

# 20 Minutes

## 5 Dinners

### 4 Secrets



Nino Salvaggio Cooking Show  
Clinton Township Store  
Saturday, February 27th, 2010

See more of our terrific recipes on our **NEW WEBSITE**  
coming in early March at: [www.ninosalvaggio.com](http://www.ninosalvaggio.com)



### Nino Salvaggio International Marketplace

27900 Harper Avenue  
St. Clair Shores, Mich. 48081  
Phone (586) 778-3650

6835 Rochester Road  
Troy, Mich. 48085  
Phone (248) 879-9222

17496 Hall Road  
Clinton Twp., Mich. 48038  
Phone (586) 412-6000

**E**ven Chefs get hungry. And when you cook for a living, sometimes the **last thing** you want to do when you get home is spend a good chunk of your precious, well deserved time off...well?? Cooking? On the other hand, after making delicious food for everyone else, why should you settle for anything less than a great meal for yourself? Sounds like a no win situation. But it doesn't have to be....

Then just how can you make it work? How can you pull off a delicious dinner in 20 minutes?

I'll let you in on the 4 secrets....

First of all, believe it or not, it's not always true that you have to go to great lengths to make great food. If you think of it like a game, planning to win boils down to the same fundamental principles.

**The First Secret?.... Have a Good Game Plan....** If you want to say goodbye to long evenings in the kitchen you're going to have to "**Kiss**" it goodbye"! That is: K.I.S.S. **Keep it simple stupid!** You can't make a 20 minute meal with a cooking method that requires 1 hour of roasting time. Therefore, quick meals require food to be cut smaller. And roasting? Forget roasting. Roasting is out. Sauté, Stir-Fry, Pan Fry and Simmering are your new best friends....Keep it simple...you CAN make a 20 minute *Gourmet Meal*...you just can't make it a complicated Gourmet Meal. Focus on quality, not complexity. Likewise, keep your mind on your work... much of the time lost is time spent overcooking things....it's amazing how much food is overcooked these days....

**The Second Secret is the Real Players....your Appliances & Smallwares....** When it comes to 20 minute meals you won't have the time to even pre-heat your oven, let alone cook with it. Quick meals require quick heat, meaning your range's top...not that big empty box below. (I've heard it's an excellent place to store pots and pans though...) And, for those of you with gas burners, congratulations, you've just bought yourself 2 extra minutes because it will generally take that amount of time for an electric coil burner to generate the same usable BTU's on your pan. Now you might think this is all leading to your microwave becoming your new best friend...but that isn't so. You won't be using your microwave oven to actually cook finished meals, but I'd make sure it's in darn good working order because it does come in handy to cook a potato, or pre-prep an item or two while

you're busy at the range. So, while this electron marvel won't dominate your new cooking lifestyle, I'd suggest you keep it clean and come to terms with it. And what about small wares? Here's the *real* skinny. You're going to need a decent size cutting board next to your range. Now when I say good size, I mean something bigger than a couple of dinner plates, not one of those "wooden postage stamps". If you could get away with it, I'd like you to have something, say?? 24" wide and 18" tall? Pots? whatever you like actually...liquids are liquids. In actuality, the faster your range heats the liquids the better for you. If I thought you had the time to slow cook anything, I'd give you a different answer...you'd want a heavier bottom pot. Pans? Now here it does matter...non-stick please and have at least 2 pans about 12" in diameter. Typically, I personally don't spend a ton of money on "Teflon" coated fry pans. The coating is the weak link and you may be stuck with an expensive pan with a lousy, scratched surface that you'll feel forced to use rather than replace. Buy something decent but don't mortgage the house. Now... you might think I'd advocate a food processor as essential. Not exactly. While I admit that a food processor is a must have in the kitchen. 20 minute meals can't always afford the type of elements or production it would require a food processor to make, thus, we can usually avoid its use. Lastly, buy a good cook's knife. Something that's of good size, is sharp, and feels good in your hand. I won't criticize your choice, if it's sharp and YOU like it, I'm good. And, oh, by the way...don't cut yourself. You don't have the time....

**Practice and Preparation...** First, keep your knives sharp and learn to use them well. Second, as you're cleaning up from the previous day's meal, take a moment to be sure you have all the supplies for the next days meal and, if necessary, take a moment to throw that potato in the microwave and cook it before you need it cooked and cooled tomorrow. And regarding supplies, nothing can destroy the timing of a 20 minute meal better than spending 5 minutes looking for cookware, utensils and ingredients. So spend a few moments to organize your refrigerator and your pantry so you can find things easily. As for me, I keep my knives stuck to a magnetic bar right in front of my cutting board and by utensils, bowls and measurement containers directly beneath. More than convenient, it's essential to making 20 minute meals. Lastly, the game day preparation requires you to choose recipes that can realistically be prepared in 15 to 20 minutes. Remember, cut the food small, quick cooking methods, simple preparation. It can even help if the protein, vegetable and starch are all assembled together as part of a single dish!

**Game Day.** Your goal? Dinner is served in 20 minutes! The game plan better be memorized? Then, well? like they say..., timing is everything! And timing is THE key now. What ever takes the longest has to be started first. Need to sauté a vegetable before stuffing it into something...put the pan on high heat, add a little oil, while that's heating up, quickly cut your veggie (remember) SMALL, sauté them and move on. Is pasta part of the meal? Better choose thin pasta and not big thick pasta (think Angel Hair and not Fettuccini)...come on...it's just texture difference....I promise you, your stomach won't know the difference. Start with HOT water from the tap, no more than what you need to cook the pasta, and get it on high NOW!! And PUT A LID ON IT!! Your proteins/meats, again, cut it small, better yet, consider starting with proteins that are already cooked! Like, Jumbo Lump Crab, Canned Tuna, Ham or one of our delicious Rotisserie Chickens! And one last tip, sometimes, something as innocent as a sauce can take up a majority of your preparation time. The solution? How about an "alternative sauce"? On fish? How about Blackened Fish with a Fresh Salsa topping or one of Nino's terrific finishing butters? Beef and Pork? How about purchased Teriyaki Glaze? Chicken? The More than Gourmet line of sauces (available at our meat counter or in our grocery aisles) are fast AND FANTASTIC!

## *Next Week's Dinners*

- Monday**      **Chicken Quesadillas with Spanish Rice** (Using Nino's Rotisserie Chickens, Refried Beans, Onions, Peppers, Cheese) Nino's Salsa & Sour Cream.
- Tuesday**      **Char-Crusted BBQ Pork Tenderloin Medallions** with Red Skin Potato & Corn Ya-Ya.
- Wednesday**      **Shrimp, Scallops & Crab with Cous Cous** with Asparagus, Mushrooms & Marsala Lobster Sauce.
- Thursday**      **Pan Seared Beef Tenderloin** w/ Saffron, Pepper Jack Risotto and Sautéed Asparagus.
- Friday**      **Fresh Flavor Fillet Fish (CRISPY Ultimate Tilapia)** with Colorful Straw Vegetable and Rosti Potato Coins.

# Monday

## Chicken Quesadillas with Spanish Rice

(Using Nino's Rotisserie Chickens, Refried Beans, Onions, Peppers, Cheese) Nino's Salsa & Sour Cream

1	Pkg.	La Preferida Spanish Rice
1	Each	Green Pepper (any color or colors will do)
1	Medium	Sweet Onion
2	Cloves	Fresh Garlic
2	TBSP	Olive Oil
1 -	12 oz Can	Re-Fried Beans
1	Each	Nino's Rotisserie Chicken (Original or Hickory)
2	TBSP	Cilantro Leaves, Chopped
1 -	10 oz Pkg	Shredded Mexican Style Cheese
1	Pkg.	6" Flour Tortillas
2	TBSP	Olive or Vegetable Oil
1	Pkg.	Nino's Santa Fe Style Black Bean & Corn Salsa (Garden Fresh)
1/2	Cup	Sour Cream

### The 20 Minute Plan:

1. Immediately start the rice. Follow the directions on the box. It will take about 10 Minutes or so to prepare. While it's cooking, keep an eye on it but get to work on other stuff.
2. Place 2 Tbsp oil in a sauté pan on high heat, while that's heating up, cut the peppers and onions in strips about 3/8" x 3" long. Throw them into the pan and sauté 3 minutes or so on medium high heat. Afterwards, dump them onto a plate to cool.
3. While the peppers and onions are cooking, begin to pull chicken meat from the Rotisserie Chicken and tear into strips. Set aside.
4. Open the can of refried beans.
5. Place 4 of the flour tortillas on your work surface and spread a thin smear of the refried bean mixture (like pizza sauce) over the surface of each.
6. Over 2 of the tortillas, arrange approximately 1/2 cup of the onion/peppers mixture, then about 1/2 cup of pulled chicken meat sprinkled with a tsp of chopped cilantro.
7. Open the package of shredded cheese and sprinkle about 1/3 cup of the cheese over the entire surface of the chicken then finally, place the other 2 flour tortillas over the top of each to cover. Press down firmly.
8. In the pan used to cook the peppers and onions, heat pan with the second 2 Tbsp of olive oil and pan fry each tortilla (on both sides) until medium brown. Add additional oil if needed.
9. Once both quesadillas are browned on both sides portion the cooked Spanish rice on your plate. Cut the cooked quesadilla in quarters and shingle over the top of the rice.
10. Top with salsa and sour cream.

# Tuesday

## Char-Crusted BBQ Pork Tenderloin Medallions with Red Skin Potato & Corn Ya-Ya.

### Red Skin Potato & Corn Ya-Ya ( makes 2 servings)

4 Strips	Bacon, Cut in 1/2" pieces
1 Stalk	Green Onion, Cut in 1/4" bias slices
3/4 Cup	Red Skin Potato, Cooked, cooled and cut in 1/4" slices
1/4 Cup	Cut Corn Kernals (Fresh or Frozen)
1/4 Cup	Heavy Cream
2 Tbsp	Shredded Cheddar Cheese
To Taste	Salt & Pepper

### Char-Crusted BBQ Pork Tenderloin Medallions (makes 2 servings)

1 Each	Pork Tenderloin, Trimmed (Approximately 12 to 14 oz)
2 Tbsp	Char-Crust Seasoning (Original Hickory flavor)
2 Tbsp	Vegetable/Canola Oil
1/2 Cup	Sweet Baby Ray's Barbecue Sauce

### The 20 Minute Plan:

1. Need two pans here. One for the Red Skin Potato dish and one for the pork. Put both on a burner with medium heat.
2. In one pan, add the bacon and cook until almost crisp, leaving the grease in the pan, add the onion and sauté one minute.
3. Add the potatoes and corn and cook 2 to 3 minutes longer. The potato will re-heat and brown a little.
4. Add the cream and cheese and bring to a simmer. The mixture will thicken. Season with salt & pepper.
5. Set aside.
6. While the bacon is cooking, cut the pork tenderloin in approximately 3/4" to 1" disks and flatten slightly. Typically, you will have approximately 8 medallions.
7. Season each medallion on both sides with the Char-Crust Seasoning and pan sear (on both sides once again) for approximately 3 to 5 minutes per side, or until the pork is nearly cooked through.
8. Place approximately 1 to 2 teaspoons of barbecue sauce over the top of each medallion and turn them over so that the sauce is now under the meat and sizzling under each medallion. Cook approximately 1 minute.
9. Turn medallions over and cook a few moments longer.
10. Divide the potato/corn recipe between 2 plates and top each with the pork medallions.

# Wednesday

## Shrimp, Scallops & Crab with Cous Cous.

Garlic, Asparagus, Mushrooms, Marsala Lobster Sauce.

This recipe could certainly qualify as “gourmet”...and even MORE gourmet if you choose to add lobster meat. For those who identify Wednesday as “pasta day” I’ve chosen a pasta so small (cous cous) that I can afford to spend most of my time making the main part of this recipe instead of watching and stirring pasta.

### Cous Cous with Toasted Pine Nuts (makes 2 cups)

1 Pkg. Near East Brand Cous Cous with Toasted Pine Nuts

### Shrimp, Scallops & Crab with Asparagus, Mushrooms and Lobster Sauce (makes 2 servings)

1 TBSP Vegetable/Canola Oil  
6 Each Ex. Large or Jumbo Raw, Shrimp, Peeled & Deveined, Tail On  
6 Each Jumbo Sea Scallops, (Dry Pack if Possible)  
1 TBSP Vegetable/Canola Oil  
1 tsp Garlic, Minced  
2/3 Cup White Mushrooms, Sliced 1/4”  
1/2 Cup Asparagus, cut in 1” Angled Pieces  
2 TBSP Marsala Wine  
2/3 Cup 1/2 & 1/2  
2 tsp Cornstarch  
1 TBSP Lobster Base (Minor’s Brand)  
1/2 Cup Jumbo Lump Crab Meat  
To Taste Salt & Pepper

### The 20 Minute Plan:

1. Follow the directions on the Cous Cous box and make the Cous Cous first, set aside.
2. Heat your non-stick skillet on HIGH and add 1 TBSP of oil. Add the scallops first and cook approximately 2 to 3 minutes on each side (they should be medium brown). Half way through cooking the scallops (or when you turn them over) add the shrimp to the pan and cook them on both sides too (they take less time). Season with salt and pepper and set the cooked scallops and shrimp aside.
3. In the same pan, add 1 more TBSP of oil and add the garlic & mushrooms. Sauté 2 to 3 minutes then add the asparagus and cook 2 to 3 minutes more.
4. Add Marsala wine, and reduce 30 seconds.
5. Mix together the 1/2 & 1/2 and the cornstarch and add along with the 1 TBSP of lobster base. Bring to a simmer.
6. Add crab and stir gently. Adjust seasonings with salt and pepper if needed.
7. Portion Cous Cous in the middle of the plate and arrange scallops and shrimp over the top.
8. Pour sauce over or about the Cous Cous and arranged seafood and serve.

# Thursday

## Pan Seared Beef Tenderloin

w/ Saffron, Pepper Jack Risotto and Sautéed Asparagus

1pkg. – Alessi Risotto Milanese Style w/ Saffron  
1- 5-6oz pkg of Great Lakes Monterey Jack w/ peppers grated  
1TBSP- unsalted Butter  
½ cup Heavy Whipping Cream

1-Bunch of fresh asparagus  
½ stick or 1/8# unsalted butter  
1TBSP- Chopped Garlic  
S&P to taste

2-6oz cuts of Filet Mignon (Beef Tenderloin)  
1TBSP Chopped Garlic  
S&P  
3oz Olive oil  
1TBSP unsalted butter  
1TBSP Fresh Chopped Parsley  
1TBSP Fresh Chopped Cilantro

### The 20 Minute Plan:

1. Immediately start 2 & 1/2 cups of water with a lid and bring to a boil. Follow directions on package with the following variations. After adding the butter allow risotto to boil for 3 minutes and continue to stir. After 15 minutes turn heat off uncover and stir in ½ cup of heavy cream and mix in 4oz of grated pepper jack cheese. Reserve 1oz of cheese as a garnish.
2. Start a pot with 2quarts of salted water on high heat and bring to a boil.
3. Mix 2ounces of olive oil with chopped herbs, garlic and Salt and pepper.
4. Take beef tenderloins and cut in half so that each piece is approximately 3 ounces and add to the oil and herb mixture and set aside.
5. Clean Asparagus by cutting the bottom quarter off and discarding. Once the water has come to a boil add asparagus and let cook for about 3 minutes or until asparagus are slightly tender. Drain water and remove asparagus from pot. Place pot back on stove under medium heat and add butter, once melted add garlic and sauté quickly while adding asparagus back to pot. Cook for about 2 minutes then remove from heat, lightly season with S& P.
6. Put a large sauté pan on medium heat and add 1oz of olive oil. Once the oil has heated place all 4 pieces in the pan at once and continue cooking for approximately 3minutes or until a dark brown sear. Flip all pieces over and repeat, flip once more and cook for an additional minute on low heat. Drain any excess oil and add 1 TBSP of butter and allow to melt with no heat.
7. Place an equal portion of Risotto on each plate in the center, place asparagus at the top of the plate surrounding the risotto. Place 2 medallions of beef on the bottom half of each plate.
8. Enjoy.

# Friday

## Fresh Flavor Fillet Fish (Crispy Ultimate Tilapia) With Rosti Potato Coins & Colorful Straw Vegetables

### NINO SALVAGGIO'S MARKETPLACE FISHERY



### "Fresh Flavor Fillets"

Recipe and Cooking Directions for:



## THE ULTIMATE TILAPIA

This delicious "Ultimate" Fresh Tilapia Entrée is best prepared using the **GRILLING, & Modified PAN SEARING** methods.

### *Grilling*

Pre-heat grill to medium hot. Be sure grill is clean of debris and very lightly wiped with vegetable oil before grilling fish. Remove product from container and remove all excess marinade. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray and place on the grill. Cooking time will vary depending on thickness and overall size. Optionally, you may wish to heat any additional marinade in a microwave oven or small sauce pan until simmering and then baste over finished cooked fillet before serving

**Typically, a 1/2 inch fillet will require approximately 3 to 5 minutes on each side to cook through.**

### *CRISPY Ultimate Tilapia (Modified Pan Searing Method. Requires Seasoned Dry Bread Crumbs)*

Pre-heat 1 tablespoon of vegetable oil in a non-stick (Teflon) frying pan on medium heat. Spread a light coating of the marinade evenly over both sides of the fillet and then bread each side with **dry, seasoned bread crumbs**. Pan sear in a non-stick (Teflon) pan, over medium heat with one tablespoon of vegetable oil. (An additional tablespoon of oil may be needed to fry the second side). Optionally, you may wish to heat any additional marinade in a microwave oven or small sauce pan until simmering and then baste over finished cooked fillet before serving

**Cooking time is approximately 3 to 5 minutes per side depending on fillet thickness.**

A sautéed medley of colorful vegetables is an excellent accompaniment to this entrée. Choose from Zucchini, Yellow Squash, Carrot, Broccoli Florettes, and perhaps Asparagus and Grape Tomatoes. Cut in small, finger size sticks and sauté in butter oil and season with salt & pepper.

© Nino Salvaggio Marketplace 2005

### Straw Vegetable and Rosti Potatoes

2 Each	Zucchini
2 Each	Yellow Squash
1 Large	Carrot
1 Large	Idaho Potato
2 Tbsp	Butter
To Taste	Salt & Pepper

### The 20 Minute Plan:

1. Follow the directions for CRISPY Ultimate Tilapia (above). While the Tilapia is cooking, microwave one large Idaho potato for 6 minutes, cut into 1/2" disks, dust with Char-Crust seasoning and pan fry in a small amount of oil, on both sides, until browned.
2. Julienne the zucchini, yellow squash and carrot and sauté in butter 1 to 2 minutes to soften. Season with salt & pepper.
3. Plate julienne vegetables in the center of the plate, place the finished Tilapia on top and the potatoes adjacent.