

Main Dishes

Cilantro Beef

Ingredients

- ½ lb thinly sliced grass-fed sirloin or rump roast shaved to a #1 slice on a deli slicer if possible
- 3 Tbs basic cilantro pesto [See “Pesto”, on page 268.]
- 1 small onion sliced thinly leaving the slices in 1” long pieces and 1 red bell pepper sliced in rounds or spears

Directions

Add 2 Tbs of cilantro pesto to a warming pan over medium heat. Add onion and cook 2 minutes or until translucent. Add meat and peppers together. Cook meat approximately 2-4 minutes until medium. Turn off heat, add 1 more tablespoon of pesto, and stir. Serve alone or over rice, quinoa, or mashed organic potatoes, and top with fresh cilantro. Serves 2

Variation:

For a vegetarian version, use sliced portabella and shitake mushroom in place of beef.

Chicken Pot Pie

I adapted this delicious recipe from the cookbook *The Pastry Queen: Royally Good Recipes* by Rebecca Rather. You can use canna butter in any combination of the filling, cream sauce, or crust. DO NOT let the ingredients list scare you; this is a simple and relatively quick recipe that takes only 60-90 minutes to make. Your taste buds, belly, and soul will thank you!

Filling

- 3 Tbs unsalted butter (canna butter or not)
- 1 medium yellow onion, chopped
- 1 large russet potato, peeled and diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 8 oz button mushrooms, sliced
- Salt and fresh ground black pepper
- 1 cooked rotisserie chicken or a whole stewed chicken cooled, skin and bones removed, meat cut into cubes
- 8 oz fresh green beans cut into pieces and blanched
- 1 (8 oz) package frozen peas

Directions

Add butter, onions, and garlic to a pan over medium heat. Sauté 3-5 minutes, add all other ingredients, and cook 10-15 minutes. I like to add carrots, spinach, and peas at the end after the mix has been taken off the heat. To blanch the

green beans, simply let them cook in salted boiling water for 2 minutes. Pull out of the water and place them into a bowl of ice water to cool. They are ready to add to the mixture. Serves 8

Cream Sauce

- ½ cup (1 stick) unsalted butter (canna or not)
- 1 cup all-purpose flour (for gluten-free, try ⅔ cup gluten free flour with xanthan already added + 1 Tbs organic corn starch or use ½ cup of arrow root)
- 2½ cups chicken stock, preferably homemade (otherwise choose a low sodium stock)
- ½ cup heavy whipping cream (or 1⅓ cup whole milk if using the gluten free flour)
- 1 tsp garlic powder
- 1 tsp salt
- Dash nutmeg
- Dash white pepper
- Fresh ground pepper to taste
- Dash Tabasco sauce

In a separate pot from the sautéing veggie mix, melt butter over medium heat, add flour (or cornstarch/arrowroot), and whisk. Once smooth, add chicken stock and all other ingredients steadily whisking all the while. Cook over medium heat while the mixture thickens to the consistency of cream soup. If it gets too thick, add more stock, milk, or cream until you have the desired consistency.

Remove from heat. Mix sauce with the chicken and veggie mixture.

Crust

- 1 cup (2 sticks) chilled, unsalted canna butter or use half canna butter and half non-medicated butter.
- 3 cups flour (all purpose gluten free flour works well)
- 10 oz chilled cream cheese
- 1 tsp of salt
- ¼ tsp of white pepper, fresh ground is best
- 1 large egg

Directions

Pre-heat the oven to 375°F. Cut the butter into small pieces. Place the butter and flour in the bowl of a food processor with a metal blade and pulse until the butter and flour are crumbly. Add the cream cheese, salt, and white pepper. Continue pulsing until the dough forms a ball.

Set the dough on a flat surface dusted with flour/arrowroot. Use a floured rolling pin to roll out to ¼ inch thickness. Measure the diameter of the pot, pie bowl, or casserole dish you will use. Cut the dough 1½ inches larger than the diameter. Lay the dough rounds on top of the pie or pies making sure dough hangs evenly over each bowl. Whisk egg in a small bowl. Brush dough lightly with beaten egg. Bake 20-25 minutes until golden brown. Serve immediately. This dish keeps well. You can also make individual portions and freeze for future use.