

# Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

# Main Course

## Pressure Cooker Beans and Collard Greens

*\* Gluten-Free*

Known as Italian poor man's food, this dish is fit to feed a king! It's such a delicious and nutritious dish that's so easy to make.

### You'll Need

- Package of white beans ( Ex. navy, cannellini, great northern) rinsed
- Approximately 8 cups chicken broth
- 1 piece of bacon chopped
- Spicy Italian sausage formed into small balls.
- 1/2 onion sliced
- Salt and pepper to taste
- Short grain rice
- Water
- Garlic clove, smashed
- 1 tablespoon butter
- Collard greens
- 1/8 cup white wine vinegar
- Pressure Cooker



### Directions

- In a pressure cooker, add beans and 3 cups chicken broth. Place pressure cooker on stove and turn stove on high. Once pressure cooker starts to hiss, turn it down to medium-low and let cook for 10 minutes.
- Next in a small pot, add rice and water in ratio according to instructions on box. Add salt and pepper, garlic clove, and butter. Cover pot and place on stovetop on medium heat. Cook according to directions on box.
- In a frying pan, add bacon and sausage. Cook until crisp on both sides and then remove. In the same frying pan, add onion. Turn occasionally.
- Then take collard greens, remove stems, and rip into pieces. Add as much as you'd like—approximately the amount that would fill a medium sized bowl. Set aside.
- After the pressure cooker has cooked for ten minutes. Carefully release steam according to your pressure cooker guidelines. Then open lid according to your pressure cooker guidelines and add, collard greens, sausage, bacon, onions, white wine vinegar, salt and pepper. Add chicken stock so that all of the greens are submerged about 3 - 5 cups more. Then seal pressure cooker properly and place back on stove, and let cook about 10 more minutes.
- Then properly release steam and lid according to pressure cooker guidelines.
- In a small bowl, place cooked rice and add cooked beans and greens on top.

# Main Course

## Jerk Pork Chop

*\* Gluten-Free*

This recipe incorporates the deglazing of the pan so it is best to use a stainless steel or iron skillet. The recipe uses an oil and vinegar marinade. To make an oil and vinegar marinade a rule of thumb ratio is three parts oil to one part vinegar.

### You'll Need

- 1 pork chop
- Olive oil (approximately 3 teaspoons)
- White wine vinegar (approximately 1 teaspoon)
- Jerk seasoning (to your liking)
- Chicken Stock

### Directions

- Marinate pork in olive oil, vinegar, and jerk seasoning for 1 - 3 days.
- After pork chop has finished marinating. Add olive oil to frying pan.
- Once oil has heated, add pork chop and cook on both sides until done.
- Remove pork chop when finished and with heat still on add chicken stock to pan and scrape up pieces that stuck to bottom of pan until liquid becomes somewhat syrupy. Drizzle this liquid on top of pork chop.



### Play with Your Food

- Add butter to chicken stock to make this deglaze into gravy.
- Top with some freshly ground pepper.

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# Starters, Sides, and Complements

## Coo-Coo (Caribbean Polenta)

*\*Vegetarian (if salami and bacon left out), Gluten-Free*

This dish came to the islands from Africa. "Coo-coo" means side dish in a number of African languages. This recipe is the Caribbean version of polenta. Slices of coo-coo are also excellent grilled. Brush them lightly with olive oil and set on the barbeque.

### You'll Need

- 15.5 oz can of coconut milk
- 1 tablespoon butter
- ½ teaspoon salt
- 2/3 cup yellow cornmeal (coarse)
- Small can of whole kernel corn
- Handful of minced peppered salami or crumbled bacon (optional)



### Directions

- In a large sauce pan over medium heat, combine coconut milk, butter and salt. Bring to a boil.
- Gradually stir in cornmeal. Lower heat and cook for about 5 – 10 minutes, stirring constantly with a wooden spoon to prevent sticking, until the mixture thickens and leaves the sides of the pan. Add in corn and bacon/salami. If it becomes too thick, add a bit more coconut milk or water. Serve warm.
- Optional: Pour the mixture into a greased 8 x 8 pan. Allow to set for a couple of minutes, then cut into squares and serve warm.

### Play With Your Food

- Add some unsweetened dried flaked coconut.
- Add in a pinch of cayenne

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# Starters, Sides, and Complements

## Brussels Sprouts Braised in Chicken Stock

*\* Gluten-Free*

This is a simple way to make these little power houses of health. Try them crunchy or soft and this will determine the amount of time you cook them in the broth. Also use veggie broth to make it a vegetarian dish.

### You'll Need

- 1 pound Brussels sprouts, cut up into halves along stem
- Olive Oil
- Chicken stock
- Salt and pepper
- 1 tablespoon butter

### Directions

- In a frying pan on low-medium heat, add a drizzle of olive oil and butter. Let butter slightly melt then add Brussels sprouts.
- Make sure that the Brussels sprouts all lay flat.
- Brown Brussels on bottom, add salt and pepper.
- Once browned, add just enough chicken stock to coat the bottom of the pan. Cover pan. Set heat to low and let cook.



### Play with Your Food

- Add some cooked onion.
- Add some chopped dried cranberries.
- Use vegetable broth instead of chicken broth.

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