

FRIDAY FEB 10<sup>th</sup> AT 7PM

# DINNER FOR TWO

## About Chef Tesia

We are elated that you chose to spend your evening with Pastor Lee & Martica Jenkins and our special guest, Chef Tesia Bunton. Chef Bunton is a Culinary Institute of America Alumna & Food Network Chopped Champion with over 19 years of professional restaurant experience in the Food Service & Hospitality Industry; and she wants to share her knowledge and expertise with you!

Get ready for a night of love, exploration, culinary elevation, and teamwork.

This PDF includes recipe cards, a list of all the ingredients, equipment, and utensils you will need for your dinner experience.

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*Chef Tesia Bunton*

**Food Network  
Chopped Champion**

# Tips & Reminders

## **FROM CHEF TESIA**

- Be sure to read your recipe card thoroughly to ensure you have all the necessary ingredients, utensils, and cookware to create the dish for the night. Mis en plac ( french term for "everything in place") is essential when properly executing your recipes.
- It helps to pre-measure your ingredients to get ahead ; but this is completely optional. If you want to make any substitutions go for it!
- All recipes yield 4-6 servings depending on portion sizes. If you would like to increase or reduce the yield try using an online recipe calculator to do the math for you!
- We want to make this an amazing and exciting night for everyone. Please direct all questions to the chat once we begin!

# Grocery List

## **PARMESAN STUFFED SALMON & SEARED CHICKEN BREAST; SPINACH & ARTICHOKE FILLING**

4 chicken breasts (skin-on, skinless, boneless)  
or 4 salmon filet (center cut & skinless)

1 tablespoon olive oil

3 cloves garlic, minced

8 ounces fresh baby spinach

8 ounce canned artichoke hearts

8 ounces cream cheese

½ cup fresh parmesan, grated

½ cup shredded mozzarella, shredded

1 TB garlic powder

1 TB onion powder

1 TB paprika

Salt & pepper to taste

## **GARLIC CHIVE MASHED POTATOES**

3 lb Yukon potatoes, peeled and quartered

6 garlic cloves, smashed

8 Tbsp unsalted butter, softened

1/4 cup - 1/2 cup heavy cream

(plant based cream okay)

Kosher salt & pepper (to taste)

2 Tbsp chives, finely chopped

# Grocery List

## **CREAMY SHRIMP SAUCE**

1 lb shrimp (peeled and deveined)  
1 quart heavy cream (plant based cream okay)  
1 teaspoon garlic, minced  
1 TB garlic powder  
1 TB onion powder  
1 TB smoked paprika  
1 TB parsley, chopped or flakes

## **LEMON ROASTED BROCCOLINI & PEPPERS**

1 lb baby broccolini  
1 medium sweet pepper, sliced  
1 medium lemon, halved

## **STRAWBERRY BASIL LEMONADE**

1 cup strawberry lemonade of choice  
1/2 cup ice  
1/4 lemon, sliced into rings  
4 fresh basil leaves  
2 strawberries, top removed and cut in half

# Recipe Card

WHAT'S FOR DINNER: PARMESAN STUFFED CHICKEN/SALMON WITH GARLIC CHIVE MASHED POTATOES, LEMON ROASTED BROCCOLINI, TOPPED WITH A CREAMY SHRIMP SAUCE.

## PARMESAN STUFFED SALMON & SEARED CHICKEN BREAST WITH SPINACH & ARTICHOKE FILLING

- 1 - Preheat the oven to 375°F.
- 2 - In a large nonstick skillet, over medium heat, add cooking oil . Add garlic and saute for 1 minute. Add spinach, salt, and pepper and cook until the spinach is wilted.
- 3 - Reduce heat to low, add artichoke hearts and cream cheese. Stir until cream cheese melts and mixture is smooth. Remove from the heat and stir in both mozzarella and parmesan cheese. Set aside.
- 4 - Place a 2-3 inch slit in chicken breast and/or salmon filet. On top of each chicken breast drizzle a little olive oil and sprinkle with garlic & onion powder, and paprika.
- 5 - Stuff chicken and/or salmon with spinach artichoke filling., sear for 2-3 minutes and bake for 20-25 minutes, depending on size of your chicken breasts. Or until 165 degrees.

**\*\*\*Not a fan on spinach and artichoke? Totally fine. Skip the spinach and artichoke and use the rest of the ingredients to make a three cheese filling with the cream cheese, mozzarella, and parmesan cheese.**

# Recipe Card

Remember to follow, and tag @ChefTesiaB & @eaglesnestchurch on IG, to share your experience and dishes on social media using the hashtags: #ChefTesiaB #ENCDinnerForTwo

## **GARLIC CHIVE MASHED POTATOES**

- 1 - Place potatoes and garlic into pot and cover with cold water. Bring to a boil then reduce heat to a simmer, partially cover, and cook for 15-18 minutes or until potatoes are tender.
- 2 - Once potatoes are tender, drain water completely. To same pot add cream, salt, pepper, and bring to high simmer. Remove from heat and blend with hand mixer or food processor.
- 3 - Fold in chives and butter. Keep warm.

## **CREAMY SHRIMP SAUCE**

- 1 - Heat oil in a large skillet over medium high heat . Add shrimp and sear for 2-3 minutes on each side until they turn pink and are fully cooked through. Season with salt and pepper.
- 2 - Add butter and garlic to the skillet and sauté until fragrant.
- 3 - Add heavy cream and parmesan. Stir well and bring sauce to a simmer. Reduce the heat to medium and keep stirring until thickened to a desired consistency.
- 4 - Remove from heat and add parsley.

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## **LEMON ROASTED BROCCOLINI & PEPPERS**

- 1 - Place broccolini, peppers and lemon faced down on baking sheet.
- 2 - Drizzle with oil and season with salt and pepper.
- 3 - Roast in 375°F. degree oven for 15 minutes or until tender.

## **STRAWBERRY BASIL LEMONADE**

- 1 - Roughly chop basil and strawberries; add to drinking glass. Add lemons and ice.
- 2 - Top with strawberry lemonade, stir and enjoy!