

CONNECTICUT CHEFS RECIPES

for Restaurant Relief



CTbites

100 recipes
from the Connecticut
chefs you love in
support of the
restaurant industry



Letter from the Editor

Dear Reader,

Food is the great unifier. Gathering around a meal has always brought people together, and in our history, restaurants have offered not only nourishment, but creativity, joy, entertainment and community.

In the COVID-19 era, the chefs who have devoted their lives to serving us by providing guests with unique dining experiences, have suddenly found themselves staring at empty dining rooms. They have faced the heartbreaking task of closing their doors or downsizing their staff (their “family”), in an effort to stay in business. This new reality will not be forever, but for now, the industry we love is struggling.

The Connecticut hospitality industry has given so much of themselves to us. It is time for us to give something back. In Connecticut, there are a staggering number of workers from the front and back of the house who are now jobless. This includes the manager who greets you at the door, your favorite bartender who always makes you feel welcome, and the cooks and servers who work tirelessly to provide you with a great dining experience.

The *Connecticut Chefs Recipes for Restaurant Relief Cookbook* is an initiative to raise funds to help feed those in the Connecticut hospitality field who now find themselves out of work, and out of money. It is time to feed a new frontline.

The CTbites team thanks you for the purchase of this cookbook. *Connecticut Chefs Recipes for Restaurant Relief* is a compilation of recipes from your favorite CT chefs and restaurants, spanning the entire state of Connecticut...the chefs you miss seeing in person. Trust me, they miss you too.

Stephanie Webster
Editor In Chief, CTBITES



Send Noods

PASTA FROM
AROUND
THE WORLD



VEGAN RIGATONI BOLOGNESE

- 1.** Sauté walnuts and mushrooms in olive oil with 1 teaspoon sea salt until walnuts start to toast and mushrooms start to get color. Remove mushroom walnut and oil mixture and set aside.
- 2.** Add 4 tablespoons of olive oil to the pan and sauté the onion with 1 teaspoon sea salt until sweated thoroughly.
- 3.** Add minced garlic and sweat until cooked.
- 4.** Add carrots and celery and sauté until softened.
- 5.** Add tomato paste and red wine and cook out alcohol.
- 6.** Return walnut mushroom mixture to the pan, add in red pepper flakes, black pepper, crushed tomatoes, and oregano. Cover and simmer on low for 3 hours.
- 7.** Add in branches of thyme and rosemary.

PREPARE THE PASTA

- 8.** Cook pasta in salted pasta water and have a sauté pan set aside on the stove with a portion of Bolognese with the heat off.
- 9.** Once pasta is cooked al dente, reserve a little of the pasta water.
- 10.** Drain the pasta and add to Bolognese with the reserved pasta water.
- 11.** Cook through and serve.

4 tablespoons olive oil

¾ cup small diced onion

2 cloves minced garlic

½ cup carrot (pulsed in food processor until same size as small diced onion)

½ cup celery (pulsed in food processor until same size as small diced onion)

1½ cups button mushroom (pulsed in food processor until same size as small diced onion)

¾ cup walnut (pulsed in food processor until same size as small diced onion)

4 tablespoons olive oil

2 teaspoons sea salt

1 teaspoon red pepper flakes

1 teaspoon freshly cracked black pepper

2 branches oregano

4 tablespoons tomato paste (previously caramelized)

¾ cup red wine

2½ cups crushed tomatoes

2 bunches thyme

2 bunches rosemary

Marcia Selden
& Naked Fig Catering

Chef Robin Selden

marciaselden.com



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