

# Father's Day *Signature* Recipes



Westminster  
Communities  
of Florida

# Father's Day Signature Recipe

## Ingredients

2	Large iced tea bags
4 cups	Water
½ cup	Light brown sugar, firmly packed
¼ cup	Kosher salt
1 cup	Sweet onion, thinly sliced
1	Lemon, thinly sliced
2 tbsp.	Garlic, smashed
2	Fresh rosemary sprigs
1 tbsp.	Black pepper
2 cups	Ice cubes
1, 4lb.	Whole chicken, carved into 8 pieces

# Sweet Tea-Brined Chicken

## Directions

1. Bring 4 cups water to a boil in a saucepan, add tea bags. Remove from heat and let steep 10 minutes.
2. Stir in sugar, kosher salt, onion, lemon, garlic, rosemary and black pepper until sugar dissolves. Cool completely, stir in ice. Mixture should be cold before adding chicken.
3. Seal tea mixture and chicken in a large zip-top plastic freezer bag. Place bag in a shallow baking dish and chill 24 hours. After, remove chicken from marinade and pat chicken dry.
4. Light one side of grill, at medium heat; leave other side unlit. Place chicken, skin side down, over unlit side and grill with lid down, 20 minutes.
5. Turn chicken, grill for another 20 minutes. Turn chicken again, and grill 40-50 minutes or until a thermometer inserted in the thickest part of the chicken reads 165°.
6. Transfer chicken to lit side of grill, and grill 2-3 minutes or until skin is crispy. Let stand 5 minutes before serving.

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## Ingredients

12 oz. ½ lb.	Penne pasta French green beans, cut in half lengthwise
1 tbsp. ¼ cup ¼ cup	Fresh thyme leaves Lemon zest, divided Salted pistachio kernels, chopped
2 tbsps. 2 tbsps. 1 tsp. 1 tsp. ½ tsp. 5 tbsps. 2 cups ¼ cup	White balsamic vinegar Shallots, minced Garlic, minced Kosher salt Black pepper, ground Extra virgin olive oil Arugula Parmesan, fresh, grated

# Lemony Green Bean Pasta Salad

## Directions

1. Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time. Carefully drain in a colander, rinse with cold water and allow to drain well.
2. Place pasta in a large bowl and chill pasta and beans in refrigerator to 41° or below.
3. Combine pasta mixture, thyme and 3 tablespoons lemon zest. Toss gently to combine.
4. Whisk together vinegar, shallots, garlic, salt and pepper. Slowly add olive oil to combine. Drizzle dressing over pasta mixture, add arugula and toss gently to thoroughly coat all ingredients.
5. Top the pasta with the pistachios and parmesan.

# Father's Day Signature Recipe

## Ingredients

6 cups	Romaine lettuce, chopped
½ cup	Red onion, thinly sliced
1	Red bell pepper, diced
1	Green bell pepper, diced
¾ cup	Cucumber, peeled, sliced
½ cup	Kalamata olives, pitted and halved
¼ cup	Parsley, flat leaf, chopped
1½ tsp.	Kosher salt
¾ tsp.	Ground black pepper
1 lb.	Flank steak
1 tbsp.	Extra virgin olive oil
½ cup	Blue cheese crumbles
½ cup	Blue cheese dressing

# Chopped Salad with Steak

## Directions

1. In a large bowl toss together the romaine, red onion, both bell peppers, cucumber, olives and parsley with the blue cheese dressing, salt and pepper. Divide the salad evenly on 4 chilled plates. Top each salad with 4 ounces of flank steak and 1 tablespoon of blue cheese crumbles.

### Flank steak

1. Trim excess fat and connective tissue from the steak, season both sides with kosher salt and pepper. Rub both sides of the steak with olive oil.

2. Place steak on a very hot grill and sear for 2 minutes. Rotate 90° and continue to cook for an additional 2-3 minutes.

3. Flip the steak to the other side. Cook for 2 minutes and again rotate 90° with a pair of tongs. Cook an additional 2-3 minutes.

4. Remove from grill and place on a platter. Let the steak rest for 8-10 minutes before slicing into 1 inch squares.



# Father's Day Signature Recipe

## Ingredients

3 tbsp.	Fresh orange juice
2 tbsp.	White wine vinegar
2 tsp.	Dijon mustard
2 tsp.	Honey
2 tbsp.	Shallot, minced
1 tsp.	Kosher salt
¼ tsp.	Ground black pepper
½ cup	Olive oil
3 cups	Chicken breast, grilled, chilled, cubed
15 oz.	Cannellini beans, canned, drained, rinsed
½ lb.	Snow peas, blanched, chilled, sliced
3 cups	Red cabbage, shredded
2	Fresh oranges, segmented
½ cup	Almonds, sliced, roasted, salted

# Chicken and White Bean Salad with Citrus Vinaigrette

## Directions

1. Whisk together orange juice, vinegar, Dijon mustard, honey, shallot, salt and pepper in a large bowl. Slowly whisk in olive oil to combine.
3. Add the chicken, cannellini beans, snow peas, purple cabbage and oranges to the bowl.
4. Toss the salad in the dressing until all of the ingredients are thoroughly coated.
5. Divide salad among 6 plates and top each salad with 1 tablespoon of the toasted almonds.

## Father's Day *Signature* Recipe

### *Ingredients*

16 oz.	Cream cheese, softened
1 cup	Confectioners sugar
2 tsp.	Vanilla extract
16 oz.	Frozen whipped topping
½ cup	Strawberry preserves
8 cups	Fresh strawberries, sliced and divided
1½ cups	Graham crackers, crushed

# Strawberry Cheesecake Dessert Salad

### *Directions*

1. Beat cream cheese with a stand mixer fitted with a paddle attachment on medium speed until whipped and creamy, about 1 minute.
2. Slowly add powdered sugar and vanilla, and beat until smooth, about 1 more minute.
3. Fold in whipped topping, strawberry preserves, and 6 cups (approximately 2 pounds) of the sliced strawberries.
4. Sprinkle each serving evenly with graham crackers, and top evenly with remaining sliced strawberries.