parmesan). If it feels loose, mix in the egg.

**Shape & bake:** Preheat oven to 400°F (205°C). Scoop mixture into 8–10 portions on a parchment-lined tray (or form a loaf and slice). Bake 15–20 minutes until set and lightly browned.

**Serve warm:** Spoon any extra sauce on top.

#### **PRESENTATION**

Arrange “sausage cups” on a warm plate. Garnish with chopped parsley (optional) and a drizzle of marinara.

#### **TWO SUGGESTED SIDE DISHES**

##### **SIDE A: GARLIC ROASTED POTATOES**

#### **INGREDIENTS**

1.5 lb baby potatoes, halved  
3 tbsp olive oil  
4 cloves garlic, minced  
1 tsp kosher salt  
1/2 tsp black pepper  
1 tsp rosemary (optional)

#### **Preparation**

Heat oven to 425°F (220°C).

Toss potatoes with oil, garlic, salt, pepper, and rosemary.

Roast 25–35 minutes, tossing once, until crisp.

#### **PRESENTATION**

Serve family-style in a bowl; add a final pinch of salt.

##### **Side B: Simple Lemon Butter Green Beans**

#### **Ingredients**

1 lb green beans (trimmed)  
2 tbsp butter  
1–2 cloves garlic, minced  
2 tbsp chicken stock or water  
1 tbsp lemon juice  
Salt and pepper

#### **PREPARATION**

Blanch green beans in boiling salted water 2–3 minutes; drain.  
Sauté garlic in butter 30 seconds. Add beans and stock; simmer 2 minutes.  
Stir in lemon juice and season.

#### **PRESENTATION**

Plate with a glossy finish; serve immediately.

#### **DESSERT: WARM VANILLA BERRY CRUMBLE**

#### **INGREDIENTS**

3 cups berries (fresh or frozen)  
1/3 cup sugar  
1 tbsp lemon juice  
1 tbsp cornstarch  
1 cup rolled oats  
1/2 cup flour  
1/3 cup brown sugar  
1 tsp cinnamon (optional)  
6 tbsp cold butter, cubed  
Pinch of salt

#### **PREPARATION**

Heat oven to 350°F (175°C).  
Toss berries with sugar, lemon, and cornstarch; spread in a baking dish.  
Mix oats, flour, brown sugar, cinnamon, and salt. Cut in butter until crumbly.  
Sprinkle over berries; bake 35–45 minutes until bubbling and golden.  
Rest 10 minutes.

#### **PRESENTATION**

Serve warm in bowls (great with vanilla ice cream if available).

#### **WINE PAIRING**

#### **RECANATI MERLOT GALILEE ISRAEL**

Why this is the best choice: Merlot's medium body and smooth red-fruit profile pair well with Italian-style turkey sausage, balancing the savory spices and tomato notes without overpowering the dish.