

Take home meal kits for 2. We build the kits and supply everything you need to make a great meal, or we can cook everything and pick-up or delivered Hot and Ready for a small upcharge.

(please allow up to 2 hours for some items if Hot and Ready)

\*Add Any Wine, Beer, or Cocktail to any Kit! \*

**Pre-portioned ingredients and recipe meal kits to make at home!**

**Oven Roast Chicken (GF) Kit - \$25**

- Whole Seasoned Chicken
- Potatoes and Asparagus
- Lemon Cream Sauce

**Pasta Your Way - \$25**

- Fresh Local Pasta From Chow Morso
- Dry Fettuccini Pasta
- 3 Different Sauces to make your own pasta and sauce combination (Beef Ragout, Creamy Alfredo, Arugula Basil Pesto)
- Garlic Bread and Parmesan

**Fajita Kit - \$20**

- Pick from Seasoned Chicken, Beef, or Shrimp
- 6 Flour Tortillas
- Onions and Peppers
- Avocado, Lime, and Cilantro

**Stir-Fry Kit- \$20**

- Your Choice of Protein (Seasoned Chicken, Steak, or Shrimp)
- Stir-fry sauce and all the Vegetables
- Cooked Jasmine Rice

**Salmon Piccata Kit - \$25**

- 2 Salmon Filets
- Potato and Fennel
- Lemon Caper White Wine Sauce

**Braised Short Rib Kit - \$35**

- Beef Short Rib in Red Wine Demi-Glace
- Potatoes and Carrots
- Caesar Salad

**Pizza Kit - \$25**

- Tomato Sauce and Alfredo
- Shredded Cheese Blend
- Sliced Soppressata
- 2 Portions of Pizza Dough
- Parmesan

**Vegan Curried Cauliflower Kit - \$20**

- Vindaloo Coconut Sauce
- Roasted Cauliflower
- English Peas
- Slivered Almonds and Dried Cranberries
- Bell Pepper and Onion
- Cooked Jasmine Rice

**Boredom Busters**

**Cookie Kit - \$10**

- Ready-made cookies (6 Shortbread and 6 Chocolate Chip)
- 2 colored Frosting Packs

**Movie Ready Kit – \$8**

- 3 pack of popcorn
- 2 sodas of your choice \*
- Chocolate Covered Honeycomb
- Hot Chocolate Mix

**Hot and Ready to Eat!**

- Side House Salad - \$6
- Mushroom Wellington (Veg.) w/ side salad – \$12
- Pho Dip w/ chips - \$12
- Chicken Sandwich w/ chips - \$12
- Grilled Cheese and Tomato Soup - \$12
- Tomato Soup - \$6
- Caesar Salad - \$8

**FOR[a]GED**

EST.  2019

GENERATIONAL MASTERY | RELENTLESS PURSUIT

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

1825 Blake St. Ste 100 / Denver CO, 80202

720.826.2147

info@foragedrestaurant.com

**Fajitas**

Amount	Ingredient
1 pound	Seasoned Protein (Chicken, Beef, Shrimp)
1 each	Yellow Onion
2 each	Bell Pepper
1 each	Lime
6 each	Flour Tortillas
2 fl. Oz.	Cooking Oil
1 each	Avocado
1 oz	Micro Cilantro
4 oz	Shredded

Directions:

- Slice Vegetables, onion and bell peppers into uniform strips about ¼” thick.
- Cut lime into 8 wedges
- Dice avocado into small cubes, squeeze a wedge of lime over top to prevent browning of avocado
- Heat large sauté pan over medium high heat, add oil to pan and immediately add protein.
- Cook for about 8-10 minutes until browned and cooked through.
- Add peppers and onions and sauté for about 3 minutes.
- Deglaze with 1/4 cup of water (or Beer) scraping “fond” off the bottom of the pan
- Wrap tortillas with damp paper towel and microwave in increments of 30 seconds
- Assemble fajitas to desired taste using avocado, salsa, lime, cilantro, and cheese

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### Pasta Your Way

Amount	Ingredient
1 pound	Dry Fettuccini Pasta
1 pound	Fresh Pasta (Chow Morso)
4 oz	Parmesan Cheese
2 each	Mini Garlic Bread
12 oz	Beef Ragout
12 oz	Alfredo Sauce
12 oz	Arugula Pesto
2 fl. Oz.	Olive oil
¼ oz basil	Fresh Basil

Directions:

- Preheat oven to 350°F
- Bring large Pasta pot with minimum 4 qts. of water to a boil and season with salt to taste like the ocean
- Boil pasta until al’ dente
  - o Fresh pasta – 3-5 minutes or until pasta floats
  - o Dry Pasta – 7-12 minutes until al’ dente
- Be sure to reserve 1 cup of cooking liquid
- In a small saucepan, heat desired sauce to a simmer.
- Toss pasta with desired sauce, add pasta cooking liquid to thin if necessary
- Heat garlic bread in oven for about 5 minutes until butter is melted and bread is hot.
- Finish pasta with olive oil and fresh basil if desired

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### Salmon Piccata

Amount	Ingredient
2 each	6 oz Salmon Filet
1 pound	Butter
4 fl. Oz.	White Cooking Wine
2 oz	Capers
1 oz	Fennel Spice Blend
1 pound	Red Potatoes
1 each	Fennel
1 fl. Oz.	Canola oil
1 each	Lemon

**Directions:**

- Cut half of the butter into small cubes (the remainder is for you)
- Cut potatoes into 4-6 wedges
- Cut fennel bulb top off (set aside) wash bulb and cut into 8 wedges keeping the core intact
- Cut lemon into 6 wedges
- Preheat oven to 425°F
- In aluminum pan included in kit. Toss potatoes, fennel, oil, salt, and pepper. Roast for 10 minutes
- While veggies are cooking, season salmon with fennel spice blend on all sides. Rest at room temp. for 5 – 10 minutes
- Carefully remove vegetables from the oven and place salmon filets on top.
- Top each salmon with butter and capers. Place a little extra butter over veggies.
- Pour wine into bottom of pan (don't pour directly over salmon)
- Cover with provided lid and bake an additional 8-10 minutes.
- Remove lid and check desired doneness of salmon, bake uncovered to your liking.
- To finish, pour pan sauce over salmon and garnish with lemon and chopped fennel fronds for added color.

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### **Oven Roast Whole Chicken**

Amount	Ingredient
3 pound average	Whole Chicken w/ lemon herb rub
1 pound	Potatoes
1 bunch	Asparagus
1 head	Romaine Lettuce
4 oz	Parmesan Cheese
8 oz	Caesar Dressing
1 each	Lemon
16 fl. Oz.	Reduced cream
1 each	Onion
4 fl. Oz.	Canola Oil

**Directions:**

- Preheat oven to 400°F
- Cut potatoes into wedges about 4-6 pieces
- Cut onion into 4-6 wedges
- Cut lemon in half
- Cut asparagus into 1” lengths
- Chop or rip romaine into bite sized pieces.
- Place potato and onion into provided aluminum pan and toss with oil, salt, and pepper.
- Place Chicken over Potatoes and drizzle remaining oil over chicken.
- Roast Chicken in oven for 20 – 25 minutes until skin is golden and crisp
- Reduce temperature of oven to 375°F and continue to cook until internal temperature of the chicken reaches 160°F in the thickest part of the thigh.
- Remove chicken and rest for 20 minutes.
- Meanwhile, add asparagus to pan with cream and juice of half of a lemon
- Return to oven and cook about 12-15 minutes. Until hot and bubbly
- Carve chicken and serve over potato and asparagus. Garnish with a squeeze of fresh lemon.
- For Salad- toss lettuce with parmesan and desired amount of dressing



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### Roast Beef

Amount	Ingredient
2 pound average	Beef Chuck Roast
1 pound	Potatoes
1 bunch	Baby Carrots
1 head	Romaine Lettuce
4 oz	Parmesan Cheese
8 oz	Caesar Dressing
16 fl oz.	Red Wine Demi Glace
2 fl. Oz.	Canola Oil
1 each	Yellow onion

Directions:

- Preheat oven to 450°F
- Cut potatoes into wedges about 4-6 pieces
- Cut onion into 4-6 wedges
- Cut lemon in half
- Cut asparagus into 1" lengths
- Chop or rip romaine into bite sized pieces.
- Place potato, carrots, and onion into provided aluminum pan and toss with oil, salt, and pepper.
- Place pan into preheated oven for 20 minutes
- Remove pan from oven and place short rib over top of vegetables.
- Pour red wine demi sauce over top and cover.
- Return to oven and bake an additional 20 minutes until beef reaches 165°F internally.
- For Salad- toss lettuce with parmesan and desired amount of dressing



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### Stir-fry

Amount	Ingredient
1 pound	Choice of Protein (Chicken, Beef, Shrimp)
1 each	Yellow Onion
1 each	Bell Pepper
1 each	Carrot, pickled
3 cloves	Garlic
6 fl oz	Stir-fry Sauce
1 oz	Sesame Seed
2 Qts.	Cooked Jasmine Rice
2 fl.oz.	Sesame Oil Blend
1/2 oz	Micro Cilantro
	Furikake

Directions:

- Slice onion and bell peppers into uniform strips about ¼' thick
- Mince garlic, organize all ingredients next to cooktop for fast cooking
- Heat large sauté pan over high heat until smoking
- Add blended sesame oil to pan and immediately add protein. Cook for about 5 minutes until meat is cooked through and internal temperature of 165°F
- Add garlic and all prepared vegetables, cook until desired doneness.
- Pour in stir-fry sauce and stir to coat. Simmer about 3 minutes
- In the meant time, reheat rice – open container and lay a damp paper towel over top. Microwave on high for about 1 minute, remove and mix well. Replace towel and microwave another minute, stir. Make sure rice comes to 165°F.
- Once rice is done. Pour over stir-fry mix, garnish with cilantro, sesame, and furikake
- Enjoy!

### **Pizza Night**

Amount	Ingredient
2 portions	Pizza Dough (6oz each)
16 oz	Tomato Sauce
16 oz	Alfredo Sauce
16 oz	Mozzarella Cheese Blend
4 oz	Parmesan Cheese
.25 oz	Crushed Red Pepper
2 oz	Sliced Soppressatta

**Directions:**

- Preheat oven to 450\* - arrange rack to lower middle part of the oven
- Generously oil baking sheet
- Allow dough to come to room temperature for 20-30 minutes inside bag
- Form into large disk using your hands to stretch the dough – rest for 5 minutes
- Place dough on oiled baking sheet using your fingertips to push out to desired shape and thickness (1/4” – 1/2” thick)
- Poke holes into stretched dough to prevent bubbles
- Add desired amount of sauce to dough disk, keeping a 1/2” border
- Top with desired toppings
- Place in oven to bake until golden brown and cheese is bubbly (10-15 minutes)
- Allow to cool for 5 minutes before cutting.

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### Curried Cauliflower (Vegan)

Amount	Ingredient
1 head	Cauliflower
4 oz	Vindaloo curry mix
8 oz	English Peas
2 oz	Dried cranberries
2 oz	Slivered almonds
1 each	Yellow Onion
1 each	Bell Pepper
2 Qts.	Cooked Jasmine Rice
1 each	Lime
2 oz	Garlic/Ginger Paste
4 oz	Canola Oil
1 container	Coconut Cream
¼ oz	Micro Cilantro
2 oz	Toasted Coconut

Directions:

- Preheat oven to 425°F
- Cut Peppers into ¼” strips
- Cut onion into ¼” strips
- Cut cauliflower into “golf ball” size pieces
- Toss onions, cranberries, almonds, and cauliflower with half the oil, salt, and pepper. Roast in provided pan for 10-15 minutes or until golden brown
- In a medium to large sauce pot, heat remaining oil over medium high heat until oil just smokes.
- Immediately add garlic ginger paste and cook for 1-2 minutes
- Add in curry powder blend and sauté until fragrant.
- Add coconut cream being sure to scrape all the “fond” off the bottom of the pan.
- Turn heat to low, add in roasted vegetable mixture and simmer for until cauliflower is fork tender.
- In the meant time, reheat rice – open container and lay a damp paper towel over top. Microwave on high for about 1 minute, remove and mix well. Replace towel and microwave another minute, stir. Make sure rice comes to 165°F.
- Serve curry over rice and garnish with coconut, lime, and cilantro