

# Traditional

## Lamb Couscous



3h

6-8

2

2 tbsp. tomato paste  
1/2 tbsp. ground cumin  
1 tsp. ground coriander  
Salt and black pepper  
3 lb. bone-in lamb, cut in large pieces  
1/3 cup [WD Lemon & Sundried Tomato EV Olive Oil](#)  
4 oz. pickling onions, peeled  
6 oz. thin leeks, cut in chunks  
6 oz. small carrots, sliced  
6 oz. small turnips, quartered  
8 oz. zucchini, chopped  
6 oz. tomatoes, peeled and quartered  
4 oz. shelled peas  
1 lb. couscous

### Garnish:

1/2 tsp. saffron threads  
4 oz. canned chickpeas, heated  
2 tbsp. coriander leaves  
[WD Spicy Hot Chili Oil](#) (optional)

Mix tomato paste, cumin, coriander, salt and pepper until blended. Rub mixture all over the pieces of lamb. Refrigerate for 1-2 hours. Pour 2 1/2 cups cold water over couscous in a large bowl. Let stand for 10 minutes, then stir with a spoon and sprinkle with 2 tsp. of **WD Olive Oil**. Put the couscous into the top of a couscoussiere; if you don't have one, place in a large strainer lined with cheesecloth. In the bottom of the couscoussiere or in a large pan over which the strainer fits, heat the remaining **WD Olive Oil** and brown the pieces of lamb slowly, allowing about 10 minutes. Pour in enough hot water to cover the lamb and bring to boil. Boil for 30 minutes, then add the onions, leeks, carrots, and turnips, adding more boiling water to come level with the vegetables. Add salt and pepper to taste. Set the couscous over the lamb and cover with a lid or foil. Bring back to boil and cook for 30 minutes. Add zucchini and cook for another 15 minutes. Add tomatoes and peas and cook for final 15 minutes. To serve, toast the saffron threads in a large metal spoon over a gentle heat, shaking them for about 30 seconds. Then pound them into a mortar. Transfer the couscous to a large platter, breaking up any lumps. Lift the vegetables out of the sauce with a slotted spoon and lay them on the couscous. Scatter chickpeas and coriander leaves over the top. Lay the lamb on a separate dish. Add 2 tbsp of the lamb sauce to the saffron. Pound a few times to mix, then pour back into the sauce. Serve the sauce separately, with a small dish of **WD Chili Oil**.

## Chicken Breasts in Vinegar-Cream Sauce



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45

4

1

2 lbs. skinless, boneless chicken breasts  
3 tbsp. [WD Italian Sundried Tomato Oil](#)  
4 cloves garlic, minced  
3 tbsp. fresh thyme, minced  
3 tbsp. fresh marjoram, minced  
2/3 cup [WD Italian Country Vinegar](#)  
1/2 cup vegetable stock or water  
3 tbsp. sundried tomatoes, minced  
1/3 cup low-fat or nonfat sour cream  
Fresh thyme and marjoram for garnish  
Salt and freshly ground pepper, to taste

Sprinkle chicken breasts with salt and pepper. Heat **WD Oil** over medium heat in a large heavy non-reactive skillet. Add the chicken and cook on both sides until golden. Add garlic and cook until soft, being careful not to burn. Sprinkle in thyme and marjoram. Cover the pan, reduce heat to low, and cook for 15 minutes, or until the chicken breasts are cooked through. Remove the chicken, keeping it warm on a serving platter.

Increase heat to medium and pour in the **WD Vinegar**, scraping the bottom to loosen any bits. Add stock or water and dried tomato. Stirring constantly, cook the sauce until reduced by half. Remove from heat and stir in sour cream. Pour the sauce over the chicken and sprinkle with fresh minced herbs.

## Lemon Roast Chicken



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1.5h

4

1

1 Roasting Chicken 3 to 3 1/2 lb.

1 clove garlic

1 fresh lemon

4 sprigs fresh thyme

[WD Lemon Grapeseed Oil](#)

Wash and remove insides of chicken. Cut bulb of garlic and the lemon in half and place inside chicken. Insert the thyme between skin and meat. Rub outside of bird generously with **WD Oil**. Season with salt, freshly ground pepper and roast in preheated 190°C (375°F) oven for an hour or until juices from the chicken run clear.

## Pot Roast with Pancetta and Wild Vegetables



2h

4-6

2

3 lb. chuck roast or rolled roast  
2 onions cut into quarters or eighths  
3 carrots peeled and rough cut  
5 small red potatoes halved  
1 cup chopped pancetta  
2 cups dry red wine  
2 tbsp. chopped rosemary  
5 tbsp. [WD Herbed Balsamic Dipper](#)

Place roast in deep bowl. Add wine, onions, carrots and rosemary. Cover and refrigerate 24 hours, turning twice. Preheat oven to 180°C (350°F). Remove meat from marinade and rub with 2 tbsp. **WD Dipper**. Heat remaining **WD Dipper** in large roasting pan. Brown meat on all sides and add marinade with vegetables, potatoes and pancetta. Sprinkle with salt & freshly ground pepper and cover tightly. Roast in oven for 1 1/2 hours or until meat is tender when pierced with fork. Remove meat and vegetables and reduce juice until desired thickness is achieved. Slice meat and place on platter with vegetables. Ladle sauce over top. Garnish with fresh rosemary.

## Raspberry Chicken



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30

2

1

2 lbs. fine boneless chicken breasts  
2 tbsp. butter  
1/4 cup cooking onions, chopped  
1/4 cup chicken stock  
4 tbsp. [WD Raspberry Tarragon Vinegar](#)  
1/2 cup cream  
1tbsp. canned tomatoes crushed

Melt butter in a large skillet. Raise heat, add chicken breasts and cook for 3 minutes. Remove chicken from skillet and set aside. Add onions to skillet and cook over low heat until tender. Add **WD Vinegar**, raise heat and cook, uncovered, until vinegar is reduced. Whisk in stock, cream and tomatoes. Simmer one minute. Return chicken to pan and simmer gently until done.

## Really Garlicky Roasted New Potatoes



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1.5h

6-8

1

- 1/2 cup [WD Roasted Garlic & Basil Oil](#)
- 4 garlic cloves crushed
- 3 - 3" sprigs fresh rosemary (or 1 1/2 tsp. dried)
- 9 medium red-skinned or Yukon Gold potatoes
- 1/4 tsp. freshly ground pepper
- 2 tbs. [WD Italian Country Vinegar](#)

In a small saucepan over low heat, cook garlic in **WD Oil** until it begins to color. Do not brown the garlic. Remove from heat and add the rosemary. Cover and let steep for 30 minutes. Preheat the oven to 200°C (400°F). Strain **WD Oil** into a roasting pan. Add potatoes, salt, and pepper, tossing well to completely coat the potatoes. Bake in the top of the oven, scraping up and turning the potatoes with metal spatula, until potatoes are crispy and tender; approx. 50 minutes. Sprinkle with **WD Vinegar** and toss. Bake final 5 minutes and serve.

## Wild Raviolis with Cheese



45

6

2

### Dough:

2 1/2 cups all purpose flour  
1/2 cup [WD Italian Sundried Tomato Oil](#)  
2 egg yolks  
Salt & freshly ground pepper

### Filling:

1 cup whole milk mozzarella cheese  
5 tbsp. Parmesan cheese  
2 eggs  
1/2 cup thin slice prociutto (optional)  
5 drops [Moroccan Rosemary Spice Elixir](#)

For dough:

Sift flour into a mound on pastry board or bowl. Make a well and add eggs, **WD Oil**, pinch of salt, and 1 tbsp. lukewarm water. Work ingredients and knead until smooth & elastic and form into a ball. Put into lightly oiled bowl. Cover and let stand for 30 min.

Filling:

Fine chop mozzarella and blend with other filling ingredients. Season with salt and freshly ground pepper.

**WD Tip:** Try using a food processor for saving time

Roll out dough into thin sheet cutting circles 2" in diameter. Divide filling into centers of each circle. Fold over and seal tightly with a fork.

**WD Tip:** A pasta machine will save some time if one is available.

Cook ravioli in gently boiling water for about two minutes. Serve with your favorite sauce.

**WD Tip:** These raviolis can also be fried in **WD Oil** and served as appetizers.