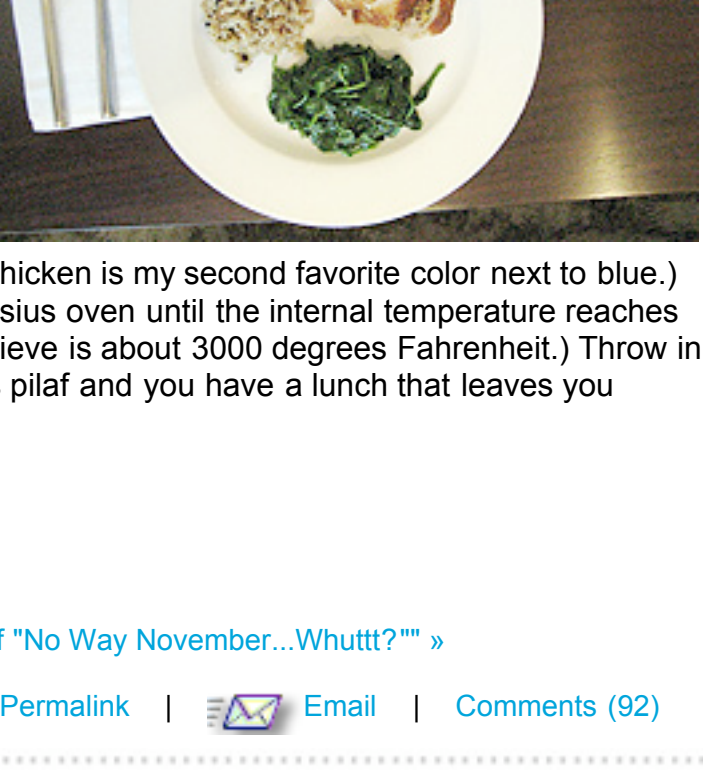


Ellen's Lunch

November 1, 2007 | Posted on 3:41 PM

My First Lunch Of "No Way November...Whutt?"

How do I stay strong for my show? I eat my spinach just like Popeye. Then I eat my chicken just like ...that cartoon character that eats chicken. I am sure there must be one.) My chicken is stuffed with toasted pita chips, sun dried tomatoes in olive oil and herbbed goat cheese, then breaded. (Take some bread and wrap it around the chicken with rubber bands. ...I think that's how you do it. I'm not a cook.) then fried for color. (fried chicken is my second favorite color next to blue.) then finished in a 300 degree Celsius oven until the internal temperature reaches 160 degrees Celsius. (which I believe is about 300 degrees Fahrenheit.) Throw in some brown rice and mushrooms pilaf and you have a lunch that leaves you saying, "Whutt?"



Enjoy your lunch

Ellen

[Continue reading "My First Lunch Of "No Way November...Whutt?" »](#)

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Comments (92)

October 31, 2007 | Posted on 1:47 PM

My Halloween Lunch



Today my chef, Sean, has whipped up some faux cream (non dairy) of tomato soup. I don't know where fake cream comes from. I don't want to know. But I'd like to say something about lactose intolerance. Can't we all get along? If we try to understand lactose, maybe one day we can tolerate each other and it will be a better world for all of us.

For the main course, I have some crab cakes and sprouts resting comfortably on a bed of baby lettuces with raspberries for garnish. By the way, you haven't really slept until you've spent the night on a bed of baby lettuces. This is the perfect lunch for me to be light on my toes when I go trick or treating later.

Happy Halloween and have a good lunch,

Ellen

[Continue reading "My Halloween Lunch" »](#)

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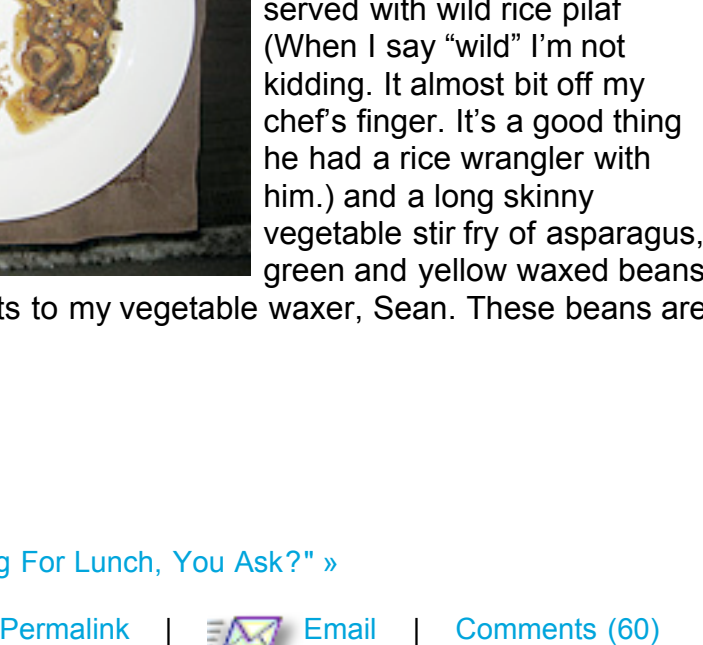
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Comments (42)

October 30, 2007 | Posted on 4:52 PM

A Bunch Of Lunch

Usually my lunch is stylishly presented in neat food groups, but today I asked my chef Sean to toss me a salad and get less if right onto the plate. The salad is made with salad, avocados. (Probably from Tom Sallieck's avocado ranch I'm not sure. I didn't check the brands.) tomatoes and small green crunchy things. I have dressed my salad with salad dressing. (I prefer to have my salads clothed)



My main course is a cheese veggieburger casually thrown next to the salad. (I'm not sure if it was cooked with the Sunbeam Rocket grill but I sure looks tasty.) On the side I have yellow and red dipping sauces or as some people call them, Catsup and mustard.

Enjoy your lunch

Ellen

[Continue reading "A Bunch Of Lunch" »](#)

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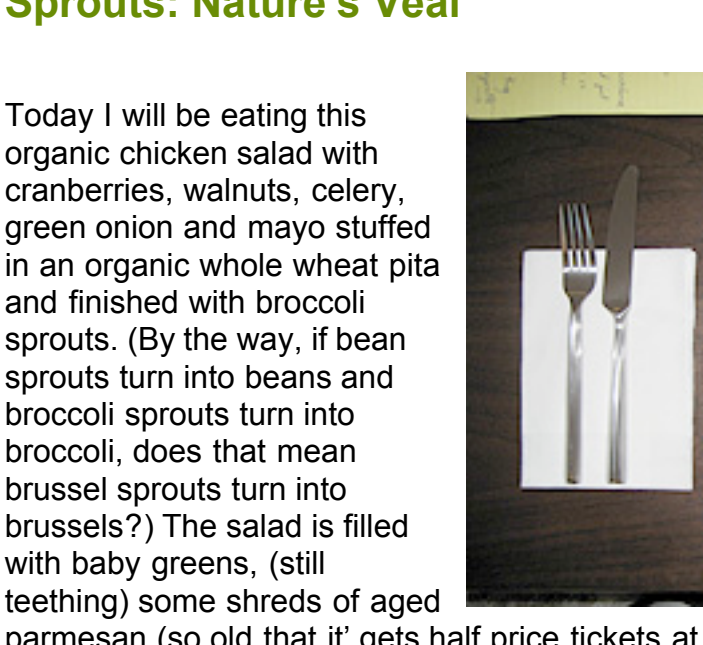
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Comments (29)

October 29, 2007 | Posted on 2:59 PM

What Am I Having For Lunch, You Ask?



For lunch today I am having some chicken piccata with a mushroom shallot sauce and a lot of white wine. (Piccata is an Italian word meaning "tipsy chicken.") The chicken is served with wild rice pilaf (When I say "wild" I'm not kidding. It almost bit off my chef's finger. It's a good thing he had a rice wrangler with him) and a long skinny vegetable stir fry of asparagus, green and yellow waxed beans and candied pecans. Compliments to my vegetable waker, Sean. These beans are perfectly smooth.

Enjoy your lunch

Ellen

[Continue reading "What Am I Having For Lunch, You Ask?" »](#)

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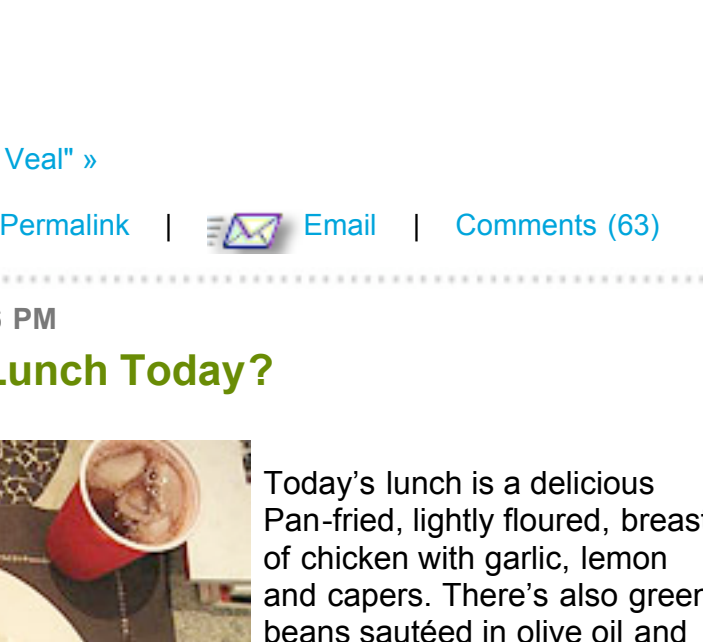
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Comments (60)

October 26, 2007 | Posted on 1:33 AM

Sprouts: Nature's Veal

Today I will be eating this organic chicken salad with cranberries, walnuts, celery, green onion and mayo stuffed in an organic whole wheat pita and finished with breadcrumb. (I'm not sure if it was breaded or not. I'm not sure. I didn't check the brands.) tomatoes and small green crunchy things. I have dressed my salad with salad dressing. (I prefer to have my salads clothed)



My main course is a cheese veggieburger casually thrown next to the salad. (I'm not sure if it was cooked with the Sunbeam Rocket grill but I sure looks tasty.) On the side I have yellow and red dipping sauces or as some people call them, Catsup and mustard.

Enjoy your lunch

Ellen

[Continue reading "Sprouts: Nature's Veal" »](#)

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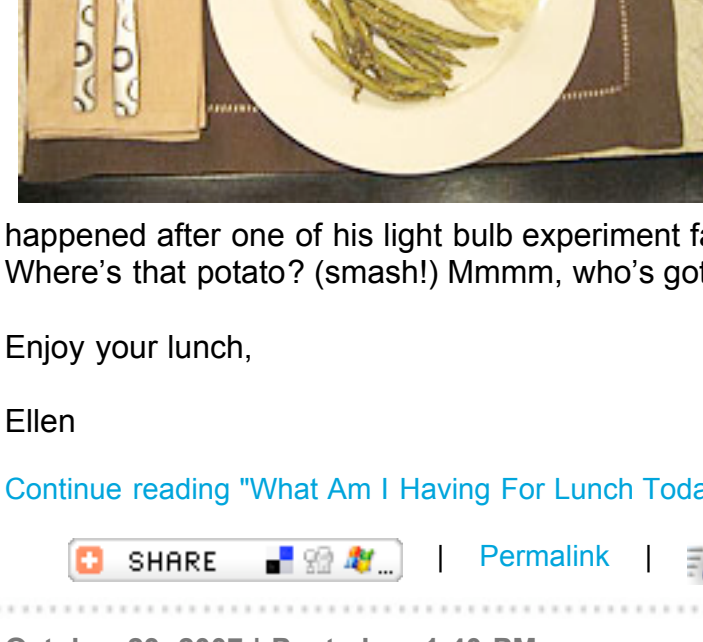
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Comments (63)

October 24, 2007 | Posted on 3:26 PM

What Am I Having For Lunch Today?



Today's lunch is a delicious Pan-fried, lightly floured, breast of chicken with garlic, lemon and capers. There's also green beans sautéed in olive oil and finished with hemp seeds and mashed russet potatoes with roasted garlic, herbs and goat cheese.

Who invented mashed potatoes? I think it was Thomas Edison. He invented everything else. It must have happened after one of his light bulb experiment failed. Curses, failed again! Where's that potato? (A toast!) Mmmm, who's got gravy?

Enjoy your lunch

Ellen

[Continue reading "What Am I Having For Lunch Today?" »](#)

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Comments (87)

October 23, 2007 | Posted on 1:40 PM

Mmmmmmmmmmmmm Good

Today I'm eating a tasty herbbed vegetable couscous. Couscous is a Middle Eastern dish invented by the Couscouians. They were a nomadic people who never ate anything bigger than a raisin. I'm also eating a lemon rosemary breast of barbecued chicken and a vegetable medley of cauliflower and broccoli. ... I don't know if this is an actual vegetable medley. Usually a medley is more than 2. This is more of a mediette. Anyway, everything is organic including the utensils.



Thank you for reading about my lunch.

Ellen

[Continue reading "Mmmmmmmmmmmmm Good" »](#)

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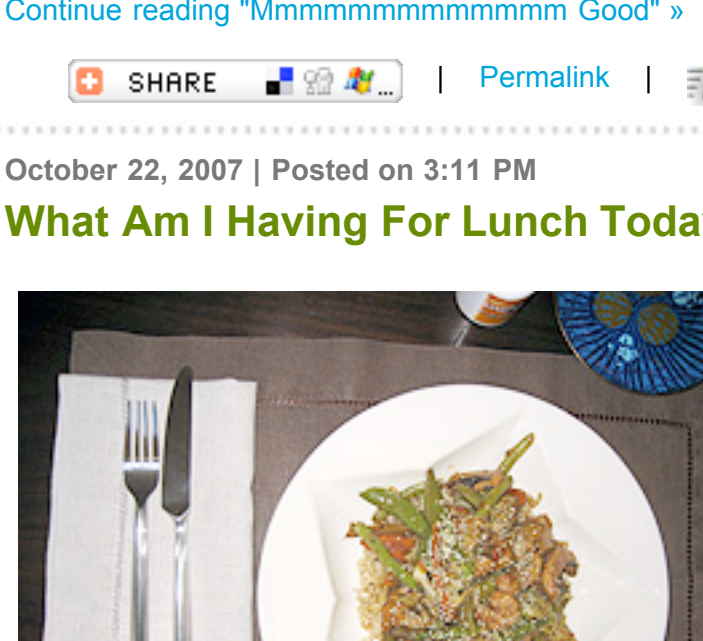
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Comments (93)

October 22, 2007 | Posted on 3:11 PM

What Am I Having For Lunch Today?



Thanks for asking. Today I am having a shrimp and vegetable stir-fry. The recipe is quick and simple. Throw some shrimp and vegetables into a frying pan and then stir them as they fry. Whether it's a stir-fry or a tossed salad or Shake and Bake, nutritionists say it's important to keep your food moving. When it's done cooking, put it on some brown rice. Finally, to cap of the oriental theme, the whole meal is served on a plate from the Hollywood Wok of Fame.

Enjoy your lunch

Ellen

[Continue reading "What Am I Having For Lunch Today?" »](#)

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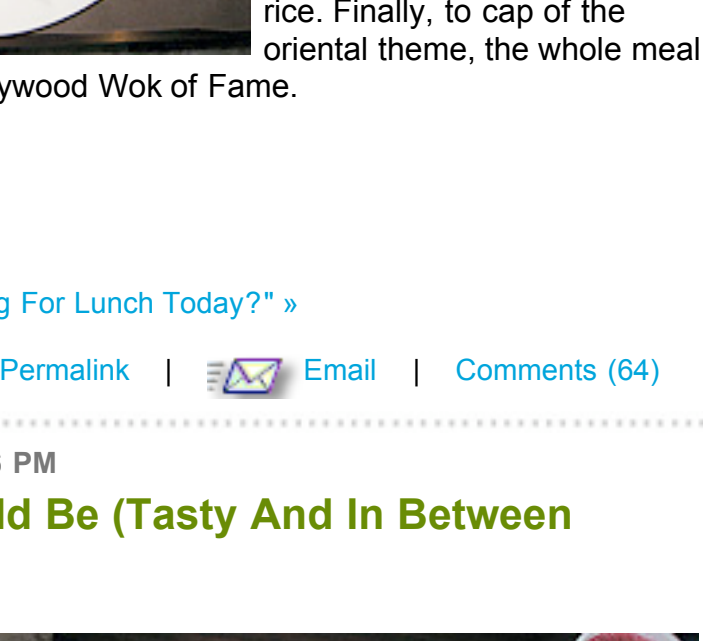
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Comments (64)

October 17, 2007 | Posted on 1:36 PM

Lunch The Way It Should Be (Tasty And In Between Breakfast And Dinner)

Today I'll be eating a pole caught Columbia River salmon lightly salted and pan-fried. The salmon produces enough oil so no olive oil is needed to get a perfect color (by the way, isn't it an interesting coincidence that salmon are salmon colored? What are the odds?) The sauce accompanying this exquisite fish is a puttanesca, a fresh and delicious Italian "peasant" sauce of garlic, olives, parsley and capers. (By the way, what ever happened to all the capers that criminals used to plant? When was the last time you heard about the Mutton Chop Gang's latest caper? Maybe the FBI successfully clamped down on capering.)



I will also be having some sour cream laced mashed potatoes and a handful of sugar snap peas and carrots. Is that a handfull? Wait a minute, let me check. ... Yes, it is definitely a handfull. ... (Now I have sugar snap pea juice all over my keyboard.) I will be washing it all down with a carrot, beet, celery, parsley, wheatgrass, ginger, apple, parsnip and pear juice cocktail. Or as my chef Sean calls it, V8 juice.

Good luck and good lunch

-Ellen

[Continue reading "Lunch The Way It Should Be \(Tasty And In Between Breakfast And Dinner\)" »](#)

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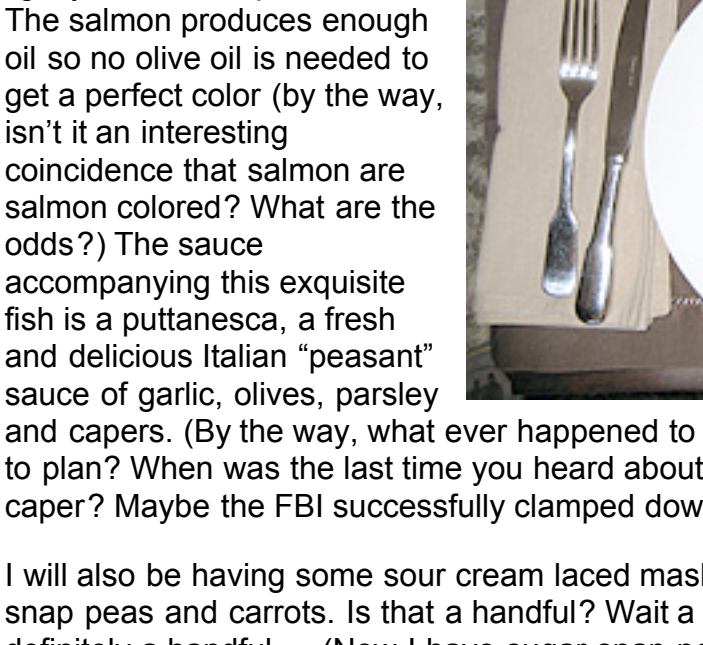
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Comments (79)

October 16, 2007 | Posted on 2:37 PM

Welcome To My Lunch



Today's lunch is so fantastic. I don't know if I'll be able to touch it. It would be a sin to eat a work of art like this. Maybe I'll shellac the plate and use it as a paperweight.

You're looking at a grass fed, organic, free range New York steak. My chef Sean has seasoned the steak, pan fried it, and covered it with a whiskey mushroom sauce with shallots, a sprig of thyme or rosemary (remove sprigs before serving. Every year, thousands of people suffer from spig-related injuries) and reduce. Thicken the sauce with butter, comstarch or arrowroot slurry (Arrowroot Slurry, by the way was a great band in the 60's) Add a little thickener at a time until the sauce coats the back of the spoon. Then throw the spoon against the wall. If it sticks, you know it's ready. The steak is accompanied by a stir fry of seasonable vegetables and wild rice pilaf with apples, peanuts and cranberries.

Good day and good eating.

-Ellen

[Continue reading "Welcome To My Lunch" »](#)

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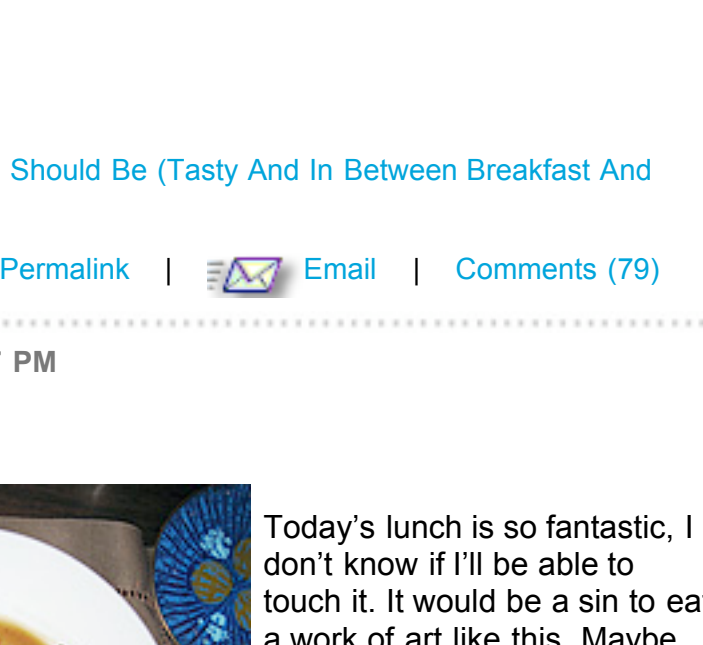
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Comments (145)

October 15, 2007 | Posted on 3:25 PM

My Lunch And I'm Sticking To It

My chef Sean outdid himself today. Not that he ever underdoes himself. Today's lunch features a beautifully seasoned chicken thigh fried for color and then braised in the oven with fresh figs and onions. The sauce is a sweet reduction of white wine, the very best vermouth and just a little Canadian organic grade "A" maple syrup* finished with a dash of salt, pepper and lemon juice. This dish is paired with green and yellow waxed beans** provincial with shallots, garlic, heirloom tomato and a little lovin'. Sean's starch for today features shucked green pea couscous with a brunoise*** of carrot, zucchini, onion and is finished with fresh flat leaf parsley****.



Enjoy your lunch

-Ellen

*When buying maple syrup, I always recommend going with the grade "A". Many times when you go with the lower grades like grade "B", "C" or "Q", you will get pieces of leaves and bark in your syrup.

**Bean wax, by the way, make great candles.

*** Brunoise is a uniform small chop of vegetables (the basis for stocks and sauces) The best and most classic flavor comes from 50% onion, 25% carrot and 25% celery

****Sorry, I don't really have anything to add. I just like using footnotes. I guess I've over done it.

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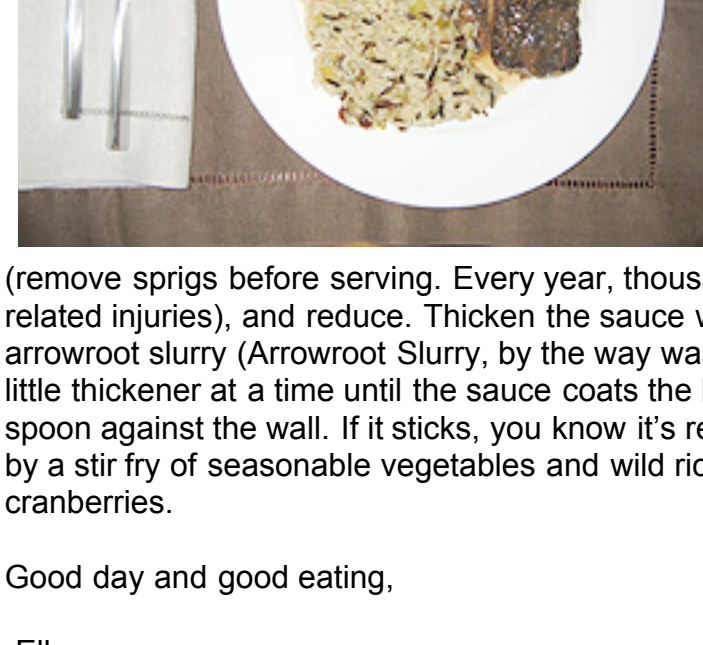
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Comments (96)

October 11, 2007 | Posted on 1:53 PM

Here's What I'm Having For Lunch



My chef Sean got up early today, went fishing and netted this 2 pound poached seafood platter with shrimp, crab, scallops and lobster... oh my. The poaching liquid is made by using a bouquet garni or sachet of spices. I don't know what either of those things are but they sound gourmet-y so they must be good.

Sean told me that fresh herbs and aromatics are added together in cheesecloth and put to boiling water to infuse their flavor into the poaching water... Apparently it's just like making a pot of tea. In fact, if fish drank tea, I'm sure they would love this.

There are two sauces to accompany this dish: (#1) cocktail sauce with fresh grated horseradish, lime, and just a little Patron (I'll be doing some cocktail sauce shots a little later.) (#2) sauce is tartar made with a pickle, real mayo and a just a little lemon juice, of course, squeezed by Sergi, my personal squeezechef.

My salad today is made with lache, cucumber, heirloom tomatoes, various sprouted things, raw almonds and is dressed for success with a sweet Dijon mustard and pinot noir vinaigrette. If you're not doing anything later maybe we can toss back a few glasses of vinaigrette. In the mean time, bon appetite.

-Ellen

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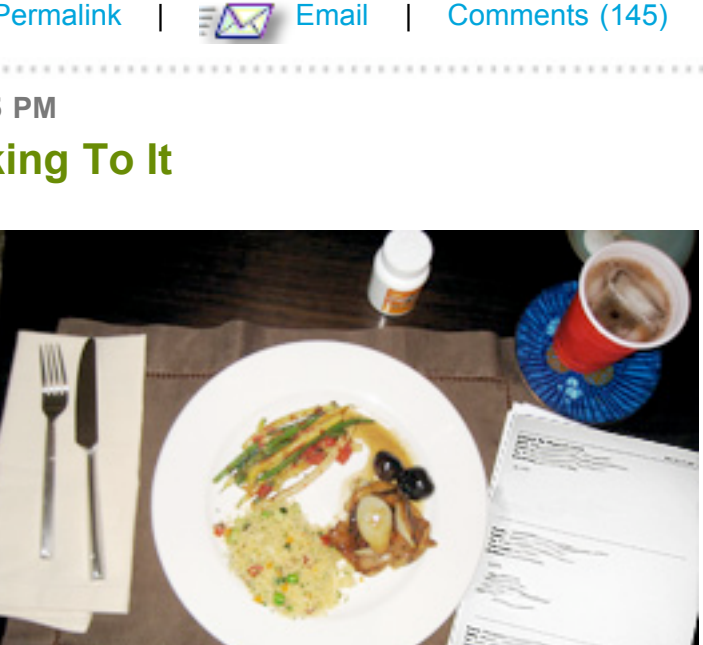
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Comments (86)

October 10, 2007 | Posted on 3:02 PM

Lunch Is Served

As you can see, I couldn't wait for the photographer to take a picture of my lunch. I had to immediately dig into this delicious Cod Au Gratin. A classic dish of North East Atlantic cod, oven poached in a béchamel sauce with organic Canadian Cheddar and breadcrumbs and then broiled for just long enough to get the cheese perfectly gooey. On the side is a salad of butter lettuce and heirloom tomatoes in a lemon mustard vinaigrette.



Often while eating my lunch, I flip through my latest issue of Dwell Magazine. It's for people who dwell on things. Actually, I prefer Get Over It Magazine, but I do admit that it is a guilty pleasure of mine to occasionally read a copy of Mopers Illustrated.

I hope you enjoy your lunch as much as I am enjoying mine.

-Ellen

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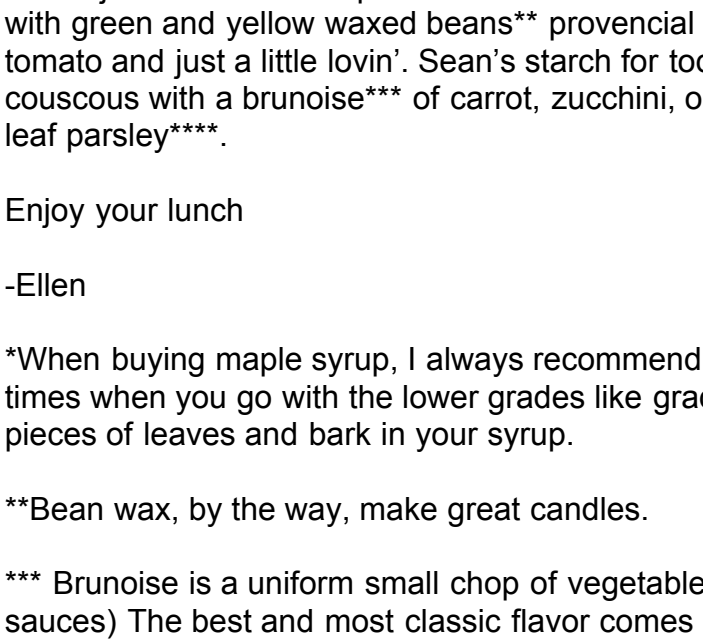
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Comments (61)

October 9, 2007 | Posted on 3:28 PM

The Wait Is Over, Here Is Today's Lunch



Are those meat pops, you ask? Actually, lunch today is what is left of a beautiful Colorado rack of lamb after separating the chops and frenching the bone*. The chops are marinated in garlic, shallots, herbs de provence and just a little balsamic vinegar. I have my grill chef, Sean, grill them for about 3-4 minutes per side for medium rare. I then serve my finishing chef, Louise, finish them by removing the foil and then plating them. At that point, Andre, my sous chef, drizzles the chops with a sweet balsamic reduction. As for the vegetables, my cuisinierist, Marie, has prepared a delicious butternut squash in tandem with Chan the stir fry which has performed his magic on these wonderful seasonal vegetables. Of course, all their work would be for naught if it weren't for my lemon squeezer, Sergei.

*Frenching the bone (first of all, get your minds out of the gutter) then, remove all meat, fat and other grizzly things from the bone so it appears clean and finished looking. The bones are wrapped in foil to prevent them from discoloring or burning during grilling.

Enjoy your lunch.

-Ellen

[Continue reading "The Wait Is Over, Here Is Today's Lunch" »](#)

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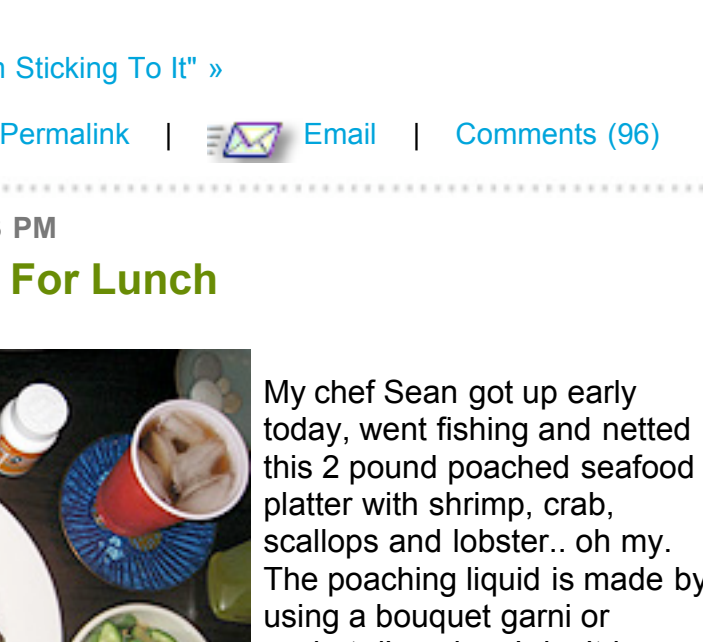
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Comments (109)

October 8, 2007 | Posted on 1:49 PM

What's For Lunch Today?

Here's a little secret for the Monday morning blahs: make a smiling happy face on your plate. I can just imagine my little lunch friend with the pickle mouth saying to me, "Hey Ellen, it's your friend, Lunchy! I hope you're having a great day! Have fun eating me!"



I will have fun, Lunchy. How could I not, with this delicious organic chicken salad sandwich with walnuts, celery, cranberries and alfalfa sprouts on 14 grain bread? (Yes, 14 grains. Mmm, you can really taste the millet.) I'm rounding off this tasty lunch with a piping hot bowl of organic cream of tomato soup topped with basil cream**.

*For presentation, cut a very small hole in the tip of a Ziplock bag and carefully squeeze from the bag a design of your choice on top of the soup. I call the design you see here a drip-plat. It was supposed to be a kitty, but swirling soup currents put an end to that.

Enjoy your lunch.

-Ellen and Lunchy

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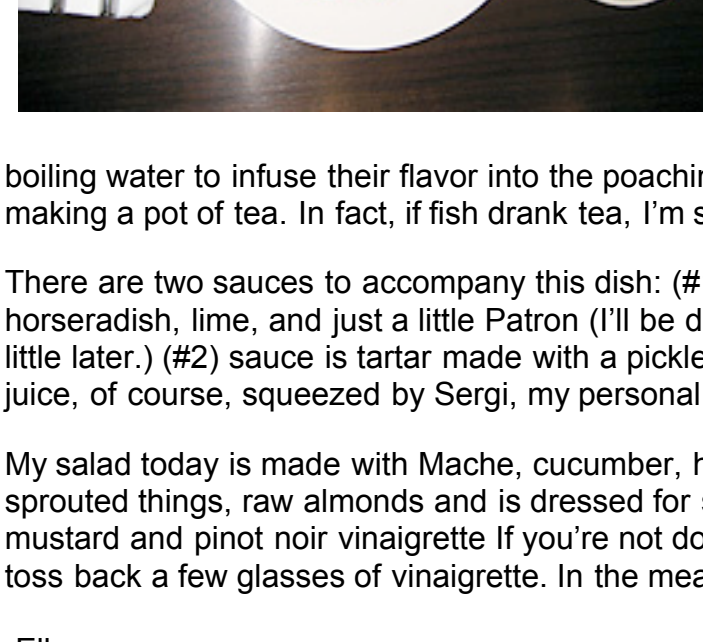
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Comments (162)

October 4, 2007 | Posted on 1:16 PM

Wash Your Hands, It's Lunch Time



Today's salad is made with organic baby arugula (which is so young it's still cutting its teeth), sprouted wheat, sprouted sunflower seeds and sprouted fenugreek. Let's face it, this is starting to sound like a really young salad. Wait a minute, hold the phone, to balance my underage salad off, here are some beautiful heirloom tomatoes (handed down from my great, great, great grandmother). Top it off dressing and blood orange segments.

*The pear is packaged in acidulated water to prevent discoloration, and like all of us, should be patted with a paper towel before eating.

**To arrange food on a plate as for serving.

My main course is an organically grown free-range local breast of chicken Milanese (when I say local, I mean that I think the chicken might have been my neighbor.) The breast is pounded, then breaded, then fried for color and finished in the oven with tomato basil sauce, mozzarella cheese and just a little parmesan.

I hope you enjoy your lunch as much as I am going to enjoy mine.

-Ellen

[Continue reading "Wash Your Hands, It's Lunch Time" »](#)

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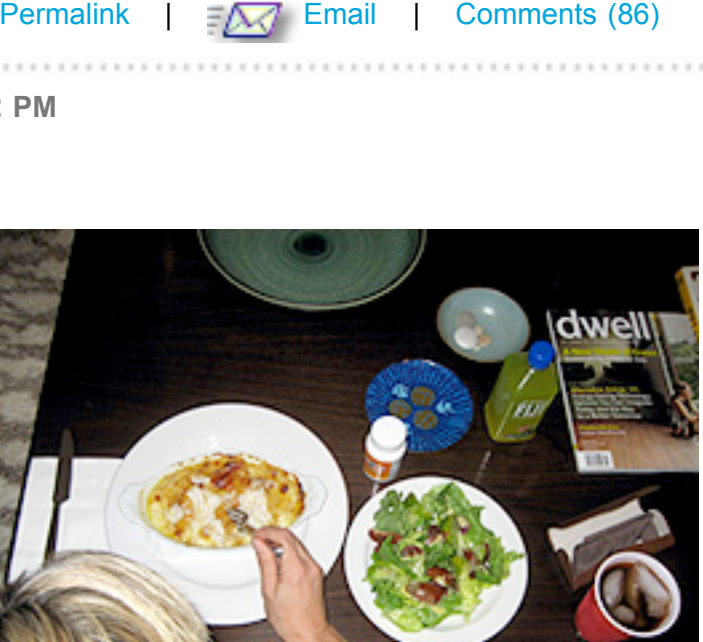
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Comments (152)

October 3, 2007 | Posted on 2:18 PM

What Am I Having For Lunch Today?

Want to know my recipe for oven-roasted pork loin stuffed with cranberries, onion, celery, pita chips and whole grain breadcrumbs drizzled with port wine and shallot reduction?



Start with a serving of pork loin, then stuff it with cranberries, onion, celery, pita chips and whole grain bread crumbs, roast it, then drizzle it with a port wine and shallot reduction. Serve with steamed organic brown rice and a stir-fry of asparagus and green beans with hemp seeds and lemon.

Yes, hemp seeds. They're legal if you stir-fry them. Make sure you drizzle the reduction. It won't be as good if you sprinkle, mist, shower, hail or partly cloudy the reduction. Well, it's time for some fine dining. See you tomorrow.

-Ellen

[Continue reading "What Am I Having For Lunch Today?" »](#)

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Comments (217)

October 2, 2007 | Posted on 2:00 PM

What's For Lunch Today?



Today's lunch is so mouthwatering, I can hardly wait to finish writing this so I can dig in! You are looking at a petit filet mignon with a delightful basil butter sauce.

Go ahead, say it three times in a row really fast. Go! Basilbutter sauce, Basilbutter sauce, Basilbutter sauce.

All that tongue twisting is making me ravenous for this lunch. I will also be eating this warm and tasty bowl of beef and rice soup.

Here's a little tip for you dieters out there: I eat my soup with this soup stick shown here. It takes a lot longer to get to the bottom of the bowl, but by the third of fourth hour, you

eventually get filled up.

See you tomorrow

-Ellen

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