

CHEF MARIE'S PERSONAL RECIPES

SIDE DISHES

(Vegetables, Casseroles, Pasta, Rice, Beans, etc...)



MARIE-ANNICK COURTIER

www.marieannick.com

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SIDE DISHES

A Healthier Refried Beans Recipe



*1 Tbsp. olive oil
1 small onion, peeled and diced small
2 garlic cloves, minced
2 Tbsp. chili powder
1 lb. freshly cooked kidney beans
2 Tbsp. lime juice
1/4 cup vegetable stock
2 Tbsp. freshly minced cilantro
Salt to taste
Minced cilantro for garnishing*

Heat the oil in a large saucepan over medium heat. Add the onion and sauté for 3 to 5 minutes or until tender. Stir in the garlic, chili powder, beans, and mix. Add the lime juice, stock, cilantro, and bring to a boil. Mash the beans with a potato masher or purée with hand blender. Continue to cook until the mixture starts to be on the dry side or adjust with a little more stock, if too thick. Adjust seasoning and garnish with minced cilantro, before serving.

Option: Add green onions and/or small diced cooked carrots and bell peppers. You can also add some diced tomatoes for a reddish color.

Note that the amount of stock you will need may vary based on how soft the beans are when you started. Always have a little extra stock on hand!

Yield: 6 servings.

Broad Bean and Garbanzo Salad



*2 shallots, minced
2 garlic cloves, minced
1 tsp. Dijon mustard
4 Tbsp. balsamic vinegar
6 Tbsp. olive oil
3 Tbsp. minced salad herbs
8 z. cooked broad beans
8 oz. cooked garbanzo
2 tomatoes, cut in half and sliced
1 lemon, quartered
1 cup shredded greens
Salt and pepper to taste*

Mix the shallots, garlic cloves, mustard and vinegar in a bowl. Slowly whisk in the oil. Add the little water or vegetable stock, if thinner and less vinegary is desired. Add the herbs and season to taste.

Mix 3/4 of the dressing with the broad beans and garbanzo. Spread the broad beans and garbanzo over half of a platter surface. Décor with shredded lettuce, tomato slices and lemon.

Option: You can top the salad with cooked tuna and/or eggs.

Makes 4 to 6 servings.

Bulgur with Cranberries and Almonds



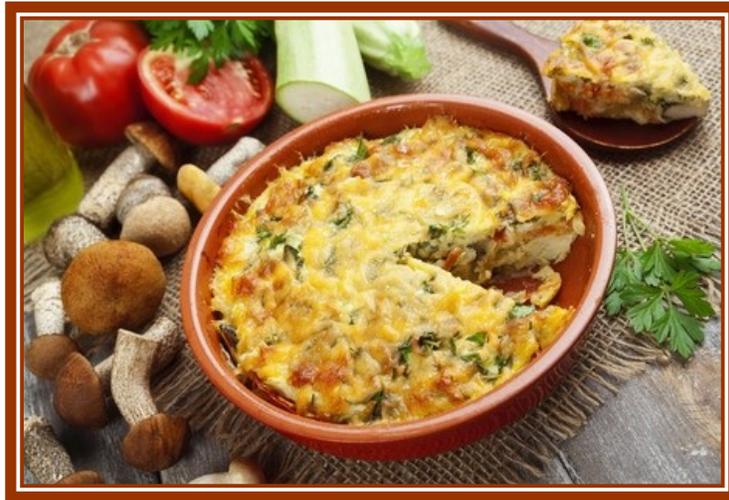
*1 tsp. grapeseed oil
2 cups of chicken or vegetables stock
3/4 cup bulgur wheat
2 Tbsp. dried cranberries
2 Tbsp. almonds, chopped
1 Tbsp. freshly minced parsley
Salt and pepper to taste
1 lemon*

Bring the stock to boil in a pan over medium high heat. Add the bulgur wheat, stir well, and bring to a boil again. Reduce heat and simmer for 4 minutes. Remove from the heat. Add the cranberries, almonds, parsley, a little lemon juice and grapeseed oil. Mix and adjust seasonings. Cover and set aside for 10 minutes before use.

Option: You may omit the oil for less fat.

Makes 4 to 6 servings.

Vegetables Cocotte



*1 small broccoli head
1/2 cup baby spinach leaves
1 red bell pepper, chopped small
2 Roma tomatoes, seeded and sliced
4 oz. mushrooms, thinly sliced
2 garlic cloves, minced
4 large eggs
2 Tbsp. olive oil
2 pinches of nutmeg
1 bunch of fresh basil leaves, chopped
1 bunch of fresh chives, chopped
1 bunch of fresh parsley, chopped
2.5 oz. cornstarch
4 oz. soft goat cheese, chopped
1 Tbsp. low-fat milk
Salt and cayenne pepper to taste*

Separate the broccoli florets and steam for 15 minutes. Remove and pat dry. Chop small and set aside. Preheat the oven to 350°F.

Using a whisk; mix the eggs, cornstarch, milk, goat cheese, olive oil, nutmeg and herbs in a bowl. Add salt and cayenne pepper to taste. Grease a round ceramic pan. Spread over the broccoli florets, spinach, red bell pepper, tomato slices, mushrooms and garlic. Carefully pour over the eggs mixture. Bake for 50 minutes or until set. Remove from the oven, slice, and serve immediately.

Option: Sprinkle shredded Swiss cheese over the surface, 10 minutes before end of cooking time.

Makes 6 servings.

Cranberry and Blackcurrant Sauce



*12 oz. fresh cranberry (1 package)
1/2 cup sugar
1 cup water
6 Tbsp. blackcurrant jam*

Place the cranberries, sugar and water in a pan. Bring to a boil over medium heat. Reduce heat and simmer until the cranberries breakdown. Add the blackcurrant jam and mix until incorporated. Remove from heat and let cool down. Transfer to a serving bowl and refrigerate until use.

Comments: If a stronger blackcurrant flavor is desired, I suggest you add 1 to 2 Tbsp. Cassis (Blackcurrant) Liqueur, once slightly cooled down. Also, our family is used to less sweetness, so as in most of my recipes, I purposely reduced the amount of sugar. In this recipe, I used 1/2 cup instead of 1 cup.

Makes approx. 6 servings.

Curried Spaghetti Squash and Vegetables



*2 ½ lbs. spaghetti squash
2 tsp. grape seed oil
1 small onion (about 4 ounces), diced
2 garlic cloves, minced
2 tomatoes; peeled, seeded and diced
2 tsp. minced ginger
1 tsp. powdered red curry
1 tsp. honey
1 Tbsp. freshly minced basil
1 Tbsp. freshly minced cilantro
1 Tbsp. parsley
Salt and cayenne pepper to taste*

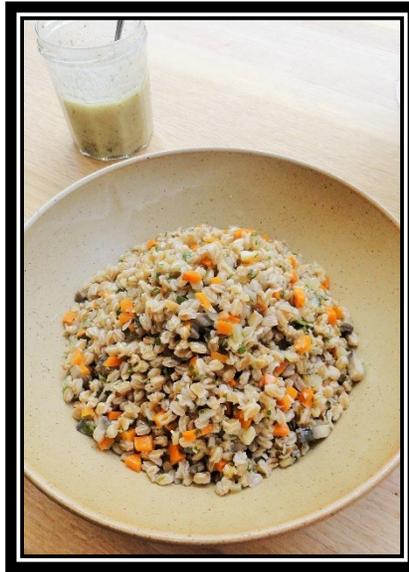
Preheat the oven to 375°F.

Cut the spaghetti squash in half and place each half side down on a greased baking sheet. Bake for 30 minutes or until tender. Close to the end of cooking, heat the oil in a sauté pan. Add the onion and sauté until translucent. Add the garlic, tomatoes, ginger, red curry, honey, and mix well. Continue to cook for 2 minutes. Add the basil, cilantro, parsley, and season to taste. Cook for a minute.

Remove the squash halves from the oven. Using a fork shred the squash halves and transfer to a serving platter. Top with the prepared vegetables and serve immediately.

Makes 4 servings.

Farro and Vegetables Salad

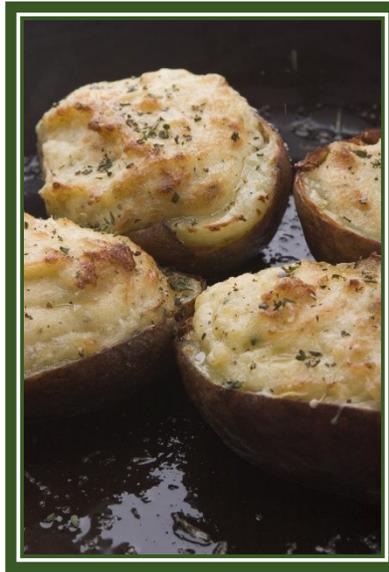


1 cup Farro, rinsed
2 tsp. olive oil
1 small sweet onion, diced
1 large carrot, diced
1 large celery branch, diced
1 large garlic clove, diced
2 tsp. dry Italian herbs
2 Roma tomatoes, diced
3 mushrooms, diced
1 large garlic clove, diced
1/4 cup of vegetable stock
3 Tbsp. hazelnut oil
1 Tbsp. red wine vinegar
2 Tbsp. minced basil
Salt and pepper to taste

Mix the hazelnut oil, vinegar and basil in a bowl. Season to taste and set aside. Follow Farro cooking package directions. When cooked, immediately drain, and set aside. Heat the olive oil in a sauté pan. Add the onion and slightly brown. Add the carrot, celery, garlic, Italian herbs, and cook for 2 minutes. Add the tomatoes, mushrooms, and cook for another 2 minutes. Add the prepared Farro, vegetable stock, and bring to a boil. Cook until liquid is almost evaporated and, if necessary, very lightly season to taste (keep in mind that the vinaigrette is already seasoned). Remove from heat and transfer to a serving bowl. Slightly cool and then refrigerate. Before serving, add the prepared vinaigrette, and serve immediately.

Comments: You can also eat it warm or cold and with or without the vinaigrette. You may substitute the dry herbs (or reinforce the flavor) with fresh herbs added towards the end of cooking. Makes 6 servings.

Garlic Mashed Potatoes



*8 white potatoes
6 garlic cloves, peeled
2/3 cup chicken or vegetable stock, hot
1 Tbsp. fresh parsley, minced
1 Tbsp. fresh chives, minced
Salt and pepper
2 Tbsp. olive oil (option)*

Peel, quarter, and place the potatoes in a large pan. Cover with cold water. Add the garlic cloves, 1/4 tsp. of salt, and bring to a boil over high heat. Reduce heat, cover, and cook the potatoes until done (about 20-25 minutes). Strain, purée, add stock, and mix shortly. Add parsley, chives, olive oil (option), and season to taste.

Option: Use red potatoes, Yukon potatoes or sweet potatoes. You may substitute the stock with half regular/low-fat milk and half stock. You may also substitute the stock with regular/low fat milk. By omitting the usual butter and cream, you will limit the amount of fat and reduce the number of calories.

You can use some purée of vegetables to create different flavors to your mash potatoes: Use equal amount of carrots and potatoes; use spinach or broccoli (use at least 1/2 lb. or more to taste); use a 1/4 of tomato purée and 3/4 of potato purée. Use the same concept for 1/4 peanut butter and 3/4 of sweet potatoes, a very southern style recipe. You could use that as a healthy spread as well.

To your mashed potatoes, you can also add horseradish or mustard. Finally, use fresh herbs and spices to bring different flavors.

Comments: The amount of stock may vary based on the size of the potatoes. 2/3 cup is an approximation. Yield: 8 servings

Glaze for Vegetables



*2 cups vegetables stock
1/4 cup lemon juice
Zest of 1 lemon, minced
4 garlic cloves, minced
3 lemongrass stalks, white part, minced
2 green onions, minced
Pepper to taste
Honey*

Bring the following ingredients to a boil in a pan over high heat: stock, lemon juice, lemon zest, garlic, lemongrass, and green onions. Reduce liquid by half. Add pepper to taste and cool. Strain and refrigerate until later use. If it tastes too acidic, add a teaspoon of honey towards the end of the cooking.

Place cooked vegetables in a bowl; add warm glaze and mix until blended. You can also brush the glaze over grilled or baked meat or fish.

Option: For a Thai flavor, use cayenne pepper, sprinkle toasted sesame seeds and drizzle in a little sesame oil. You can substitute lemon with lime or orange. Omit lemongrass then.

Makes 1 cup.

Honey and Thyme Butternut Squash



*1 large butternut squash, peeled and diced
2 Tbsp. grape seed oil
2 tsp. warmed honey
2 pinches freshly minced thyme
2 pinches freshly ground black pepper
1 pinch salt
4 tsp. regular or glazed walnuts*

Preheat the oven to 425°F.

Place the grapeseed oil, warmed honey and thyme in a large bowl. Add the butternut squash pieces. Mix and transfer to a greased baking sheet pan. Bake for 20 minutes. Carefully mix with a metal spatula and continue to cook for another 10 to 20 minutes, or until cooked through. Time may vary based on cut sizes. Décor with walnuts and serve immediately.

Option: You can substitute honey and thyme with maple syrup and cinnamon.

Makes 4 servings.

Korean Stir-Fry Vegetables



3 tsp. grapeseed oil or canola oil
1 medium onion; peeled, quartered and sliced
2 medium carrots, peeled and thinly sliced
2 garlic cloves, minced
1-inch fresh young ginger, minced
2 medium fresh turmeric roots, peeled and minced
A bunch of baby bok choy, cut in half
A bunch of kai Lan (similar to Chinese broccoli), chopped
A bunch of choy sum (similar to mustardy greens), chopped
A bunch of chives flowers (or garlic chives), chopped 1.5 inch long
1 bunch of fresh Thai basil
1 lb. oyster mushrooms, sliced
1 lb. shitake mushrooms, sliced
2 Tbsp. low-sodium soy sauce
A few drops of High quality Korean fish sauce
Hot chili sauce (optional)

Heat 1 tsp. oil in a wok over medium heat. Add the onion and sauté a minute. Add the carrots and sauté for another minute. Add a third of the garlic, ginger, turmeric, a bit of Thai basil, and mix well. Cook for another 2 minutes, add a little bit of soy sauce and 2-3 drops of fish sauce. Mix and transfer to a storage container. Add 1 tsp. oil in the wok. Add the baby bok choy, choy sum, chives flowers and a bit of Thai basil. Top with a third of the garlic, ginger, turmeric, remaining Thai basil, and mix quickly. Cook until the greens are almost wilted, before adding a little bit of soy sauce and 2-3 drops of fish sauce. Transfer to the already used storage container. Add 1 tsp. oil in the wok. Add the mushrooms and sauté for a couple of minutes or until cooked through. Add a little soy sauce, mix, and transfer to container. Mix all and serve immediately with some hot chili sauce on the side. You may make this ahead of time and quickly reheat in the microwave.

Suggestions: Serve with Korean rice noodles - Add pieces of fish, chicken, pork, beef or nuts such as peanuts or cashews. Makes 4 to 6 servings.

Maple Syrup Roasted Butternut Squash



*1 medium butternut squash
1 tablespoon grapeseed oil
2 tablespoons maple syrup
1/4 teaspoon orange extract
Pumpkin Pie Spices
2 tablespoons chopped toasted hazelnuts
Salt and pepper to taste
Hazelnut oil (option)*

Preheat the oven to 375°F. Mix the grapeseed oil, maple syrup and extract. Cut the butternut in half. Seed it and pat dry the hole. Spread the maple syrup mixture all over the flesh. Sprinkle pinches of pumpkin pie spices. Season to taste and bake for 55 minutes or until easy to insert a knife into the flesh. If the flesh starts to brown too quickly, cover with aluminum foil and continue to cook. Before serving, sprinkle with hazelnuts and, if desired, drizzle a little hazelnut oil.

Makes 4 servings.

Maple Syrup Baked Sweet Potatoes



*4 small to medium sweet potatoes
4 tsp. grapeseed oil
2 Tbsp. maple syrup
1/4 tsp. orange extract
Cinnamon to taste
Cardamom to taste
4 tsp. chopped toasted pecans
Salt and pepper to taste
Thyme to décor*

Preheat the oven to 375°F.

Mix the grapeseed, maple syrup, orange extract, and set aside.

Place each yam in a foil and transfer to a baking sheet. Bake for 45 minutes or until a knife is easily inserted into the yams. Open and cut the top of each yam. With a fork, roughly chop the yam, making sure you don't break the skin. Drizzle the prepared mixture over the yams. Drizzle cinnamon, cardamom, and season to taste. Sprinkle toasted pecans over the yams, décor with thyme, and serve immediately.

Makes 4 servings.

My Favorite Turkey Stuffing



1 lb. onion, diced small
1/2 lb. celery, diced small
1/2 cup grapeseed oil or olive oil
2 lbs. whole wheat bread (2 days old-crust removed)
1/2 cup fresh parsley, chopped
1 tsp. dry sage
1/2 tsp. dry thyme
1/2 tsp. dry marjoram
1 tsp. pepper
1 tsp. salt
1 lb. mixed dried raisins, berries, and cherries blend
1 cup hazelnuts
4 to 5 cups organic turkey or chicken stock

Place the bread in a large bowl. Heat the oil in a large pan over high heat. Add the onion and celery. Sauté until the onion is translucent. Transfer to the bread pan and add the herbs. Add the stock, a little bit at a time, keep mixing until moist but not soggy, and season to taste. Mix in the berries blend and hazelnuts. Stuff the turkey or transfer to a greased pan to bake separately. If separate, bake at 375°F for about one hour. Otherwise, move on according to your turkey cooking instructions.

Comments: You may substitute some of the oil with stock, but the flavor will not be quite the same. When stuffing a bird, make sure the stuffing is a little bit on the dry side, so it can absorb some bird moisture while cooking. This will add wonderful flavors to your stuffing. Also keep in mind that the stuffing will expand, so don't over stuff the bird. If you bake the stuffing separately, make it moister with chicken stock, as it will dry out more than when it is stuffed in the bird.

Makes enough stuffing for a 20 - 24 lbs. turkey.

Orange Sweet Potato or Yam Puffs



<i>1/2 cup water</i>	<i>1/8 tsp. pepper</i>
<i>4 Tbsp. unsalted butter</i>	<i>1/2 cup all-purpose flour</i>
<i>2 Tbsp. sugar</i>	<i>2 extra-large eggs</i>
<i>2 tsp. pumpkin pie spices</i>	<i>3.3 oz. (100 gr) cooked yam/orange sweet potato</i>
<i>1 tsp. orange extract</i>	<i>Cinnamon sugar or powdered sugar</i>
<i>1/4 tsp. salt</i>	

Preheat fryer at 360°F and the oven at 350°F.

Prepare a couple of paper towels over a plate and set aside. Prepare a baking sheet covered with parchment paper and set aside. Mash the yam or sweet potato with a fork on a plate. Transfer to a sauté pan, mix in 1 tsp. pumpkin pie spices and quickly dry over low medium heat, constantly mixing for about 2 minutes. Removing some of the moisture of the potato is important, as too much moisture will prevent proper rising and cooking through during the frying process.

Place water, butter, sugar, 1 tsp. pumpkin pie spices, orange extract, salt and pepper in a pan over medium high heat. Bring to a boil and remove from heat. Add the flour and mix until well incorporated. Return to a very low heat and dry the dough for 2 to 3 minutes, mixing constantly and spreading the dough over the side and bottom of the pan. Transfer dough to a large bowl and let cool slightly. Add one egg and mix until incorporated. Add the remaining egg and mix well. Using 2 teaspoons, form walnut sized rounded ball, and drop into the hot oil. Repeat with as many balls your fryer can handle, without the balls touching each other. Remove balls when golden brown in color. Transfer to the paper towels to remove excess oil and make sure they don't touch, as they would lose their crispness. Transfer then to the prepared baking sheet, again making sure they don't touch. Repeat until all dough has been used. Place in the oven and bake for 15 minutes. Serve immediately. Sprinkle with cinnamon sugar or powdered sugar.

Comments: You can also omit the cinnamon sugar or powdered sugar to serve as a savory accompaniment. If so and once cooked, top with salt.

Makes 3 to 4 dozen.

Quick Healthy Garlic Mashed Potatoes



4 large potatoes, peeled and diced
4 large garlic cloves, chopped (or more, if you like stronger flavor)
1/4 cup low-fat milk, hot (or almond milk, soy milk)
1/4 cup olive oil
1 Tbsp. freshly minced parsley
1 Tbsp. freshly minced chervil
Salt and pepper to taste

Place the potatoes and garlic in a pan and cover with water. Bring to boil and cook until tender. Time will vary, based on your potato cut. Drain and transfer to a large bowl. Add the low-fat milk, olive oil, and herbs. Mash till smooth and beat up with a hand whisk to bring lightness to the purée. Season to taste and serve immediately.

Option: For even less fat, you may substitute the olive oil with organic poultry stock or vegetable stock.

Makes 6 servings.

Quinoa with Roasted Vegetables and Herbs



1 large eggplant, diced
1 large zucchini, diced
1 yellow bell pepper, diced
1 red bell pepper, diced
1 large red onion, diced
16 cherry tomatoes
8 cloves garlic, halved
2 sprigs fresh rosemary
2 bunches freshly minced basil
2 Tbsp. olive oil
4 cups warm cooked quinoa
1 lemon
Salt and pepper

Place the eggplant, zucchini, bell peppers, onion and garlic in a bowl.

Add 2 Tbsp. olive oil, rosemary, 3/4 of the minced basil, and season to taste. Mix well and refrigerate for an hour.

Preheat the barbecue on medium high. Transfer the vegetables to a barbecue vegetable pan.

Roast over the fire until the vegetables are crunchy and slightly browned, mixing on occasion.

Add the tomatoes and cook for another 2 minutes.

Spread the warm quinoa in the bottom of a serving platter and top with the grilled vegetables.

Sprinkle lemon juice, remaining basil, and serve immediately.

Option: Before cooking your quinoa, according to basic package directions, you can add freshly minced herbs. Or, if you prefer, when it is still hot, and you have simply followed the basic cooking directions without adding anything, you can then add some freshly minced salad herbs and a little bit of olive oil to it. Either way, will emphasize the flavors. I personally like doing so, after it is cooked, as I feel the quinoa has a more refreshing taste at the end. You may roast the vegetables in the oven as well. Makes 6 to 8 servings.

Quinoa with Wild Mushrooms



*2 Tbsp. olive oil
1 small white onion, diced
3 garlic cloves, minced
1/4 lb. shitake, chopped
1/4 lb. maitake, chopped
1/4 lb. turkey tail, chopped
1 1/2 cup quinoa
2 1/2 to 3 cups vegetables stock
Salt and pepper to taste*

Heat the olive oil in a deep pan over medium high heat. Add the onion, garlic, and quickly sauté. Add the mushrooms and sauté for a couple of minutes. Add the quinoa, stock, and bring to a simmer. Reduce heat, cover, and cook until the quinoa is tender, about 20 to 25 minutes (please check the manufacturer package recommendations).

Makes 6 servings.

Roasted Acorn Squash and Pecans



*2 medium acorn squashes
4 tsp. grapeseed oil
4 Tbsp. maple syrup
4 large pinches cinnamon
4 drops of orange extract
4 small pinches of cardamom
4 Tbsp. pecans
Salt and pepper to taste*

Preheat the oven to 375°F.

Cut the acorn squash in half, rinse, and pat dry. Brush the oil over the flesh. Add 1 Tbsp. maple syrup per cavity, cinnamon, orange extract, cardamom, and season to taste. Rub over the flesh. Add the pecans on the bottom. Bake for 30 to 45 minutes or until a knife is easily inserted in the flesh. Time may vary, based on size of acorn squashes. Remove from oven and serve immediately.

Makes 2 to 4 servings.

Sweet Potato Fries



*4 medium sweet potatoes, peeled
1 ½ Tbsp. Olive oil
1/4 tsp. paprika
1/4 tsp. garlic powder
Salt
Cayenne pepper or Cajun spices*

Adjust oven racks to divide oven into thirds. Preheat oven to 425°F.
Cut potatoes into fries form and place in a large bowl. Drizzle with olive oil and sprinkle with paprika, garlic powder, salt and cayenne pepper to taste. Toss to evenly coat the potatoes.
Arrange the potatoes in single layers onto greased baking sheet.
Bake 20 minutes, or until slightly browned and tender. Turn potatoes over and rotate pan.
Continue to cook for another 15 to 20 minutes or until golden brown and serve immediately.

Option: substitute potato for sweet potato. You can also add some cumin and/or cinnamon.

Makes 4 servings.

Sweet Potato, Black Bean and Vegetables



*1 Tbsp. grape seed oil
2 medium peeled sweet potatoes, diced small
1 medium onion, diced small
1 yellow bell pepper, diced small
2 garlic cloves, minced
1 jalapeno, seeded and diced
2 tomatoes; peeled, seeded and diced small
1 cup cooked black beans
2 Tbsp. freshly squeezed orange juice
2 Tbsp. freshly minced cilantro
Salt and cayenne pepper to taste*

Heat the oil in a large sauté pan over high heat. Add the diced sweet potatoes and sauté until barely tender, about 8 to 10 minutes. Reduce heat to medium; add the onion, bell pepper, garlic, jalapeno, and sauté for 2 minutes. Add the tomatoes, beans, orange juice, cilantro, and mix well. Continue to cook for another 2 minutes or until the sweet potatoes are cooked through. Season with salt, cayenne pepper, and serve immediately.

Makes 4 servings.

Tomato A La Provençale



*4 large tomatoes
2 tablespoons olive oil
2 tablespoons garlic cloves, minced
1/4 cup Italian bread crumbs
1 bunch of basil, minced
Salt and Pepper to taste*

Preheat the oven to 375°F.

Cut the tomatoes in half. Sprinkle 1/4 tsp. olive oil over each half. Add some garlic and season to taste. Mix the bread crumbs with basil in a bowl. Sprinkle some of the mixture over each tomato half. Place in a baking dish, sprinkle over the remaining olive oil and bread crumbs. Bake for 20 to 25 minutes. Time may vary, based on the tomato sizes. Serve immediately.

Option: You may add shredded parmesan to the bread crumbs mixture.

Makes 4 servings.