Tropical Sangria

Recipe courtesy Bobby Flay

Prep Time:10 minInactive Prep Time:3 hr 0 minCook Time:5 min

Level:

Easy

Serves:

4 to 6 servings

Ingredients

Tropical Sangria:

1 bottle sauvignon blanc

1 cup light rum

1/2 cup passion fruit nectar

1/2 cup Lemongrass Simple Syrup, or to taste, recipe follows

1 fresh lemon, halved and thinly sliced

1 fresh orange, halved and thinly sliced

1 bunch fresh mint leaves

1 fresh passion fruit, seeds removed, optional

Directions

Combine the sauvignon blanc, rum, nectar, Lemongrass Simple Syrup, lemons, oranges, mint and passion fruit if desired in a pitcher. Cover and refrigerate for at least 2 hours and up to 24 hours.

Lemongrass Simple Syrup:

1 cup sugar

1 stalk lemongrass, cut into thirds

Combine 1 cup water and the sugar in a small saucepan. Hit the stalks with the back of a knife to lightly bruise and help release the flavor. Add the stalks to the pan and bring to a boil over high heat. Cook until the sugar is completely dissolved. Remove from the heat, cover and refrigerate for at least 1 hour and up to 48 hours to let the flavor develop. Strain before using. Yield: 1 cup.

Pineapple Polenta Squares with Shrimp

Courtesy of Karen Dawson for Food Network Magazine

Prep Time:25 minInactive Prep Time:1 hr 20 minCook Time:15 min

Level:

Easy

Serves:

12 appetizers

Ingredients

For the Polenta:

2 cups low-sodium chicken broth or water

1/2 cup polenta

Kosher salt and freshly ground pepper

2 tablespoons chopped fresh sage

1/2 cup finely chopped fresh pineapple

Vegetable oil, for brushing

For the Shrimp:

1/2 cup chopped fresh pineapple

12 large shrimp, peeled and deveined

1/4 cup extra-virgin olive oil

2 cloves garlic, minced

1/2 teaspoon red pepper flakes

Kosher salt and freshly ground pepper

6 thin slices prosciutto, halved lengthwise

For the Sauce:

1 stick unsalted butter, cut into pieces

1/4 cup finely chopped fresh pineapple

Chopped fresh parsley, for garnish

Directions

Make the polenta: Bring the broth to a boil in a saucepan over medium-high heat. Gradually whisk in the polenta and cook, whisking, until thick and creamy. Season with salt and pepper and stir in the sage and pineapple. Brush a 9-inch square baking dish with vegetable oil; add the polenta and spread evenly. Press a piece of plastic wrap on the surface of the polenta and refrigerate until firm, at least 1 hour.

Prepare the shrimp: Puree the pineapple in a blender until smooth. Place 1/4 cup of the puree in a bowl (reserve the rest for another use) with the shrimp, olive oil, garlic, red pepper flakes, and salt and pepper to taste. Toss, then cover and marinate at room temperature, about 20 minutes. Remove the shrimp from the marinade and wrap a strip of prosciutto around each piece.

Make the sauce: Melt the butter in a small skillet over medium-low heat and cook until brown flecks appear. Remove from the heat and stir in the pineapple.

Preheat a grill or grill pan to medium and brush with vegetable oil. Cut the polenta into 12 squares and grill until marked, 2 to 3 minutes per side. Grill the prosciutto-wrapped shrimp until the shrimp is pink, 1 to 2 minutes per side.

Serve the shrimp on polenta squares, drizzle with the butter sauce and garnish with parsley.

Savoy, Lime and Cilantro Coleslaw

Courtesy of Tyler Florence for Food Network Magazine

Prep Time:15 minInactive Prep Time: -- Cook Time: --

Level:

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Serves:

4-6 servings

Ingredients

1 head Savoy cabbage

4 scallions

1/2 bunch fresh cilantro, torn

1/2 cup sour cream

1/2 cup mayonnaise

1 1/2 tablespoons sugar

2 limes

Kosher salt and freshly ground pepper

Directions

Shave the cabbage with a sharp knife or mandoline so you have thin ribbons. Cut the scallions long and on the bias so you have pieces similar in shape to the cabbage. Toss the cabbage, scallions and cilantro in a large salad bowl.

Make the dressing by combining the sour cream, mayonnaise, sugar and the zest of the limes in a medium bowl. Season with salt and pepper and finish with a squeeze of lime juice. Pour the dressing over the cabbage mixture and toss to combine.

Grilled Corn and Tomato-Sweet Onion Salad with Fresh Basil Dressing and Crumbled Blue Cheese

Recipe courtesy Bobby Flay, 2007

Prep Time:20 minInactive Prep Time:30 minCook Time: --

Level:

Easy

Serves:

4 servings

Ingredients

1/4 cup rice wine vinegar

1/4 cup chopped fresh basil leaves

1 teaspoon sugar

Salt

Freshly ground black pepper

1/2 cup extra-virgin olive oil

8 ears corn, grilled in the husk, kernels removed

1 sweet onion (such as Vidalia or Walla Walla), halved and thinly sliced

1 pint Sweet 100 tomatoes or cherry tomatoes, halved

8 ounces blue cheese, crumbled

Fresh basil sprigs, for garnish

Directions

Combine the vinegar, basil, sugar, 1/2 teaspoon of salt, 1/4 teaspoon of pepper and oil in a blender and blend until smooth. Can be made 2 hours in advance and refrigerated. Bring to room temperature before using.

Combine the corn kernels, onion and tomato in a large bowl. Add the dressing and toss to coat, season with salt and pepper. Let sit at room temperature 30 minutes before serving. Top with crumbled blue cheese and garnish with basil sprigs just before serving. Salad can be made 1 day in advance and served cold or at room temperature.

Quinoa Salad with Asparagus, Goat Cheese and Black Olives

Recipe courtesy Bobby Flay

Prep Time:10 minInactive Prep Time:5 minCook Time:40 min

Serves:

4 to 6 servings

Ingredients

Vinaigrette:

1/4 cup red wine vinegar

1 tablespoon honey

1 tablespoon mustard

1/2 cup olive oil

Kosher salt and freshly ground black pepper

Quinoa Salad:

4 cups salted water or vegetable stock

2 teaspoons chopped fresh thyme

2 cups quinoa

16 spears asparagus, trimmed

Olive oil, for brushing

Kosher salt and freshly ground black pepper

1 cup pitted nicoise olives

4 ounces aged goat cheese, shaved

1/4 cup chopped fresh basil

1/4 cup fresh parsley leaves

Directions

For the vinaigrette: Combine the vinegar, honey and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Add salt and pepper to taste and pulse a few times to incorporate.

For the quinoa salad: Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.

Preheat the grill. Brush the asparagus with olive oil and season with salt and pepper. Grill on all sides until just cooked through, about 5 minutes. Remove from the grill and cut into 1/2-inch pieces.

Transfer the quinoa to a large bowl, fold in the asparagus, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.

Tuna Steaks with Tomato and Basil Raw Sauce

Recipe courtesy Rachael Ray

Prep Time:10 minInactive Prep Time: -- Cook Time:4 min

Level:

Easy

Serves:

4 servings

Ingredients

Extra-virgin olive oil, for drizzling, plus 2 to 3 tablespoons

4 (1-inch) tuna steaks, 6 to 8 ounces each

Salt and pepper

6 plum tomatoes, chopped

1 small red onion, chopped

A handful parsley leaves, chopped

1/2 cup torn or chopped fresh basil leaves, about 10

Directions

Heat a grill pan or indoor/outdoor grill to high. Drizzle extra-virgin olive oil over the tuna steaks spread it around then season with salt and pepper.

Combine tomatoes, onions, parsley and basil in a bowl. Dress with extra-virgin olive oil, enough to coat the tomatoes evenly, 2 to 3 tablespoons. Season the tomatoes with salt and pepper, to taste. Let the sauce marinate at least 10 minutes.

When you are ready to eat, grill steaks 2 minutes on each side for rare, 3 minutes for medium and 4 for opaque, well done. Stir sauce up then serve liberal amounts of it on top of the steaks.

Grilled Bananas with Mexican Chocolate Sauce

Recipe courtesy Marcela Valladolid

Prep Time:15 minInactive Prep Time: -- Cook Time:10 min

Level:

Easy

Serves:

4 servings

Ingredients

One 3.2-ounce disk Mexican chocolate, chopped

1/2 cup heavy cream

1/2 cup granulated sugar

2 teaspoons ground cinnamon

4 firm, ripe bananas, peeled, halved lengthwise, cut into 4 pieces each

Vanilla ice cream, softened, for serving

Sweetened shredded coconut, for serving

Directions

In a medium saucepot on medium heat, melt the Mexican chocolate with the heavy cream. Whisk constantly until the chocolate is fully melted, and take care not to burn the chocolate. Turn the heat off and reserve.

Preheat a gas or charcoal grill, or a stovetop grill pan, over medium-high heat.

In a medium mixing bowl, mix the sugar with the cinnamon until evenly incorporated. Toss the bananas with the sugar-cinnamon mixture until fully coated. Transfer to the grill, flat-side down. Grill until the bananas are browned and the sugar is caramelized, about 2 minutes per side. Transfer the bananas to a serving platter. Drizzle with the Mexican chocolate sauce, sprinkle with some shredded coconut and serve with vanilla ice cream.