

Because sometimes, even gourmets are in a hurry....


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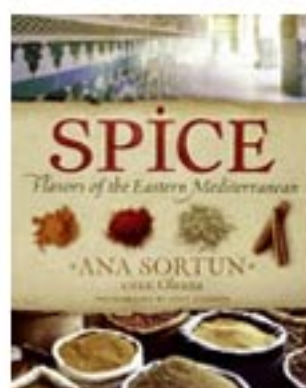
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### Featured Cookbook



**Spice: Flavors of the Eastern Mediterranean**  
 By Ana Sortun

An explosion of flavor in ingenious Arabic-Mediterranean recipes from Chef Ana Sortun, StarChefs.com's 2003 Boston Rising Star and James Beard Award-winning chef of Oleana in Cambridge, Massachusetts.

Wouldn't it be fantastic if celebrity chefs cooked dinner for you every night? StarChefs offers the next best thing — Quick Meals, fast and easy recipes from the country's hottest chefs. Every week you'll receive a QuickMeals newsletter including: 5 QuickMeal recipes from a different celebrity chef, shopping list for the week, chef's "ideal" pantry list, and wine pairings.

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### Lee Skawinski

A native New Englander, Lee Skawinski brings over two decades of formal culinary training and experience to his post as Executive Chef of Portland, Maine's *Vignola* and *Cinque Terre* restaurants. After graduating from Newbury College's Culinary School, Skawinski travelled throughout Europe to learn firsthand about seasonal cooking and top-tier wines. He went on to make a name for himself by cooking at Boston's *Four Seasons Hotel* before moving on to be the chef at Freeport's *Harraseeket Inn*. Skawinski has also owned his own dining establishment, the *Habaneros Tequilaria and Barbeque* in Kennebunk, also in Maine.

### Featured Chef



Known for his commitment to presenting authentic, seasonal Italian ingredients and fine Italian wines, Skawinski travels annually to Italy with *Vignola* and *Cinque Terre* staff to meet with Italian artisanal cheese and cured meat producers, as well as with internationally acclaimed winemakers. These Italian "finds" make their way onto the innovative menus at each restaurant, and add to what patrons - and food press - rate as a truly authentic Italian dining experience.

### Recipe of the Day



### Spring Asparagus and Crab Risotto

By Lee Skawinski

#### INGREDIENTS:

- 1 Tablespoon olive oil
- 1 onion, diced
- 8 ounces Arborio rice
- ¼ cup white wine
- 1 pint vegetable broth
- 2 cups trimmed asparagus, blanched and chilled
- 3 Tablespoons butter
- Zest of 1 lemon
- 8 ounces crabmeat, picked over to remove shells (Chef Skawinski prefers Maine)
- Salt and pepper

#### INSTRUCTIONS:

#### METHOD:

Heat oil in a skillet. Add the onion and saute until translucent. Add the rice and stir, coating with oil, for 30 seconds. Add the wine and reduce until nearly evaporated. Add the broth. Simmer until the liquid has been absorbed. Add the asparagus, butter, lemon zest, crab meat, salt and pepper.

*Adapted by StarChefs.com*

**Yield:** 4 Servings

**Prep time:** 7 minutes

**Cook time:** 30 minutes

**Round Out the Meal:**  
 With a mixed green salad.

**Kid Friendly:**  
 This is kid friendly!

**Wine Pairing:**  
 A Chardonnay such as Jermann.

### This week's recipes

- MON  
 Pork Scallopini with Balsamic Vinegar and Radicchio
- TUE  
 Grilled Scallops with Parsnips and Micro Greens
- WED  
 Roasted Halibut with Basil Crust and Olive Oil Tomato Sauce
- THU  
 Duck Breast Salad

**free** FRI  
 Spring Asparagus and Crab Risotto



Less preparation time...

