

CHEF KEN'S DEVEILED EGGS



INGREDIENTS

- 12 hard-cooked eggs, peeled
- 1/2 cup mayonnaise
- 1 1/2 teaspoons white wine vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/8 teaspoon kosher salt
- Dash of hot sauce (optional)
- Garnish- Paprika

DIRECTIONS

1. Slice eggs in half lengthwise, and carefully remove yolks, keeping egg whites intact.
2. Grate egg yolks using small holes of a box grater. Mash together yolks, mayonnaise, and next 3 ingredients. Add more salt or hot sauce, if desired.
3. Spoon or pipe yolk mixture into egg whites.

Variations:

Add Cooked Bacon & Parmesan

Add Roasted Jalapeno & Cream Cheese

Add Sun-Dried Tomato, Feta and Spinach

DID YOU KNOW?

- Eggs contain the highest quality protein you can buy.
- Egg yolks are one of the few foods that are a naturally good source of Vitamin D.
- If an egg is accidentally dropped on the floor, sprinkle it heavily with salt for easy clean up.
- Yolk color depends on the diet of the hen.
- Eggs age more in one day at room temperature than in one week in the refrigerator.
- An average hen lays 300 to 325 eggs a year.
- To produce one egg, it takes a hen 24-26 hours.
- As a hen grows older, she produces larger eggs.

CHEF KEN'S LEG OF LAMB



INGREDIENTS

- 5 cloves garlic, crushed
- 2 tbsp lemon juice, freshly squeezed
- 3 tbsp fresh rosemary, chopped
- 1 tbsp Dijon mustard
- 2 tsp olive oil
- 1 1/4 tsp kosher salt
- fresh ground black pepper -to taste
- 3 1/2 - 4 lb. uncooked trimmed lamb
- leg, boneless, rolled and tied

DIRECTIONS

1. Preheat oven to 375°F.
2. Combine crushed garlic, rosemary, lemon juice, mustard, olive oil, salt and pepper; mix well and rub mixture all over lamb.
3. In a hot pan, with a little oil sear the lamb fat side down until golden brown. Repeat on all sides.
4. Place on roasting rack and roast in the oven until medium-rare and a meat thermometer inserted in center reads 135-140°F, anywhere from 70 minutes and up depending on the size of your roast. Check the lamb after about 45 minutes to ensure the lamb will not overcook.

KEY POINTS

- Remove your leg of lamb at least 1-2 hours before cooking to take the chill out. This prevents the roast from over-cooking on the outer edge while being undercooked on the inside.

- Preheat your oven to get it nice and hot before cooking.
- Follow The temperature guide:

Rare: Remove from oven at 120°F internal temp. It will rise to 125°F as it rests.

Medium Rare: Remove at 125°F internal temp. It will rise to 130°-135°F.

Medium: Remove at 135°F internal temp. It will rise to 140°F-145°.

Medium Well: Remove at 140°F internal temp. It will rise to 145°F.

CHEF KEN'S AU GRATIN POTATOES



INGREDIENTS

- 3 lbs. Red Potatoes, Washed
- 8-Thinly Sliced Garlic Cloves
- 4 oz. Fresh Thyme Leaves, removed from the Stem
- 1- Pint Heavy Cream
- 2 lbs. Shredded Swiss Cheese
- 8 oz. Shredded Cheddar Cheese
- Add Salt and Pepper to taste

Which types of potatoes are ideal for each cooking technique?

Baking: Russet, long white, Peruvian (Fingerling)

Boiled: New red potatoes, round red, white

Fried: Russets and white

Roasted: New potatoes, russets, Peruvian (Fingerling), long whites

Mashed: Russets, long white, yellow

For all potatoes, choose those that are firm with no soft or dark spots. Pass over green-tinged potatoes; they contain toxic alkaloids, such as solanine, that the potato develops when exposed to light. Also, avoid potatoes that have started to sprout; they're old.

DIRECTIONS

1. Preheat Oven to 350°.
2. Butter a 9 x 9 inch baking pan (bottom & sides).
3. Slice the potatoes with a Mandoline on the 1/8th inch setting.
4. Shingle the potatoes in the pan until the bottom is completely covered.
5. Season with salt and pepper.
6. Sprinkle the sliced garlic and thyme around the top of the potatoes.
7. Pour ¼ cup of heavy cream around the top of the potatoes.
8. Layer 1 cup of swiss cheese on top of the mixture and press down every layer before starting the next layer.
9. Repeat the procedure until the potato layers come up to the top of the dish.
10. Wrap in plastic and then foil and bake for 45 minutes.
11. After 45 minutes remove the foil and plastic. Top with shredded cheddar cheese and bake for another 35 minutes until golden brown.
12. Let cool before slicing into squares.

CHEF KEN'S

ROASTED CHICKEN THIGHS

with Tarragon Mushroom Cream

INGREDIENTS

- 8 bone-in, skin-on chicken thighs
- salt & pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 6 cups sliced mushrooms of choice
- 1 tablespoon butter
- 10-12 thyme sprigs leaves separated
- 3/4 cup sliced shallots
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cloves minced garlic
- 1 tablespoon butter
- 2/3 cup dry white wine
- 1/2 cup heavy cream
- salt and pepper as needed
- 1 tablespoon chopped fresh tarragon

DIRECTIONS

1. Preheat oven to 350°F
2. Heat olive oil and butter in a medium-hot fry pan, cast iron skillet, or Dutch oven until butter is foamy.
3. Season the chicken thighs generously with salt and pepper.
4. Cook skin side down, flipping once, until chicken is browned for about 10 minutes.
5. Place the browned chicken skin side up in a 9 x 13 baking dish.
6. Bake for 45-55 minutes uncovered and make sure the internal temperature reads 165°F
7. After the chicken cooks, drain the extra pan juices into a bowl and let the chicken rest in the baking dish while the sauce is prepared.
8. While the chicken is in the oven, add additional butter to the hot chicken drippings in your fry pan or skillet and return temperature to a medium to medium-high heat.
9. Add the mushrooms, shallots, thyme leaves, salt, and pepper to the hot pan.
10. Sauté until the mushrooms start to brown and caramelize, about 10- 15 minutes.
11. Stir the minced garlic into the mushrooms and cook until it is fragrant, about 1-2 minutes.
add the remaining tablespoon of butter.
12. When the butter foams, add the dry white wine and bring to a gentle simmer.
13. Cook until reduced by half while making sure to scrape any browned bits from the bottom of the pan.
14. Add 3/4 cup of the reserved extra pan juice from the cooked chicken. Simmer and reduce by about a third.
15. Slowly whisk in the cream and bring back to a simmer. Cook an additional one to two minutes.
16. Add the Fresh Tarragon and the Mushroom cream sauce over the chicken.

CHEF KEN'S LEMON PARMESAN ASPARAGUS



INGREDIENTS

- 1 pound asparagus, trimmed
- 2 tablespoons olive oil
- Kosher salt and ground black pepper, to taste
- 3 cloves garlic, finely sliced
- juice of 1 lemon
- 2 tablespoons freshly grated parmesan, or more, to taste

DIRECTIONS

- Preheat oven to 400 degrees F. Lightly oil a baking sheet
- Place asparagus in a single layer onto the prepared baking sheet.
- Drizzle with olive oil, salt and pepper, to taste; gently toss to combine.
- Place into oven and roast for 8-10 minutes, or until tender but crisp.
- Serve immediately, tossed with garlic, lemon juice and Parmesan.

FACTS & TIPS

When purchasing asparagus look for the following:

- Choose pristine buds
- Stalks should be plump and firm, and tips should be tightly closed.
- Color can be green, purple, or white, depending on the variety.
Make sure the color is not faded.
- A good grocer will chill asparagus or store it standing upright in cold, fresh water

Look for asparagus in the market from February to June, with April being the peak.

Fresh asparagus will be bright green with no signs of shriveling. The tender tips may have a purplish cast, but they should be firm and tight, never mushy.

Asparagus is one of my favorite vegetables. If cooked properly it is very versatile. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar.

CHEF KEN'S HONEY THYME GLAZED CARROTS



INGREDIENTS

- 1-pound petite carrots with tops washed and trimmed- (tri color if you can find them)
- 1 tablespoon olive oil
- 2 tablespoons honey
- 1 tablespoon lemon juice
- salt and pepper
- 2 sprigs fresh thyme, leaves removed
- 1 teaspoon ground ginger

DIRECTIONS

- Preheat the oven to 400 degrees.
- Trim the tops of the carrots and cut the carrots in half - try and make them similar sizes and then they will cook evenly.
- Place in a roasting tin, add the oil, honey and lemon juice and seasoning and toss well to mix.
- Roast the carrots for 20-25 minutes, stirring halfway through this time, until the carrots are golden and tender.
- Scatter over the herbs and serve warm.

FACTS & TIPS

- When buying carrots look for firm carrots with bright orange color and smooth skin. Avoid carrots if they are limp or black near the tops; they're not fresh. Choose medium-sized ones that taper at the ends. Thicker ones may be tough.
- When storing carrots remove tops, which are edible, and refrigerate carrots in a plastic bag for up to 2 weeks. Do not store carrots next to apples and pears, which would speed up the ripening process.
- Do not wash carrots until ready to use. Gently scrub carrots under cold running water to remove all the dirt on the surface. Next, trim the ends of the carrots and peel if desired. (I personally do not peel carrots due to the fact there is a lot of nutrients in the skin). If you peel carrots, peel only one layer from the surface. If the carrots have a bad spot on them, cut it out with a small knife.

CHEF KEN'S SLOW ROASTED PRIME RIB OF BEEF

INGREDIENTS

- 6 pounds standing rib roast (4 bone rib roast)
- 4 tablespoons melted butter
- 6-8 large cloves garlic, minced or finely chopped
- 1 tablespoon fresh oregano, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 2 teaspoons fresh Thyme, finely chopped
- 2 teaspoons fresh rosemary finely chopped
- 2 tablespoons kosher salt
- 1 tablespoon black pepper

DIRECTIONS

- Preheat your oven to 475°F for at least 30 minutes while the prime rib comes to room temperature.
- Mix the butter, garlic, herbs, salt and the pepper together in a small bowl until combined.
- Place the roast in a cast iron skillet or roasting pan bone-side down. The bones create a natural roasting rack for the meat. Pour the garlic herb butter mixture over the meat, rubbing it into the flesh to coat it well.
- Cook the roast for 30 minutes, then reduce the oven temperature to 250°F.
- Cook the roast slow and until your meat thermometer reads the appropriate temperature you desire. (See temperature key point).
- Once cooked to your liking, allow to rest for 20 minutes. The roast will continue to cook as the juices inside settle, raising the internal temperature 5-8 degrees.

TIPS

1. Remove your prime rib at least 2-3 hours before cooking to take the chill out. This prevents the roast from over-cooking on the outer edge while being under-cooked on the inside.
2. Preheat your oven to get it nice and hot before cooking.
3. Place the roast in a cast iron skillet or roasting pan bone-side down over some garlic halves. The bones create a natural roasting rack for the meat.
4. Slather with garlic butter, rubbing it all over the meat and sides to coat it well and evenly.
5. Roast uncovered first for that char-grilled flavor, and then continue roasting at a reduced heat until your roast is cooked to your liking.
6. Cook the roast for 20-30 minutes at 475°F until nicely browned, then reduce your oven temperature to 250°F. Continue to slow roast for 1 – 1 1/2 hours, basting every 20-30 minutes with the pan juices, until reaching your desired preference.
 - Rare: Remove from oven at 120°F internal temp. It will rise to 125°F as it rests.
 - Medium Rare: Remove at 125°F internal temp. It will rise to 130°-135°F.
 - Medium: Remove at 135°F internal temp. It will rise to 140°-145°F.
 - Medium Well: Remove at 140°F internal temp. It will rise to 145°F.



CHEF KEN'S BRANDY GLAZED EASTER HAM

INGREDIENTS

- 8-10 pounds smoked ham
- 1 cup brown sugar, packed
- 1/2 cup brandy
- 2 tablespoons whole grain mustard
- 1 tablespoon cornstarch
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 2 teaspoons salt

DIRECTIONS

- Preheat the oven to 350 degrees F.
- Score the ham with cuts one inch apart and 1/4-inch deep. Do this in two directions creating a grid pattern over the entire surface of the ham.
- In a medium bowl, mix all the remaining ingredients for the glaze. Rub half the glaze over the surface of the ham and bake for 45 minutes.
- Pull the ham out of the oven. Rub the rest of the glaze over ham and place it back in the oven for another 45-75 minutes, or until the exterior is dark and crusty and the ham is warmed through.

FACTS & TIPS

Most producers today brine their hams by injecting them with a curing solution of water, salt, sugar, and usually phosphates and nitrites as well. The amount of water in the ham determines its grade, which you'll find on the label. The two highest grades of ham are sold as either whole or half hams. For up to 14 people, a half-ham is sufficient.

The butt half is the upper part of the ham. Its meat tends to be very tender and flavorful—but it often contains part of the hip bone, which makes carving a little awkward.

The shank half is the lower part of the ham. It's easier to carve, but because the muscles in this region get more exercise, this cut is tougher and chewier.

Tips for preparing your ham

- First, lay the ham flat-side-down on a rimmed baking sheet, so the entire exterior can get a good coating of glaze.
- Score the ham, by cutting shallow cuts in a grid pattern, so the brown sugar ham glaze will work its magic into the meat while baking. Then pour and rub the glaze over the ham.
- Bake the ham at a medium temperature.