

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING SAUSAGE STROGANOFF

SALAD

ARUGULA, PEAR & PARMESAN SALAD

INGREDIENTS:

4 cups baby arugula
1 ripe pear, thinly sliced
1/4 cup shaved Parmesan
2 tbsp toasted walnuts (optional)
2 tbsp extra-virgin olive oil
1 tbsp white wine vinegar
1 tsp Dijon mustard
Salt and freshly ground black pepper

PREPARATION:

Whisk olive oil, white wine vinegar, Dijon, salt and pepper to make a light vinaigrette.
Toss arugula with vinaigrette just before serving. Add pear slices, walnuts and shave Parmesan on top.

PRESENTATION:

Arrange arugula in shallow bowls. Fan pear slices over the greens, scatter walnuts and finish with Parmesan shavings and a light drizzle of vinaigrette.

ENTREE — SAUSAGE STROGANOFF (SERVES 4)

INGREDIENTS:

1 lb sausage (Mild or Hot Italian, or pork sausages from the market), casings removed and crumbled
2 tbsp butter
1 tbsp olive oil
1 medium onion, thinly sliced
10 oz mushrooms, sliced (cremini or button)
2 garlic cloves, minced
1 tbsp tomato paste
1 cup low-sodium chicken stock

**1 tbsp Worcestershire sauce
1 tsp smoked paprika (optional)
1 cup sour cream (or Greek yogurt)
1 tbsp Dijon mustard
Salt and pepper to taste
Fresh parsley, chopped
Egg noodles, mashed potatoes, or rice for serving**

PREPARATION:

In a large skillet over medium-high heat, brown the crumbled sausage until cooked through. Remove and set aside, leaving rendered fat. Add butter and olive oil to the pan. Sauté onions until translucent, then add mushrooms and cook until they release moisture and begin to brown (6–8 minutes). Add garlic and tomato paste; cook 1 minute. Return sausage to pan. Stir in chicken stock, Worcestershire, and smoked paprika. Simmer 5–6 minutes to reduce slightly. Remove from heat and stir in sour cream and Dijon until smooth. Taste and adjust seasoning with salt and pepper. Reheat gently if needed (do not boil after adding sour cream to prevent splitting).

PRESENTATION:

Spoon stroganoff over a nest of buttered egg noodles or mashed potatoes on warm plates. Garnish with chopped parsley and a few mushroom slices for height.

SIDE DISH 1 — GARLIC BUTTER GREEN BEANS

INGREDIENTS:

**1 lb green beans, trimmed
2 tbsp butter
2 garlic cloves, thinly sliced
Salt, pepper, pinch of crushed red pepper (optional)
1 tsp lemon zest**

PREPARATION:

Blanch green beans in salted boiling water 3–4 minutes until bright green and just tender. Drain and shock in ice water, then drain. In a skillet melt butter, sauté garlic briefly, add beans and toss to coat. Season and finish with lemon zest.

PRESENTATION:

Serve in a long oval dish, drizzle any remaining garlic butter over the top and sprinkle a little lemon zest.

SIDE DISH 2 — HERBED BUTTERED EGG NOODLES

INGREDIENTS:

12 oz wide egg noodles
3 tbsp butter
1 tbsp chopped fresh parsley
1 tsp chopped fresh thyme or dill
Salt and pepper

PREPARATION:

Cook noodles according to package; drain.
Toss hot noodles with butter and herbs. Season to taste.

PRESENTATION:

Mound noodles beside the stroganoff or beneath it as a base; sprinkle extra parsley for color.

DESSERT — WARM APPLE CRUMBLE WITH VANILLA CREAM

INGREDIENTS:

3 large apples (firm variety), peeled, cored and sliced
2 tbsp brown sugar, 1 tsp cinnamon, 1 tbsp lemon juice
For crumble: 3/4 cup rolled oats, 1/3 cup flour, 1/3 cup brown sugar, 1/4 cup cold butter cubed
Vanilla ice cream or whipped cream

PREPARATION:

Toss apple slices with brown sugar, cinnamon and lemon. Place in small baking dish.
Combine oats, flour and sugar; rub in butter until crumbly. Sprinkle over apples.
Bake at 375°F (190°C) for 25–30 minutes until topping is golden and apples are bubbling.

PRESENTATION:

Serve warm in shallow bowls with a scoop of vanilla ice cream or a dollop of vanilla cream and a dusting of cinnamon.

WINE PAIRING

RECOMMENDED WINE: RECANATI MERLOT GALILEE ISRAEL

Merlot's plush red-fruit profile, moderate tannins and smooth texture complement the savory, slightly spicy sausage and the creamy mushroom sauce without overpowering them. Its roundness balances the richness of sour cream and butter, while enough acidity lifts the dish and refreshes the palate between bites.