



## Seasoned Portland

Weekly menu

May 19, 2019

### **MISO-BRAISED PORK SHOULDER – gf, df**

Carlton Farm's boneless, skinless pork shoulder braised low and slow in gluten-free miso paste, tamari sauce and sake. Additions of fresh garlic, ginger and scallions add depth and just a touch of mirin wine and brown sugar sweeten and round out this tasty entrée. **Serve over chilled rice noodles and snow peas.**

### **SPRING MINISTRONE- df, gf, vegetarian**

A hearty and filling meal that is 100% plant based. Homemade vegetable stock and organic tomatoes, heirloom flageolet beans and garbanzos and a veritable market basket- peas, spinach, carrots, new potatoes, finished with fresh basil. **Serve with Square Peg Farm's little gem lettuce salad.**

### **ONE-SKILLET STEAK DINNER- df, gf**

Painted Hills Ranch steak seared hard in cast iron to a perfect medium rare. In the same skillet, as the meat rests, a buffet of spring vegetables are sautéed- snap peas, asparagus, carrots and spinach. Finish with a spicy schmear of arugula and whole grain mustard sauce.

### **ARROZ CON POLLO- gf, df**

The quintessential Spanish dish only elevated by our superior northwest produce and proteins. Organic brown rice is the base along with market spring onions, carrots and herbs. Mary's organic chicken legs cook over top of rice in wine, tomato and house-made chicken stock with a little extra love created with Spanish chorizo. Simply delicious.

### **CANNELONI PRIMAVERA- vegetarian**

Fresh semolina pasta sheets filled with whipped organic ricotta cheese, parmesan and herbs. Covered with sautéed mushrooms, peas and asparagus and baked in a parmesan broth cream sauce. **Serve with chef's choice salad.**



## Seasoned Portland

Weekly menu

May 26, 2019

### **ADOBO CHICKEN BRAISE with TACO NIGHT FIXINGS- gf, df option**

House made adobo sauce made with toasted guajillo chilis marinates Mary's organic whole chicken and is braised gently in the sweetly spiced sauce until tender. **Serve with taco night bits and bops; smashed pinto bean spread, organic gf tortillas, pickled red onions & cilantro crema. (or df crema)**

### **BAKED GREEN LASAGNA- vegetarian option**

Fresh semolina and spinach pasta sheets layered between cheesy bechamel sauce, fresh mozzarella, pork rib Sunday supper sauce and sautéed greens. Vegetarian option of mushroom ragu. Baked golden brown delicious. **Serve with farmer's market salad.**

### **BLACK BEAN STEW- gf, df, vegetarian**

Local, Organic black beans from Sun Gold Farms are long-simmered with garlic, herbs and spices in house-made vegetable broth. Additions of sweet potatoes and collard greens add a slew of nutrients, including vitamin a, c, e and k, loads of dietary fiber and calcium. **Enjoy with fresh ripe avocado.**

### **PORK RED CURRY- gf, df, vegetarian option**

Carlton Farms pork shoulder, dry rubbed, seared crisp and braised slow in coconut milk and vegetable broth. This straight-forward and pleasing curry is finished with bok choy, peas and bell peppers. Vegetarian option; sub marinated and seared Ota tofu. **Serve with organic brown rice.**

### **LAMB RAGU with Spring turnips and carrots- gf**

Reister Farms local ground lamb simmered in tomatoes and homemade stock with garlic, herbs, spices and a touch of pancetta. Finished with a touch of cream and market fresh veggies to lighten and round out this hearty sauce. **Serve over fresh spinach.**