



# Happy Valentine's Day



RECIPES + GIFTS + FLOWERS



# celebrate LOVE

Valentine's Day falls on Saturday this year... leaving you plenty of time to create an amazing home-cooked dinner ready for your sweetheart and loved ones! We put together a few dishes to help you get started, plus

some great gift ideas for any budget. Pay-Less Markets would like to wish you and yours a Happy Valentine's Day!



FOR MORE VALENTINE'S DAY ARRANGEMENTS VISIT OUR: **Floral Shoppe**



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GIFTS FOR SHARING  
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\* Available at selected stores.

**COOK. EAT. LOVE.**

PREPARE A

3-COURSE

VALENTINE'S DAY

SPREAD THAT SAYS

"I LOVE YOU".

## SHRIMP WITH GARLIC-CILANTRO SAUCE

- 1.5 lb. prawns or jumbo shrimp, shelled and deveined
- Olive oil

### Roasted garlic-cilantro sauce:

- 1 small head garlic, top trimmed off
- 1 cup fresh cilantro leaves, chopped
- 1 lime, juice of
- 1 tbsp. dry white wine
- 3 tbsp. olive oil
- 2 tbsp. chili sauce (or 1 tbsp. dry chili flakes)

### Instructions:

Prepare prawns and devein. Pat dry with a paper towel. Season with salt and pepper. Place in fridge until ready to grill.

Preheat oven to 400°F. Trim top of the garlic head off; leave garlic unpeeled. Drizzle with a little olive oil. Roast garlic in the 400°F-heated oven for about 10 minutes or until tender and fragrant. When ready, remove from oven. Let cool briefly. Peel and chop garlic finely.

In a small bowl, combine the garlic with the additional sauce ingredients. Whisk together and set aside.

When ready, heat a cast-iron grill or griddle to medium high. Drizzle shrimp with a little olive oil and grill for 3-4 minutes or so on each side. You want to achieve some char, but be careful not to overcook the shrimp.

Remove from grill and coat with the roasted garlic and cilantro sauce. Alternatively, you can serve the sauce on the side instead.



## STUFFED MUSHROOMS

- 24 oz white mushrooms
- 1/3 lb. hot pork sausage
- 1/2 whole medium onion, finely diced
- 4 cloves garlic, finely minced
- 8 oz cream cheese
- 1 whole egg yolk
- 3/4 cup Parmesan cheese, grated
- 1/3 cup dry white wine
- Salt and pepper (to taste)

### Instructions:

Wipe off or wash mushrooms in cold water. Pop out stems, reserving both parts. Chop stems finely and set aside.

Brown and crumble sausage. Set aside on a plate to cool.

Add onions and garlic to the same skillet; cook for 2 minutes over medium low heat. Pour in wine to deglaze pan, allow liquid to evaporate. Add in chopped mushroom stems, stir to cook for 2 minutes. Add salt and pepper to taste. Set mixture aside on a plate to cool.

In a bowl, combine cream cheese and egg yolk. Stir together with Parmesan cheese. Add cooled sausage and cooled mushroom stems. Stir mixture together and refrigerate for a short time to firm up.

## STRAWBERRY & AVOCADO BLUE CHEESE SALAD

- 4 cups of baby greens (or your favorite lettuce)
- 8-10 strawberries, sliced
- 1/2 avocado, cut in cubes
- 1/4 cup blue cheese, crumbled

### For the dressing:

- 1/8 cup extra virgin olive oil
- 1-2 tbsp. Sherry vinegar
- 1 lemon, juiced
- 1 garlic clove, minced
- Kosher salt to taste
- Freshly ground black pepper

### Instructions:

For dressing, just shake or whisk all ingredients together until well-blended. Gently toss all salad ingredients (except avocado) together in large bowl, toss with dressing and then add avocado

**Enjoy!**



Smear mixture into the cavity of each mushroom, creating a sizable mound over the top.

Bake at 350°F for 20-25 minutes, or until golden brown. Cool at least ten minutes before serving. Garnish with parsley if you're feeling fancy.

### cooking tip

When a recipe calls for dry white wine, your best bets are Pinot Grigio, Sauvignon Blanc, and unoaked Chardonnay. Pinot Grigio is the most neutral of the three, which makes it the most versatile. Sauvignon Blanc provides racy acidity, great in seafood dishes or cream sauces. Chardonnay adds the most richness of the three.



# ENTREE



## RIB EYE STEAKS WITH BALSAMIC MUSHROOM SAUCE

- 2 beef Rib eye Steaks, cut 3/4" to 1" thick (about 9 to 12 oz each)
- Salt and pepper
- 1 pkg. (8 ounces) cremini or button mushrooms, cut in half
- 1 tsp. dried thyme leaves
- 3/4 cup balsamic vinegar
- 2 tbsp. butter
- 1/4 tsp. salt

### Instructions:

Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 3/4" thick steaks 8-11 minutes (1" thick steaks 12-15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Season with salt and pepper, as desired.

Add mushrooms and thyme to same skillet; cook and stir 3-5 minutes or until tender. Remove mushrooms; set aside. Add balsamic vinegar to skillet; increase heat to medium-high. Cook and stir 7-10 minutes or until browned bits attached to skillet are dissolved and sauce is reduced to 1/4 cup. Stir in butter, mushrooms and salt. Cook and stir until heated through.

Serve sauce with steaks.



## CHICKEN CORDON BLEU

- 2 boneless, skinless chicken breasts
- 4 slices ham
- 4 slices Swiss cheese
- 3/4 cup all purpose flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 egg
- 2 tbsp. milk
- 1 cup bread crumbs
- 1 tbsp. vegetable oil
- 1 tbsp. butter



### For the sauce:

- 2 tbsp. butter
- 2 tbsp. all purpose flour
- 1 cup milk
- 1 chicken bouillon cube, crushed
- 1/2 tsp. salt
- 1 tbsp. dijon mustard
- 1 tsp. Worcestershire sauce
- 1/2 cup finely grated Parmesan

### Instructions:

Preheat the oven to 350°F.

Slice each chicken breast in half lengthwise, making 4 thinner cutlets. Put each cutlet between two pieces of plastic wrap and flatten with a meat pounder until they are approximately 1/4" thick.

Top each cutlet with a slice of ham and cheese, then roll up tightly, tuck in the ends and secure with toothpicks.

In a shallow bowl, mix the flour, salt, and pepper together and set aside. Whisk the egg and milk together in another small bowl and set aside as well.

Place the bread crumbs in a third bowl. Dip the rolled cutlets in the flour first, then the egg wash and then roll in the bread crumbs and set on a plate.

Heat the oil and butter in a small skillet over medium heat and brown the chicken on all sides before transferring to a greased baking dish. Bake in the oven for about 20-25 minutes, or until no longer pink.

While the chicken is baking, make the cream sauce. Melt the butter in a medium saucepan over medium heat. Whisk in the flour, and continue to whisk constantly for about 1-2 minutes. Slowly pour in the milk, then stir in the chicken bouillon and salt – whisk constantly over medium heat until it begins to simmer and thicken – about 5 minutes. Remove from heat and stir in the mustard, worchestershire sauce, and Parmesan until well combined and the cheese has melted. When the chicken is cooked, remove from oven and serve drizzled with the sauce.

## BROILED LOBSTER

- 5 lobster tails (you could cut this recipe in half if you want to do less!)
- 3/4 cup butter, melted
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1/2 tsp. paprika

### Instructions:

Lay the lobster tails on a baking sheet covered with foil. Using kitchen shears, cut the top of the tail all the way down to the fin. Gently pull the open shell apart a bit.

Mix together the butter, garlic powder, salt and paprika. Drizzle into the cavity that you created. Broil in oven for 15-20 minutes, depending on size of your lobster tails.

Tails are done when the flesh is white and the shells are reddish-orange.



*drink to love!*

### Kendall-Jackson Cabernet Sauvignon Sonoma County 2012

Aromas of lush black cherry, blackberry and cassis draw you in. Round and rich tannins provide a robust backbone and supple mid-palate. Notes of cedar, vanilla and a hint of mocha linger on the finish.

### Beringer Merlot California 2011

Hints of plum and brown spice on the nose compliment the boysenberry, blackberry and blueberry finish on the palate. It's well-balanced, soft tannins make this wine a perfect accompaniment to a variety of foods, such as grilled meats or hearty vegetable dishes.



## cooking tip

Follow this general rule when substituting dried with fresh herbs:  
**1 tbsp. fresh = 1 tsp. dried**



# DESSERT



## CHOCOLATE-COVERED STRAWBERRIES

- 3 lbs. strawberries, room temperature, cleaned and thoroughly dried
- 1 container Dolci Frutta® chocolate
- Additional chocolate or white chocolate chips for decorating
- Toothpicks



### Instructions:

Line a tray or cookie sheet with wax or parchment paper.

Heat chocolate according to package directions. You're ready to dip!

Insert a toothpick into each berry.

Dip strawberry in chocolate, let excess drain off and place on wax paper.

To decorate, heat up and melt white chocolate and/or milk chocolate chips. Using a spoon, simply scoop up a bit and fling it across the chocolate dipped strawberries, in a zig-zag motion.

## TRIPLE CHOCOLATE DECADENCE

- 1 chocolate cake mix (any kind, chocolate fudge, Swiss chocolate, or milk chocolate)
- 1 cup mini chocolate chips
- 1 cup sour cream
- 1 pkg. of chocolate pudding (small 3.5 oz. box)

### Frosting:

- 1 cup butter at room temperature
- 3 oz. Ghirardelli 100% cocoa chocolate bar
- 4-5 cups powdered sugar
- Milk

### Instructions:

Prepare cake as directed on box, and add sour cream, pudding and chocolate chips. Pour into two 9" round baking pans. Bake as directed on box (you might need to add a minute or two to the baking time because of the added ingredients). Place on a wire rack to cool.



Chop the chocolate, and then place in double boiler until melted. Cream together butter, chocolate, and 4 cups of powdered sugar. Add milk as needed for desired consistency. Combine until creamy; continue to add powdered sugar and milk until it is the consistency and taste that you want. Place one layer of cake on cake stand and frost the top, then add the second layer and frost the rest of the cake.



Garnish with chocolate curls. Melt some chocolate, get a 9" round cake pan and turn upside down and then spread the chocolate on it as a thin, thin layer. Let cool until the chocolate is set and then get a cheese slicer or potato peeler, and slice the chocolate into curls.

### Paul Masson Marsala

17.5% Alcohol by Volume

Deep golden color, full-bodied, fragrant sherry, sweet but balanced with a lively tang of citrus & aromas. Complexity achieved by aging in small oak casks.

dessert wine!

