

## **Just A Taste at Barrington Hall Recipe**

### **Black Bean Salsa**

½ lb. Black Beans-cooked al dente  
4 Roma Tomatoes-seeded and diced  
2 Garlic-cloves-minced  
1/2 sm. Onion-diced  
2 Limes-juiced  
1 to 2 Jalapeno Peppers-minced  
3 Tbs. Cilantro-minced  
1 Tbs. Olive Oil  
Salt to taste

Place the black beans, tomatoes, garlic, onions, jalapenos and lime juice in a bowl and mix well. Add the salt and oil and blend well. Just before serving add the chopped cilantro. Check the seasonings.  
Chill before serving.

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# **Chicken Satay with Peanut Dipping Sauce**

4-Chicken Breasts-boneless, skinless  
4 cloves Garlic-minced  
2 Tbs. Honey  
2 tsp. Curry Powder  
2 tsp. Light Brown Sugar  
2 tsp. Fresh Grated Ginger  
½ tsp. Black Pepper  
Salt

Cut each breast into 1-inch cubes. Place on skewers.  
In a bowl, combine the remaining ingredients and mix well.  
Place chicken skewers in a flat pan and pour over the  
marinade and allow to stand at room temperature for 30  
minutes.

Preheat and oil a grill pan. Remove the chicken skewers  
from the marinade and cook about 3 minutes each side.  
Serve with the peanut dipping sauce.

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### **Peanut Dipping Sauce**

1 Tbs. Vegetable Oil  
1 Garlic-clove-minced  
1 cup Peanut Butter  
¼ cup Onion-minced  
3 Tbs. Soy Sauce  
¼ tsp. Ground Ginger  
1/8 tsp. Crushed Red Pepper Flakes  
½ to 1 cup Water or enough to thin

In the bowl of a food processor add all the ingredients except the water and process. Add the water to make a smooth sauce. Serve with the chicken skewers.

## **Just A Taste at Barrington Hall Recipe**

### **John's Ragu (Marinara) Sauce**

¼ cup Olive Oil  
1 cup Onions-chopped  
4 Garlic cloves-minced  
1 Green Bell Pepper-chopped  
1-6 oz can Tomato Paste  
2-28 oz cans Plum Tomatoes  
1 cup Tomato Puree  
5 Tbs. Parsley  
1 Tbs. Oregano  
2 tsp. Basil  
2 tsp. Fennel Seed  
1 tsp. Sugar  
1/2 tsp. Black Pepper  
Salt to taste

In a large saucepot add the olive oil and heat, add the onions and then the garlic and green pepper and cook until the onions are transparent. Add the tomato paste and stir in quickly and cook for a few minutes. Add the tomato puree and the canned tomatoes and crush the tomatoes with the back of a spoon. Add the seasonings and bring to a simmer and cook for about 45 minutes. Serve with pasta. Freezes well.

## **Just A Taste at Barrington Hall Recipe**

# **TUSCAN WHITE BEAN SPREAD**

½ lb. Cannellini Beans-cooked

2 Garlic cloves-peeled

¼ cup Olive Oil

¼ cup Onion-chopped

¼ cup Sour Cream

Salt and Pepper

In the bowl of a food processor add the cooked beans, olive oil, onion, oregano and garlic and process until smooth. Season to taste with salt and pepper. Add the sour cream and process again, just to combine. Serve with toasted bread or crackers.

**Just A Taste at Barrington Hall Recipe**

**PARMESAN RISOTTO with FRESH  
CHIVES**

32 oz Chicken Stock  
2 Tbs. Olive Oil  
½ cup Onion-minced  
14 oz Arborio Rice  
1 cup Dry White Wine  
1 cup Parmesan Cheese  
2 Tbs. Butter  
2 Tbs. Fresh Chives-minced  
Salt and Pepper

In a saucepan, heat the chicken stock.

In a large stockpot, add 2 Tbs. of oil and heat. Sauté the onions until they collapse, about 5 minutes. Add the rice and sauté for one minute. Add the white wine and cook one minute.

Add one cup of the hot chicken stock and stir once, allowing the rice to absorb the stock.

Then continue adding more stock, a cup at a time, until the rice is cooked, about 20 minutes.

To finish, add the cheese, butter and chives. Season with salt and pepper to taste.