

What is Romanesque?

- Romanesque literally means "In the Roman Manner"
 - The borrowing of distinctively Roman features, however, is NOT a defining characteristic of Romanesque art
- An extrapolation of the Carolingian and Ottonian attempts to regain the power of a Christian Roman Empire
 - Romanesque is the fullest explication of Roman style than any other period prior
 - As opposed to the centrality of the Carolingian and Ottonian art, Romanesque is more spread out across the board
- We use this term to identify stylistic attributes of the 11th and the 12th century Europe
- Christianity was triumphant across the continent and took root in near all peoples of said region
 - The Islamic Spanish people were breaking up around this time, so it made it easier for Christianity to spread in the Spanish region
 - On another note, Christianity was also easily adopted because it was believed that the end of the world was near, so people sought Christianity
 - As a result, the following took place during this time:
 - Crusades
 - Pilgrimages
 - Religious and Urban Growth
 - Mediterranean Trade led to further urban growth
- For the first time since the fall of Rome, societies in Europe had a surplus of food that allowed for a growth in culture and art



Romanesque Architecture:

- The most striking feature in Romanesque art is the increase in building activity
- Buildings were also larger, more elaborate, highly decorated, and the most similar to Roman style since the Roman Empire

KALUA PIG AND CABBAGE

Slow Cooker Size: 5 quarts

Cooking Time: 8-10 hours on low and 1 hour on high

Ingredients:

- **5-6 large ti leaves**, washed and ribs removed
- **1 small round onion**, chopped into half-inch pieces
- **1 small head cabbage**, chopped into one-inch pieces
- **2 pound top loin boneless pork roast**, visible fat removed
- **1 teaspoon rock salt**

Optional Ingredients:

- **Pepper** to taste

Directions:

1. Line bottom and sides of slow cooker using 2-3 ti leaves.
2. Refrigerate chopped onion and cabbage until ready to use.
3. Place pork in slow cooker and cover top of pork with remaining ti leaves.
4. Cover and slow cook on low for 8-10 hours.
5. One hour before serving, remove pork from slow cooker and place in a medium bowl. Discard ti leaves.
6. Shred pork with a fork and add rock salt. Optional: Add pepper. Mix well.
7. Add chopped onion and cabbage to slow cooker, and place shredded pork on top of the vegetables.
8. Cover slow cooker and cook on high for approximately 1 hour or until onions and cabbage are cooked.
9. Mix well before serving.

Menu Suggestions:

Kalua Pig and Cabbage

Brown rice

Fresh, frozen, canned or dried fruit

makes
9
one-cup servings

Nutrition Facts

Serving Size 1 cup (157g)

Servings Per Container 9

Amount Per Serving

Calories 170 **Calories from Fat** 60

% Daily Value*

Total Fat 7g 10 %

Saturated Fat 2.5g 12 %

Trans Fat 0g 0 %

Cholesterol 55mg 19 %

Sodium 75mg 19 %

Total Carbohydrate 5g 2 %

Dietary Fiber 2g 8 %

Sugars 3g

Protein 21g

Vitamin A 2% ■ Vitamin C 50%

Calcium 4% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

PULLED KALBI BEEF

Slow Cooker Size: 4 quarts
Cooking Time: 6-8 hours on low

Ingredients:

- **2 pounds lean beef**, trimmed
- **Water** to cover

Kalbi Sauce: Combine in a medium jar, shake well and refrigerate.

- **¼ cup soy sauce**
- **1 tablespoon honey***
- **1 tablespoon sugar**
- **1 teaspoon sesame seeds**, roasted and ground
- **1 teaspoon sesame oil**
- **1 clove garlic**, minced
- **1 tablespoon green onions**, minced

Directions:

1. Place beef in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When beef is done, drain liquid out of slow cooker.
4. Shake *kalbi* sauce well and stir into beef.

*Kalbi sauce should not be consumed by persons under 2 years of age because of the presence of honey.

Menu Suggestions:

- Pulled Kalbi Beef
- Brown rice
- Steamed broccoli or other vegetables
- Fresh, frozen, canned or dried fruit
- Use in a sandwich with whole wheat rolls or buns.

makes
8
one-cup servings

Variations:

Marinate slow cooked beef in *kalbi* sauce and refrigerate overnight.

Nutrition Facts	
Serving Size 1 cup (128g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 90
% Daily Value*	
Total Fat 9g	15 %
Saturated Fat 3g	16 %
<i>Trans</i> Fat 0g	0 %
Cholesterol 120mg	39 %
Sodium 500mg	22 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 39g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

PULLED OYSTER CHICKEN

Slow Cooker Size: 4 quarts
Cooking Time: 6-8 hours on low

Ingredients:

- 2 pounds lean chicken, trimmed
- Water to cover

Optional Ingredients:

- 1 clove garlic, minced
- 2 tablespoons green onions, minced
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 1 teaspoon soy sauce
- ¼ cup oyster flavored sauce

Directions:

1. Place chicken in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When chicken is done, drain liquid out of slow cooker.
4. Shake oyster sauce well and stir into chicken.

Menu Suggestions:

Pulled Oyster Chicken
Brown rice
Chinese parsley
Bean sprouts
Steamed choi sum or other leafy green vegetables
Fresh, frozen, canned or dried fruit

makes
8
one-cup servings

Variations:

Chicken breast or thighs may be used.
Marinate slow cooked chicken in oyster sauce and refrigerate overnight.

Nutrition Facts

Serving Size 1 cup (98g)
Servings Per Container 8

Amount Per Serving

Calories 190 **Calories from Fat** 70

% Daily Value*

Total Fat 8g 13%

Saturated Fat 2.5g 11%

Trans Fat 0g 0%

Cholesterol 75mg 25%

Sodium 560mg 24%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Sugars 5g

Protein 21g

Vitamin A 2% Vitamin C 2%

Calcium 2% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

PULLED PORK ADOBO

Slow Cooker Size: 4 quarts
Cooking Time: 6-8 hours on low

Ingredients:

- **2 pounds lean pork**, trimmed
- **Water** to cover

Adobo Sauce: Combine in a medium jar, shake well and refrigerate.

- **1 clove garlic**, minced
- **¼ cup white vinegar**
- **¼ teaspoon black peppercorns**, cracked or freshly ground
- **2 tablespoons soy sauce**
- **¼ teaspoon salt**
- **1 bay leaf**, torn into 3 pieces

Directions:

1. Place pork in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When pork is done, drain liquid out of slow cooker.
4. Shake *adobo* sauce well and stir into pork.

Menu Suggestions:

Pulled Pork Adobo
Brown rice
Bell peppers, steamed eggplant, tomatoes, onions
Fresh, frozen, canned or dried fruit
Use in a sandwich with whole wheat rolls or buns.

makes
8
one-cup servings

Variations:

Marinate slow cooked pork in *adobo* sauce and refrigerate overnight.

Apple cider vinegar can be used in place of white vinegar.

Nutrition Facts

Serving Size 1 cup (88g)
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 70

% Daily Value*

Total Fat 8g 12 %

Saturated Fat 3g 14 %

Trans Fat 0g 0 %

Cholesterol 60mg 21 %

Sodium 340mg 15 %

Total Carbohydrate 0g 0 %

Dietary Fiber 0g 0 %

Sugars 0g

Protein 21g

Vitamin A 0% ■ Vitamin C 2%

Calcium 2% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

CONFETTI RICE

Slow Cooker Size: 4 quarts

Cooking Time: 6-8 hours on low

Ingredients:

- 1 pound lean ground beef
- 1 (24-ounce) jar salsa
- 1 (14-ounce) can diced tomatoes
- 2 cups uncooked brown rice, rinsed (standard cup measure)
- 1 cup water
- 1 (10-ounce) package frozen mixed vegetables
- 1 tablespoon taco seasoning or chili powder

Optional Ingredients:

- garlic (peeled and minced)
- bay leaf
- salt and pepper to taste

Directions:

1. In slow cooker, combine ground beef, salsa, diced tomatoes, brown rice, water, frozen mixed vegetables, and taco seasoning or chili powder; mix thoroughly.
2. Optional: Add the garlic, bay leaf.
3. Cover slow cooker and cook on low for 6-8 hours.
4. Optional: Add salt and pepper to taste.
5. Mix well before serving.

Menu Suggestions:

Confetti Rice
Tossed green salad
Fresh, frozen, canned or dried fruit

makes
10
one-cup servings

Variations:

Ground turkey or ground chicken may be used in place of ground beef.

Nutrition Facts

Serving Size 1 cup (244g)
Servings Per Container 10

Amount Per Serving

Calories 270 **Calories from Fat** 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g 0%

Cholesterol 35mg 11%

Sodium 490mg 21%

Total Carbohydrate 39g 13%

Dietary Fiber 2g 9%

Sugars 4g

Protein 17g

Vitamin A 10% ■ Vitamin C 20%

Calcium 2% ■ Iron 10%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

POULTRY STUFFING

Slow Cooker Size: 5 quarts

Cooking Time: 5-6 hours on low

Ingredients:

- 1 ½ pounds day-old whole grain bread, cut into one-inch cubes
- 1 large onion, diced
- 5 large celery ribs, diced
- 2 (6 ½-ounce) cans mushroom pieces & stems, drained
- 2 tablespoons poultry seasoning
- 1 teaspoon pepper
- 1 cup water
- 1 (14 ½-ounce) cans chicken broth
- Non-stick cooking spray

Optional Ingredients:

- sausage or leftover meats (chopped)
- butter
- salt-free seasoning
- salt to taste
- water chestnuts, drained
- carrots, peeled and diced
- spinach, fresh or frozen

Directions:

1. In a large bowl, add bread, onion, celery, and canned mushrooms. Optional: Add chopped sausage or leftover meats, butter, salt-free seasoning, salt, water chestnuts, diced carrots, and spinach.
2. Add poultry seasoning, pepper, water and chicken broth and mix well.
3. Lightly grease slow cooker with non-stick cooking spray, and place stuffing mix inside.
4. Cover slow cooker and cook on low for 5-6 hours.

Menu Suggestions:

- Poultry Stuffing
- Turkey or ham or chicken
- Corn or green beans
- Tossed green salad
- Fresh, frozen, canned or dried fruit

makes
12
one-cup servings

Variations:

If cubes of bread are soft before used in recipe, bake at 350° F in the oven for approximately 20 minutes until firm before adding to slow cooker.

Nutrition Facts

Serving Size 1 cup (175g)
Servings Per Container 12

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 30g 10%

Dietary Fiber 7g 24%

Sugars 4g

Protein 6g

Vitamin A 2% Vitamin C 4%

Calcium 8% Iron 10%

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Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

TARO

Slow Cooker Size: 4 quarts
Cooking Time: 10-12 hours on low

Ingredients:

- 2 pounds taro, thoroughly scrubbed and rinsed
- 8 cups water

makes
8
one-cup servings

Directions:

1. Put taro and water into slow cooker. Add more water to cover taro if needed.
2. Cover slow cooker and cook on low for 10-12 hours.
3. Thoroughly remove skin and eyes.
4. Rinse well before serving.

Menu Suggestions:

Taro
Pulled meat
Lomi lomi salmon
Fresh, frozen, canned or dried fruit
Lau Lau Stew or Kalua Pig and Cabbage

Nutrition Facts

Serving Size 1 cup (113g)
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 39g 13%

Dietary Fiber 6g 21%

Sugars less than 1g

Protein less than 1g

Vitamin A 2% ■ Vitamin C 60%

Calcium 2% ■ Iron 4%

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Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4