



ZAKARIAN

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DASH



TURKEY MEATBALLS IN TOMATO SAUCE

BY CHEF GEOFFREY ZAKARIAN

5QT Saucepan | 12" Fry Pan



INGREDIENTS

Serves: 3-4

For the meatballs:

- 1 pound ground turkey
- ½ small yellow onion, diced
- 2 tbsp chopped parsley
- 1 tbsp minced garlic
- 1 egg
- 2 tbsp Worcestershire sauce
- ½ cup seasoned Italian breadcrumbs
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

For the sauce:

- 2 28-ounce cans crushed tomatoes
- 2 tbsp minced garlic
- 1 tsp crushed red pepper flakes
- 15 fresh basil leaves, torn
- Salt to taste

DIRECTIONS

- In a 5QT saucepan, add all tomato sauce ingredients and simmer over medium-low heat while you make the meatballs.
- Add all meatball ingredients into a large bowl and combine. Divide evenly into 12 meatballs.
- In a 12" fry pan over medium heat, cook the meatballs until brown on all sides.
- Once meatballs are browned, add to tomato sauce along with any residual oils in the fry pan.
- Simmer for 15-20 minutes and serve.

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SKILLET BROWNIE WITH FUDGE SAUCE

BY CHEF GEOFFREY ZAKARIAN

12" Fry Pan | 1.5QT Saucepan



INGREDIENTS

Serves: 8-10

For the brownie:

- 2 ½ sticks softened butter
- 2 cup granulated sugar
- 1 cup dark brown sugar, packed
- 1½ cups Dutch-processed cocoa powder
- 1 tbsp salt
- 2 tbsp vanilla extract
- 6 eggs
- 3 cups all-purpose flour
- 1 cup chopped pecans

For the fudge sauce:

- 3 tbsp butter
- ⅓ cup dark brown sugar packed
- ⅔ cup dark chocolate morsels
- 2 tbsp vanilla extract
- 1 cup heavy cream

DIRECTIONS

- Preheat oven to 350°F.
- In a large bowl or stand mixer, cream together butter and both sugars until light and fluffy, about 1-2 minutes.
- With the mixer on low, add eggs in one at a time, then vanilla. Mix until fully incorporated.
- Add cocoa powder, salt, and flour and mix until just combined. Do not over mix.
- Once incorporated, gently fold in pecans with a rubber spatula.
- Place in 12" fry pan and bake for 40 minutes or until set.
- Meanwhile, in a 1.5QT saucepan over medium-low heat, combine butter and brown sugar until sugar is dissolved.
- Shut off the heat and stir in chocolate chips until melted.
- Add cocoa powder followed by heavy cream and whisk until well incorporated and smooth. Set aside to cool. Fudge sauce can be made ahead and stored.

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RISOTTO WITH LEMON AND ENGLISH PEAS

BY CHEF GEOFFREY ZAKARIAN

1.5QT Saucepan | 3.5QT Sauté Pan



INGREDIENTS

Serves: 4-5

4-5 cups chicken stock
4 tbsp extra virgin olive oil
1 medium yellow onion, diced
1 tbsp minced garlic
1 ½ cups Arborio Rice
2 tbsp chopped fresh thyme
1 cup white wine
5 tbsp unsalted butter
1 cup frozen English peas,
defrosted
1 lemon, zested and juiced
¼ cup chopped chives
½ cup grated Parmesan cheese
Salt and pepper to taste

DIRECTIONS

- In a 1.5QT saucepan, add the chicken stock and bring to a simmer over medium-low heat.
- In 3.5QT Sauté Pan, heat olive oil over medium heat. Add the onions and a touch of salt and pepper. Cook (stirring) until the onions are translucent, 3 to 4 minutes.
- Add minced garlic, Arborio rice and thyme and increase the heat to medium-high. Toast the rice, stirring until fragrant. About 3 minutes.
- Add the wine and cook until it has reduced to almost dry and you hear a sizzle.
- Add the simmering stock one cup at a time and cook, continuously stirring, until it has reduced almost all the way. Repeat this process until the rice is almost cooked; this will range from 15 to 20 minutes depending on your rice. The rice kernels should be a little al dente and creamy and pourable, not dry or clumpy.
- When the risotto is finished, shut the heat off and add 3 tablespoons butter, 2 remaining tablespoons olive oil and the parmesan cheese. Let it sit for 1 to 2 minutes, then stir and taste for seasoning. Add a little more Parmesan if needed. Add one tablespoon of lemon juice, plus more to taste.
- In a small saucepan, add about ½ cup simmering chicken stock and 2 tablespoons butter. Add the peas and 1 tsp of lemon zest then season with a little salt and pepper and stir. Place over low heat and cook until the peas are warmed through. Add the chives.
- Garnish the risotto with more Parmesan and the pea mixture. Serve in warm bowls or on warm plates.

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BALSAMIC LENTIL VEGETABLE SALAD

BY CHEF GEOFFREY ZAKARIAN

3QT Saucepan | 12" Fry Pan



INGREDIENTS

Serves: 6

For the salad:

1 cup French green lentils, rinsed
and picked through

3 cups water or stock

1-2 tbsp extra virgin olive oil

1 medium zucchini, diced

1 medium yellow squash, diced

1 red bell pepper, diced

¼ cup chopped parsley

2 tbsp chopped cilantro

¼ cup feta cheese crumbles

Salt and pepper to taste

For the vinaigrette:

½ cup extra virgin olive oil

½ cup balsamic vinegar

1 shallot, minced

2 tbsp Dijon mustard

2 tbsp lemon juice

1 tsp salt

¼ tsp pepper

DIRECTIONS

- In a 3QT saucepan, bring lentils and water or stock to a simmer over medium heat. Once simmering, cook until all liquid is absorbed and lentils are tender, about 10-15 minutes.
- Heat 1-2 tbsp of oil in a 12" fry pan over medium heat. Add zucchini, squash, and bell pepper and a bit of salt and pepper and cook for about 5-7 minutes or until softened with a slight crunch left.
- Make vinaigrette by whisking all ingredients together in a bowl.
- Once lentils are cooked and cooled, add vegetables, chopped herbs and combine.
- Fold in vinaigrette and taste for more salt and pepper. Garnish with feta crumbles and serve.

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