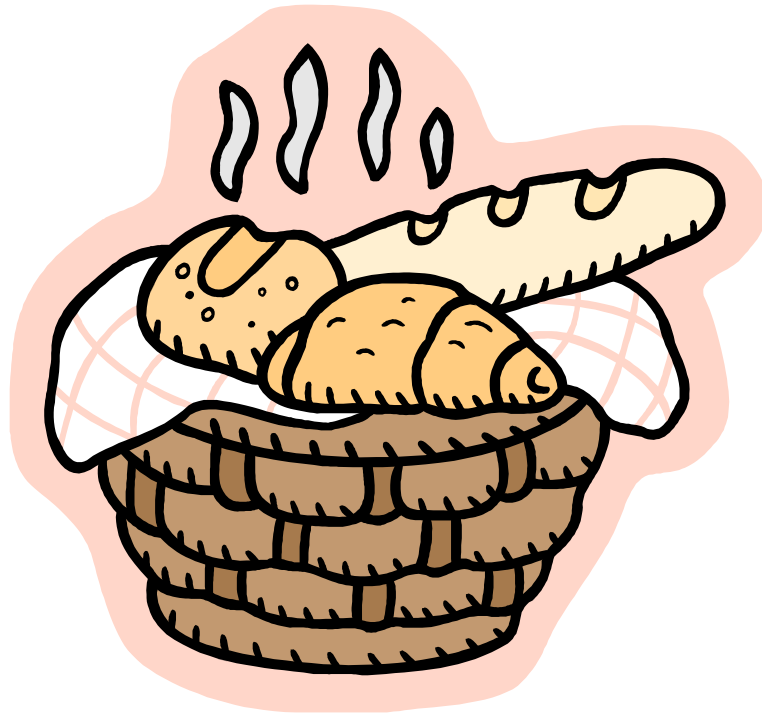




# Linda's Favorite Recipes



**The book is finally done. Yippee!**

**January 2011**

*I hope whoever has a copy of this edition enjoys all the recipes. There are plenty of family recipes and many fond memories. Included are recipes from my beautiful Grandma Lococo. An excellent cook and baker. Losing her recipes is what inspired me to put this book together. There are also my mother's (Mom LaFranca's) recipes, another excellent cook. Try these dishes out. I am sure you will agree they are delicious. We have many friends' recipes that are equally delicious and I encourage you to try those too.*

*I will forever be grateful to my wonderful friend Meryl for putting up with the ongoing editing. Meryl, without you this book would still be in the beginning stages. It is close to ten years now and she happily made the corrections and adding more recipes over and over throughout the years. She is a special lady. Thank you Meryl and thank you Garry for not getting irritated when Meryl spent so much of her time on the book. I appreciated you sharing her with me.*

*Much love to all.* 

*Mangia!*



*PS if you are not in the mood for cooking, my sister Nanette has an excellent alternative. [Check out her recipe](#) on page 41.*

**Note: From time to time we add new recipes. Download the current version here:**

**<http://users.rcn.com/merylh/Recipes/Download.htm>**





**Last revision date: February 15, 2025**




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## Main Dishes



### Stuffed Peppers

2 to 3 8 oz cans Hunts tomato sauce

5-6 large green peppers washed, Take core out and clean inside so there are no seeds.

1 large onion chopped well and sautéed in butter till golden.

1½ pound of ground beef and ½ pound of ground pork. Sauté and add onions.

1 cup long grain rice (cooked in chicken broth instead of water) according to instructions on box.

When rice is cooked mix with the meat and onion.

Season with salt, pepper, garlic and dried basil to taste.

1 C Romano cheese. Add to meat and rice mix. Spoon meat and rice mix stuffing the pepper.

Set each pepper upright in large saucepan. The peppers should fit snug so they do not fall over

Open cans of sauce and pour over the peppers in the saucepot. Add enough water (or chicken broth) so the sauce comes half way up the saucepot. Cover the pot and cook on low 30 minutes.

\*\* I also added cubed mozzarella to the stuffing mix. Also I found it easier to mix the sauce with chicken broth or water in a separate bowl then pour it over the peppers.

### Broccoli and Spaghetti

One pound of linguini pasta

2 bunches of fresh broccoli, cleaned and cut into bite size pieces

One 32 ounce can of low fat chicken broth

¼ cup extra virgin olive oil

Romano grated cheese for topping

3-4 cloves of garlic, sliced

In 4-quart saucepot sauté broccoli and garlic in olive oil 3-4 minutes

Add chicken broth and let cook till broccoli is soft

Mean while: in another 4-quart saucepot fill ¾ with water and ¼ cup salt. Bring to a boil. When water is boiling add pasta and cook till Al dente. Drain all water and add pasta to broccoli and chicken broth. Serve immediately with Romano grated cheese for topping

### Eggplant Parm

2 large eggplants

Peel and slice about ¾ inch thick (sprinkle salt on both sides and let sit on paper towel for ½ hour

1 cup extra virgin olive oil

½-cup roman grated cheese

Salt and pepper to taste

1 teaspoon dried parsley

2 cups Italian flavored bread crumbs

1 tablespoon garlic powder

1 teaspoon basil

1 teaspoon onion powder

Mix all dry ingredients. In separate bowl beat 3 eggs

Dip each sliced egg plant into egg and then into bread crumb mixture

Fry till golden and let each slice sit on paper towel to absorb excess oil

In baking tray spread ½ cup tomato sauce.

Lay fried eggplant in tray. Top with tomato sauce and sprinkle Romano grated cheese on each slice.

Top with mozzarella. You will need about 2 cups. Bake at 350 for 15-20 minutes and serve.

### Raffaella's Eggplant Parm

2-3 eggplants, or more depending on number of people being served, cut into 1/4 inch thick slices.

Olive oil and oven cooking spray

2 jars prepared tomato sauce or home made sauce if you have it. I like the Bertolli Vinyard collection Marinara with burgandy wine.

1 can tomato sauce

Grated Parmesan cheese

Grated Pecorino Romano cheese

Shredded mozzarella



Preheat the oven to 400 degrees.

Spray 2 baking sheets with nonstick oven cooking spray. Put the eggplant on the prepared baking sheets and brush tops with the olive oil. Sprinkle with salt and bake for 30 minutes or until soft.

Coat the bottom of an 8x8 baking pan with sauce and some of the grated cheese. Place eggplant on top. Coat that layer of eggplant with more sauce and grated cheese.

Repeat this process until you are done. On the top layer add sauce, cheese, and sprinkle with grated mozzarella cheese.

Bake until browned, for about 30 minutes. Let rest for about 10 minutes before serving.

This goes well with a side of pasta and meatballs. Enjoy!

### Chicken Parm

2 pound sliced and cleaned chicken cutlet

1 cup extra virgin olive oil

2 cups Italian flavored bread crumbs

½ cup Romano grated cheese

1 tablespoon garlic powder

Salt and pepper to taste

1 teaspoon basil

1 teaspoon dried parsley

1 teaspoon onion powder

Mix all above

In separate bowl beat 3 eggs

Dip each chicken cutlet into egg and then into bread crumb mixture

Fry till golden and let each slice sit on paper towel to absorb excess oil

In baking tray spread ½ cup sauce

Lay fried chicken cutlet in tray. Top with tomato sauce and sprinkle Romano grated cheese on each slice. Top with mozzarella. You will need about 2 cups

Bake at 350 for 15-20 minutes and serve

### Lasagna

Make my sauce and make 3 pounds of extra meatballs and an extra pound of sausage for the sauce, (see page 63 for my sauce)

You will need:

- 3 pounds of mashed cooked meatballs and 1 pound of the cooked sausage also mashed
- 1 ½ pounds of lasagna noodles cooked Al Dente
- 1 16 oz container of ricotta cheese
- 4 cups mozzarella cheese
- 2 cups Romano grated cheese
- Salt and pepper to taste
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 1 tablespoon onion powder
- 5 eggs



Mix ricotta, 2 cups of mozzarella cheese, Romano cheese, seasonings and eggs in bowl  
In baking tray lay lasagna noodles, on top of noodles lay mashed meat, then more noodles on top of meat, then spoon ricotta mixture next, lay more noodles covering the cheese. Pour 2 cups sauce and spread evenly on top layer of noodles and top with remaining 2 cups of mozzarella  
Bake at 350 30-40 minutes. Let sit a good 15 minutes before cutting so the cheese does not run.  
And serve

### Ziti

Make my sauce (page 63) and make extra meatballs to serve on the side with the ziti

You will need

- 2 pounds of ziti noodles cooked Al Dente
- 1 16 oz container of ricotta cheese
- 4 cups mozzarella cheese
- 2 cups Romano grated cheese
- Salt and pepper to taste
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 1 tablespoon onion powder
- 5 eggs



Mix ricotta, 2 cups of mozzarella cheese, Romano cheese, seasonings and eggs in bowl. Pour 2 cups tomato sauce in tray and spread evenly  
Mix cooked ziti with ricotta mixture and 3-4 cups tomato sauce, Spoon into baking tray  
Bake at 350 30-40 minutes. Let sit a good 15 minutes before cutting so the cheese does not run.  
And serve



### **Greek Spinach Pie (Spanakopita)**

- 1 box filo dough defrosted in the fridge over night
- 1-LB butter melted
- 4 eggs
- 2 boxes of frozen chopped spinach
- 1 cup grated cheese
- 1 ½ cups crumbled feta cheese
- 1 large onion chopped and sautéed in 2 tablespoons of butter

Use tray with lip and lay 2 sheets of filo then butter, repeat till you have layered 15-16 sheets of the filo dough, remember butter ever second sheet  
Mean while cook spinach in micro and drain any fluid. Mix spinach with onions, cheese, eggs.  
Pour on top of filo dough. Lay another 15-16 sheets of filo dough buttering every second sheet.  
Take sharp knife and cut ½ way down into squares. Slice in each square a diagonal slice. Bake at 350 for 30 minutes. Let cool then slice the rest of the way down. Enjoy

### **Souvlaki**

- 2 lbs meat (pork, steak, lamb, or chicken) cut into large cubes
- 1/4 cup balsamic vinegar
- A splash of olive oil
- Juice of two healthy lemons
- Sprinkle of paprika for color
- 1/3 cup Greek oregano



Mix all ingredients except the meat. Add meat and marinate several hours, preferably over night.

Add meat to skewers and grill on low heat till browned on both sides. Serve with your favorite vegetables.

### **Moms Beans and Pork Chops**

- 2 regular cut pork chops
- 1 medium onion sliced
- 1 can pork & beans
- ¼ cup oil
- Salt, pepper and garlic to taste



In baking pan put half the sliced onions on top of oil. Lay pork chops over the onions and season. Bake 350 for 20 minutes. Turn chops over and add the rest of the onions. Bake another 15 minutes. Pour the can of pork and beans on top of the chops and bake another 5 minutes. Serve and enjoy

### **Mom LaFranca's Meat Loaf**

1 lb Meatloaf mix

-OR- 1/3 lb ground beef, 1/3 lb ground veal, 1/3 lb ground pork

½ cup grated Romano cheese

½ teaspoon salt, garlic powder, onion powder

2 eggs

1 medium size onion grated

1 green pepper grated

¾ cup Italian breadcrumbs

8 oz can of Delmonte tomato sauce (use ½ the can for the meat loaf mixture leaving the rest for the top)

2 hard boiled eggs, peeled

Mix all ingredients except the hard boiled eggs. Form into oval shape  
Add 1/4 cup olive oil in bottom of baking pan and coat the meat loaf with that oil. Make a split in the middle of the meat loaf and insert the hard boiled eggs. Push the sides of the meat loaf together so the eggs are completely covered. Top the meat loaf with the rest of the tomato sauce. Bake at 350 30-40 minutes. Last 5 minutes of cooking turn oven to broil. Serve

Chunk size potatoes bake very well with the meat loaf if you are into potatoes cooked that way. Mmmmm

### **Liver and Bacon**

Serves 2

¾ pound liver cut 4X4 pieces

½ pound of bacon cut into 1" pieces

1 large onion sliced

¼ teaspoon vinegar

½ teaspoon, salt, pepper, garlic powder

¼ cup olive oil

4-oz baby peas (nuke in micro till cooked)

Rub vinegar into liver and season with salt, pepper and garlic powder. Fry liver in the oil 4-5 minute's one side. Turn and fry on other side another 3-4 minutes or until no juice comes out. (The longer you fry the liver the tougher it becomes.). Set the liver aside and cover. In the same frying pan cook bacon till it is crisp. Add the crisp bacon on top of the liver and cover. In the same frying pan and same oil, sauté onion till they look clear. Mix the peas with the onion and top the liver and bacon, serve immediately

## Pastichio

Video: <https://www.youtube.com/watch?v=SloPCmqWtnE>

### Meat mixture

1/2 kg (1.2 lb) ground beef  
50 g (1 3/4) olive oil  
2 onions chopped small  
4 cloves garlic chopped small  
2 bay leaves  
2 large carrots peeled and shredded  
1/2 bunch parsley chopped  
1 cinnamon stick  
2 tsp pepper  
2 tsp nutmeg  
2 tsp sugar  
2 tbsp. tomato paste  
600 g (21 1/2 oz) tomato sauce  
8 oz red wine (marsala dry wine works)  
300 g (11 oz) beef broth



In hot oil sauté carrots, onions, and garlic until translucent. Add beef in batches along with cinnamon stick, bay leaf, salt, pepper, and nutmeg. Sauté beef until golden brown. Add tomato paste. Sauté 2 minutes. Add sugar. Deglaze with red wine cook 2 more minutes. Add tomato sauce and beef broth. Taste and add salt and pepper to taste. Set aside.

One packet thick macaroni (1 lb box penne pasta works perfect). Cook in 5 quarts boiled salted water, drain, add several spoonfuls of Bechamel sauce. Set aside.

### Bechamel sauce:

3 egg yolks plus 1 whole egg (mix eggs together and slightly beat, set aside)  
200 g (7 oz) flour  
200 g (7 oz) butter  
2 liters whole milk (heated not boiled)  
salt and pepper to taste  
1 tsp nutmeg  
150 g 5 1/2 oz) kefalotyri cheese (use mild shredded white cheddar)  
50 g (1 3/4 c.) parmesan cheese

Melt butter add flour. Cook until flour loses raw smell.

Gradually pour warmed milk stirring constantly until the bechamel sauce thickens and is smooth. Once it starts to bubble and sauce has thickened add salt, pepper and nutmeg. Remove from heat.

In a separate bowl, pour 1 cup of bechamel sauce little at a time to the egg mix and add back into the pot of sauce, add cheese. Mix until cheese is melted and sauce is velvety. Set aside.

Arrange in a deep square or rectangle baking dish, add half the pasta first. Top the pasta with the meat mix spreading evenly. Add the rest of the pasta and pour the bechamel on top. Using a metal spatula spread the bechamel sauce evenly and top with more of the shredded cheddar cheese.

Bake at 350 for about 30-40 minutes or till top is slightly browned. Let cool for 15 minutes. Cut into squares and serve.

### Egg Stew

4 hard-boiled eggs peeled  
1 small onion chopped and 1 clove garlic, both sautéed in olive oil till golden  
1 large potato sliced into 1/2" pieces  
1 8 oz can delmonte sauce and one 8 oz can of water  
1/2 teaspoon oregano  
Salt and pepper to taste  
Small can of baby tender peas

Medium flame stir tomato sauce, seasons, salt, pepper, oregano and potatoes. Cook till potatoes are soft. When sauce thickens add peas. Cut hard-boiled eggs in half and arrange on dinner plate. Top with sauce. Enjoy!

### Chicken Cacciatore

1 chicken cut up. (I like to use chicken thighs for a more tender bite)  
1 large onion diced  
1 8 oz can ground peeled tomatoes  
1/4 cup chopped fresh Italian parsley  
3-4 large bay leaf  
1 cup sherry  
1/3 cup extra virgin olive oil  
Salt pepper, garlic powder to taste



Sauté chicken and diced onion in olive oil till browned  
Add all other ingredients except the sherry. Let chicken simmer for good half-hour. Chicken should be very tender. Then add sherry and turn heat up to medium. Bring to a boil and cook a few more minutes. Turn heat off. Remove all bay leaves. Serve over rice

### Baked Chicken Cacciatore

1 tablespoon vegetable oil  
1 large onion, sliced  
2 bell peppers, cored and sliced  
3 cloves garlic, chopped  
Salt and black pepper, to taste  
1 teaspoon dried oregano  
1 can (28 ounces) diced tomatoes  
20 green olives, pitted and chopped  
½ cup white wine  
6 chicken leg quarters (this means the legs and thighs are attached)  
1 cup (dry) white rice, cooked in 2 cups water

Set the oven at 350 degrees. In a large flameproof casserole, heat the oil over medium heat. Add onion, bell peppers, garlic, salt, and black pepper. Cook, stirring often, for 5 minutes, or until vegetables soften.

Stir in oregano, tomatoes, olives, and wine. Bring liquid to a boil. Remove pan from heat.

Sprinkle chicken legs with salt and pepper. Place the legs in the pan, skin side up, leaving the skin exposed.

Bake for 1 hour and 20 minutes or until the chicken is brown and pulling away from the bone. While chicken is baking, cook the white rice. Serve the chicken over the white rice.

### Chicken Stew

- 1 large chicken cut into pieces
- 5 large potatoes cleaned and cut into quarters
- 1 large onion chopped
- 2 tbsp. butter
- 1 10 1/2-ounce can chicken broth or
- 8 ounces water with 3 chicken cubes
- 1 tbsp. flour mixed with ¼ c water for gravy
- 5-6 carrots cleaned and cut into large pieces

Sauté one onion chopped in butter, (two tablespoons) then add the chicken pieces. Sauté till golden all around. Add water with chicken cubes, Bring to a boil. Turn the heat to medium and cook 15 minutes. Add the can of chicken broth and also add the carrots. (Optional: you can also add celery at the same time you add the carrots.) Cook till carrots are half cooked. About half hour. Then add potatoes. Turn the heat to medium low and let cook till vegetables are tender. Add the flour and water mixture stir in slowly and cook till broth thickens to your tasting. A can of peas always add a nice touch too. I love to serve Italian or French bread with that.

### Chicken and Chorizo Stew

- 2 cups chicken broth
- 2 cups water
- 1 bunch parsley
- 3 cloves garlic
- 1 onion, quartered
- 1 medium carrot, chopped
- 2 boneless skinless chicken breasts (6 oz each)
- 6 oz chopped Spanish chorizo
- 3 cups cubed red potato
- 1 medium red bell pepper, chopped
- 1Tbs minced garlic
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp saffron threads
- 1.5 Tbs sherry vinegar
- 2 Tbs chopped parsley



Combine first 6 ingredients in a pot over medium heat. Add chicken. Bring to a boil and simmer until chicken is cooked. Remove chicken, save the cooking liquid. Shred chicken. Strain cooking liquid and discard the solids.

Wipe out the pot and sauté the sausage over medium heat 2 minutes. Add potato, onion, bell pepper and sauté 8 minutes.

Add garlic, cumin, salt, and saffron. Sauté 2 minutes stirring constantly.

Add back the cooking liquid. Bring to a simmer then add back the chicken. Simmer 5 min.

Remove from heat and stir in the vinegar. Ladle into bowls and garnish with parsley.

### Spicy Sausage and Chicken Stew

About 1 pound of bonless skinless chicken thighs fried in olive oil, drain on paper towel, then cut into bite size pieces (set aside)

- 2 tablespoons olive oil
- 1 pound spicy Italian sausage out of casing
- 1 cup chopped onion
- 1 cup diced carrots
- 2 tablespoons chopped garlic
- 1 can northern white beans drained
- 1 can whole or stewed tomatoes

- 1 cup flavored bread crumbs
- 1 cup romano grated cheese
- 1/2 cup fresh chopped parsley

In a frying pan add olive oil and sauté the sausage. In the same pan add onion and carrots. Sauté 3-4 minutes. Add garlic and sauté another minute. Add bite size chicken and northern white beans. Cook 2 minutes and mix well. Add the can of tomatoes. Cook another 3-4 minutes. Pour into a casserole dish. Top with bread crumbs mixed with the cheese and parsley. Bake at 350° for 30 minutes and serve.

### Fried Chicken

One frying chicken cut into small pieces  
Set in cold water over night (at least 24 hours)  
Remove chicken pieces from cold water and put into a container.

#### Add:

- One quart of butter milk
- 3 tablespoons dry mustard
- Salt and pepper to taste
- 2 tablespoons hot pepper
- 2 tablespoons curry



Let sit 4 or more hours. Remove from container and set chicken pieces on a drying rack till the chicken looks dry but is sticky to the touch.

#### Meanwhile:

In a brown paper bag add:  
3 cups flour  
3 tablespoons cornmeal  
2 tablespoons curry  
2 tablespoons dry mustard  
2 tablespoons pepper  
2 tablespoons salt  
Mix well

Add a few pieces of chicken at a time.  
3-4 cups of vegetable oil at 350 degrees  
Fry a few chicken pieces at a time 10 minutes on each side till golden. Repeat till all chicken is cooked and enjoy!

### Southern Fried Chicken

Makes 4 servings

1 2 1/2 -3 1/2 lbs broiler-fryer chicken cut up  
3 Tbsps seasoned salt  
2 cups flour  
1 tsp black pepper  
1 cup milk  
1 egg beaten  
Olive oil

Dry the chicken pieces with paper towels. In a plastic bag, mix flour, salt and pepper. Toss chicken pieces, a few at a time, in the seasoned flour until evenly coated.

In a large bowl, mix milk and egg. Dip each piece of floured chicken in egg mixture, then toss again in seasoned flour. Place on a rack or on waxed paper.

Into a large heavy skillet, pour oil to a depth of 1/2 inch; place over medium heat. When hot, add chicken and cook, covered, turning once or twice, for 25 to 30 minutes or until well browned and fork tender. Drain on paper towels

### Champagne Chicken



3 pounds whole chicken cut into pieces  
1 large onion sliced  
1 bottle of champagne  
Spices to taste are basil, black pepper, oregano parsley, marjoram, celery, salt and garlic powder plus any of your favorite spices.  
A sprinkle of Worcestershire sauce  
1 stick of butter  
1 16 oz can of baby peas drained. (Frozen works well too)  
1 16 oz can LeSeur's baby carrots, drained. I like to use 2 cups carrots cleaned and cut into 1/2 " pieces  
1 can Campbell's mushroom soup  
1 pound small red potatoes.

Preheat oven to 425. Wash and pat dry chicken.

In roasting pan place 1/2 of the sliced onion. Add 1/3 of the champagne. Place 1/2 of the chicken on top of that. Sprinkle the Worcestershire sauce and spices heavily. Add 1/2 the butter in slices. Pour another third of the champagne. Repeat layer starting with the onions again.

Then add peas and carrots and the rest of the champagne. Spread the can of mushroom soup and top with potatoes pressing the potatoes into the soup layer.

Cover pan and bake 1 1/4 hours. Uncover and bake 15 minutes longer to brown the potatoes. Serve.

### **Lemon Greek Chicken**

2 teaspoons lemon zest  
1/4 cup lemon juice  
2 tablespoons olive oil  
4 large garlic cloves, pressed  
2-3 teaspoons dried oregano leaves  
3/4 teaspoon salt  
1/8 teaspoon ground black pepper  
2 medium baking potatoes  
1 medium red bell pepper cut into 1-inch pieces  
1 medium red onion cut into wedges  
8 ounces fresh whole mushrooms  
4 split (bone-in) chicken breast halves (21/2-3 pounds)

Preheat oven to 400 degrees. In 1-Qt batter Bowl, combine lemon zest, juice and oil. Using Garlic Press, press garlic into Batter Bowl. Add oregano, salt and black pepper: set aside. Using Garnish cut each potato lengthwise into 8 wedges: place in 9"\*13" baker. Add bell pepper, onions, mushrooms and half of the lemon juice mixture; toss to coat. Place chicken on top of vegetables; brush with remaining lemon juice mixture using pastry brush. Bake 1 hour or until chicken is no longer pink in center, brushing chicken and vegetables with pan juices after 30 minutes.

Cooks tip: russet or Idaho potatoes are long with slightly rounded ends and a rough brown skin. Their low moisture content makes them an excellent choice for baking. It is not necessary to peel the potatoes. Simply scrub them well and pat dry with a paper towel before cutting them into desired shapes. With the skins left on, the potatoes retain more flavor and nutrients.

### **Indian Chicken Marsala - a low calorie recipe**

1 pound of boneless chicken breast  
1 tablespoon of fresh grated ginger  
2 medium garlic gloves, pressed  
1 medium onion, chopped  
1 medium tomato, pureed  
2 tablespoons tomato paste  
1 teaspoon of marsala curry (can be purchased at any Indian spice store)  
1/3 cup of nonfat evaporated milk  
Salt to taste



#### Directions:

Cut the chicken into cubes and put aside  
Spray a non-stick skillet with PAM and heat for about 1 minute  
Add the chopped onion, grated ginger and garlic - sauté until onions are transparent  
Add the pureed tomato and cook with mixture until thickens slightly  
Add the nonfat evaporated milk and Marsala curry - stir until slightly thickened  
Add the chicken  
If the mixture seems too thick, add water as necessary  
Sauté the mixture until the chicken is cooked

Serve with Basmati rice (can be purchased at Indian spice store or Purity in Watertown in Organic food section)



### Classic Chicken Marsala

2 Tablespoons unsalted butter  
1 tablespoon vegetable oil  
4 boneless skinless chicken breast halves (about 1 1/4 pounds total)  
4 slices mozzarella cheese ( 1 ounce each)  
12 capers, drained  
4 flat anchovy fillets, drained  
1 tablespoon chopped fresh parsley  
1 clove garlic, minced  
3 tablespoons Marsala  
2/3 cup heavy or whipping cream  
dash of salt  
dash of pepper  
half cook pasta (optional)



1 - Heat butter and oil in large skillet over medium-high heat until melted and bubbly. Add chicken; reduce heat to medium. Cook, uncovered, 5 to 6 minutes per side until chicken is tender and golden brown.

Remove chicken with slotted spatula to work surface (or cutting board) Top each chicken piece with the cheese slice, 3 capers and the anchovy fillet.

2 - Return chicken to the skillet. Sprinkle with the parsley. Cover and cook over low heat 3 minutes or until cheese is semi-melted and the juices from the chicken run clear. Remove the chicken with slotted spatula to heated serving platter, keep warm.

3 - Add garlic to drippings remaining in the skillet; cook and stir over medium heat 30 seconds. Stir in the Marsala; cook and stir 45 seconds, scraping up any brown bits in the skillet.

4 - Stir in cream. Cook and stir 3 minutes or until sauce thickens slightly. Stir in salt and pepper. Spoon sauce over chicken, Serve with pasta. Garnish as desired. Makes 4 servings

### Chicken Caprese

1 tbsp. extra-virgin olive oil  
1 lb. boneless skinless chicken breasts  
Kosher salt  
Freshly ground black pepper  
1/4 c. balsamic vinegar  
2 cloves garlic, minced  
1 pint grape tomatoes, halved  
2 tbsp. shredded basil  
4 slices mozzarella

In a large skillet over medium-high heat, heat oil.

Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.

Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.

Stir in basil.

Return chicken to skillet and nestle in tomatoes.

Top with a slice of mozzarella and cover with lid to melt cheese.

Spoon tomatoes over chicken and serve.

### Chicken Lombardy

8 oz package sliced fresh mushrooms  
3 sticks butter  
6 skinned and boned chicken breasts cleaned and sliced thin  
1½ C all-purpose flour  
1½ C dry marsala wine  
2 C chicken broth  
½ tsp salt  
1/8 tsp pepper  
1 tbsp. garlic powder  
1 tbsp. onion powder  
1 C shredded mozzarella cheese  
½ C parmesan cheese  
2 green onions chopped



Season the flour with the salt, pepper, onion powder and garlic powder.

Cook mushrooms in 4 Tbs butter in a large skillet over medium heat. Season with salt and pepper to taste. Remove from heat; set aside.

Cut each chicken breast in half lengthwise, slice thin or place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/8 inch thickness, using a meat mallet or rolling pin.

Dredge chicken pieces in seasoned flour. Cook chicken in batches, in 2 to 4 Tbsp. of butter in a large nonstick skillet over medium heat 3 to 4 minutes on each side or until golden. Keep adding butter as you fry the chicken pieces.

Place chicken in a lightly greased 13 x 9 inch baking dish, overlapping edges. Repeat procedure with remaining chicken and butter.

Reserve pan drippings in skillet. If you have butter left over add it to the skillet pan along with marsala wine and chicken broth. Bring to a boil; reduce heat and simmer uncovered 10 minutes, stirring occasionally. If the sauce is not thickening add a little of the seasoned flour you used to dredge the chicken pieces in. Mix the flour in a small bowl with a little of the sauce making a paste. Add more sauce till all the lumps are out and mix into the marsala sauce.

Spread the cooked mushrooms and sliced green onions over the chicken. Pour the marsala sauce over the chicken. Top with mozzarella and bake uncovered, at 450° for 12 to 14 minutes until cheese melts.

### Slow Cooker Chicken Stroganoff

4 skinless, boneless chicken breast halves - cubed  
1 onion, chopped  
1/8 C margarine  
1 package dry Good Seasons Italian salad dressing mix  
1 (8 oz) package cream cheese  
1 (10.75 oz) can condensed Cream of Chicken soup  
4 cans mushrooms  
Small bag of frozen peas

Put chicken, onion, margarine and dressing mix in a slow cooker. Mix together and cook on low for 5 to 6 hours.

Add cream cheese, soup, mushrooms, and peas. Mix together and cook on high for another ½ hour or until heated through and warm.

### **Raffaella's Lemon Up the Butt Chicken**

1 whole roasting chicken - I prefer Purdue Oven Stuffed Roaster  
1 large yellow onion to be sliced  
1 bag baby carrots-already peeled and washed  
2 yellow squash-in summer or 3 yukon gold potatoes sliced- rest of the year  
Olive oil  
Salt, regular or Kosher  
2 lemons-quartered  
Melted butter  
Butter flavored cooking spray  
Loaf Italian bread, but could use French Baguette instead



Preheat oven to 350 degrees, I just follow the cooking time/temp on the chicken package

Take giblets out of chicken and wash chicken inside and out. Toss the sliced onion with a little olive oil in a roasting pan. Place chicken on top of onions and place the lemon quarters inside the chicken. Pour melted butter on top of the chicken and sprinkle it with salt. Tie the chicken legs together with cooking string. Place carrots and other veggies around chicken and spray all with cooking spray.

It takes about 2 hours or so for a 7lb chicken. I set a timer for 30 minute increments and spray the chicken/veggies with Butter cooking spray every half hour to keep moist.

When chicken is done remove from oven and cover with foil for 10-15 min to allow juices to redistribute.

When chicken is resting or slightly before it is ready to be taken out of oven, cut the bread into cubes. Take a large saute pan and heat 2-3 tablespoons of olive oil. When the oil is hot drop the temp to medium low and saute the bread cubes, tossing frequently, until nicely browned, about 8-10 min. Add more olive oil as needed as it tends to get dry. It may take several batches to get the cubes done, depending on how many you want. Salt and pepper the cubes to taste. Place the croutons on a serving platter.

Slice the chicken and place on top of croutons. The croutons soak up all the yummy juice! Enjoy!

### **Chicken & Broccoli Ala Marianne**

Grease a serving dish- preheat oven to 350 degrees

Steam 2 cups broccoli tops so it is still crisp, Layer in buttered dish

Poach 2 cups chicken breast, shred or slice and place over broccoli

Mix 1 can cream of chicken soup  
1/2 cup mayonnaise  
Lemon juice and curry to taste  
1/2 cup of milk (maybe a little more till the consistency you like)  
Pour sauce over broccoli and chicken

Grate 2 cups sharp cheddar cheese, spread on top  
Butter breadcrumbs (melt 2 tablespoons butter in microwave & stir in breadcrumbs)

Top dish with the breadcrumbs and bake 350 for 30-40 minutes until bubbly

### Chicken Milanese

4 boneless chicken breast halves pounded to 1/4" thick	3/4 c. chicken stock
2 Tbs. olive oil	1 tsp. lemon juice
1 Tbs. low fat margarine	1 Tbs. cornstarch
1/2 c. seasoned breadcrumbs	2-3 Tbs. cold water
1/4 c. Madeira wine	

Dredge chicken in breadcrumbs to lightly coat. In heavy sauté pan (with cover), melt margarine with oil until very hot. Quickly brown the chicken breasts until golden.

Remove chicken to a plate. Deglaze the pan with wine, stirring to loosen any browned bits from the bottom of the pan. Add lemon juice and chicken stock and bring to a boil. Return the chicken to the pan. Cover and simmer on low heat 20 minutes.

Remove chicken to a warm platter. Blend together cornstarch and water until smooth. When sauce comes back to a boil, quickly stir in the cornstarch roux to thicken sauce slightly. Pour over chicken and garnish with fresh parsley.

### Linguine with Chicken and Sun-Dried Tomatoes

2 tablespoons olive oil  
3 tablespoons balsamic vinegar  
1 large garlic clove, minced  
1/2 teaspoon sugar  
1 cup chopped red onion  
1/2 cup chopped drained oil-packed sun-dried tomatoes  
3/4 cup sliced fresh basil  
4 skinless boneless chicken breast halves  
1/2 cup canned low-salt chicken broth  
1 9-ounce package fresh linguine, freshly cooked



Whisk 1/2 cup oil, vinegar, garlic and sugar in medium bowl to blend.  
Whisk in onion, tomatoes and 1/4 cup basil. Season dressing with salt and pepper.

Heat remaining 1 tablespoon oil in heavy large skillet over medium-high heat.  
Sprinkle chicken on all sides with salt and pepper. Add chicken to skillet. Sauté until brown, about 3 minutes per side.

Add broth, 1/2 cup dressing and 1/4 cup basil and bring to boil. Reduce heat to medium-low; simmer uncovered until chicken is cooked through, about 3 minutes.

Remove skillet from heat. Transfer chicken to work surface and slice thinly.  
Divide pasta among 4 plates. Top each with 1 sliced chicken breast half. Spoon pan juices over.  
Garnish with remaining 1/4 cup basil.

Serve, passing remaining dressing separately.

### **Judy's Chicken Marbella**

Recipe serves 12

Overnight marinating is essential to the moistness of the finished product: the chicken keeps and even improves over several days of refrigeration. It travels well and makes excellent picnic fare.

4 Chickens, 3 lbs each, cut into 8 pieces ( or quartered)  
1 head of garlic, peeled and finely pureed (8? tsp prepared = 16 cloves?)  
¼ cup dried oregano  
Coarse salt and freshly ground black pepper to taste  
½ cup red wine vinegar  
½ cup olive oil  
1 cup pitted prunes  
½ cup pitted Spanish green olives  
½ cup capers with a bit of juice

----- later ----

6 bay leaves  
1 cup brown sugar  
1 cup white wine  
¼ cup Italian parsley or fresh coriander(cilantro), finely chopped

In a large bowl, combine chicken, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake for 50 minutes to 1 hour in a 350 degree oven, basting frequently with pan juices.

With a slotted spoon, transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

\*\* We always add more oil and vinegar and some wine to make more marinade. Recipe doesn't seem to make enough, and we stir it a couple of times while it is marinating. Delicious left over! Make extra

### **Chicken Cordon Bleu**

1-2 pounds chicken cutlet cleaned and flattened  
3 cups Italian bread crumbs  
1 cup Romano grated cheese  
1 tablespoon garlic  
2 tablespoons dried parsley  
Salt and pepper to taste  
1 table spoon onion powder  
Mix in medium bowl

3-4 eggs well beaten in separate bowl

1 pound of ham  
1 & 1/2 pounds Swiss or provolone cheese

Dip chicken cutlet into egg and then into breadcrumbs. Set aside

Take one slice of ham and wrap around 1 slice of cheese. Place in the middle of the breaded chicken cutlet and roll. Use either butchers string or tooth picks to secure.

Bring 1/2 cup extra virgin olive oil to 350-375 degrees and lightly brown each cutlet all around.

Place the cutlets in baking pan and bake at 350 for 20-30 minutes. Last 5 minutes of baking lay one more slice of cheese over each cutlet Serve over rice pilaf

### **Joyce Chen Chicken with Green Peppers**

2 cups uncooked cubed chicken breast  
3 tsp corn starch  
2 tsp salt  
4 Tbsp cooking oil  
3 garlic cloves, chopped  
1 small can (8 oz) bamboo shoots  
1 small can (8 oz) sliced water chestnuts  
2 large green peppers, chopped into medium pieces  
½ cup Soy sauce  
¼ cup plus 5 Tbsp cold water  
Handful of peanuts (optional)



Mix the cubed chicken with 1 tsp corn starch, ¼ cup Soy sauce, and ¼ cup water. Set aside.

Make a mixture of the remaining 2 tsp corn starch, ¼ cup Soy sauce, and 5 Tbsp water. Also set aside.

Heat cooking oil in a Wok. Add green peppers and chopped garlic. Cook until peppers are soft.

Add the chicken mixture. Stir constantly until almost done, about 2 minutes. A stiff spatula makes a good stirring tool as the chicken meat tends to stick to the pan.

Add the water chestnuts and bamboo shoots, stirring for 1 minute.

Add the well stirred corn starch/Soy sauce/water mixture, stirring for a few seconds until gravy thickens. Top with peanuts (optional).

Serve over rice.

### **Joyce Chen Beef with Pea Pods**

1 lb Flank steak, cut against the grain into thin ¼ x 2 inch slices  
3 Tbs Soy sauce  
1 Tbs corn starch  
4 Tbsp cooking oil  
1 tsp sugar  
1 slice ginger root  
½ tsp salt  
¼ lb Pea pods

Mix the sliced beef with Soy sauce, corn starch, and sugar. Set aside.

Heat 2 Tbs cooking oil in a Wok. Add salt first, then the pea pods stirring constantly until the pods turn darker green (less than one minute). Remove pods and set aside.

In the same Wok add the remaining 2 Tbs oil and ginger root. Stir in beef mixture and turn constantly until the beef is almost cooked (not over 2 minutes).

Add back the pea pods and mix thoroughly. For crispness, do not overcook.

Serve over rice.

### Robin's Swedish Meatballs

2 tablespoons olive oil, divided  
1 onion, diced  
1 pound ground beef  
1 pound ground pork  
1/2 cup Panko  
2 large egg yolks  
1/4 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
2 tablespoons fresh or dried parsley  
Kosher salt and freshly ground black pepper, to taste



#### For the gravy:

1/4 cup unsalted butter  
1/3 cup all-purpose flour  
4 cups beef broth  
3/4 cup sour cream  
Kosher salt and freshly ground black pepper, to taste

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.

In a large bowl, combine ground beef, ground pork, Panko, egg yolks, allspice, nutmeg, parsley and cooked onion; season with salt and pepper, to taste.

Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.

Add remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes. Transfer to a paper towel-lined plate.

To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in sour cream; season with salt and pepper, to taste.

Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.

Serve immediately, garnish with parsley if desired.

### **Robin's Beef Stroganoff**

2 lbs. lean stew meat or flank steak (cut into 1" pieces)  
1 can golden mushroom soup  
1 can cream of mushroom soup  
1 can beef broth  
3 cloves garlic  
2 tablespoons extra virgin olive oil  
1 cup dried mushrooms or fresh sautéed mushrooms  
12 oz bag egg noodles  
8 oz carton light sour cream



Brown meat in olive oil for 5-6 minutes; add garlic after 3 minutes. Add course salt and pepper. Season heavily. Mix soup, broth and mushrooms in crock-pot and cook on high till boils. Turn to simmer and add meat. Cook 2-4 hours. Prepare noodles. Season with a little butter when done. Add sour cream into stroganoff just before serving. Stir well so it won't curdle.  
Note: for thicker sauce... coat meat with flour before browning meat.

### **Meryl's Beef Stroganoff**

1 lb ground beef  
1 small onion, chopped  
1/8 cup Worcestershire sauce  
Seasoned salt, onion powder, garlic powder to taste  
1 (8 oz) can Tomato sauce  
1 (8 oz) can mushrooms  
2 cans Cream of Mushroom soup  
1 (8 oz) container of sour cream  
1 bag egg noodles, cooked

Brown beef, onion, Worcestershire sauce and seasonings. Add tomato sauce, mushrooms, and soup. Mix well and simmer for 10 minutes, stirring frequently. Add sour cream and simmer 10 more minutes. Serve over the cooked egg noodles.

### **Sausage and White Bean Casserole**

6 sausages (about 1 lb)  
2 Tbs olive oil  
1 onion, chopped  
1 green pepper, chopped  
1 28oz can Italian plum tomatoes  
Salt and pepper, to taste  
2 tsp oregano  
2 cans (15 oz each) white beans, with their liquid  
1 cup white rice cooked in 2 cups water

Prick the sausages well all over. In a large pot heat the oil and when it is hot, add the sausages, chopped onions, and peppers. Cook without moving for 2 minutes. Turn and brown the other sides for 2 minutes more. Remove the sausages from the pan, and cut them into slices.

Add the plum tomatoes and cook, stirring for 1 minute. Add the salt, pepper, oregano, white beans and their liquid. Bring to a boil. Return the sausage slices to the pan. Cover and simmer for 10 minutes.

Serve over the rice.



### Braciola

2 large thin slices of round steak (flatten as thin as possible)  
½ C extra virgin olive oil  
1 small onion diced small and sautéed in ¼ C olive oil. Set aside.

#### Bread crumb mix

1 C. Italian bread crumbs  
¼ C. grated Romano or parm cheese  
Salt and pepper, garlic powder, onion powder to taste  
1 tsp parsley flakes

Optional: 2 hard boiled eggs peeled

Sprinkle the bread crumb mixture on the flattened round steaks. Top with the sautéed onions.  
Optional: add hard boiled egg on each round steak.

Roll the round steak and using butchers string, tie so that the onions and bread crumbs don't fall out. (Some will fall out as you are tying the braciola).

Fry the rolled braciola in the ½ C of olive oil till browned all around. Add to your sauce pot. Let cook several hours.

½ hour before dinner remove braciola and let cool. Slice into 1 inch pieces. Top with sauce and grated cheese before serving.

### Oven Brisket

1 trimmed brisket  
Bottle Italian dressing  
1 cup sugar  
1 cup regular BBQ sauce



The slow cooking is what makes this so tender and delicious

Marinate Brisket for 2-3 hours or overnight with Italian dressing and place in refrigerator (use cooking pan for marinating). After marinating, cover tightly with foil. Cook at 350 degrees for 3.5 hours and then uncovered for 30 more minutes. Remove from oven and drain juices and save. Refrigerate overnight. Before cooking 2nd time, slice. Cook BBQ sauce and sugar until dissolved. Pour ½ of sauce over sliced meet and cover with foil. Cook for 1 to 1.5 hours at 300 degrees just before serving. Remove to plate and use reserve sauce for serving time. Great dish to make ahead of time and serve at last minute without a lot of preparation in the kitchen.

### Beef Stew

3 pounds of beef bottom round cut into cubes  
5 large potatoes cleaned and cut into quarters  
1 large onion chopped  
2 tablespoons vegetable oil  
1 10 1/2-ounce can beef broth or 8 ounces water with 3 beef cubes  
5-6 carrots cleaned and cut into large pieces  
1-2 tablespoons flour mixed with ¼ c water for gravy

Sauté' one chopped onion in oil, then add the beef. Cook till beef is browned. Add Beef broth and let it cook medium low for 45 minutes. When beef is tender add carrots till al dente then add the potatoes. Cook till vegetables are soft. Taste broth to make sure it has enough seasoning. If not add salt and pepper to taste. Add the flour mixed with water to thicken the gravy. Serve when gravy is the thickness you desire. Makes 6 servings

### Meryl's Beef Stew

2 lbs cubed beef stew meat  
3 Tlbs vegetable oil  
4 cubes beef bouillon  
4 cups V8 Juice  
1 tsp rosemary  
1 tsp parsley (or basil)  
1/2 tsp black pepper  
3 large potatoes peeled and cubed  
4 carrots cut into 1in pieces  
4 celery stalks cut into 1in pieces  
1 large onion, chopped  
2 garlic cloves  
2 tsp cornstarch  
2 tsp cold water  
1 small bag frozen peas

In a large pot, cook beef in oil over medium heat until brown. Dissolve bouillon in V8 Juice and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat. Cover and simmer 1 hour.

Stir potatoes, carrots, celery onion and garlic into the pot. Dissolve cornstarch in 2 tsp cold water and stir into stew. Cover and simmer 1 hour more. Add peas, simmer 5 more minutes, and serve.

### Weight Watchers Deep-Dish Pizza Casserole

1 lb ground beef  
1 pkg sliced mushrooms  
1 onion, chopped  
3 garlic cloves, minced  
Seasoned salt, onion powder, garlic powder to taste  
1 (15 oz) can chunky Italian-style tomato sauce  
Cooking spray  
1 (13.8 oz) can refrigerated pizza crust dough  
1 (8 oz) bag shredded mozzarella cheese



Cook the beef through the seasonings in a skillet until the beef is browned. Drain the grease.

Add tomato sauce and cook until heated.

While the meat cooks, coat a 13 x 9 x 2 inch baking dish with cooking spray. Unroll pizza crust dough, and press into bottom and halfway up sides of baking dish. Add ½ of the mozzarella cheese, spreading evenly over the bottom of the crust. Top with the meat mixture.

Bake uncovered at 425° F for 12 minutes.

Top with the remaining mozzarella cheese and bake 5 more minutes, or until crust is brown and the cheese melts.

Makes 6 Servings, 7 Weight Watchers points per serving.

### **Judy's Braised Sirloin Tips Over Rice**

2 Tbsp. shortening	2 Tbsp. lite soy sauce
2 lb. beef sirloin tips, cut into large pieces	1 large clove garlic minced
1 10 ½ oz can condensed beef consommé	½ medium onion, chopped
1/3 c. cranberry cocktail	2 Tbsp. cornstarch
4 Cups hot cooked rice	¼ Cup water

Melt shortening in large pan or Dutch oven; brown meat on all sides.  
Stir in consommé, cranberry juice, soy sauce, garlic and onion.  
Heat to boiling. Reduce heat' cover and simmer for 1 hour or until meat is tender.

Blend cornstarch and water. Stir gradually into meat mixture.  
Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.  
Serve over rice.  
Makes 6 servings.

### **Judy's Lamb Stew with White Beans and Artichokes**

1 Tbs olive oil  
½ C. pitted kalamata olives  
2 lbs fat trimmed boned lamb shoulder or other stewing cut, in 1 ½ inch cubes  
¼ C. chopped parsley  
2 Tbsp chopped fresh thyme  
4 cloves garlic, peeled and minced  
1 can (14 oz.) fat-skimmed chicken broth  
1 C. dry white wine  
¾ C dried tomatoes (We used a 14 oz can of tomatoes, drained)  
¼ Tsp. each salt and pepper  
1 8 oz. can un-marinated artichokes  
2 cans (15 oz. each) cannellini (white) beans, drained and rinsed

Heat oil in a 5 to 6-quart pan over medium-high heat. Add lamb and stir occasionally until browned, about 10 minutes. Add garlic and cook until fragrant, 1 minute longer.  
Add broth, wine, tomatoes, salt, and pepper, and bring to a boil. Lower heat to maintain a simmer; cover and cook until lamb is tender when pierced, about 1 ½ hours.  
Meanwhile, rinse and trim artichokes and cut in half. When lamb is tender, stir in beans, olives, parsley, thyme and artichokes. Cover and cook until artichokes are tender when pierced, 20 to 25 minutes longer.

Yield: Makes 6 servings  
Calories 470, Fat 17g, Cholesterol 100mg, Sodium 1030, Protein 44g, Fiber 15g

### Marc's Chili

1 pound of ground beef  
1 medium onion diced  
5 scallions (dice the bottom pieces more finely than the tops and keep them separate)  
2 crushed cloves of garlic  
1 tablespoon diced fresh jalapeno pepper  
1 small nub of ginger root about the size of a walnut (grate with a cheese grater)  
1 teaspoon salt  
1/4 cup finely chopped cilantro  
1 15 -oz can light kidney beans with liquid  
1 15-oz can dark kidney beans with liquid  
1 small can of corn  
1 14.5 oz can of diced tomatoes  
1 8 oz can tomato sauce  
1 cup water  
1 tablespoon white vinegar  
1 - 2 tablespoons chili powder  
1 bay leaf  
A splash of red wine  
1/4-teaspoon red pepper flakes

Brown the meat and drain the fat. Add the onions, scallion bottoms, garlic, jalapeno, and ginger. Sauté for a minute. Pour into a non-reactive pan.

Add remaining ingredients except the red pepper flakes, reserving a little bit of the scallion tops and cilantro. Simmer till most of the water boils off (at least one hour). Add the reserved scallions and cilantro for color. Also add as much of the red pepper flakes as you would like depending on how much zing you want to put into the dish.

The longer it simmers the better.

### Crock Pot Chicken Taco Chili

1 large onion, chopped  
1 large green pepper, chopped  
1 hot pepper, chopped  
1 16-oz can black beans with liquid  
1 16-oz can kidney beans with liquid  
1 15-oz can tomato sauce  
10-oz package frozen corn kernels  
28-oz can of diced tomatoes  
1 packet taco seasoning (3 tbsp)  
1 tbsp cumin  
1 tbsp chili powder  
1 cup chopped fresh cilantro  
Seasoned salt, garlic powder, onion powder  
3 lbs boneless skinless chicken breasts (or thighs)



Combine all ingredients except chicken in a slow cooker. Place chicken on top and cover. Cook on low for 10 hours or on high for 6 hours. Half an hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in.

### Stovetop Chicken Chili

1 Tbs vegetable oil  
1 lb boneless skinless chicken breasts, cut into 1-inch cubes  
1 chopped green bell pepper  
1 chopped onion  
1 Tbs paprika  
1 1/2 tsp oregano  
1 tsp cumin  
1 tsp garlic powder  
1/4 tsp crushed red pepper flakes  
1 (15 ounce) can black beans, drained and rinsed  
1 (15 ounce) can great Northern beans, drained and rinsed  
1 (14.5 ounce) can diced tomatoes, undrained  
1 cup chicken broth  
1 cup frozen corn  
1 bunch chopped cilantro



#### Directions

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Heat oil in a large skillet on medium-high heat.

Add chicken, bell pepper and onion. Cook and stir 6 to 8 minutes or until chicken is lightly browned.

Add paprika, oregano, cumin, garlic powder and red pepper. Mix well.

Stir in remaining ingredients. Bring to boil.

Reduce heat to low. Simmer 20 minutes.

### Turkey Chili

2 lbs ground turkey  
1 large onion  
1 large green pepper  
2 jalapeno peppers, finely diced (seeds and ribs removed for milder chili)  
Seasoned salt, garlic powder, onion powder, black pepper, basil  
4 cups fresh pico de gallo (or 3 cans RoTel)  
4 cans Chili Beans  
1 bunch chopped cilantro  
2 Tbs cumin  
8 oz cream cheese

Coat a Dutch oven with non-stick cooking spray. Brown turkey, onion, peppers, and seasonings, about 5 minutes.

Add remaining ingredients, reserving cream cheese. Bring to a simmer and reduce heat to medium-low. Cover pan and continue to simmer 10-12 minutes.

Remove lid and stir in cream cheese until fully incorporated. Serve.

### **Sandee's Stupid Simple Chili**

1 - 1.5 lbs ground beef (I used the leanest I can find - that way there is no fat to skim)  
1 large onion (rough chop)  
1 large bell pepper (rough chop)  
2 cans beans (rinsed - use whatever you like - I use one can of black and one can of kidney)  
1 large can crushed tomatoes (28 oz)  
1 - 2 cans diced tomatoes (14 oz - two cans will make it more juicy)  
1 heaping palmful of ground cumin  
2 heaping palmfuls of chili powder  
.5 palmful of cayenne pepper (use more or less depending on how spicy you like your chili)  
1 - 2 cloves garlic - chopped or minced  
.25 - .5 tsp red pepper flakes (use more or less depending on how spicy you like your chili)  
1 - 2 tbsp olive oil  
salt and pepper to taste



#### **Directions:**

Over medium high heat, heat about a tablespoon or two of olive oil in a dutch oven. Quickly sautee the garlic and red pepper flakes until they just become fragrant.

Add in the onions and peppers, add some salt and pepper and sautee until just about tender.

Add in the beef (breaking it up into small pieces as it browns) and spices. Add in the beans. Stir until all the spices are combined.

Add all tomatoes and a little bit more salt and pepper. Stir the entire mixture to combine all ingredients. As soon as the sauce starts to bubble, turn heat down to low, cover and simmer for 45 - 60 minutes.

**Serving Suggestions:** Serve with tortilla chips, Serve topped with shredded cheddar cheese, sour cream, chopped scallions, etc.

**Variation:** Cook a pound of elbow pasta and mix the two together to make chili mac.

### **Slow Cooker Pot Roast**

3 pound boneless beef roast  
1 teaspoon vegetable oil  
Onion powder, garlic powder, rosemary to taste  
Chopped carrots, potatoes, celery, onion, garlic, and mushrooms  
1 10.75 oz can condensed cream of mushroom soup  
1 small can beef broth  
1 pkg Onion soup mix, mixed with water

Place all the veggies except mushrooms in the bottom of a slow cooker.

In a large skillet over medium high heat, saute the roast in the oil for 15 minutes, or until all sides are well browned. Season with onion powder, garlic powder and rosemary.

Place the roast on top of the vegetables and pour all the soups over the roast and the vegetables.

Cover the slow cooker and cook on low setting for 6 1/2 hours, stirring once.

Add the mushrooms and cook on high for 2 1/2 hours more.

Total cooking time is 9 hours. If the roast starts cooking at 9am, stir it once at noon. Then at 3:30pm add the mushrooms and turn the temp up to high. It will be done at 6pm.

### Sauerbraten

2 cups water  
1 cup cider vinegar  
1 cup red wine vinegar  
1 medium onion, chopped  
6 large carrots, chopped  
1 tablespoon plus 1 teaspoon salt, additional for seasoning meat  
½ teaspoon freshly ground black pepper  
2 bay leaves  
6 whole cloves  
12 juniper berries  
1 teaspoon mustard seeds (or dried mustard)  
1 (3½ to 4-pound) bottom round roast  
1 tablespoon vegetable oil  
½ cup sugar  
18 gingersnaps (about 5oz), crushed  
2 cans sliced mushrooms  
½ cup seedless raisins, optional



In a large saucepan over high heat combine the water, cider vinegar, red wine vinegar, onion, carrots, salt, pepper, bay leaves, cloves, juniper, and mustard seeds. Cover and bring this to a boil, then lower the heat and simmer for 10 minutes. Set aside to cool.

Pat the bottom round dry and rub with vegetable oil and salt on all sides. Heat a large sauté pan over high heat; add the meat and brown on all sides, approximately 2 to 3 minutes per side.

When the marinade has cooled, place the meat and marinade in a ziplock bag. Keep in the refrigerator for 3 days. If the meat is not completely submerged in the liquid, turn it over once a day.

After 3 days of marinating, preheat the oven to 325°.

Add the sugar to the meat and marinade, cover and place on the middle rack of the oven and cook until tender, approximately 4 hours.

Put the liquid (with carrots and onion) in a saucepan. Add the mushrooms and gingersnaps and cook on the stove until thickened, stirring occasionally. Add the raisins if desired. Slice the meat and serve with the sauce.

Note: The [Red Cabbage](#) recipe makes a great side dish to go with Sauerbraten.

### Southeastern New England Clam Boil

Hot dogs (never use red hot dogs!! They ruin the flavor of this dish completely.)

Pork sausage (use plain breakfast sausage and not the flavored ones)

Portuguese chouriço (not a part of the traditional recipe but it is way too good to leave out!)

Potatoes

Onions

Soft-shell clams (sometimes called Ipswich clams)

Mussels (not used in the traditional recipe but they are cheap and work well in this recipe)

Lobster (if you feel like it and you have a gigantic pot)

Corn on the cob (optional)

Water

Salt

Butter or margarine (optional)



Notes: The amount of each ingredient is completely up to you. I use a pound each of hot dogs, sausage, and chouriço with about 4 large potatoes and onions. Use about 2 pounds each of clams and mussels. That should serve four hungry people.

Chouriço (pronounced SHOO REES -- the final vowels in Portuguese are often silent) may be hard to find in places with no large Portuguese populations but it is really worth the effort to find it. Gaspar's or Amaral's are two good brands. Chorizo is the Spanish version and you can probably substitute it in a pinch but I really don't know how similar they are to each other.

Instructions: Scrub the clams with a stiff bristle brush under running water. Place the clams in a pan of cold water, just barely covering them. Use lots of salt so that the water tastes like the ocean -- clams and mussels can't survive in fresh water. Put the pan in the refrigerator. Change the water every few hours to get rid of more sand but don't forget the salt each time! I like starting this whole process a day or two in advance.

On the day you're going to do the cooking, peel the onions and cut in half. Peel the potatoes and cut in half if they're big. Peel the skin from the chouriço (easiest to do if it's still cold from the fridge) and cut into 2-inch chunks. Some people leave the skin on the chouriço but I like it better peeled. Divide the sausages if they're joined in the middle.

Place the clams and mussels at the bottom of a big, deep pan and fill with about an inch or so of water. Next add the meats, then the onions and potatoes. Add the corn and lobster on top if you're using them. Sprinkle a little salt over the top. Cover and bring the water to a boil. Lower the heat and simmer until the potatoes are soft. You're actually steaming the food, not boiling it, and it takes only about a half an hour or so.

Serve the meal in two courses. Meats and vegetables first followed by clams and mussels later.

When you serve the clams and mussels, pour some broth into small coffee cups for each place setting. It's used for dipping the clams to remove even more sand. (Unfortunately, sand really can be a big problem with this meal.) You can sip the broth too if you feel like it. Also have some melted butter available for people who like to dip their clams and mussels in it. Don't forget to show people who aren't familiar with soft-shell clams how to peel the black thing off the neck.

You can save the leftover broth for drinking later. Store it in the fridge. When you want a different kind of drink, skim the fat from the top and just pop it the microwave until hot. It keeps for quite along time when kept chilled.



### Grandma LaFranca's Veal Bird (Spdeanies)

1 pound or 12 slices veal cutlet  
1 large onion sliced  
1/4 pound lard. I used Crisco and found the results were tastier  
1 cup Italian flavored bread crumbs  
1/4 teaspoon garlic, onion powder, salt, pepper  
1/4 cup grated Romano cheese  
24 large bay leaves  
24 large pieces of onion

Mix breadcrumbs and seasoning together  
Sauté onions in Crisco till they look invisible. Let the onions cool.  
Pound cutlets till thin and sprinkle tablespoon of the bread crumb mixture on each  
Add a teaspoon of the onions on top of that.  
Roll each cutlet holding together with a toothpick. Add bay leaf and onion at each end of the toothpick.  
Bake at 350 35 minutes another 4 on broil and serve  
(Add potatoes - 2 large red potatoes cut into chunks. boil till almost tender. drain water and put chunks around veal then bake at 350)

### Penne Pasta with Chicken and Sun Dried Tomatoes

Adapted from the Jr. League Cookbook (but from Robin's Kitchen) -Great Dinner Party Recipe

1 16 oz. Box Penne Pasta  
½ jar sundried tomatoes (in oil, diced is better)  
1 lb. Chicken breasts cut into 1" squares  
3-4 tbsp. shallots or green onion  
2-3 tbsp. chopped FRESH basil  
2 tbsp. butter  
3 tbsp. grated Parmesan  
1 tsp. salt  
½ tsp. pepper  
1 cup cream or half/half



Before dinner heat oil to medium high, salt and pepper chicken and add to skillet, cook until brown, add onions and cook 2 minutes. Add sundried tomatoes and stir. Set aside until ready to serve and pasta is cooked.

10 minutes prior to eating cook pasta. In separate large bowl, add butter, cheese, fresh basil, salt and pepper. When pasta is done, drain and add to bowl. Add cream to chicken in skillet and stir. Mix together with Pasta.

I like to add more butter and cheese but that's up to you. Serves 6-8 people.

### Linda's Pizza

1 ball of pre-made pizza dough (Can buy at any supermarket)

Cornmeal

Parchment paper

Marinara Sauce for Pizza (see recipe on page 65)

Mozzerella cheese

Assorted pizza toppings (i.e. pepperoni, sausage, peppers, mushrooms, onions, olives)



Stretch or roll the dough then place the dough on parchment paper that has been sprinkled with corn meal. Place the parchment paper on a round baking pan. (You can use a pizza stone instead of the parchment paper).

If you use the stone, preheat in oven about 400 degrees for 15 minutes. Just before placing the dough on the stone sprinkle with cornmeal. Stone is very hot so be careful not to burn yourself.

Top the dough with marinara sauce (not a lot - about one ladle). Spread it, but do not spread on the edges of the dough. Next top with the mozzarella cheese, then add your pizza toppings.

Bake at 400 degrees for 20-30 minutes. Take a peek after 15 minutes; you will notice the ends are getting brown. (Only if you want, brush some butter on the ends so the dough doesn't burn). You can lift the pie with a large spatula to see if the middle needs more cooking. That should give you a good idea of how much longer.

### Shepherd's Pie

1 1/2 lbs ground round beef

1 onion chopped

1-2 cups vegetables - chopped carrots, corn, peas

1 1/2 - 2 lbs potatoes (3 big ones)

8 tablespoons butter (1 stick)

1/2 cup beef broth

1 can condensed Cream of Mushroom soup

1 teaspoon Worcestershire sauce

Salt, pepper, other seasonings of choice

1- Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).

2- While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan. Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.

3- Add ground beef and sauté until no longer pink. Add salt and pepper. Add Worcestershire sauce. Add half a cup of beef broth and the mushroom soup. Cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

4- Mash potatoes in bowl with remainder of butter, season to taste.

5- Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. (You can make some designs in the potatoes!)

6- Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown. - Serves four.

### Jambalaya

1 pound smoked sausage, sliced	1 teaspoon thyme
1 pound boneless chicken breasts or a combination of light and dark meat	2 teaspoons black pepper
1/2 cup vegetable oil	1/2 teaspoon cayenne pepper
2 cups chopped onion	2 teaspoons salt
2 cups chopped green pepper	2 cups long grain rice
2 cups chopped celery	1/2 teaspoon ground cumin
2 cups chopped green onion	1/2 teaspoon of allspice
4 cloves garlic, minced	3 cups beef or chicken bouillon
2 16-oz cans tomatoes, drained and chopped	1 pound shrimp, peeled and deveined

#### Directions:

In a Dutch oven, sauté the sausage and chicken in the oil until the chicken loses its pink color. Add the onion, green pepper, celery, green onion, and garlic and sauté until the vegetables are tender. Add the remaining ingredients, except the shrimp, let the mixture come to a boil, cover, and cook over low heat until the liquid is nearly absorbed. Add the shrimp and continue cooking until the rice is done (about 30 minutes in all).

### Weight Watchers Chicken Jambalaya

1 (14 oz) Hillshire Farms light Kielbasa  
2 medium uncooked chicken breasts

1 large onion, chopped  
3 celery stalks, chopped  
2 green peppers, chopped  
1/4 tsp cayenne pepper  
1 tsp basil  
1 tsp oregano  
Seasoned salt to taste  
1/2 tsp black pepper  
4 garlic cloves, minced



28 oz can whole tomatoes, with juice  
2 cups chicken broth  
1 cup uncooked white rice

Coat a Dutch oven with cooking spray. Add kielbasa and chicken. When almost cooked, drain the grease then add the onion thru the garlic cloves. Saute until garlic is fragrant.

Stir in the canned tomatoes, broth, and uncooked rice. Bring to a simmer, cover and cook until rice is tender, about 20 minutes.

# Servings: 4. Weight Watchers points: 7 per serving.

### Lobster Pie

5 one pound lobsters  
1/2 pound butter (2 sticks)  
3 cups crushed Ritz crackers  
2 Tblsp fresh lemon juice  
lemon wedges  
parsley  
Old Bay seasoning (optional)



#### Directions:

Steam/boil lobsters as you would normally (I steam for 15min in salted water). Remove meat from tail, knuckles and claws reserving juice from inside the lobster and chop lobster into bit sized pieces. Reserve tomalley.

Heat butter in a skillet on medium heat until melted. Remove from heat and add the tomalley and lemon juice and blend together. Add the crumbled crackers and add a bit of the reserved lobster juice until a consistency of turkey stuffing is achieved. Place the lobster meat in four individual casserole dishes & sprinkle a bit of Old Bay seasoning over the meat, if desired.

Cover the lobster meat with the crumb mixture & bake in a preheated oven set to 425 degrees for ten minutes or until top is golden brown. Garnish with a lemon wedge & parsley.

# Servings: 4

### Shrimp Scampi

1 1/2 pounds large shrimp	1 tablespoon parsley
1/2 cup flour	1 tablespoon oregano
1 tsp salt	2 tablespoons wine
1 tsp pepper	2 tablespoons brandy
1 tsp cayenne	2 tablespoons butter
4 cloves garlic -- minced	2 shallots -- chopped

Season flour with salt, pepper, and cayenne. Dredge shrimp in flour.

Sauté shrimp in butter for 5 minutes over high heat, shaking briskly.  
Remove shrimp with a slotted spoon to a shallow casserole dish.

Add garlic, shallots, parsley, and oregano to butter, sauté over medium heat for 3 minutes, shaking the pan briskly.

Remove herbs with a slotted spoon to casserole.

Add wine and brandy to skillet and ignite. When flames die down, pour sauce over shrimp.

Broil for 2 minutes.

## Elaine's Baked Shrimp

You have the choices of buying colossal shrimp and stuffing them individually. Or getting a normal size to make like a casserole.

### Ingredients:

2 lbs jumbo/extra large shrimp (Serves 4)  
60 Ritz crackers (low sodium)  
1-2 stalk celery, diced  
1-2 large cloves of garlic, minced  
1 Tbsp butter plus  
1 stick (8 Tbsp) butter, melted (easiest in a microwave for 45 seconds)  
Juice of 1 lemon (you'll want a second lemon to serve)  
1-2 Tbsp chopped flat-leaf parsley  
1-2 Tbsp Worcestershire Sauce  
1/3 cup Grated Parmesan Cheese  
Lots of black pepper, to taste  
Paprika, for garnish



### Directions:

1. Preheat the oven to 375°F.
2. In a small frying pan, heat 1 Tbsp of butter. Sauté the celery and garlic for 3-4 minutes on low heat, until softened but not browned.
3. Crush the crackers with your hands so the crumbs are quite coarse. Put into a large bowl.
4. In a small bowl combine the melted butter, lemon juice, parsley, worcestshire sauce and black pepper
5. Prepare the shrimp by removing the shell. If stuffing leave the tail section on.. Take off the tail for casserole style. Turn the shrimp with the inside of the curve facing up. Butterfly the shrimp by running a sharp paring knife along the length of the inside, cutting down but not all the way through. You should be able to flatten the shrimp, except for the tail section, and scrape out any black vein.
6. Add the butter mixture to the crackers in the large bowl. (If congealed, reheat in microwave.) Mix together. The mixture should be fairly dry but should just hold together - like stuffing. Taste, and add, as needed, more lemon juice, more pepper. The crackers are salty, so you won't need salt.
7. Optional: Stuffing the Shrimp. Set one shrimp on a plate, cut side facing up (the tail should be standing up, too). Mound one tablespoon of cracker filling on the shrimp, and smooth into a large mound. Place the shrimp on a baking sheet lined with a Silpat (silicone liner) or sprayed with nonstick spray. Repeat until all of the shrimp are stuffed.
8. For Casserole Style. 9 x13 glass pan. Spray with Pam. Spread shrimp as one layer. Spread stuffing on top of shrimp.
9. Either style - Sprinkle with a tiny bit of paprika.
10. Bake at 375°F for 20 minutes or until the shrimp are cooked and the stuffing is browned on top.

### **Baked Shrimp with Feta and Orzo**

3 tablespoons olive oil  
1 small onion, finely chopped  
2 cloves garlic, finely chopped  
4 scallions, thinly sliced  
½ cup dry white wine  
1 can (28 ounces) diced tomatoes, with their juices  
1 teaspoon dried oregano  
Salt and pepper, to taste  
1 pound orzo  
¼ cup chopped fresh parsley  
2 pounds large peeled shrimp  
1 cup crumbled feta cheese



Set the oven at 450 degrees. Lightly oil a 9-by-13-inch baking dish.

In a large skillet over medium heat, heat the olive oil. Add the onion and cook, stirring often, for 6 minutes. Add the garlic and scallions and cook 2 minutes more. Add the white wine and cook, stirring, 2 minutes more.

Add the tomatoes, oregano, salt, and pepper. Bring the mixture to a boil, lower the heat, and simmer for 5 minutes.

Bring a large pot of salted water to a boil. Add the orzo, and cook, stirring occasionally, for 8 minutes or until the pasta is tender but still has some bite. Drain but do not rinse.

Meanwhile, add the parsley and the shrimp to the tomato sauce, and simmer for 5 minutes or until the shrimp turn pink. Taste for seasoning and add more salt and pepper, if you like (feta will add saltiness later).

Add a ladle of tomato sauce (without shrimp) to the baking dish. Add the orzo. Spoon the rest of the tomato-shrimp sauce over the orzo. Spread the crumbled feta on top.

Bake for 15 minutes or until the cheese starts to brown and the sauce is bubbling.

### **Spanish Style Cod in Tomato Broth**

Brown rice (for serving), about 1oz per person	1.5 cups chopped plum tomato (canned diced tomatoes work in winter if there aren't good fresh ones)
1 Tbs olive oil	1/2 cup chicken broth
1/2 tsp salt	1/3 cup dry white wine
1/2 tsp smoked paprika	1 thyme sprig
1/2 tsp black pepper	3 Tbs chopped fresh parsley
1.5 lbs cod (cut into about 8 pieces)	1 tbs lemon juice
1/4 cup sliced shallots	1/4 cup sliced almond
1/8 tsp crushed red pepper	
3 large garlic cloves, thinly sliced	

1. Cook rice

2. In a different skillet, heat pan and add oil. Combine salt, paprika and pepper, and put evenly over fish. Cook fish until lightly brown and flip, reduce heat.

3. Add shallots, red pepper and garlic. Cook until shallots are translucent. Stir occasionally but gently to not break up the fish.

4. Add wine, broth and tomatoes and thyme. Bring to a simmer and cook for 6 minutes

5. Add 1 Tbs parsley and the lemon juice. Gently stir to combine. Discard thyme sprig.

6. Serve in bowls over rice. Garnish with more parsley.

### Meryl's Catfish Stir Fry

1 1/4 lb catfish cut into 2 inch pieces	1 Tbs peanut oil
1 Tbs soy sauce	2 cups broccoli florets
1/2 tsp ground ginger	1 cup sliced carrots
2 Tbs chicken broth	1 cup snow peas
1 Tbs cornstarch	1 cup chopped scallions
1 tsp sesame oil	1/2 cup chicken broth

In a medium bowl combine the catfish pieces, soy sauce and ginger. Set aside.

In a separate small bowl combine the 2 Tbs chicken broth, cornstarch, and sesame oil. Set aside.

In a wok, heat the peanut oil. Add the broccoli, carrots, snow peas, and scallions. Stir fry 4-5 minutes, until just tender. Remove the vegetables from the wok and set aside.

Put the reserved catfish pieces in the wok. Stir fry for 2 minutes.

Add the 1/2 cup chicken broth and the reserved vegetables to the wok. Bring to a boil.

Add the reserved cornstarch mixture and stir fry 1-2 minutes, until sauce is thickened slightly and fish is cooked. Serve over rice (1 cup white rice cooked in 2 cups water).

### Meryl's Curried Catfish

2 tsp vegetable oil	1/2 tsp chili powder
1 small onion	1/2 cup chicken broth
2 garlic cloves	1/2 cup sour cream
2 tsp curry powder	1 1/4 lb catfish fillets
1/2 tsp ground ginger	1 cup rice cooked in 2 cups water



Chop the onion and garlic cloves into small pieces.

In a large skillet heat the oil. Add the onion and garlic pieces. Cook 2-3 minutes, until tender. Stir in the curry, ginger, and chili powder. Cook, stirring, 1 minute.

Reduce heat to low. Stir in the chicken broth and sour cream.

Place the fish over the sauce, cover and cook 5-6 minutes, turning once until the fish is cooked. Serve over the rice.

### Meryl's Crab Cakes

4 slices white bread, (or 3 hamburger buns, crumbled)  
2 eggs, lightly beaten  
4 tablespoons mayonnaise  
2 teaspoons white wine Worcestershire sauce  
1/2 teaspoon pepper  
1/4 teaspoon salt  
Six 6oz cans of crabmeat  
6 scallions, sliced  
1+ tablespoon(s) oil

Set out bread for about 1 hour until slightly dry.

Mix egg, mayonnaise, Worcestershire sauce, pepper, and salt in medium bowl; add bread. Toss crabmeat and scallion into mixture. Shape mixture into 8 patties.

Cook in hot oil in large nonstick skillet over medium-high heat, about 3 minutes per side until lightly browned and cooked through.

### Classic Crab Cakes

1½ lb cooked crabmeat  
6 Tbs mayonnaise  
1 Tbs Dijon-style mustard  
1 C Panko bread crumbs  
½ C finely chopped Italian parsley  
2 green onions, finely chopped  
2 garlic cloves, minced  
1 tsp Kosher salt  
1 tsp freshly ground black pepper  
2 eggs, lightly beaten  
1-2 Tbs peanut or canola oil  
¼ C unsalted butter

Place crabmeat in a large mixing bowl. Add the mayonnaise, mustard, ¼ C of the bread crumbs, parsley, green onions, garlic, salt, pepper and eggs. Fold to combine.

To form cakes, on a tray pat about ¼ cup mixture into a 2½ inch round cutter. Lift cutter off. Repeat to form 16 cakes.

Cover with plastic wrap, pressing lightly. Chill at least 30 minutes.

Preheat oven to 350 degrees. Place remaining bread crumbs in a shallow dish.

In a 12 inch skillet heat oil over medium high heat. Lightly coat both sides of 4 cakes in bread crumbs and add to skillet.

Press lightly with a spatula, cook 1 to 2 minutes per side or until golden brown. Transfer to a shallow baking pan. Repeat with remaining cakes, adding more oil if needed.

Top each cake with a slice of butter and bake 5 minutes. Sprinkle with paprika and serve with lemon wedges.

Makes 16 crab cakes.



### Barbara M's Crab Cakes

I don't claim them to be authentic Boston or Maryland Crab Cakes; I just know everyone likes them. These are soft crab cakes, not much filler, and very tender. Have used hollandaise with orange juice on them for breakfast, jalapenos, lettuce and tomatoes on sandwiches, just by themselves with a little side of the sauce below. Eugene loved them!

1 lb. jumbo lump crab  
3 or 4 slices of white bread crusts removed frozen for a few minutes (the size of a Medium slice)  
more will make the filling thicker  
2 eggs beaten well  
¾ cup mayonnaise  
¼ cup sour cream  
½ cup chopped scallions or chives (I use chives)  
Salt and pepper to taste  
Optional, you can add diced red or green peppers, diced hot peppers, but I don't. I prefer soft crab cake.



Mix eggs, mayo, sour cream, scallions together in a bowl. Add salt and pepper, mix well. Whirl bread in blender to make crumbs (fresh is better, not as dense) some people like dried, I don't.

Add breadcrumb mixture to mayo, mix well, let stand for a few minutes for bread to absorb into mixture.

Gently, fold crab into mixture so it is evenly distributed. Refrigerate for about an hour, or longer. It is better to fry the cakes when they are cold, and all the mixture has melded together.

Mixture will still be mushy, but that's the fun part. Melt a few tablespoons of butter in a frying pan, and make cakes with hands, placing gently into simmering butter, over medium to low heat. All stoves don't work like mine, and you don't want to burn them, so use your own judgment. Don't turn till they are ready. They will fall apart. I usually check one, to see if it is light brown on the bottom. They will swell a little.

When done, place on a plate lined with lettuce, or on a roll. Garnish with tartar sauce, lemon slices.

Below is the recipe for the chipotle mayo that I make

¾ cup mayonnaise  
¼ cup sour cream  
A squeeze of lemon juice  
Half a chipotle pepper in adobo sauce. Start with less, this is quite hot I don't add salt to this; it has plenty in the crab.

Enjoy!!!!

### Barbara Makuch's Gumbo

¾ C Flour

¾ C oil, I use canola or any vegetable oil

In a heavy pan, make a roux, heat the oil till hot, add the flour and whisk, stirring with a whisk constantly so it doesn't burn, this takes about half hour, on medium or between medium and low, but you may need to take it off the heat every so often so it doesn't burn. It should be like peanut butter or darker, just not burned. When you get the hang of it, it will go faster. You can also use a wooden spoon once it is well combined.

1 C celery chopped

1½ C green peppers chopped

2 C chopped onions

1 Tbs chopped cloves garlic

#### Seasoning mix

2 tsp salt

1 bay leaf

½ tsp white pepper

½ tsp black pepper

½ tsp cayenne or to taste

½ tsp dried thyme

¼ tsp oregano

Hot pepper sauce to taste

1 or 2 tsp Worcestershire sauce



8 cups of hot chicken stock ready

1½ C to 2 C of canned tomato sauce

1½ lbs shrimp

1 lb good fresh fish, I've used cod, because it's flaky,

1 lb Italian sausage per cooked and sliced, or use andouille if you like

1 lb scallops

You can use crab legs, lobster, any fish you like, just not an oily fish.

I sauté the vegetables separately in a bit of oil (or butter) with the lid on, it just tastes better.

When the roux is done add the vegetables and sauté about five more minutes. Add the seasonings to the roux and vegetables, mix well.

In a big pot, have about 8 cups of hot chicken stock ready, add the tomato sauce and cook for a few minutes, add the roux mixture bit by bit, mixing well with a whisk, till it's all combined

At this point, add the sausage, then the fish, cook for ten minutes, then add scallops and shrimp, cook for five more minutes. Turn off the heat, cover, and leave alone for ten minutes. This way the seafood doesn't get rubbery.

Serve with filet powder, hot sauce, over hot rice, and a nice crunchy bread.

### Seppie (Squid) in Zimino

This is a famous Tuscan dish that is also found in other regions such as Liguria. It is excellent served as an accompaniment to polenta. "In zimino" means that the squid is cooked with vegetables – usually spinach or beet greens. The original recipe ingredients are listed, and if I have modified anything, it is in parentheses following the original ingredient and amount).

- 1 tablespoon extra virgin olive oil ( I use a bit more oil, but only enough to keep things from sticking to the pan)
- ½ onion, chopped
- 1 clove garlic, minced (I use 2 large or 3 medium cloves)
- 1 dried red chili pepper, minced ( I use 2 small or 1 large dried red chili, but I leave them whole, so there isn't too much heat...adjust it to your taste)
- ¼ cup chopped parsley
- ½ celery stalk, chopped
- 1 lb. squid, cleaned and cut into rings, including the tentacles
- 1 teaspoon all purpose (plain) flour
- ½ cup dried mushrooms, soaked for 30 minutes, drained and chopped (I usually use chopped fresh mushrooms, about 1 – 1 ½ cups)
- 2 tomatoes chopped (I use a 14.5 oz. can of diced tomatoes, undrained, when good fresh tomatoes aren't available)
- 1 pound of fresh spinach, chopped (I prefer fresh, but I have used frozen chopped spinach, thawed and squeezed to remove excess water)
- 1 cup dry white wine ( you could probably play with this also, but I have never tried anything else)
- Salt and freshly ground black pepper



Heat the olive oil in a saucepan over medium heat. Add the onion, garlic, chili pepper, parsley and celery and sauté until the onion is lightly colored.

Add the squid and cook for 10 minutes over medium heat. Sprinkle in the flour, and stir to blend. Add the mushrooms, tomatoes, spinach and wine. Season with salt and pepper (to taste). Cover and simmer for ½ hour.

Uncover and simmer until liquid is thickened to sauce consistency. Transfer to a platter and serve hot. Serves 6.

### Ray Nadeau's Broiled Scallops

- 15 Sea Scallops (1 lb) completely drained of fluids and patted dry.
- Keep in refrigerator till ready to dip.
- ½ lb of salted butter melted. (1 stick)
- Dip each cold scallop into the melted butter coating it.
- Place into a casserole dish Do not let the scallops touch.
- Sprinkle paprika on the top of each scallop.
- Bake at 400 degrees for 10 minutes
- Turn oven to broil and let scallops cook another 4 to 5 minutes.

### Grandma LaFrana's Baked Clams

2 dozen little necks (let them sit in very cold salt water for 2 days. Change the water several times over the 2 days. The clams clean themselves out.)

Open the clams using a clam knife. Slide the knife under the meat of the clam to loosen the knots on each side. Make sure there are no shells in the clam.

#### SAVE THE CLAM JUICE

Slide all of the meat from the clam onto one of the half shells, twist the top shell off and discard. Set the cleaned clams on the shell on top of parchment paper in a cookie sheet.

The juice from 2 lemons

Strained clam juice

Mix together and set aside



#### Breadcrumb mix:

1 tablespoon oregano

1 cup Italian flavored bread crumbs

1/4 cup grated Italian cheese.

Salt and pepper to taste

Mix well and top each clam with a tablespoon of breadcrumbs. Leave a little pocket towards the back of the clam for the oil and clam juice mixture.

Top each clam with a tablespoon of the lemon clam juice mix, then drizzle extra virgin olive oil on top of each clam.

Bake at 400 degrees for 20 minutes then broil for another 5 to 7 minutes

Let cool a minute or two and mangia! Delicious.

### Clams Casino with Compound Butter

2 cloves garlic, minced

1 small red onion, diced

1 red bell pepper, diced

1 yellow bell pepper, diced

2 tablespoons olive oil, plus more for drizzling

2 sticks unsalted butter, at room temperature

24 littleneck clams

5 slices bacon, cooked and chopped

1 cup breadcrumbs

White wine

In a skillet over medium heat, saute the garlic, onion and peppers in the olive oil until the vegetables are softened. Let cool completely.

Combine the pepper mixture with the butter and mix well to combine.

Preheat the broiler.

Open the clams and place on a baking sheet. Top each clam with a dollop of compound butter, some bacon and breadcrumbs. (You may not use all of the butter.) Drizzle with olive oil and white wine.

Broil until the breadcrumbs turn golden brown. Serve immediately.

### **Judy's Baked White Fish**

1 C. fresh coarse bread crumbs (or less)	1t. Savory
1 med. onion, finely chopped (or more)	½ t. Salt
1 celery stalk, finely chopped (or more)	1 t. White pepper (we use regular black)
1 T. chopped fresh parsley	¾ C. Butter, melted (or less)
2 T. lemon juice	½ C. Slivered almonds
2 ½ lb. white fish – we like Haddock – in serving size pieces	



Preheat oven 475 degrees.

Toss together breadcrumbs, onion, celery, parsley, savory, salt and pepper.

Lightly grease shallow baking dish with butter.

Toss remaining butter and lemon juice with the breadcrumb mixture.

Spread half of breadcrumb mixture on bottom of baking dish (just where fish will be!)

Place fish on top of crumbs, cover with rest of breadcrumbs and top with almonds.

Bake 10 minutes for each inch of thickness of fillets. (maximum thickness of fillets)

### Linda Watts' Baked Perch (Baked Fish)

Perch filets (or any other fish of your choice)

Milk (whole, 2%, 1%, skim, even cream and half and half all work fine)

Margarine or butter

Any combination of the following spices as you prefer:

(The original recipe called for celery salt, garlic salt and onion salt)

- Celery salt
- Garlic salt or garlic powder
- Onion salt or onion powder
- Black pepper
- Dill (dried)



Preheat the oven to 375 degrees.

Place the filets on the bottom of a baking dish skin side up if you intend to eat the skin; otherwise, skin side down.

Fill the dish with milk to the top of the filets without covering them. For thicker fish, bring the milk part-way up the side. (There's no need for too much milk. Its only purpose is to keep the fish moist while baking.)

Cut the margarine or butter into small pieces and scatter on top of the filets. Sprinkle on your choice of seasonings from the list above to taste.

Bake at 375 uncovered for 25 - 30 minutes or until golden brown and flaky.

Remove the fish and discard the milk or save it for a chowder or something.

### Nanette's Filet of Fish

This is Nanettes recipe for salmon, tilapia, or any other filet of fish. For each piece of fish add:

1. A heaping tablespoon (and I mean heaping) of mayo
2. About a tablespoon of oregano
3. A heaping tablespoon of fresh grated Italian cheese
4. A heaping tablespoon of panko bread crumbs (I use the plain but there is the Italian flavored too if you want)
5. Salt and pepper to taste

Mix well. If it's too stiff add more mayo. Spread a good tablespoon on each piece of fish. Bake at 400 degrees for 30 minutes. Serve immediately.

### Nanette's Favorite recipe

Make reservations

Bon Appetit



## Italian Rice Balls

### Ingredients:

2 eggs  
1/3 cup grated Parmesan cheese  
1 tablespoon dried parsley  
1/4 teaspoon freshly ground black pepper  
1 teaspoon salt  
1 quart water and 1 teaspoon salt  
1 cup uncooked white rice  
1 ½ cups dried Italian flavored bread crumbs  
½ cup grated parmesan cheese for the bread crumb mixture  
2 cups extra virgin olive oil for frying.



### Directions:

1. In a medium bowl, whisk together eggs, 1/3 cup parmesan cheese, parsley, pepper, and 1 teaspoon salt. Cover and refrigerate.
2. Pour water and 1 teaspoon salt into a large saucepan and bring to a boil. Stir in rice and reduce heat to low. Cook rice until water is almost absorbed, stirring frequently. Remove from heat and let cool a good half hour.
3. Slowly pour in half the egg mixture, stirring rapidly. Mix well then add more of the egg mixture till consistency allows you to mold the rice into a ball.
4. Mold the rice mixture into balls about the size of a small orange. Stick your thumb into the center making a hole deep enough to stuff with your choice of stuffing. Stuff with mashed meatballs, or mashed sausage, or mozzarella and prosciutto. Maybe you prefer spinach and cheese. Be creative. Round the rice balls.
5. Pour the bread crumbs into a pile, add ½ cup parmesan cheese and mix. Coat each rice ball with bread crumbs.
6. In a small, deep skillet, heat olive oil to 350 degrees F (175 degrees C). (Should have enough oil to completely cover the rice balls.) Fry the rice balls 6 at a time, turning as needed to ensure even browning. Drain on paper towels. Top with tomato sauce and serve. Mangia!

### Meryl's Fried Rice (from Marie's recipe)

2 cups white rice  
4 eggs  
½ lb pork cut into small pieces  
1 lb shrimp  
2 bunches scallions cut into 1 inch pieces

Cook 2 cups dry white rice in 4 cups water for about 10 minutes. Turn off the heat and let sit about 5 minutes, until the water is absorbed. Add 4 beaten eggs to the rice and mix thoroughly.

Coat an iron skillet with oil, and fry the pork, shrimp, and scallions.

Add the rice/egg mixture to stuff in iron skillet and cook for 15 mins. Add soy sauce at the table.

### Chicken Fried Rice

2 cups white rice  
2-3 cups cooked chicken breasts, cubed  
2 onions, diced  
4 cloves garlic, minced  
1 cup frozen peas  
4 carrots, diced  
4 eggs  
6 tablespoons sesame oil  
½ cup soy sauce  
Optional: Sesame seeds



Cook the 2 cups dry white rice in 4 cups water for about 10 minutes. Turn off the heat and let sit about 5 minutes, until the water is absorbed.

Meanwhile, heat the sesame oil in a large skillet over medium heat.

Add the onion, garlic, peas, and carrots. Cook for 5-7 minutes.

Crack eggs into pan and scramble, mixing with vegetables.

Add the rice, chicken, and soy sauce to pan. Stir to combine and remove from heat.

Sprinkle with Sesame seeds and serve.

### Linda's Breakfast Thing

1/2 pound ham diced fried in 1/4 cup honey  
1 cup shredded sharp American cheese  
2 cups Linda's home fries (See page 87 for [Linda's Home Fries](#) recipe)  
8 eggs well beaten  
1 large onion chopped and sautéed in butter

In well greased casserole dish add potatoes, ham, onions and cheese. Pour eggs over that and mix all ingredients together. Bake at 350 30-40 minutes and serve.



### George's Eggs

1 Tbs butter  
One small onion chopped small  
3 cloves of garlic chopped small  
6 eggs beat well  
Your favorite cheese (optional)  
Ham, bacon or sausage on the side



Sauté the onions in the butter. Once the onions are clear add the garlic and continue sautéing another minute. Add the eggs and scramble. Add your favorite cheese on top. Once melted serve with toast, butter for the toast and your favorite breakfast meat.

### Marc's Nam Sod (From Sompit Whiting)

1 lb. ground pork  
3 - 5 scallions (aka green onions)  
1/2 cup chopped onion  
Enough ginger root to make 1/4 to 1/3 cup when grated  
1/3 cup of lemon juice  
1/4 cup of Thai fish sauce  
1- 2 Tbs. sugar (or 5 -6 packets of artificial sweetener if you want to make this a truly lo-cal/lo-carb dish)  
1 tsp red pepper flakes  
1/2 cup peanuts

Chop the onion and the bottom part of the scallions.

Wash and grate the ginger root. (No need to peel it.) Squeeze out the juice before discarding the remaining fibers if any. (New, fresh ginger root is always best but it's good to keep some handy in the freezer. Ginger freezes well and it won't get old and stringy nearly as fast as ginger root stored in the fridge. Plus it can actually be easier to grate when it's frozen.)

Put the onion, scallions bottoms and grated ginger aside.

Boil (yes, boil) the pork in just enough water to cover the meat. Separate the strands of meat as you stir. Cook just until the meat is no longer pink. Don't overcook it!

Stir in the onions, scallion bottoms and ginger for just one second. Remove from the heat and drain immediately.

Mix in the lemon juice, fish sauce and sugar. Adjust to taste. (The juice should taste like a slightly salty lemonade).

Add the pepper flakes and peanuts along with the scallion tops chopped into 1-inch lengths. Add more red pepper if you want to make the dish hotter.

Leave out the scallion tops and peanuts if you're going to let the dish sit for a long time since they get mushy. Add them just before serving. Or put half in right away (to blend in the flavor) and the other half before serving.

It is meant to be a cold dish but I prefer it at least at room temperature if not completely hot. Also, Linda B. prefers to skip the peanuts.

### Mom Blanchette's Roast Pork and Cabbage

3-4 lbs pork roast with or without the bone in (Linda and I prefer the bone in since it adds flavor)  
Water

1 small to medium head of cabbage rinsed and cut into eighths

1 Cape Cod turnip\* peeled and cut into chunks (optional)

3 - 4 potatoes cut in half; peeled or unpeeled -- your choice

1/2 lb carrots peeled and cut into 2 -3 inch chunks

1 - 2 lbs green beans (they shrink a lot so use more than what you'd normally expect to need)

Salt and pepper



Set the oven to 425 - 450. Place the meat, fatty side down, in the center of a dry roasting pan big enough for the meat and the vegetables. Sear it for 15 minutes. Turn it over and sear the opposite side for another 15 minutes. The pan is uncovered for this step.

Now you have a decision to make. The roast can be made in about 3 hours total but it is so much better if you allow 4, 5 or even 6 hours\*\*. If you go for the longer time, lower the temperature (below) by 25 to 75 degrees and space out the time between the vegetables. Don't add the green beans too soon since they dry out easily. The recipe below is for a 3-hour cooking time.

Drop the temperature to 350 [or between 275 and 325 if going for the longer cooking time]. Add a small amount of water to the pan -- about 1/4 - 1/2 inch is enough. Place the cabbage wedges on the bottom of the pan around the meat. Try not to let the wedges touch the side of the pan if at all possible since the outer leaves may stick to the pan. Add a dash of salt and pepper.

Cover the pan and cook for about 30 minutes then add the turnip wedges. Add a little salt and pepper and check that there is still a little water in the pan.

Cover the pan again and cook for about 30 minutes then add the potatoes. Add a little salt and pepper and check the water.

Cover the pan once again and cook for about 30 minutes then add the carrots. Add a little salt and pepper and check the water.

Cover the pan and cook for about 30 minutes then sprinkle the string beans over the top. Add a little salt and pepper and check the water. (Pretty repetitious, huh?)

Cover the pan and cook for about 30 minutes.

Uncover the pan and roast for another 15 minutes or so to give a little color to the beans. It's probably a good idea to test the meat with a meat thermometer especially if you go for the shorter cooking time.

\* Cape Cod turnips go by a lot of names: Cape Cod turnips, Westport turnips, Macomber turnips or yellow turnips. They don't have a purple crown like ordinary turnips and they are milder and sweeter. Unfortunately, they are very hard to find. Also, Mom Blanchette used to say never buy them until after they've been through the first frost of the season. Something about the frost makes them sweeter. If all else fails, use ordinary turnips. Of course, you can skip the turnips altogether.

\*\* Notes for a 6 hour cooking time at 275°: Cook the meat alone for 1½ hours after the searing process then add the vegetables at 45min - 1 hour intervals. (We skipped the potatoes so we used a 1 hour interval). The vegetables are bulky enough to withstand a long cooking time. The green beans will dry out if you cook them too long, so make sure you add them during the last hour. Total cooking time was 6 hours, including searing time. It was completely soft and delicious!

### Fettuccine Alla Carbonara

1 pound dry fettuccine uncooked or spaghetti  
4 ounces pancetta (Italian bacon) or lean American bacon, cut into 1/2 inch wide strips  
3 cloves garlic, halved  
1/4 cup dry white wine  
1/2 cup heavy or whipping cream  
1 egg  
1 egg yolk  
2/3 cup freshly grated Parmesan cheese. (about 2 ounces), divided  
Generous dash ground white pepper  
Fresh oregano leaves for garnish

- 1- Cook Fettuccine in large pot of boiling water until al dente. Drain well; return to dry pot
- 2- Cook and stir pancetta and garlic in large skillet over medium-low heat 4 minutes or until pancetta is light brown. Reserve 2 tablespoons drippings in skillet with pancetta, discard garlic and remaining drippings.
- 3- Add white wine to pancetta mixture; cook over medium heat 3 minutes or until wine is almost evaporated. Stir in cream; cook and stir 2 minutes. Remove from heat.
- 4- Whisk egg and egg yolk in top of double boiler. Place double boiler over simmering water, adjust heat to maintain simmer. Whisk 1/2 cup cheese and pepper into egg mixture; cook and stir until sauce thickens slightly.
- 5- Pour pancetta-cream mixture over fettuccine in pot; toss to coat. Heat over medium-low heat until heated through. Stir in egg-cheese mixture. Toss to coat evenly. Remove from heat.

Serve with remaining 1/2 cup of cheese. Garnish if desired. Makes 4 servings

### Aglione E Olio

Salt  
1 lb. spaghetti or vermicelli  
1/2 C Extra virgin olive oil  
10 cloves garlic (minced)  
1 C freshly grated Parmigiano-Reggiano or Pecorino Romano cheese (optional)  
2 C broccoli florets (optional)



Bring 6 quarts of salted water to a boil in an 8-quart pot over high heat. Stir the spaghetti into the boiling water. Return to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until tender but still very firm, about 6 minutes.

Meanwhile, heat 3 tablespoons of the olive oil in a large skillet over medium heat. Add the garlic and cook, shaking the skillet and stirring, until pale golden, about 2 minutes. Remove from the heat.

Ladle about 1 1/2 cups of the pasta cooking water into the sauce. Add the remaining olive oil and salt to taste. Add 2 C broccoli florets and cook till al dente.

If the skillet is large enough to accommodate the sauce and pasta, fish the pasta out of the boiling water with a large wire skimmer and drop it directly into the sauce in the skillet. If not, drain the pasta, return it to the pot, and pour in the sauce. Bring the sauce and pasta to a simmer, tossing to coat with sauce. Cook until the pasta is coated with the sauce and done, about 1 minute. Remove the pot from the heat and toss in the grated cheese.

Serve with more grated cheese to top each dish.

### Lidia's Bolognese

2 lbs ground beef  
2 lbs ground pork  
2 cups dry red or white wine (whatever you have)  
6 ounces pancetta (or regular bacon in a pinch)  
5 large garlic cloves  
2T olive oil  
2 medium onions, minced (food processor preferable)  
2 celery stalks, minced (food processor preferable)  
1 carrot, shredded or minced in food processor with celery  
½ tsp salt or to taste  
6T tomato paste  
2 cups of milk (heated at time of use)  
½ tsp nutmeg or to taste  
2 large bay leaves  
2 cups of broth (beef, chicken, or veg. I prefer low sodium to control the salt) Heated.  
Freshly ground pepper



Break up and mix together ground beef and pork in a large mixing bowl. Pour over wine and mix in with fingers to ensure it's evenly moistened.

Roughly cut pancetta into 1 inch slices and place in a food processor with peeled garlic. Process into a fine paste (this is called a pestata).

In a large saucepan or Dutch oven (6-quart capacity), pour olive oil and scrape in the pestata. Place over medium/high heat and break up with a spoon to render the juices.

Once the pestata is sizzling away and is very aromatic, stir in the minced onion for a few minutes until they start to sweat. Now add your minced carrots and celery, stirring until they're all wilted and golden, about 5 minutes.

Turn the heat up a bit, push the vegetables to the side and add your meat mixture to the pan, giving it a few moments to caramelize and brown on the bottom of the pan before mixing in with the vegetables. Cook on high heat, stirring frequently, for about 30-45 minutes, until all of the liquid has disappeared. Begin heating up your liquids (milk, broth) for the next steps.

Once again, push aside your meat/vegetable mixture and create a hole to place the tomato paste so it can lightly toast. Cook for another 2-3 minutes.

Pour in 2 cups of hot milk and stir into the meat mixture, making sure to scrape any brown bits off the bottom of your pan.

Now grate the nutmeg into the pan.

Bring the sauce to a slow, steady simmer, consistently bubbling away on all surface area. Cover and let cook for at least 3 hours, checking and stirring about every 20 minutes. Use hot broth to maintain the sauces liquid levels throughout cooking.

To finish the sauce, uncover and allow sauce to simmer itself into a thicker, pudding-like consistency. Add salt and pepper to taste at this point, allowing at least 5 minutes of additional cook time for the spices to distribute. Fish out your bay leaves and if desired, spoon off any excess fat if using right away. If storing, leave the fat on to protect the sauce, spooning it when it's cold, before use.

Serve over rigatoni or spaghetti.

### Spaghetti Alla Bolognese

2 tablespoons olive oil  
1 medium onion, chopped  
1 pound ground beef  
1/2 small carrot, finely chopped ( I never add this. its optional)  
1/2 rib celery, finely chopped ( I never add this, its optional)  
1 cup dry white wine  
1/2 cup milk  
1/8 teaspoon ground nutmeg  
1 can (14 1/2 ounces) whole peeled tomatoes undrained  
1 cup beef broth  
3 tablespoons tomato paste  
1 teaspoon salt  
1 teaspoon pepper  
1 bay leaf  
1 teaspoon dried basil leaves, crushed  
1/2 teaspoon dried thyme leaves, crushed. (Only if I have this I add it)  
1 pound uncooked dry spaghetti  
1 cup freshly grated Parmesan cheese (about 3 ounces)  
1-Fresh thyme sprig for garnish (optional. You can also use Italian Parsley as a garnish which I like better)



1 - Heat oil in a large skillet over medium heat. Cook and stir onion in hot oil until soft. Crumble beef into onion mixture. Brown 6 minutes, stirring to separate meat, or until meat just loses its pink color. Spoon off and discard fat.

2 - Stir carrot and celery into meat mixture; cook 2 minutes over medium-high heat. Stir in wine; cook 4-6 minutes until wine has evaporated. Stir in milk and nutmeg; reduce heat to medium and cook 3-4 minutes until milk has evaporated. Remove from heat

3 - Press tomatoes and juice through sieve into meat mixture, discard seeds. (I use pastane ground peeled tomatoes or you can use a can of crushed tomatoes or you can put the whole tomatoes in a blender. any of these options will eliminate the sieve.)

4 - Stir beef broth, tomato paste, salt, basil, thyme, pepper and bay leaf into tomato meat mixture. Bring to a boil over medium-high heat; reduce heat to low. Simmer, uncovered, 1 to 1 1/2 hours until most liquid has evaporated and the sauce thickens, stirring frequently. Remove and discard bay leaf.

5 - To serve, cook spaghetti in large pot of boiling water 8-12 minutes just until al dente; drain well. Combine hot spaghetti and meat sauce in serving bowl; toss lightly. Sprinkle with cheese. Garnish is desired.

Makes 4-6 servings

## Baked Spaghetti

### Ingredients:

1 package (16 ounces) spaghetti  
1 pound ground beef  
1 medium onion, chopped  
2 cloves of garlic minced  
1 jar (24 ounces) meatless spaghetti sauce  
2 eggs  
1 tablespoon of olive oil  
1 teaspoon of black pepper  
1 teaspoon of garlic powder  
1 teaspoon of onion powder  
1 teaspoon of salt  
5 tablespoons butter  
16 ounces cottage cheese  
4 cups part-skim shredded mozzarella cheese



### Instructions:

Preheat oven to 350

Break the spaghetti in half (makes it easier to eat) and cook via the directions on the box

Heat oil in a medium skillet. Add onions and cook for 10 minutes. Add garlic and cook for one minute.

Add beef to onions and garlic, and cook beef till it is no longer brown. Drain beef.

Add spaghetti sauce and mix. Add onion powder, garlic powder, pepper, and salt.

Drain the spaghetti, and while it's still hot, add the 5 tbsp butter. Toss the pasta till all the butter is melted.

In a small bowl whisk the eggs. Add the cottage cheese and mix.

In a 9x13 greased pan start layering – place half the spaghetti in the pan. Add half of the cottage cheese mixture. Add half of the meat sauce. Add 2 cups of mozzarella cheese.

Do the layering again (spaghetti, cottage cheese mixture, sauce, cheese).

Cover the pan well and place in the oven for 40 minutes. Uncover and cook until the cheese has browned ( about 15 minutes).

Enjoy!

### **Spaghetti with Prosciutto, Tomatos and Peas**

½ C extra-virgin olive oil  
16 oz box of fresh mushrooms, sliced  
4 cloves garlic, minced  
6 fresh plum tomatos, minced  
Seasoned salt, garlic powder, and black pepper to taste  
1 lb Prosciutto (or beef stick), cut into small cubes  
10 oz package frozen peas, thawed  
16 oz box spaghetti  
1/3 C butter  
Parmesan cheese for topping



Heat the oil in a large skillet over medium heat. Add the mushrooms and cook until lightly golden and soft.

Add the garlic, tomatos, and the seasonings. Cook until the tomatos begin to soften, 4 to 5 minutes.

Add the Prosciutto, stir for a minute or two, then add the peas. Stir until the peas are thoroughly heated.

Meanwhile, cook the spaghetti in a large pot. Drain, then add the butter and mix to coat. Add everything from the skillet to the spaghetti pot, and mix until everything is well combined.

Serve with a sprinkle of Parmesan cheese.

### **Creamy Garlic Spaghetti**

2 teaspoon olive oil  
4 cloves garlic, minced  
2 tablespoons butter  
¼ teaspoon salt  
½ teaspoon pepper  
3 cups chicken broth, plus a little extra  
½ pound spaghetti  
1 cup grated Parmesan cheese  
¾ cup heavy cream  
1½ tablespoons dried parsley

In a medium pan, heat olive oil over medium heat. Add the garlic and stir for 1-2 minutes.

Add butter and melt, stirring constantly.

Add salt, pepper, and 3 cups chicken broth. Bring to a boil.

Add the pasta and cook according to box directions. Add a little more chicken broth if the noodles start to stick to the bottom and burn.

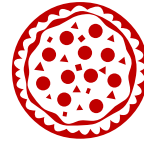
Add the cheese, cream, and parsley when the pasta is cooked to your desired tenderness, and mix thoroughly.

Serve immediately.

### Summer Pizza Recipe

1 Cylinder Pillsbury Crescent Rolls (8 Rolls) - Store Brand is OK  
1 package Hidden Valley Ranch Mix Original (in Salad Dressing section)  
2 Bars Cream cheese (8 Oz each) softened  
Vegetables chopped or cut small (peppers all colors, sliced olives, red onion, broccoli, carrots, tomato and cucumber no seeds)  
10 oz cheese finely grated cheese (Cheddar, Monterey Jack, Colby)

Preheat oven 350 degrees  
Spread roll dough on sheet. - It will cover entire sheet  
Bake about 10 min until golden.



Let cool COMPLETELY  
Mix Cream cheese and ranch mix thoroughly.  
Spread Cream cheese on crescent rolls.  
Take chopped veggies and place on cream cheese. Place pressure so firmly on surface.  
Cover whole area with veggies.  
Take shredded cheese and cover entire area.  
Press down with spatula.  
Cover with foil and refrigerate at least 3 hrs.  
Cut in small rectangles and place on serving platter.

### Polish Pierogis

2 c. all-purpose white flour  
1 lg. or 2 sm. eggs  
1/2 tsp. salt  
1/3-1/2 c. cold water

Mix flour, eggs and salt. Stir in water until a stiff dough forms. Divide dough in half; roll paper thin on a lightly floured surface. Cut circles in the dough with a 3-inch biscuit type cutter, or a jar lid.

Place a teaspoon of filling on half the circle. Moisten the edges, fold over and seal the edges.  
Drop into boiling salted water for 3-5 minutes or floating well. Serve immediately and garnish with melted butter and freshly ground black pepper.

Note: To keep warm, place pierogi's in a buttered, covered casserole in a warm oven being sure to keep enough melted butter between layers to keep from sticking together.

#### ***Cheese Pierogi Filling:***

2/3 c. well drained sm. curd cottage cheese  
2/3 c. leftover mashed potatoes  
1/2 tsp. salt  
1/2 tsp. or more to taste, freshly ground black pepper  
1 tbsp. chopped chives

Fill and cook as directed.

**Dessert Pierogies:** Fill the dough circles with one of the following: Finely chopped apples with sugar and cinnamon; small whole strawberries and sugar; teaspoon of apricot preserves.

To cook, deep fry in oil heated to 360°F until golden brown. Serve with sour cream or dust with powdered sugar.



## Pierogi with Ground Pork

Nalesniki (crepes) Polish Recipes - Pierogi with ground pork

### Dough

3 cups all-purpose flour  
1 large egg  
1/2 teaspoon salt  
1 cup warm water



In a medium bowl mix water, salt, and egg then add flour. Turn the dough onto floured surface, the best place will be your countertop, and knead for about 10-12 min adding flour or water if necessary. The pierogi's dough should be firm and smooth, and not stick to your hand or the counter.

Divide your dough in half and form balls. You will work with one part for some time so cover the remaining part with plastic wrap to prevent drying.

On a floured counter roll one ball to about 1/8 to 1/16 inch thick. Cut circles with a glass or some other circular shaped dish. The diameter should be approximately 3-4 inches.

### Filling

1 ½ pound of good quality, low fat ground pork  
1 large egg  
2 tablespoons of bread crumbs  
1 medium onion, finely chopped  
Salt and pepper to taste

In a large bowl mix all ingredients with your hand till smooth.

Hold one circle in your non-dominant hand and place a heaping teaspoon of filling into the center then fold it in half.

Next press the edges tightly together making sure the filling does not touch the edges. This will allow sealing each pierog (Polish singular for dumpling) perfectly.

In a large pot boil water (about 4 Qt) with ½ to 1 teaspoon of salt and add the pierogi one by one. Cook them in batches of 8 to 10 at a time for about 12 minutes or until cooked through. Take them out carefully with a slotted spoon and allow to drain for a few seconds.

Serve fresh with fried onions, fried bacon or sour cream, or saute in butter or vegetable oil until lightly brown.

### Vegetable Lo Mein

8 oz. broccoli crowns cut into small florets  
8 oz. sliced mushrooms  
8 oz. spaghetti  
8 oz. extra-firm tofu drained and cut into bite-size chunks  
1 TBS. low-sodium soy sauce  
1 recipe of lo mein sauce (see below)  
2 TBS. vegetable oil  
1 medium to large onion halved from pole to pole with each half cut into sixths  
1 TBS. minced garlic  
1 TBS. ginger

Bring 2 quarts of water and a generous sprinkling of salt to a boil in a large pot. Add broccoli. Cook until crisp-tender (about 2 minutes).

Transfer to a plate with a slotted spoon. Add the spaghetti to the water. Cook, stirring frequently, until just tender. Drain and set aside.

Toss the tofu with the soy sauce.

Prepare the lo mein sauce (below).

Turn on the vent fan and heat a wok or 12-inch, non-stick skillet over high heat until very hot. Add 1 TBS. of oil and the sliced onions. Stir fry until crisp and spotty brown (about 1 minute). Add the mushrooms and stir fry until just cooked (about 2 minutes). Add the tofu and stir-fry until lightly browned (about 1 minute longer). Add the broccoli and cook until heated through (about 1 minute). Add the garlic and ginger. Stir-fry until fragrant (about 30 seconds). Transfer to a plate.

Add the remaining 1 TBS. of oil to the empty skillet. Heat until shimmering. Put everything back into the pan and stir-fry to combine. Serve immediately.

### Lo Mein Sauce

1/4 cup low-sodium chicken broth  
1/4 cup low-sodium soy sauce  
2 tsp. rice vinegar  
2 tsp. toasted sesame oil  
1 tsp. hot red pepper flakes  
1 tsp. sugar

Yield: 4 servings.

Per serving: 406 calories, 56 g. carbohydrates, 17 g. protein, 13 g. fat (1 g. saturated fat), 0 mg. cholesterol, 5 g. dietary fiber, 522 mg. sodium

### Sandee's Easy Lo Mein

1 box spaghetti  
3/4 cup soy sauce (or to taste)  
1 tbsp sesame seed oil  
1/2 - 1 lb chicken tenders (cut into bite sized pieces)  
1 tbsp veg oil  
1 pkg Asian veggie mix steamed veggies  
Minced garlic (to taste)  
Grated ginger root (to taste)  
Red pepper flakes (to taste)



Cook the spaghetti to al dente, you do not want soft or soggy pasta. Cook the steamed veggies per package instructions. In a skillet or wok, heat veg oil over med-high heat. Add in the chicken, garlic, grated ginger and red pepper flakes. Add the steamed veggies. Pour in the soy sauce. Lower the heat and let simmer until pasta is done. Before draining the pasta, reserve a cup of the water. Drizzle the sesame seed oil over the chicken and veggies and stir. Mix in the pasta. Add pasta water as needed to create more sauce.

Variations:

- Use ground beef with peppers and onions
- Use scallions or shallots instead of onions
- Use chili oil instead of the sesame seed oil to make it spicy
- Use whole wheat spaghetti

### Sandee's "Dirty" Rice

2 cups brown rice (use the long cook rice for better texture)  
1 lb smoked sausage (cut into bite sized pieces)  
1 large bell or cubanelle pepper diced  
1 large onion diced  
1 handful frozen peas  
1 handful frozen corn  
4 cups chicken stock or broth  
1-2 large or 4-6 small bay leaves  
Minced garlic (to taste)  
Ground cumin (to taste)  
Red pepper flakes (to taste)  
Salt and pepper (to taste)  
1-2 tbsp veg or olive oil

In a dutch oven, heat the veg or olive oil over med-high heat, add the sausage and garlic. Cook until the sausage is heated through. Add the rice and stir to coat rice with the oil. Add the chicken broth (liquids should be per rice directions - some brown rices require 2 cups liquid to 1 cup rice and others require 2 1/2 cups liquid to 1 cup rice, if 4 cups of broth is not enough, make up the deficit with water). Add the bay leaves. Bring to a boil and then reduce heat to simmer rice. Let simmer for about 25 - 30 minutes then add the peppers, onions, cumin, and red pepper flakes. Let simmer about another 10 minutes and add the peas and corn. Complete the cooking until all liquid has been absorbed by the rice. Remove bay leaves before serving.

Variations:

- Use any veggies you prefer (traditional Dirty Rice is onion, pepper and celery)
- Use any protein you like (add chicken and shrimp and it's closer to Jambalaya)
- Add chili oil to make it spicy
- Use Asian spices to give it an Asian flare (garlic, ginger, cumin, and curry)

### **Rose's Pasta Fazoul**

1 can (15-16 oz) tomato sauce  
2 cans water  
1 large can or 2 small cans of small white beans, rinsed  
2 tbsps olive oil  
salt, pepper, oregano, and garlic powder to taste  
red pepper flakes, to taste (optional)  
1 stick pepperoni, sliced (optional)  
1 lb ditaline pasta

In a large sauce pan, mix the beans, tomato sauce, water, olive oil, pepperoni and seasonings. Simmer for 35 - 45 minutes. Cook the pasta per instructions. Add pasta to sauce and mix until pasta is completely coated. Let stand for 10 - 15 minutes before serving.

NOTE: the longer this sits before serving, the better it tastes.

### **Pasta Fagioli**

2 lbs ground beef  
1 onion, chopped  
3 carrots, chopped  
4 stalks of celery, chopped  
2 (28 oz) cans diced tomatoes, undrained  
1 (16 oz) can red kidney beans, drained and rinsed  
1 (16 oz) can white kidney beans, drained and rinsed  
3 (10 oz) cans of beef stock  
2 tsp basil  
1 tsp oregano  
2 tsp pepper  
5 tsp parsley  
1 tsp tabasco sauce (optional)  
1 (20-24 oz) jar spaghetti sauce  
16 oz elbow pasta



Brown the beef and drain the fat, then put into a crock pot with all other ingredients except the pasta.

Cook on low for 7-8 hours or on high for 4-5 hours.

Add the pasta 30 minutes before eating.

Serve with crusty warm bread!

Note: if you do not have a large crock pot, cut the recipe in half.

Pasta Fagioli also freezes wonderfully, so you can make a big batch and freeze the rest. Enjoy!

### Pad Thai

2 chicken breasts sliced into thin strips  
1 lb ground pork, (or 1pkg sweet Italian sausages, finely chopped)  
1 large onion, chopped  
3 celery stalks thinly sliced  
4 scallions thinly sliced  
1 tsp ground ginger  
Seasoned salt and black pepper to taste

1 large can (48 oz) chicken broth  
1 large pkg Chinese noodles  
1 pkg fresh bean sprouts  
1 Tbs onion flakes

### Peanut sauce

¼ cup smooth peanut butter mixed together with ¼ cup water



In a skillet cook the chicken, pork, onion, celery, scallions and spices until meat is cooked. Drain the fat.

In a Dutch oven cook the the Chinese noodles and the bean sprouts in the chicken broth. Sprinkle in the onion flakes.

Add the chicken and pork to the noodles and mix well. Serve with the peanut sauce.

### Crispy Pork Cutlets

30 Saltine crackers, finely crushed  
2 Tbs parsley  
2 garlic cloves, minced  
1 tsp chili powder  
4 boneless pork chops, pounded to ¼ inch thickness  
2 eggs, beaten  
2 Tbs oil

Mix the first 4 ingredients in a pie plate.

Dip the chops in the beaten eggs, then in the crumb mixture, coating both sides.

Heat the oil in a skillet. Cook the chops 3 minutes on each side.

### Stuffed Portobello Mushrooms

4 large Portobello mushrooms  
2 tablespoons butter or margarine  
1 medium onion, finely chopped  
4 cloves garlic, minced  
8oz chopped shrimp or crab meat  
1/2 cup bread crumbs  
2 eggs, slightly beaten  
1 tablespoon fresh basil, finely chopped  
Parmesan cheese



Preheat oven to 425°. Wipe mushrooms with a clean, damp cloth or paper towel. Remove mushroom stems and chop them coarsely; set aside.

In a large skillet, melt butter or margarine over medium heat. Cook onion, garlic, and chopped mushroom stems in hot butter for 6 to 8 minutes or until tender.

Stir in chopped shrimp/crab, bread crumbs, and egg, and cook 1 to 2 minutes.

Place portobello caps, stem sides up, on a baking sheet. Divide shrimp/crab mixture among portobello caps. Sprinkle with Parmesan cheese. Bake uncovered about 15 minutes, or until mushrooms are tender.

### Linda's Portobello Mushrooms

4 large Portobello mushrooms  
4 tsp sweet butter  
1 medium onion, finely chopped  
4 cloves garlic, minced  
½ C light cream  
8 oz chopped fresh shrimp or crab meat (or 4 oz of each)  
1 C Italian flavored bread crumbs  
1 stick unsalted butter melted  
1 tablespoon fresh basil, finely chopped  
½ C parmesan cheese

Preheat oven to 425°. Wipe mushrooms with a clean, damp cloth or paper towel. Remove mushroom stems and chop them coarsely. Set aside.

In a large skillet, melt butter over medium heat. Cook onion, garlic, and chopped mushroom stems in hot butter for 6 to 8 minutes or until tender.

Stir in chopped shrimp/crab, bread crumbs, and ½ cup light cream and cook 1 to 2 minutes.

Place portobello caps, stem sides up, on a baking sheet. Stuff each cap with a heaping teaspoon of stuffing (optional - sprinkle with Parmesan cheese).

Bake uncovered about 15 minutes, or until golden.

\* If you want to add extra flavor, add ½ C white wine into the stuffing. (If the stuffing is not moist enough add more melted butter and light cream).

### **Garry's Pulled Pork**

9 lbs Boston Butt (we used two 4.5 pound butts)

#### Rub:

1 Tbs paprika  
2 tsp firmly packed light brown sugar  
1 1/2 tsp dried habanero flakes  
1/2 tsp celery salt  
1/2 tsp garlic salt  
1/2 tsp dry mustard  
1/2 tsp freshly ground black pepper  
1/2 tsp onion powder  
1/4 tsp salt

Combine all the rub ingredients and toss with your fingers. Rub this mixture into the pork on all sides then wrap in plastic wrap and refrigerate for at least 3 hours, but preferably overnight.

Set up the Orion Cooker with Mesquite, Apple or Hickory wood chips between the cooking cylinder and the drip pan. Place the pork fat side up on the top level cooking grate. (Or 2 butts on 2 grates). Add charcoal to both the upper and lower charcoal rings. Light charcoal and cook for a minimum of 2 hours per 4.5 pound butt. (Our experience was that both butts -9 lbs total, were completely done at 4 1/4 hours).

Once done, remove the pork from the cooker and let it cool until you can touch it enough to pull thumb-sized pieces off and place in a serving container. Serve with [Garry's Rib Sauce](#) for dipping.

### **Garry's Pulled Chicken**

9-10 lb whole chicken  
Seasoned salt, onion powder, garlic powder  
Vinegar sauce



Sprinkle the seasonings inside and outside the chicken. Setup the Orion Cooker same as for [Garry's Pulled Pork](#). Wait 15 minutes after lighting the cooker (to get it smoky) then put the chicken in, using the Orion turkey hanger. Cook for 7 minutes per pound.

Remove the chicken and let it cool until you can shred it into pieces with your hands. Put the pieces in a baking dish and add some of the vinegar sauce until it's all lightly coated. Cover and put in the oven at 250° (just to keep it warm) until you're ready to eat. Add extra vinegar sauce at the table.

#### Vinegar Sauce:

2 C cider vinegar	2 tsp salt
1 small can tomato paste	1 tsp black pepper
1/2 C honey	2 garlic cloves, minced
1/4 C cold water	1/2 tsp cayenne pepper
1/4 C brown sugar (optional)	

Combine all ingredients (except brown sugar) in a saucepan. Bring to a boil, then simmer for 3 minutes. If it's too sour, add the brown sugar to sweeten. Let cool.

### Korean Ribs

#### For the ribs:

- 1 rack Saint Louis style pork ribs. (Am using baby back ribs)
- 1 Tbs fish sauce (Note: the fish sauce is very salty, so you may want to use less)
- ¼ C. brown sugar
- 2 cloves garlic, minced
- 1 jalapeno, minced

Using a sharp knife, loosen the edge of the heavy silver skin on the bony side of the ribs. Using a paper towel grasp the corner of the silver skin and peel it away from the whole piece.

Place the ribs in a large glass dish. Mix the sauce for the ribs and slather over the ribs. Cover and let that marinate 4-8 hours. Bake in large glass pan at 300° for 3 hours.

#### For the sauce:

- ½ C. honey
- ½ C. brown sugar
- 4 cloves garlic, minced
- 2 jalapenos, minced
- 1 inch chunk of fresh ginger, minced
- ½ small onion, diced
- ½ C. Hoisin sauce
- ½ C. ketchup
- 1 C. soy sauce
- ½ C. unseasoned rice vinegar.
- ½ C. left over coffee
- 2 Tbs oyster sauce



Combine all ingredients in a heavy bottom sauce pan. Cook until the volume is reduced by half. About 20-30 minutes.

Pureé until smooth with a blender or hand held immersion blender.

When the ribs have cooked, finish them under a boiler or on an outside grill after basting with the rib sauce. Be careful not to burn. Serve additional sauce on the side.

### Mrs. Bazinet's French Meat Pie

#### Pie dough

- 1/2 lb. ground hamburger
- 1/2 lb. ground pork
- 2-3 medium potatoes mashed
- 1 medium onion chopped (optional)
- Bell's Poultry Seasoning

Brown the meats (and onion) then drain. Prepare the mashed potatoes and blend in with the meats. Add the Bell's seasoning to taste.

Fill the pan and cover with the upper crust. Bake at 375 degrees for about an hour or until the crust is a golden brown.



### Potato, Ham, and Spinach Lasagna

- 1 ½ tablespoons olive oil
- 2 medium onions, chopped
- 2 10 oz packages frozen chopped spinach, thawed, squeezed to remove excess water
- 3 ½ tablespoons unsalted butter
- 3 ½ tablespoons flour
- 3 cups low-fat or whole milk, heated until hot
- 2 ½ cups shredded sharp cheddar
- ¼ teaspoon freshly grated nutmeg
- Salt and pepper, to taste
- Cooking spray (for the baking dish)
- 6 large russet potatoes, peeled
- 1 lb thinly sliced baked ham, cut into 1-inch pieces
- ½ cup freshly grated Parmesan



In a large skillet over medium heat, heat the oil. Add the onion and cook, stirring often, for 10 to 12 minutes or until it starts to turn golden. Add the spinach, turn up the heat to medium-high, and cook, stirring, for 5 minutes or until the water from the spinach evaporates. Remove from the heat.

In a large saucepan over medium heat, melt the butter. Add the flour and cook, whisking constantly, for 2 minutes. Slowly whisk in the milk. Turn up the heat to medium-high and cook, whisking often and reaching all over the bottom of the pan, until the mixture comes to a boil. Lower the heat slightly and simmer, whisking occasionally, for 5 minutes or until the sauce thickens. Remove from the heat and stir in the cheddar, nutmeg, salt, and pepper.

Set the oven at 375 degrees. Spray a 9-by-13-inch baking dish with cooking spray.

Cut the potatoes lengthwise into 1/4-inch-thick slices. Arrange 1/3 of the potato slices, overlapping slightly, to cover the bottom of the dish. Cover evenly with 1/2 of the spinach mixture and sprinkle with 1/2 of the ham. Spoon 1/3 of the cheese sauce on top. Repeat with 1/2 of the remaining potatoes and the remaining spinach mixture and ham. Cover with 1/2 of the remaining cheese sauce. Finish with the remaining potatoes and cheese sauce. (If making ahead, cover with foil and refrigerate. Let stand at room temperature for 1 hour before baking.)

Cover the baking dish with foil. Bake for 30 minutes. Uncover and continue baking for 45 minutes or until the lasagna is bubbling and golden. Sprinkle the Parmesan on top and bake 5 to 10 minutes more or until nicely golden. (Total baking time is 1 hour and 20 to 25 minutes.) Let the lasagna sit for 10 minutes before serving.

### Beefy Nacho Casserole

1 (12 oz) bag tortilla chips  
½ C. butter, melted  
2 tablespoons vegetable oil  
1 medium yellow onion, diced  
1 large red bell pepper, diced  
1 large green bell pepper, diced  
1 pound lean ground beef  
Seasoned salt, garlic powder, onion powder to taste  
1 jar (16 ounces) medium-hot salsa  
2 cups shredded cheddar cheese  
1 cup shredded pepperjack cheese  
1 can sliced black olives, drained  
6 large green onions, trimmed and sliced  
1 small bunch cilantro, chopped



Preheat oven to 375 degrees. Place tortilla chips in a blender and pulse into fine crumbs. Pour in the melted butter and continue to pulse until well combined. Press into the bottom of a 13 x 9 baking dish. Bake for 8-10 minutes, or until golden brown. Set aside to cool.

Meanwhile, heat the oil in a large skillet. Add the onion, peppers, ground beef and seasonings. Cook until the peppers are soft and beef is no longer pink. Drain fat from the skillet.

Pour the jar of salsa, 1 cup of the cheddar cheese, ½ cup of pepperjack cheese, olives, half of the green onions, and half of the cilantro into the skillet. Mix well, then pour the entire mixture into the prepared crust. Sprinkle the remaining cheeses over the top.

Bake at 375 degrees for 30 minutes. Sprinkle the remaining green onions and cilantro evenly over the top and serve.

### Jason's Brussel Sprout Curry

20 or so brussel sprouts  
8 cloves of garlic  
1 good sized yellow onion  
2 cans of coconut milk 13.5oz  
1 can of chickpeas

For vegan: 1 head of cauliflower

For non-vegan: 1 package of hot italian sausage 6 or 8 sausages, frozen, then sliced into 1 inch pieces. (they cut better when still frozen.)

1 handful of cashew halves  
2-3 big tablespoons of curry powder (Jaffna is what I use, it's Sri Lankan and amazing!)  
2 Tablespoons each: garlic powder, onion powder, chili powder, paprika, cayenne pepper  
(Note: we cut back the cayenne to ½ tsp, and it was plenty hot!)  
2 Teaspoons each: turmeric, cumin  
2-3 fresh curry leaves  
Salt and pepper to taste  
½ cup heavy cream (or several tablespoons yogurt)  
1 16oz package of rigatoni



For vegan: Steam 1/3 of head of cauliflower until soft, then mash.

For non-vegan: In a hot skillet, add pinch of garlic and onion, then cook sausage until cooked

Dice garlic, and chop onion.

Destem and halve brussel sprouts, keeping extra ruffage

In hot skillet, add olive oil and a pinch of garlic, then add enough sprouts to fill the pan laying flat. Saute until semi-soft and put aside, repeat until all sprouts are cooked. Make sure to leave a little under half the garlic for the sauce.

In a large saucepan, add the 2 cans of coconut milk and turn on med heat.

Add onion, garlic, chickpeas, cauliflower mash (for vegan), sausages (for non-vegan), cashews, and all seasonings and bring to a slow rolling boil.

Add sauteed sprouts.

Turn down heat and slow cook until it's reduced to a nice thick gravy, stirring occasionally. To thicken gravy, with 10-15 mins left on reduction, add several tablespoons of yogurt or 1/2 cup of heavy cream.

Cook pasta and drain. Serve curry over pasta and mix well.

A little trick, if the gravy reduces too much, when plating, add a teaspoon of mayo and mix, it gells the whole dish together.

## 🍷 Sauces 🍷



### My Sauce

3 28 oz cans of ground peeled tomatoes  
1 1/2 oz cans tomato paste  
1-pound sweet Italian sausage  
1-pound pork pieces  
One small onion chopped  
Fresh basil  
And of course my meatballs (see below)

Empty the cans of tomatoes and paste into an 8-quart saucepot. Add 1/2 can of water to each of the ground peeled tomato cans and 2 cans of water to the tomato paste can. (I use chicken broth instead of water) Add fresh basil. Turn flame on and bring to boil then turn back to simmer.

In a large frying pan brown the sausage in a little olive oil. When browned poke with fork to release oil inside sausage and add sausage to sauce. Fry pork pieces into the same oil you fried the sausage. Fry till golden and add to sauce.

In a separate bowl make the meatballs and fry in same oil as the sausage and pork. Save the oil to fry the onion after meatballs.

### My Meatballs

1-pound ground beef  
1-pound ground pork  
1-pound ground veal  
2 cups Italian bread crumbs  
3/4 cup Romano grated cheese  
3-4 eggs  
1-tablespoon salt  
1-tablespoon pepper  
2 tablespoons garlic powder  
2 tablespoons onion powder  
1/2 cup dry parsley  
1/4 cup basil

Mix well, roll and fry. When meatballs are browned all around, add to sauce and then fry chopped onion till golden. Add that to the sauce with half the oil from the frying pan. Let sauce cook on low several hours till the thickness you like. Stir frequently.

### Linda's Sauce (variation)

*This was my writeup from an actual sauce making lesson with Linda!*

3 28 oz cans of Pastene Ground peeled tomatoes (or 1 large 84oz can)  
1 lb sweet Italian sausage (we used chicken sausage)  
Olive oil  
One small onion, chopped  
Basil  
And of course Linda's Meatballs!



Empty the cans of tomatoes into an 8-quart saucepot. Add ½ can water from each of the tomato cans. Add basil. Turn the flame on and bring the pot to a boil, then turn it back down to a simmer.

In a large frying pan, brown the sausages in a little olive oil. When browned poke with a fork to release the oil inside the sausage. Add the sausages to the sauce.

In a separate bowl make Linda's Meatballs, then fry them in the same oil as the sausage. When the meatballs are browned all around, add them to the sauce. Tip: We stuck a fork underneath each meatball and flipped them several times, to brown them on all sides.

Save the oil to fry the chopped onion after the meatballs are done. Fry the onion pieces till golden, then add them along with the remaining olive oil to the sauce.

Let the sauce cook on low for several hours till the thickness you like. Stir frequently.

### Linda's Meatballs

3 lbs Meatloaf mix (or 1 lb each ground beef, ground pork, ground veal)  
Italian bread crumbs (about 2 cups)  
Fresh grated Romano cheese (about 1 cup)  
9-10 eggs (3 per lb of meat)  
1 Tbs salt  
1 Tbs pepper  
Garlic powder, Onion powder (about ¼ cup each)  
Parsley, Basil (about ½ cup each)

Put the meat in a large bowl. Cover it with a thick layer of the Italian bread crumbs, then a generous layer of Romano cheese.

Add the eggs (they do not have to be beaten first)

Add the salt and pepper

Shake a generous helping of each of the remaining spices over everything

Mix well, then roll into balls (each meatball should be about the size of a golf ball)

Tip: If you dip your hands into a bowl of warm water before rolling, the mixture won't stick to your hands

### Marinara Sauce

2 14 oz cans ground peeled tomatoes (or Hunts tomato sauce)  
-OR- 1 28 oz can stewed tomatoes  
3-4 garlic cloves, chopped  
1/4 cup olive oil  
1/4 cup Romano grated cheese (to top your dish before serving)  
1/2 can water per can  
1/2 teaspoon onion powder (optional)  
Garlic powder (optional)  
Salt and black pepper, to taste  
3 tablespoons oregano (I like fresh but dry works too)  
A pinch of basil



Saute the garlic then add oregano and other seasonings.

When the garlic is cooked (not browned) add the cans of tomatoes and jars of water, (or jarred clam broth depending on which sauce you are cooking). Simmer the sauce as long as you like till it's the thickness you like. I usually cook mine for half an hour.

\*Clam sauce is the same, only instead of 1/2 can of water add the bottled clam juice, it's equal to about 1/2 can. (Sold in the market in glass bottles).

In addition to the clam juice, buy 3-4 dozen little neck clams. Prep the clams soaking in cold salt water. Change the water 3 times throughout the day. You can add more if you like. Clean the shells. Add to the sauce at the end.

Simmer for 10 more minutes or till clams open up. Don't over cook the clams because they will become chewy.

### Marinara Sauce for Pizza

1 large can Delmonte tomato sauce (16 oz)  
-OR- 1 16oz can Pastene ground peeled tomatoes  
3-4 cloves garlic (finely chopped)  
1/2 can water  
1/2 teaspoon onion powder, garlic powder, salt, black pepper  
2 tablespoon oregano (If you like oregano feel free to add some more)  
1-tablespoon basil  
1/4 c extra virgin olive oil

In a saucepan, pour olive oil, chopped garlic and oregano. Let simmer until garlic is almost golden. Pour the cans of sauce, water and the rest of the seasonings. Let sauce simmer a good hour. Stir frequently. (Every time you come into the kitchen).

### Cheese Sauce for Macaroni & Cheese

3 Tbs butter  
3 Tbs flour  
1½ cups milk  
Salt and pepper to taste  
2 cups shredded cheddar cheese

Melt the butter in a saucepan over medium heat, then whisk in the flour and cook for 1 minute.

Next, slowly add the milk, season with salt and pepper, then stir until the mixture has thickened, about 3-4 minutes. Turn off the heat, then add the cheddar cheese. Stir until smooth.

### Meryl's Alfredo Sauce (Olive Garden recipe)

1 pint of Heavy Cream  
1 stick of butter  
2 Tbsp. Cream Cheese  
1/2 - 3/4 C. Parmesan cheese  
1 tsp. Garlic powder



In a saucepan combine butter, heavy cream, and cream cheese. Simmer this until all is melted, and mixed well.

Add the parmesan cheese and Garlic powder. Simmer this for 15 - 20 minutes on low.

You may wish to season with a little salt and pepper.

Well I finally figured out how to get that taste. Let the sauce simmer as long as you can!

### Cheryl Marini's Fettuccini Alfredo Sauce

1 stick butter, melt in a double boiler.

Add 1 ¼ quarts of half and half or light cream, slowly, stirring constantly (you could warm the cream first so the butter doesn't congeal)

Once fully combined, add about ½ tsp of nutmeg, ½ tsp of white pepper, about ¼ cup of cooking sherry. I did not add salt, but some folks do.

Heat in double boiler to almost boiling, stirring well (I use a whisk to stir it)

Add about one cup of grated parmesan or parm/roman mix and stir constantly until fully melted and combined. You can add more cheese to taste if you like.

Heat and stir until it just starts to thicken (using the half and half, it may not thicken much while on the heat; will thicken more after sitting when you shut off the heat)

Pour over pasta while hot.

It will congeal in the fridge. To reheat, add a little milk and stir a lot while reheating. When reheating pasta with the sauce, either add more sauce or add some milk and some cheese while reheating.

That's about it! I think the cheese has a lot to do with how creamy or not the sauce gets. It sometimes goes to a sort of grainy texture, but it could be for overheating as well. If you figure out the knack for keeping it creamy, let me know!!

### Alfredo Sauce with Pasta, Broccoli and Bacon

2 pints heavy cream  
2 pints light cream  
2 cups Romano grated cheese  
Garlic powder, salt and pepper to taste

2 pounds of bacon cooked till crisp  
1 bag frozen broccoli florets  
1 pound of linguini pasta cooked al Dante

(Medium to low heat) Heat light and heavy cream till steam comes off the top. Be careful not to scorch bottom. Add cheese stirring constantly and continue to heat. Add Garlic powder, salt and pepper. Sauce will thicken so that you see it ripple. Sauce will thicken slowly. Continue to stir and cook till sauce is the thickness you like.

Steam broccoli and add to sauce. Remove sauce from heat. Add cooked bacon broken. Pour over the pasta and serve with Romano grated cheese. Enjoy!

### Marsala Sauce

Use one stick of butter. Take cutlet or chops and lightly flour. Fry the lightly floured cutlets in the butter. Medium to low heat for 15-20 minutes. When they are cooked remove from pan. Add one more stick of butter and let it simmer till all the drippings from the meat are mixed. Add a little chicken broth, 1/2 cup. If you do not have that then use Knorr's chicken broth cubes (two) you can use vegetable cubes too. Dilute the cubes in 1/2-cup hot water. Add the broth a little at a time stirring constantly. Let the Marsala gravy thicken some then add 1/2 cup sweet wine. Don't use cooking wine. Let it simmer till it is at the thickness you want. Pour sauce over the cutlet or chops just before serving. Mmmmm yum

### Mom Lafranca's Red Clam Sauce

2-3 dozen medium size clams. Open and clean well. Save all the juice from the clams. Strain through a cheese cloth and set aside.  
3 cans Delmonte tomato sauce. ( I like to add a can of chunky tomatoes too)

4-5 cloves garlic chopped  
1 teaspoon parsley chopped  
1 tablespoon dried oregano  
¼ teaspoon onion powder and pepper  
4 tablespoons of extra virgin olive oil



Sautee all above in the olive oil on low till garlic is golden. Add tomato sauce along with the strained clam juice. Cook on low about 25 minutes.  
Just before serving add the clams and let cook 3-4 minutes on boil. Serve over your favorite pasta. I think Linguini and taste best

White clam sauce is the same but instead of the tomato sauce add extra water. You can add a little white wine (1 cup) to the white clam sauce for more flavor.



### **Aunt Gae's Sauce with Meatballs, Sausage and Pork**

1 lb sweet Italian sausage sautéed in ¼ c. extra virgin olive oil. (add to sauce just before it browns)  
1 pound pork pieces drizzled with olive oil. Cook in oven for 1/2 hour at 350 degrees

#### Meatballs:

Raisins 2 Tbs (ground in mortar and pestle)  
Pine nuts crushed. 1Tbs whole  
1 Tbs grated cheese  
2 Tbs garlic chopped  
2 Tbs milk  
Italian flavored bread crumbs  
Ground beef 1lb  
Ground veal 1lb

Mix all the above ingredients. roll into balls. Drizzle each meatball with olive oil and bake in the oven 30 minutes at 350.

Add 7-10 or all of the meatballs to the sauce. If you have too many then freeze some for the next pot of sauce.

#### Sauce

2 Cloves of garlic finely chopped  
2 Tbs. olive oil  
Put 2 28oz. cans crushed tomatoes and one can of water  
Add 1 1/2 Tbs, basil  
Pinch of oregano  
Cook on medium to low heat for 2 to 3 hours.

### **Garry's Rib Rub**

½ cup cumin  
1 cup olive oil  
5 garlic cloves, minced  
2 Tbs seasoned salt  
1 Tbs cayenne pepper

Combine ingredients in a blender and blend until it forms a smooth paste. Brush on ribs and BBQ!

### **Garry's Rib Sauce**

2 cups ketchup  
1 large onion, chopped  
1 cup red wine vinegar  
5 cloves garlic, minced  
¼ cup spicy brown mustard  
1/3 cup brown sugar, packed  
1 tsp hot sauce



Put all ingredients in a saucepan and simmer over low heat for 15 minutes. Let cool, then blend in a blender until sauce is smooth (onion pieces are no longer visible).

Serve on the side with ribs, as a dipping sauce. Can also be used as a BBQ sauce for other meat.

### **Emeril's BBQ Sauce**

- 1 cup apple cider vinegar
- 1 cup ketchup
- 3 Tablespoons Dark Brown Sugar
- 1 Tablespoon yellow mustard
- 1 Tablespoon molasses
- 1 teaspoon salt
- ½ teaspoon dried crushed red pepper



Mix and put in a squeeze bottle (or if you're ambitious, run thru a blender first)

### **Pesto Sauce**

- 1 ¾ cups olive oil
- 3 firmly packed cups whole fresh basil leaves
- 1 cup fresh parsley leaves
- 5 garlic cloves
- ½ cup pignoli (pine nuts)
- 1 tbsp. freshly ground black pepper
- 2 tsp salt
- 1 cup freshly grated Pecorino or Romano cheese
- ½ cup water

Put all ingredients except the basil into a blender and grind thoroughly. Then add the basil and grind until you have a creamy texture. No cooking is needed.

This amount of sauce is good for 1 pound of pasta. I use it with homemade tortellini or add it to minestrone soup. Its delicious and it only takes about 5 minutes to prepare when you have all the ingredients on hand.

Makes 2 pints.

### **Marybeth's Pesto**

- 1 ½ cups of fresh basil (remove leaves from stems)
- 4 cloves of crushed garlic (you can always add more garlic if you would like)
- ¼ cup pine nuts (optional)
- ½ cup parmesan cheese
- ½ cup sun dried tomato spread (or ½ cup tomato paste)
- ¾ cups of olive oil (extra virgin preferred)

In a food processor or blender combine basil, garlic, pine nuts, cheese & sun dried tomatoes. Blend to a thick puree, slowly add olive oil until desired consistency. If consistency is too thick, add more olive oil.

### **Butter Sauce for Clams or any Fish**

2 sticks of butter melted

2-3 cloves of garlic chopped very small

1/2 red bell pepper chopped very small

About 4 strips of well-cooked bacon smashed into small pieces

1/4 c grated parmigiana cheese

3-4 scallions chopped



In a small sauce pot cook pepper and garlic in the butter. Remove from stove and add bacon, scallions, and grated cheese. Set aside to cool.

Open 3 dozen cherry stone clams and toss one shell keeping the other to hold the clam. Set the cleaned cherry stone clams on a tray and top with a level teaspoon of butter mix. In a 400 degree oven cook clams about 5 minutes. Serve with garlic bread.

Store any butter sauce left over in a container and refrigerate for next time.

## 🌀 Dips 🌀



### Hot Spinach Cheese Dip

Makes 12 servings

1 10-ounce package frozen chopped spinach thawed and drained  
1 8-ounce package cream cheese softened  
1/2 cup scallions chopped  
1/2 tsp garlic pepper  
1 cup shredded cheddar cheese  
1/3 cups dehydrated sundried tomatoes chopped or  
Chopped water chestnuts drained  
Crackers or fresh vegetables

In a 1-quart crock pot, mix spinach and cream cheese. Stir in the scallions and garlic pepper. Cover and cook for 2 hours, stirring once or twice.  
Reserve 2 tablespoons cheese for the top. Stir in the remaining cheese and sun-dried tomatoes. Sprinkle the reserved cheese on top. Serve with crackers or vegetables.

### Hot Crab Dip

This can be served in a hollowed out bread bowl or I like to serve it with sliced French Baguettes toasted with Casino Butter (recipe below)

2 c. of lump crabmeat  
1 c. sour cream  
1-8oz. pkg cream cheese, softened  
1 c. buttermilk  
1c. mayonnaise  
1 c. each of shredded Monterey jack and white cheddar cheese  
½ c. capers, drained  
2-8oz. cans of artichoke hearts, rinsed, press in a paper towel to remove excess water, chop coarsely  
2 tbl. Minced garlic  
½ tsp. ground pepper  
½ tsp. dried dill  
1 tsp. Old bay Seasoning, divided  
¼ c. parmesan reggiano

Preheat oven to 400°, lightly butter a 10x10 baking dish.

In a large bowl combine first 6 ingredients, mixing to combine, add capers, artichokes, garlic, black pepper, dill and ½ tsp. of the Old Bay. Combine the remaining Old Bay with the parmesan and sprinkle on top

Bake until top is crusty and sides begin to bubble, appx. 30 minutes.

### Casino Butter

(Great on grilled meats or pasta if you have leftover)

½ lb. unsalted butter, softened  
2 tbl. White wine  
1 tbl. Fresh lemon juice  
½ tsp. of hot sauce  
¼ tsp. salt  
2 green onions, chopped  
¼ c. chopped red bell pepper  
¼ c. fresh parsley



Pulse first 5 ingredients in food processor to combine, add remaining ingredients; process until well blended, scraping sides down, until smooth.

Spread mixture on both sides of French baguette slices, bake at 400° until golden and flip the slices over and repeat until crispy (about 10 minutes each side). Works even better if you have a pan with grill marks...

This was enough to cover 3 French baguettes sliced thinly....ENJOY

### Ceasar Butter

2 sticks butter, softened.  
¼ cup grated parmesan cheese.  
1 Tbs finely chopped parsley  
2 tsp anchovy paste  
1 tsp Dijon mustard  
1 tsp fresh lemon juice

Mix well in a bowl. Once all ingredients are combined, form a roll and add to parchment paper. Wrap the paper around the roll and twist the ends

When ready to use slice and add onto BBQ steaks, burgers, pasta, garlic bread, shrimp, seafood, baked clams or whatever you like. Enjoy!

I now keep several rolls in my fridge and use it very often. Delish!

### **Fabulous Cheese Fondue**

1 tbsp margarine  
1/4 cup onions finely chopped  
2 cloves of garlic minced  
1 tbsp all purpose flour  
1/4 cup skim milk  
1 8-ounce package shredded cheddar cheese or mild  
1 8-ounce package gruyere cheese  
2 ounces crumbled blue cheese  
1/8 tsp ground red pepper  
4-6 drops Tabasco sauce  
Assorted fresh vegetables or breadsticks



Combine all ingredients in crock pot. Cover and cook on low for 2 1/2 hours, stirring once or twice, until cheese is melted and smooth. Serve with fresh vegetables or breadsticks.

### **Gae's Spinach / Artichoke Dip**

Makes 4 servings

1 cups mayonnaise  
8 ounces mozzarella cheese  
8 ounces parmesan cheese  
1 can artichoke hearts  
1 can spinach drained

Mix well and bake at 350 for 30 minutes.

### Judy's Rye Bread Full of Spinach Dip

1 Package Spinach thawed, not cooked, drained  
1 Cup Mayonaise  
1 Cup Sour Cream  
1/2 Cup Parsley  
1/2 Cup Scallions  
1Tbl Beaumonde (a Spice Islands product - salt, onion and celery seed if you don't find it)  
1Tsp Salt (not needed)  
juice of 1 Lemon

Blend it all. Make the day before (but I don't think you have to)

Hollow out round loaf of marble Rye, or any other bread.  
Serve with hollowed out bread and other vegetables.  
Be sure to rip bowl apart at end and eat that too

### Judy's Spinach/Crabmeat (Crabgrass) Dip

(Variation on above)

1 8 oz. package of chopped Spinach  
1 6 1/2 oz. can of Crabmeat  
1 Cup mayonnaise  
1 Cup Sour Cream  
juice of 1 Lemon  
1/2 Cup thinly sliced green onions  
1 Cup chopped Parsley  
1 Tsp Dill Weed  
1 Tsp salt



Thaw spinach in colander. Squeeze well. Mix with all other ingredients. Combine well.  
Chill several hours.

### Dill Dip

1½ C Mayonnaise  
1 C Sour Cream  
2 Tbs Dill  
2 Tbs dry onion flakes  
1 tsp Garlic powder  
1 tsp Onion powder  
½ tsp Seasoned salt

Mix all the ingredients together. Refrigerate for 1 - 2 hours before serving.

### Cajun Dip

1 1/2 cup Mayonnaise  
1 C Sour Cream  
2 Tbs dry onion flakes  
1/2 tsp each: Parsley, Onion powder, Garlic powder, Paprika, Basil, Oregano, Dry mustard,  
Thyme, Nutmeg, Celery salt  
1/4 tsp each: Cumin, Cayenne, Chili powder, Black pepper

Mix all the ingredients together. Refrigerate for 1 - 2 hours before serving.

### Enchilada Dip

Makes 12 servings

- 2 lbs ground beef
- 3/4 cup onions chopped
- 1 cup celery chopped
- 1 lb shredded cheddar cheese
- 1 10 3/4-ounce can cream of mushroom soup
- 1 10 3/4-ounce can cream of celery soup
- 1 10-ounce can red enchilada sauce

Brown beef; drain. Combine beef and all other ingredients in crock pot. Cover and cook on high for 2 -3 hours, stirring occasionally. Serve with tortilla chips.

### Meaty Bean Dip

- 1 med. Onion, chopped
- 1 lb. Ground beef
- 3 cans chili beans
- 1 lb. Pasteurized processed cheese, cubed
- 2-3 shakes Tabasco pepper sauce
- 1 lb. shredded longhorn cheddar cheese
- 1 tsp. Worcestershire sauce

Cook onion with ground beef; drain. Place all ingredients in crock pot. Cover and cook on high for 1 hour, then uncovered on low for 1 more hour. Stir often while cooking.

### Mexican Dip

Makes 12 servings

- 2 8-ounce packages cream cheese room temp
- 2 8-ounce cans Hormel chili NO BEANS
- 1 small jar salsa
- 1 package 2 cups Mexican shredded cheese



Spread cream cheese in casserole dish evenly. Top with Hormel Chili. Top with taco cheese. And top that with a little salsa. Bake at 350 for 30 minutes. Serve hot with chips.

### Guacamole

From: Nicki Favazza

- |                               |                                 |
|-------------------------------|---------------------------------|
| 3 avocados-mashed up          | juice of one lime               |
| 1 tsp. fresh chopped cilantro | 1/4 cup red onion- chopped fine |
| dash salt                     | 1/4 cup tomato- seeded &chopped |
| fresh ground pepper-to taste  | 2 scallions- chopped fine       |
| dash Tabasco sauce            | 2-3 cloves garlic- minced       |

Mix all ingredients well... that's it Servings: enough for about 4 people.



### **Cheesy Beef Dip**

- 1 lb. Ground beef
- 1 lb. Pasteurized processed cheese, cubed
- 1 can chili (no beans)
- 1 (12 oz.) jar salsa
- 1 bag tortilla chips

Brown ground beef; drain. In crock pot, combine cheese, chili and salsa. Stir in ground beef. Cover and cook on high for 45-60 minutes. Stir occasionally. Serve with chips.

### **Hummus with Toasted Pine Nuts, Cumin Seeds, and Parsley Oil**

- 1/4 cup packed fresh flat-leafed parsley sprigs plus 2 to 3 additional sprigs
- 3/4 cup extra-virgin olive oil
- 3 tablespoons pine nuts
- 1 teaspoon cumin seeds
- 2 19-ounce cans chick-peas
- 4 garlic cloves
- 2/3 cup well-stirred tahini
- 2/3 cup water
- 5 tablespoons fresh lemon juice
- 1 teaspoon salt
- Accompaniment: spiced pita toasts



Preheat oven to 350°F.

In a blender or small food processor puree 1/4 cup parsley with 1/4 cup oil. Pour mixture through a fine sieve set over a bowl, pressing hard on solids, and discard solids.

In a small baking pan toast pine nuts and cumin seeds, stirring occasionally, until nuts are golden, about 10 minutes.

In a colander rinse and drain chick-peas and in a food processor puree 1/2 cup with garlic until garlic is finely minced. Add tahini, water, lemon juice, salt, remaining chick-peas, and remaining 1/2 cup olive oil and puree until smooth. Recipe may be prepared up to this point 3 days ahead.

Keep hummus and parsley oil chilled, covered, and pine nuts and cumin seeds in an airtight container at room temperature. Bring parsley oil to room temperature before using.

Strip leaves from additional parsley sprigs. Divide hummus between 2 shallow dishes and smooth tops. Drizzle hummus with parsley oil and sprinkle with parsley, pine nuts, and cumin seeds.

Serve hummus with pita toasts.

### **Rose's Bean Dip**

- 1 can kidney beans (washed and drained)
- 3/4 cup sweet relish (drained)
- 3/4 cup mayo
- 1 tbsp horse radish
- 1 tsp garlic powder
- 1 tsp dry mustard
- 1/2 small onion (finely chopped)

Mix all ingredients together. If possible, mix the night before to let all the flavors blend.

### **Tuna Tapenade**

10 to 12 ounces canned or jarred Italian tuna packed in olive oil  
2 teaspoons anchovy paste  
1 teaspoon fresh thyme leaves  
2 tablespoons minced fresh parsley, plus extra for garnish  
1 tablespoon grated lemon zest  
2 teaspoons minced garlic (2 cloves)  
3 tablespoons freshly squeezed lemon juice  
3 tablespoons good olive oil  
1/3 cup Italian mascarpone cheese  
1/4 cup pitted and chopped kalamata olives  
1 tablespoon drained capers  
1 teaspoon kosher salt  
1 teaspoon freshly ground black pepper

Drain all but a tablespoon of olive oil from the tuna and then flake the fish into the bowl of a food processor fitted with the steel blade.

Add the anchovy paste, thyme, parsley, lemon zest, and garlic and pulse a few times.

Add the lemon juice, olive oil, and the mascarpone and process until almost smooth.

Add the olives, capers, salt, and pepper and pulse just to incorporate.

Transfer the mixture to a bowl, cover with plastic wrap, and refrigerate for at least 1 hour.

### **Garlic Dip**

1 medium baked potato (remove skin and use the meat of the potato)  
½ C sour cream  
½ C fresh chopped garlic  
½ C yogurt  
1 Tbs fresh squeezed lemon juice  
Salt and pepper to taste

Using a food processor, blend till smooth. You may need more yogurt and sour cream. Add a tablespoon at a time till your taste buds are happy!

### **Sour Cream and Salsa**

1 pack (1.0 oz) ranch dressing & seasonng mix  
16 oz sour cream  
1 heaping cup Mexican blend of shredded cheese  
8 oz salsa  
Optional: Chopped black olives

Mix well and serve with your favorite tortilla chips

### Spicy Chicken Cream Cheese Dip

1 cup (8oz) cream cheese  
¾ cup mayonnaise  
1 cup cooked chicken breast  
2 (4oz) cans diced green chilies  
1 Tbs hot sauce (use less if you don't want it too hot)  
1 tsp seasoned salt  
¼ tsp salt  
½ tsp pepper  
½ tsp garlic powder  
1 cup shredded cheese (either Colby, Longhorn or Cheddar)



#### Toppings

¼ cup diced scallions  
¼ cup diced red bell pepper

Combine all ingredients except for the toppings. Warm in a microwave until bubbly (about 10 minutes), or at 400° in an oven for about 20-25 minutes. Sprinkle on the toppings just before serving.

### Buffalo Chicken Dip

4 large chicken breasts  
½ C sour cream (if using light add more if needed)  
½ C ranch dressing  
Franks Hot Sauce, a few dashes. Add more to suit your taste buds.  
8 oz mozzarella, shredded. Divided into two portions.  
2-8 oz. packages cream cheese. (Room temperature)

Season the chicken with salt, pepper and garlic powder. Place in a pot and boil for almost 1 hour or until very tender and shreds apart easily.

In a bowl combine shredded chicken, sour cream, ranch dressing, few dashes of hot sauce and 4 oz. of shredded mozzarella. Mix well and taste. Mix gently folding the mixture till creamy but not too wet.

In an oblong 9X12 pan, using a rubber spatula spread cream cheese to cover the bottom, add the chicken mixture and spread into the corners. Bake at 350 for 15 minutes.

Remove from the oven and top with the remaining mozzarella. Bake another 10 minutes or till bubbly. Serve immediately using crackers or anything you like.

### Pimiento Cheese Dip

2 cups cheddar cheese, shredded  
4 oz cream cheese, softened  
½ cup mayonnaise  
2 small (4 oz) jars Pimientos, drained  
Salt and pepper to taste  
Pinch of Cayenne pepper (optional)

In a large bowl, add the cheddar and cream cheese. Microwave for 1 minute, then stir to combine. Add the remaining ingredients and mix well.

## Side Dishes



### Julies Fried Cauliflower

1 head fresh cauliflower boiled till al dente.  
Strain water and cut cauliflower into chunk size pieces. Set aside.

In medium size bowl mix:

6-8 eggs

Salt and pepper to taste

1/2 cup chopped parsley

1/4 cup flour. Might have to add more till liquid is still.

3/4 cup Romano grated cheese

2 tablespoons garlic powder

In deep fryer add 4 cups extra virgin olive oil and heat to 375

Dip the cauliflower into the liquid mixture and deep fry till golden.

Serve with tomato sauce on the side

Enjoy!

### Mashed Cauliflower

From hellmanns.com - JUST DON'T OVER COOK THE CAULIFLOWER!

1-1/2 quarts water

1 medium head cauliflower, separated into florets (about 5 cups)

1 clove garlic, peeled

1/4 cup Hellmanns, or Best Foods Real or Light Mayonnaise,

or Just 2 Good! Mayonnaise Dressing

1/4 teaspoon salt

1 tablespoon chopped fresh basil leaves (optional)

1. In a 3-quart saucepot, bring water to a boil. Add cauliflower and garlic and cook covered 15 minutes or until florets are tender; drain.

2. In a food processor or blender, process cauliflower, garlic, Hellmann's or Best Foods Real Mayonnaise and salt until creamy, scraping down sides as needed. Stir in basil and serve immediately.

Makes 2-1/2 cups, Preparation Time 5 minute(s), Cook Time 15 minute(s)

### Sheryl's Smashed Cauliflower

1 large head cauliflower, separated into florets

2 cups chicken broth

4oz cheddar cheese, grated

2 Tbs butter

Salt and pepper to taste

Boil the cauliflower in the chicken broth till soft (about 12 mins), and most of the broth is absorbed  
Add the cheese, butter, salt, and pepper

Mash with a potato masher until creamy. Serve immediately.

### Sautéed Mushrooms

One box of mushrooms, clean and cut into chunks  
1 small onion sliced thin  
1 cube Knorr's chicken broth

Melt 3 tablespoons of butter add cube of chicken broth and mix so it is completely dissolved.  
Add sliced onion sauté till golden  
Add chunk size mushrooms to frying pan and sauté till butter is just about gone.  
Sprinkle 1/2 teaspoon of garlic powder  
When golden, mushrooms are done

### Dill pickles

12 pickling cukes  
1 Tbs salt  
1/8 - 1/4 C fresh dill  
2 garlic cloves, minced

Cut the ends off the pickles and slice them into quarters or eighths the long way. Thinner strips are best - they will absorb the dill flavor much better than thick slices.

Put all the ingredients in a gallon ziplock bag and close tightly. All done! You can enjoy crunchy pickles in the matter of 3 hours. No water needed. Enjoy!

Note: The pickles will make their own water in the bag. They can get soggy, so the next day drain any excess water from the bag.

### Fried Pickles

1 16 oz. jar of dill pickle slices, drained and pat dry with paper towels  
1/3 cup yellow cornmeal  
2/3 cup all-purpose flour  
2 tsp paprika  
1 tsp cayenne pepper  
2 tsp garlic powder  
1 quart canola oil, for frying  
Thermometer, for frying  
Spider strainer, for frying

Heat oil in a large deep pot (like a Le Creuset Dutch Oven) until temperature reaches 375°.

While oil is heating up, in a shallow bowl, whisk together cornmeal, flour, paprika, cayenne, and garlic powder.

In small batches, coat pickle slices in cornmeal flour mixture and place on a baking sheet while you finish coating the rest.

When ready place pickle slices in spider strainer and gently place in oil. You don't want to put too many in at once, otherwise the oil temperature will drop. Do them in small batches, about 10-12 each batch.

Flip the pickle slices over after 3 minutes and fry the other side for another 3 minutes. You're really looking to just get the pickle slices a light color brown.

Place fried pickles on a plate with a paper towel to drain. Serve immediately with your favorite dipping sauce.

### **Sweet and Spicy Almond Green Beans**

1-LB whole frozen green beans	1 tbsp. firmly packed brown sugar
½ cup sliced almonds	2-3 tsp. lemon juice
1 tbsp. vegetable oil	½ tsp. red flakes
2 tbsp. butter	¼ tsp. salt
1 clove garlic chopped	

Parboil green beans for 3 minutes (I just soak mine in hot water or microwave for 2 minutes)  
Drain and rinse in cold water. Sauté almonds in oil till crisp. Add butter and green beans. Stir to heat. Add garlic, sugar, lemon, red pepper, and salt. Stir until dissolves and beans are deglazed.

### **Marc's Spicy Green (and/or Wax) Beans**

(From Karen Cooke and Jon Howe circa 1990)

6 dozen green and/or wax beans\*  
1/4 cup chopped onions  
3/4 cup cider vinegar (red wine vinegar can be substituted)  
3/4 cup vegetable oil (do not use olive oil)  
2 tablespoons dry dill\*\*  
2 tsp. red pepper flakes  
1 tsp. garlic powder  
1 tsp. celery salt



Cut off the stems of the beans. Bring a pot of water to a full boil. Toss in the beans and boil for 105 -120 seconds depending on how tender they are, the longer time for older beans. Remove the beans from the hot water and plunge them immediately into cold water to stop the cooking process. Pat dry.

Put the beans along with all the other ingredients into a large zip lock bag and mix thoroughly. Place the bag on a flat pan to catch any possible leaks. A pie pan works well. Place in the refrigerator and turn the bag every few hours. Marinate anywhere from two days to a week. Drain before serving.

\* I use a pound. No way am I going to count out 72 beans in the supermarket!

\*\* The original recipe called for 2 tsp. but I misread it and used 2 TBS the last time. It seems to be better with more dill.

### **Linda's Stewed String Beans**

2 lbs fresh string beans cleaned with ends inched off  
2 cans (14.5 oz each) stewed tomatoes  
1 can 14.5 oz chicken broth  
2 tlbsp oregano  
2 tlbsp salt  
Pepper to taste  
½ to ¾ tsp hot red pepper flakes (optional if you like it spicy)  
1 small chopped onion  
2 to 3 cloves garlic chopped  
¼ C extra virgin olive oil

Sauté onions in the olive oil over medium heat. When onions are clear add garlic and oregano. Let sauté another minute or two.. do not brown garlic. Add salt and pepper, mix well, then add the rest of the ingredients. Bring to a boil then turn to a simmer. Let cook till string beans are the consistency you like. Enjoy!

### Green Bean Casserole

1 can (10¾ ounces) Cream of Mushroom Soup

½ cup milk

1 teaspoon soy sauce

Dash ground black pepper

1 box (6oz) French's French Fried Onions

4 cups cooked cut green beans (this can be 1 16-20oz bag frozen green beans (thawed), 2 14.5 oz cans green beans (drained), or 1½ lbs fresh green beans)

Stir the soup, milk, soy sauce, black pepper, beans, and 2/3 of the onions in a 1½ quart casserole.

Bake at 350° for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions. Bake for 5 minutes or until the onions are golden brown.

### Meryl's Grilled Vegetables

Green peppers ,Onions, Zucchini, Summer Squash, Portabello mushrooms all cut up into large chunks. Add a box of cherry tomatoes.

Mix 1 cup olive oil with ½ cup Soy sauce. Add seasoned salt, onion powder and garlic powder to taste. In a large bag or bowl, cover the vegetables with the marinade. Refrigerate overnight. Grill on the BBQ the next day.

### Chicken Liver Pate

1/2 pound chicken livers

4 oz of chicken broth

3 hard-boiled eggs peeled

1 medium onion chopped well and sautéed in butter till golden brown

2 tablespoons mayonnaise

4 oz cream cheese

Shot of brandy or rum

Boil cleaned chicken livers in chicken broth till cooked. Drain excess broth. Mix all ingredients together and blend in food processor till completely smooth. Pour into dish and refrigerate several hours before serving. Mixture will harden. Serve with crackers

### Chicken Puffs

3 cups roasted chicken (white meat only) chopped fine

1/2 cup mayonnaise

1/4 cup fresh lemon juice

Salt, pepper to taste

1 tablespoon onion powder

Mix well and use teaspoon to fill cream puffs (use the [Cream Puff](#) recipe on page 169)

### Chinese Chicken Wings

1 large bottle soy sauce

1 cup granulated white sugar

2 tsp. honey

½ cup orange juice

pinch of ginger

lots of garlic or 1/3 jar pre-sliced garlic

3 pounds of chicken wings



Mix all ingredients in large baking pan, marinate overnight. Bake at 350 for 30-45 minutes.

### Caponata

1 Medium eggplant (slice 1 inch thick. Sprinkle with salt. Lay on paper towel and cover with another paper towel. Let sit 30 minutes. This drains any liquid eggplants retain)

1 c drained chopped tomatoes

1 large chopped onion

3 tablespoons capers

1 c chopped celery

¼ c. vinegar

1 minced garlic clove

Pinch of salt and pepper

1 c. chopped green olives

1 handful toasted pine nuts (optional)

1 tablespoon sugar



Sauté eggplant (that has been cut into cubes) in olive oil until golden. Drain and set aside. Using same skillet, sauté onions, celery, garlic and nuts. Reduce heat to medium. Add olives, tomatoes, capers, vinegar, sugar, salt and pepper. Cook briefly over medium heat. Add eggplant and simmer until eggplant is tender and celery is crunchy. Allow to cool slightly, then cover and chill well before serving. Makes 1 quart. Serves 8.

Great for crackers or as a sandwich

### Artichokes

Serves 4

1/4 cup olive oil

4 large artichokes

Cut stems off and peel, also cut 1 inch off the top of the artichoke

Peel outer leaves down to bottom, be careful not to break off completely. Wash artichoke real well and set aside.

#### Stuffing:

2 teaspoons parsley

8 garlic cloves chopped small

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon garlic powder

1/2 C. Parmesan or Romano grated cheese

1/2 cup Italian flavored breadcrumbs

Extra virgin olive oil

Mix above together and spoon in-between the leaves of the artichoke. Place artichokes along with the stems into a quart pan so they are snug. Sprinkle the olive oil over the leaves of the artichoke. Fill the saucepan with water or chicken broth to the middle of artichokes. Cover the pot and cook on medium about 30 minutes or till leaves fall off and the artichokes are tender. Gently stir every 5 minutes. Let cook and serve.

\* If you are a vegetarian you can use vegetable broth



### Tomato Bruschetta

1 pkg. (11 oz) French Bread Dough  
3 medium ripe tomatoes, peeled, seeded, and chopped  
1 small onion, chopped  
2Tbsp fresh basil leaves, snipped, or 2 tsp. dried  
1 clove garlic, pressed  
¼ tsp. salt  
¼ tsp. ground black pepper  
2 Tbsp. olive oil

Preheat oven to 375. Lightly spray Valtrompia Bread Tubes and caps with vegetable oil using Kitchen Spritzer. Cap bottom of Bread Tube; fill with dough. Place cap on top. Bake upright 50-60 minutes. Cool 10 minutes, and remove bread from tube. Cool completely before slicing.

Peel tomatoes with 3" SS Knife. Cut tomatoes in half crosswise; squeeze out seeds. Chop tomatoes and onion using Food Chopper. Transfer to 2 Qt Batter Bowl using Kitchen Scraper. Snip basil with Kitchen Shears; add to tomato mixture. Press garlic into tomato mixture, add salt and pepper. Mix gently. Slice bread into ¼ inch thick slices. Place on 13" Stone. Lightly brush surface of bread with olive oil. Bake 10-12 minutes or until lightly browned and crisp. Remove bread from oven and scoop tomato mixture onto toast slices using small SS Scoop. Serve immediately.

Yield 12 servings

Approximately 90 Calories and 3 Gm of Fat per serving

### Slow Roasted Summer Tomatoes

2 Tbs plus ½ cup olive oil  
6 ripe tomatoes  
Salt, sugar  
1½ tsp balsamic vinegar  
4 garlic cloves minced  
Fresh basil leaves, chopped



Coat a 9x12 glass baking dish with 2 Tbs oil. Cut the tomatoes in half thru the equator (not thru the stem).

Arrange the halves cut side up on the baking sheet, turning to coat their bottoms with some of the oil.

Sprinkle a pinch of salt and sugar over each half, and drizzle with a few drops of balsamic vinegar.

Top each half with the minced garlic and basil leaves. Pour the remaining olive oil over and around the tomato halves.

Bake at 350° on the center oven rack for about 3 hours. Tomatoes should be dark reddish brown with deep browning around the edges, and collapsed to half their original height. Let cool for 10 minutes then serve.

The remaining tomato oil can be saved and used as a salad dressing.

### Pickled Carrots and Cauliflower

1 lb bag of baby carrots  
6-8 small cauliflower florets

1 cup cider vinegar  
1¼ cup water  
¼ cup sugar  
4 garlic cloves, lightly crushed  
1 tsp anise seed  
½ tsp dill  
1½ Tbs coarse salt  
2 bay leaves

Bring a pot of water to a boil. Add the carrots and cauliflower and simmer for 1 minute. Drain veggies thru a colander and rinse thoroughly with cold water. Put the drained and cooled veggies into a 3 cup canning jar.

Using the same pot, pour out any remaining water. Then add the rest of the ingredients and heat to a boil. Reduce heat and simmer for 2 minutes. Remove from heat and let cool to room temperature.

Add the liquid to the canning jar and refrigerate 3-4 days before eating.

### New York Deli Style Cole Slaw

1 small head cabbage, shredded  
1 green pepper, chopped fine  
1 small onion, grated  
4 stalks celery chopped fine  
2 carrots, shredded  
2 Tablespoons sugar  
1 teaspoon salt  
1/2 teaspoon fresh ground pepper  
mayonnaise



Reserve a handful of the shredded carrots for garnish. Mix the rest of the vegetables together. Add enough mayonnaise to thickly cover all the vegetables, then add two more heaping tablespoons full. Mix in the sugar, salt & pepper. Sprinkle the reserved carrots on top for garnish. Cover with plastic wrap and chill for 12 hours at least. Use a slotted spoon to serve so the liquid from the vegetables can drain off. Note: the person I got this "recipe" from told me that the reason for adding the celery is to remove the bite from the cabbage. It works! You can vary the proportions to suit your own taste.

### Meryl's Cole Slaw

1 small head green cabbage	1 tsp dill
½ head red cabbage	1 tsp basil
1 large carrot	1 tsp parsley
1 ¼ cup mayonnaise	1 tsp seasoned salt
¼ cup water	1 tsp black pepper
	1 tsp onion powder

In a large bowl, thinly slice the cabbages and grate the carrot. Mix the other ingredients together. Pour the mixture over the cabbages/carrot and stir till evenly coated. Cover bowl and refrigerate.

### **Ziggys Hooter's Buffalo Shrimp**

1/4 cup hot sauce  
1/4 cup butter  
1/8 tsp. paprika  
Dash pepper  
Dash garlic powder



Combine above in sauce pan over medium heat

12 Shrimp  
1 egg  
1/2 c milk  
1 cup flour in plastic bag  
4 cups vegetable oil

Beat egg and mix with milk. Dip 6 shrimp into egg and milk and drop into plastic bag with the flour. Shake them till coated. Remove from bag and place on tray. Repeat with the last 6 shrimp. Refrigerate 5-10 minutes. Mean while heat oil medium to high heat. Deep fry 6 shrimp at a time till golden. (3-5 minutes) Remove and fry remaining shrimp. Drop the cooked shrimp in a clean plastic bag; add sauce mixture and shake. Serve immediately

### **Buffalo Chicken Wings with Blue Cheese Sauce**

#### Blue cheese dressing:

2 tablespoons finely chopped onion  
1 small garlic clove minced  
1/4 cup minced fresh parsley  
1 cup mayonnaise  
1/2 cup sour cream  
1/4 cup finely crumbled blue cheese



#### Wing hot sauce:

1 tablespoon fresh lemon juice  
1 tablespoon white wine vinegar  
1/4 teaspoon salt  
Pinch of pepper  
Pinch of cayenne pepper  
1/2 cup bottled hot sauce  
1/4 cup (1 stick) unsalted butter (melted)

In a medium bowl combine lemon juice, vinegar, salt and both peppers, hot sauce, and butter. This makes a hot sauce. For a milder sauce adjust the ingredients. Less hot sauce more butter.

25 chicken wings (about 4 1/2 pounds)  
About 1 1/2 quarts of vegetable oil  
Celery sticks for garnish

Cut wings into three pieces ant the joints and discard the tips. Pat the chicken pieces dry. In deep fryer or heavy deep skillet heat oil at 385. Fry the chicken in batches about 10 minutes until brown and crisp. Drain on paper towels. When all chicken is fried warm the hot sauce. In large bowl add chicken then pour sauce over mixing till all wings are coated. Serve with celery sticks and blue cheese dressing on the side.

### **Linda's Mashed Potatoes**

5-8 medium size potatoes cleaned and cut up. (I like to leave the skins on)  
1- 2 cans, 8 oz cans chicken broth  
4 teaspoons butter  
1/2 cup milk  
Salt & pepper to taste

Boil the potatoes in the chicken broth and turn the heat lower as the chicken broth evaporates. Cook till there is no more liquid. Remove pan from heat. Add butter and milk, mix with electric mixer till potatoes are smooth and serve.

### **Linda's Home Fries**

Boil 6-8 potatoes in chicken broth till they are soft enough to slide a Fork into them. Remove from heat and let cool till you are able to Slice them into chunks.

1 medium onion sliced  
1 stick of butter  
1/2 cup vegetable oil  
2 tablespoons of onion powder, garlic powder, salt and paprika  
Pepper to taste

Fry onions in butter and oil, add potatoes and seasonings. Fry till potatoes are cooked all the way and many of them are crisp. Serve and enjoy

### **Linda's Mushroom and Sausage Stuffing**

Makes 6 servings

15-20 large mushrooms  
1 small onions (chopped)  
2-3 sausage links remove casing  
2 eggs  
1/4 cup Romano grated cheese  
2 cups Italian bread crumbs  
Salt  
Pepper  
Onion powder  
Garlic powder



Clean and remove stems from mushrooms. Chop the stems and sauté in 2 tablespoons of butter along with the onions. When the onions are golden remove from the frying pan and set aside.

Sauté sausage till all browned. Drain excess oil. Mix with the sautéed mushroom stems and onions, cheese, breadcrumbs, eggs and seasonings.

Use teaspoon and stuff the mushroom caps. Bake at 350 for 20 minutes in well greased pan. Serve immediately.

\* You can use this same stuffing for your turkey or anything else you want to stuff!

### Linda's Stuffing for Shrimp

15 large tiger shrimp cleaned and butterflied

#### Stuffing:

1 small onion chopped and sautéed in 2 tablespoons butter. Once onions are sautéed, add a stick more of butter and melt it. Set aside.

1 c Italian flavored bread crumbs

1 c fresh crab or lobster meat

¼ c grated Romano or parmesan cheese

Salt and pepper to taste

½ tablespoon garlic powder

½ tablespoon onion powder

¼ c light cream



Mix all the stuffing ingredients together. Spoon a teaspoon onto each shrimp. Pat to form the shape of the shrimp. Top with paprika. Bake at 375° for 20 minutes

#### Dipping Sauce:

In a separate pot melt one stick of butter. Add ¼ tsp garlic powder, salt and pepper to taste, 2-3 tablespoons of fresh squeezed lemon juice, and a splash of white dry wine. Spoon on top of each baked shrimp or set aside to dip shrimp into.

(If you are making stuffed mushrooms you can use this same recipe, just remove the stems and chop well. Sauté that along with the onions and add one more tablespoon of butter. Clean the caps well. Put the caps in a cookie tray, brush with melted butter and sprinkle a little more garlic powder. Top with a teaspoon of stuffing and shape to the mushroom. Sprinkle paprika on top and bake for 17-20 minutes at 400°).

### Meat Pies

A package of Empanada dough (found where the puff pastry is in the frozen dept). Keep in the fridge till ready to use. Marc and I found it in Shaw's not Stop & Shop.

1 large onion chopped and sautéed in oil

2 cloves garlic chopped add to the onions and sauté till onions and garlic are clear.

1 pound ground beef sautéed with onions and garlic. Drain excess oil.

Mix all seasons below with the meat mixture.

1/2 tsp cinnamon

1/2 tsp chili powder

1/2 tsp curry powder

1/2 tsp cumin

1/4 tsp garlic powder

1/4 tsp all spice powder

Add 1/2 cup frozen corn

Add 1/2 cup white cheddar (shredded)

Mix all ingredients well

Use an ice cream scoop. Put one scoop in each round of empanada dough. Fold in half and press ends with a fork to shape half moon.

Brush with melted butter and bake at preheated 350 degrees, 20 minutes. Serve with your favorites like salsa or diced tomatoes. Maybe some sliced avocado.  
Enjoy!

### **Skillet Brussel Sprouts with Pancetta and Cranberries**

1/2 C. Pancetta cubed  
1 Tbsp butter  
1 red onion thinly sliced  
1 1/2 lbs. fresh Brussel sprouts halved or quartered  
1 C. fresh cranberries

Saute the Pancetta in a large skillet over medium heat until crisp. Remove Pancetta and set aside in a bowl.

In the same pan melt the butter and add the onions, cranberries, and Brussel sprouts. Cook about 20 minutes on medium heat stirring occasionally. Cook till berries burst and Brussel sprouts are tender. (I covered the skillet for about 5 minutes to help tenderize the Brussel sprouts.)

Season with salt and pepper and stir in the cooked Pancetta or vegan bacon bits, plate this and drizzle some balsamic glaze on top and serve.

### **Baked Brussel Sprouts and Parsnips**

1 package brussel sprouts  
1 bag of parsnips (these look like carrots but are white)  
Olive Oil

I used the following spices - ground oregano, thyme, rosemary, garlic salt, basil

Cut end off each brussel sprout and cut in 1/2. If the sprout is large, I cut it in 1/4s.

Peel parsnips and cut into small pieces, each about the length of your pinkie.

Coat bottom of baking pan with olive oil. Add vegetables and mix them around to coat with the oil. Sprinkle about 1 tsp of each type of spice above and mix well with spoon so all veggies are coated.

Bake at 350 degrees for about 45-60 minutes depending on how roasted you want them. I baked for 60 minutes

#### **Variation:**

Use brussel sprouts, baby carrots, and one or two onions chopped into large pieces. Bake at 425 degrees for 30-40 minutes.

### **Broccoli & Cheese Casserole**

Oven temp: 350  
From: Carol Kelliher

2 heads of fresh steamed broccoli	3 sticks margarine melted
2 lbs Velveeta cheese cubed	3 pkgs(sticks) Ritz crackers

#### **Directions:**

Steam broccoli (not all the way... Will cook more in oven) and put in casserole dish.

Drizzle a small amount of butter on top of broccoli then add the cubed cheese. Crush Ritz crackers and add remaining butter and mix then place mixture on top of cheese cook for 30 minutes at 350 degrees

### Broccoli Bake

1/2 cup melted butter  
1 chopped vidalia onion- each piece about the size of 1/4 inch  
Can of cream of chicken soup  
Can of cream of mushroom soup  
4 oz Pepperidge Farm Herb stuffing (blue border on the bag)  
2 boxes of chopped broccoli thawed

Melt butter in frying pan and add chopped onions. Cook onions on low for about 8 minutes. Take off heat and mix in rest of ingredients.

Place in 9x13 baking pan and cook at 350 degrees for 20 minutes. You can sprinkle some stuffing on top after baking.

### Judy's Broccoli Deluxe

1 pound fresh broccoli or one 10 oz package frozen cut broccoli

4 Tbsp butter or margarine  
1 1/2 Tbsp flour  
1/4 Tsp Salt, dash of pepper  
1 Cup milk  
1 3-oz package cream cheese  
2 oz sharp cheddar cheese, shredded (1/2 cup)  
Bread crumbs for top



Advanced Preparation: Slit fresh broccoli spears lengthwise; cut into 1 inch pieces. Cook in boiling, salted water till tender. (Or cook frozen broccoli according to package directions.) Drain.

In sauce pan melt 2 Tbsp of butter; blend in flour, 1/2 tsp salt and dash pepper. Add milk; cook and stir till thick and bubbly. Reduce heat; blend in the cream cheese till smooth.

Place vegetables in a 1 1/2 quart casserole. Pour sauce over; mix lightly. Top with the shredded cheese and chill.

Melt 2 Tbsp butter; toss with crumbs. Cover; chill.

Before serving: Bake casserole, covered, at 350 for 30 minutes. Sprinkle crumbs around edge; bake, uncovered, till heated through, about 30 minutes more. Serves 6.

### Judy and Steve's notes:

We always use fresh broccoli, and barely cook it because it cooks more later.

We use one large bunch of broccoli for each recipe of sauce.

We make a thin sauce because it thickens later.

We don't put the bread crumbs on top.

Recipe actually calls for 2 cups frozen or fresh cooked whole small onions too, but for the family, we don't add the onions!

### Red Cabbage

1 large head red cabbage  
1 tablespoon sugar  
1½ oz butter or olive oil  
1 medium onion, finely chopped  
2-3 tart apples, peeled and finely chopped  
4 tablespoons red wine vinegar  
Salt to taste  
1 cup red wine  
3 - 4 cloves  
2 - 3 bay leaves  
1 tablespoon flour  
2 tablespoons blueberry or red currant jam (optional)



Wash the red cabbage, remove trunk and cut into fine strips.

In a large pot, brown the sugar in the butter until light brown in color. Add the onion and apples. Sauté for a few minutes.

Add the red cabbage and mix everything to combine. Immediately add the red wine vinegar so the cabbage retains the red color.

Season with salt, add the red wine, cloves, and bay leaves. Steam covered on medium heat until cabbage is tender, for about 45 - 60 minutes.

At the end, dust the cabbage with the flour, season to taste, and add some more red wine and/or vinegar if necessary. Add jam if desired for enhanced taste, stir.

### Spatzle

2 large eggs, beaten	Dash pepper
¾ C milk	Colander with ¼ inch holes
1 C flour	1 Tbs butter or margarine
¼ tsp salt	Grated Parmesan cheese (optional)

Fill a 4 quart Dutch oven half full with water. Heat to boiling.

In a medium bowl mix the eggs, milk, flour, salt and pepper. Press the batter a little at a time, through the colander into the boiling water.

Cook 2 - 5 minutes until the spatzles rise to the surface and are tender, then pick them out with a strainer. Toss with butter and grated cheese.

### Bacon Chili Cups

3 (1.9 oz) boxes of frozen Mini Phyllo (Fillo) Shells (15 per box)  
1 C mayonnaise  
1 (10 oz) can Rotel (diced tomatoes with green chilies), drained  
½ C chopped, cooked bacon, or 1 (2.8 oz) bag Oscar Meyer Real Bacon bits  
1½ C shredded Colby and Monterey Jack cheese

Mix ingredients, fill shells and bake at 350° for 20 minutes max.  
Mine were done in about 15 minutes. Ovens vary so watch so they don't burn!



### Asparagus Rollups

16 fresh asparagus spears  
16 slices white sandwich bread, crusts removed  
1 8 oz package cream cheese, softened  
8 bacon strips, cooked and crumbled  
2 tablespoons minced fresh chives  
1/4 cup butter, melted  
3 tablespoons grated Parmesan cheese

In a large saucepan, bring 1/2 in. of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Pat dry and set aside.

Flatten bread with a rolling pin. Combine the cream cheese, bacon and chives; spread 1 tablespoonful on each slice of bread. Top with an asparagus spear. Roll up tightly; place seam side down on a greased baking sheet. Brush with butter and sprinkle with Parmesan cheese.

Cut roll-ups in half. Bake at 400° for 10-12 minutes or until lightly browned.

### Roasted Asparagus

2 lbs asparagus spears, ends removed  
1/2 C olive oil  
1/2 C soy sauce  
Salt and pepper  
Nonstick cooking spray

Mix the olive oil and soy sauce together. Coat the spears with the mixture, and season with salt and pepper. Marinate for several hours.

Preheat oven to 500°. Spray a rimmed baking sheet with the cooking spray and place the baking sheet in the oven so it can get up to a hot temperature. That way when the spears go into the oven, the baking sheet will be hot too, so the spears can really get hit with heat from every side. Which is what we want for the perfect roasted asparagus!

After the baking sheet is hot, take it out of the oven and spread the asparagus into a single thin layer. Don't overcrowd! If the pan is crowded with spears, they will steam instead of roasting. Roast 4-7 minutes until desired doneness.

Serve the spears with Chive Aioli on the side.

### Chive Aioli

1/4 C plain Greek yogurt  
1/4 C mayonnaise with olive oil  
1 tsp fresh lemon juice  
1/4 C fresh minced chives  
Sriracha sauce to taste  
Salt and pepper to taste

In a medium bowl combine Greek yogurt, mayonnaise, lemon, chive, and sriracha. Season with salt and pepper to taste

### Turnip Fries

2 pounds turnips  
1 tablespoon vegetable oil  
1/3 cup grated Parmesan cheese  
1 teaspoon seasoned salt  
1 teaspoon paprika  
1 teaspoon onion powder



Preheat oven to 425°. Line a baking sheet with a piece of aluminum foil and lightly grease.

Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the vegetable oil to coat.

Put the Parmesan cheese, seasoned salt, paprika, and onion powder in a resealable plastic bag, and shake to mix.

Put the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.

Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

### Hot Cheetos Mozzarella Sticks

Hot Cheetos (1 cup)  
Brick of mozzarella cheese  
Panko Bread Crumbs (1 cup)  
2 eggs  
Tabasco (Use however much you can take)



The first thing you want to do is to get your brick of mozzarella cheese and cut dem sticks to size. By the time we finished it looked like we had a lil'mozzarella Stonehenge going on.

Then throw pretty much the entire bag of Hot Cheetos into a food processor and chop chop chop, chop it up. Once you've got it into crumbs, mix with the Panko in a 50/50 ratio. If you can dig the heat, go 70/30.

Make the Egg wash: Crack two eggs, place them into a bowl. Add a couple of dashes of Tabasco and scramble the hell out of them.

Ok, now time to get it coated. Hope y'all don't mind gettin' kinda messy cause this egg wash mess doesn't play. What you wanna do is go:

Cheese – Egg Wash – Panko & Hot Cheetos – Egg Wash – Panko & Hot Cheetos.

Ok time to get things a'cooking. You wanna fill your pan/pot/bucket/whatever you got about half way up and then heat up your oil to around 350 degrees. With a pair of tongs, place the sticks into the oil. Careful with that hot oil!

When they start floating and/or 60 seconds comes up, time to flip those birds and turn them over. Do the same thing on the other side and let them rest on a paper towel to soak up all that nasty oil. They should be all stringy and nice looking.

Cool and enjoy!

### **Blackeyed Peas with Rice**

1 16oz bag Goya Blackeyed Peas  
1 lb hot Italian sausage, chopped into small bits  
2 onions, chopped  
2 green peppers, chopped  
2 celery stalks, chopped  
1 packet Sazon Goya without Annatto  
2 tsp salt  
½ tsp black pepper  
3 cups water  
1 cup long grain rice



In a large Dutch oven (6-8 quart pot) soak the beans overnight in 4 cups water. DO NOT DRAIN.

The next day, in a large skillet cook the sausage till almost done, then add the onions, peppers and celery. Cook until the vegetables are tender.

Add the skillet mixture to the beans and water in the Dutch oven. Add more water if necessary, making sure everything is covered with water.

Add the rest of the ingredients except for the rice. Bring to a boil, cover and simmer for about 25 minutes, until the beans are tender.

Add the rice, cook for 2 minutes then turn off the heat and cover the pot.

Rice should fluff in about 15 minutes with the heat off.

### **Mexican Rice**

Olive Oil  
1 medium yellow onion, finely chopped  
1 green bell pepper, finely chopped  
10-15 cherry tomatos chopped into quarters  
1 tsp powdered chicken bouillon  
1 packet Goya Sazón with Coriander and Annatto  
1 cup long grain rice  
2 cups hot water

Coat the bottom of a large skillet with olive oil, and heat.

Add onions and peppers. Cook until soft and translucent, about 5 minutes.

Add tomatoes, chicken bouillon and sazón. Cook until warmed through.

Pour rice into the skillet and stir to coat. Cook rice for 1 minute.

Pour in hot water, stir to combine, then bring rice mixture to a boil.

Lower heat and simmer covered, until rice is tender and water is absorbed completely - about 15 minutes.

Fluff rice with a fork and let it sit, covered, for 5 minutes before serving.

## Red Beans and Rice

*If you like Popeye's Red Beans and Rice, this tastes almost just like it!*

### Beans

4 garlic cloves, finely chopped  
1 small onion, finely chopped  
¼ cup bacon fat (from cooking 4 to 5 slices of bacon)  
Two 15-ounce cans red beans (or light red kidney beans)  
½ cup water  
½ tsp dark brown sugar  
¼ tsp salt  
Several shakes each: garlic powder, onion powder

In a large skillet, fry the bacon. Add the garlic and onion pieces while it's cooking. Remove the bacon when it's crispy, crumble it, and set aside.

Add one 15-ounce can of red beans (plus the liquid) to the bacon fat and garlic/onion pieces in the skillet. Add the water, brown sugar, salt, garlic powder, and onion powder. Bring the mixture to a boil, then reduce the heat and simmer for 20 minutes.

Use a potato masher to smash the beans. They should have a pasty texture, like refried beans. Add the remaining can of beans (plus the liquid) to the mixture and cook for an additional 10 minutes. Mix in the crumbled bacon.

### Rice

Cook 1 cup white rice in 2 cups water. (Add 2 Tbs butter and ¼ tsp salt to the water).

To prepare each serving, scoop 1 cup of beans into a bowl. Add 1 cup of rice on top of the beans and serve..

## Pepperoni Cups

*This makes 24 pepperoni cups*

24 slices pepperoni, 2-3 inches in diameter  
24 fresh basil leaves (or dried basil)  
¾ cup low carb Marinara Sauce  
1 cup shredded mozzarella cheese  
1 can black olives (or jalapenos), sliced  
24-hole mini muffin pan



Preheat your oven to 400°.

Using kitchen scissors cut each pepperoni on 4 sides, leaving the middle intact. Think of each pepperoni ring as a clock, and make the cuts toward the center at 12 o'clock, 3 o'clock, 6 o'clock and 9 o'clock.

Place each pepperoni into a mini muffin hole, overlapping the cut sides so that it forms a cup, and bake for 5 minutes.

Remove from the oven and layer the basil and marinara sauce in each cup.

Add the shredded mozzarella and sliced olives (or jalapenos). Put several slices in each cup.

Return to the oven for another 5 minutes.

Cool 5 minutes before transferring to a serving platter.

### Potato Latkes

A traditional Hanukkah dish, latkes are best served hot and crunchy right from the pan, and are traditionally accompanied by sour cream and/or applesauce. They make a great side dish for any meal.

- 1 lb russet potatoes, peeled (we used 3 large potatoes, it was about 1 1/3lb)
- 1 small white onion, finely chopped
- 2 large eggs, lightly beaten
- 1 tsp baking soda
- 1 tsp seasoned salt
- 2 Tbs vegetable oil
- 2 Tbs butter



Coarsely shred potatoes into a bowl of cold water. Let stand for 5 minutes. Pour into a colander and drain well. Transfer to a clean dish towel and roll up. Tightly twist towel to wring out as much liquid as possible. Place in a medium bowl and add onion, eggs, baking soda and salt, stirring to combine.

Heat oil and butter in a large skillet over medium high heat. Spoon 2 tablespoons of the potato mixture at a time into the skillet; cooking until browned, about 4 minutes. Turn over and cook an additional 4 minutes. Transfer to paper towels to drain.

### Oven Brownd Potatoes And Gravy

3 lbs red potatoes (You can use any potatoes you like. I prefer the small red).

Wash and quarter. If the potatoes are too large then cut in half. Steam inside a colander. When potatoes are aldenté remove and let cool.

Coat potatoes in 1/4 cup of extra virgin olive oil and 4 Tbs melted butter. Add any seasonings you like. For example I add chopped fresh rosemary, salt and pepper to taste, 1 Tbs of garlic powder, 1 Tbs of onion powder, 1 Tbs dried oregano. Mix well.

Bake coated and seasoned potatoes in oven at 400 degrees for 1/2 hour. Turn the potatoes every 15 minutes. Drop the temperature down to 375. Continue cooking till they are golden and some are crunchy. About another 45 minutes to an hour.

If cooking a roast I use chicken or vegetable broth instead of water for the roast and I make my gravy out of the drippings. Once your roast is done remove it and set in a dish and cover with tin foil to rest about 10 minutes.

Meanwhile in the roasting pan scrape all the drippings from the roast and pour liquid into a small sauce pot. Remove as much oil as possible. Heat and bring to a boil. In a separate small dish add a tablespoon of cornstarch. Add enough water or chicken broth to make a paste. Add a little more water to make it a thick liquid. Add that mix into the gravy. Stir often and continue to cook down till the gravy is the thickness you like.

### **Sweet Potatoes with Black Beans**

4 large sweet potatoes, peeled and cut into 3/4-inch chunks  
6 tablespoons vegetable oil                      2 cups (16oz bag) frozen corn kernels  
2 teaspoons ground coriander                      1 large can (29 oz) black beans, rinsed and drained  
2 teaspoons ground cumin                      3 or 4 scallions, thinly sliced  
2 teaspoons chili powder                      1/2 cup chopped cilantro  
2 teaspoons salt

### **Chipotle-Chili Dressing**

1 chipotle chili (from a can of chipotles in adobo), plus a little of the adobo sauce  
3-4 cloves garlics, finely minced  
4 tablespoons Thai sweet chili sauce  
Juice from a whole lime  
½ cup vegetable oil

Preheat the oven to 375°. In a large bowl, toss the sweet potato chunks with the oil to coat them. Sprinkle with the coriander, cumin, chili powder, and salt. Toss again. Spread the potatoes in a single layer using 2 rimmed baking sheets, and roast until they are tender, about 30 minutes. (After 15 minutes flip the potato pieces, so they don't burn).

Meanwhile, steam the corn for about 5 minutes, then drain the water. In a large serving bowl, combine the corn, black beans, scallions and cilantro.

When the sweet potatoes are done, add them to the corn/ bean mixture. Toss to combine.

To make the dressing put the chipotle chili, garlic, and sweet chili sauce in a blender. Blend until the mixture is smooth. Add the lime juice and blend again. Add the vegetable oil and blend until smooth and creamy. Pour the dressing over the sweet potato mix, toss well, and serve.

### **Hasselback Sweet Potatoes**

4 medium sweet potatoes  
1 tablespoon unsalted butter, melted  
1 teaspoon olive oil  
1 teaspoon finely chopped fresh thyme leaves  
1 garlic clove, finely grated  
Kosher salt and freshly ground black pepper  
1/3 cup nonfat Greek-style yogurt  
1 scallion, white and green parts chopped

Preheat the oven to 425 degrees F. Line a baking sheet with aluminum foil.

Make a series of 1/8-inch slices along each potato, slicing 2/3 of the way through.

Stir together the butter, oil, thyme, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Rub the potatoes all over with the mixture, getting in between the slices.

Place on the baking sheet and roast until the center of the potatoes are tender and the outside is crisp, 50 minutes to 1 hour. Halfway through the roasting time, remove the potatoes from the oven and run a fork gently across the tops of the potatoes, using light pressure, to fan the slices and separate them from one another.

Meanwhile, stir the yogurt and scallions with a pinch salt and a pinch pepper. Serve the sauce with the potatoes.

### Hush Puppies

2 eggs, beaten  
¼ cup sugar  
½ cup milk  
1 large onion, diced  
1 cup flour  
1 cup cornmeal  
2 tsp baking powder  
½ tsp regular salt + 1 tsp Seasoned salt  
1 quart oil for frying  
Tartar sauce for dipping (optional)



In a medium bowl mix together eggs, sugar, milk, and onion. Blend in flour, cornmeal, baking powder, and salts.

Heat 2 inches of oil to 365°. Drop batter by rounded teaspoonfuls in hot oil, and fry until golden brown. Cook in small batches to maintain oil temperature. Drain briefly on paper towels. Serve hot with (optional) tartar sauce for dipping.

Variation: Add 1 diced jalapeno pepper and 1 cup shredded cheddar cheese to the mixture.

### John's Cheesy Poofs

Pizza dough  
½ stick of melted butter  
¼ C extra virgin olive oil  
4-5 cloves of garlic peeled  
Garlic powder  
Shredded mozzarella

Preheat oven to 400.

Roll your pizza dough the size of a large round pizza pie.

In a food processor or blender add the melted butter, olive oil, and garlic cloves. Blend well.

Using a pastry brush baste the mix over the rolled pizza dough. (Save some of the mix for basting after they are done).

Sprinkle some garlic powder on top then top with the mozzarella.

Slice into 16 wedges. Roll each wedge like you would roll a croissant.

Bake in preheated oven about 15 minutes. When they are golden baste with the remaining butter/oil mix. Serve hot.

If you want to be creative you can add basil, or oregano or both on top of the pizza before rolling.

### **Make-ahead Mashed Potatoes**

5lb bag of Idaho or Yukon Gold potatoes  
1 cup milk or heavy cream  
1 stick butter, melted  
1 cup chicken broth

Peel the potatoes and cut into chunks. Put them into a large pot and cover with water. Add salt. Bring the pot to a boil, then simmer for 20 minutes, or until the potatoes are soft.

Drain the potatoes in a colander then return to the pot. Add the milk (or cream) before mashing with a potato masher.

Transfer to an air-tight container and refrigerate for up to 2 days.

When ready to serve, put the potatoes back in the pot and add the melted butter and chicken broth. Heat on low heat, stirring occasionally until hot. (If too dense, add more chicken broth).

### **Mom Blanchette's Turkey Stuffing**

Remove the gizzard, heart and liver (AKA the gibblets) from inside the turkey

1 small potato

1 small onion

1 lb ground pork

1 handful of dry bread crumbs

1/4 tsp poultry seasoning

Salt and pepper to taste (roughly 1 tsp salt and 1/4 tsp pepper)



Take the gibblets, potato and onion and send them through a food processor (OK) or meat grinder (much better).

Mix together with the remaining ingredients by hand.

Stuff the bird on both ends tightly but do not overpack it. Close the cavities with cooking nails if you have them. Note: as a safety precaution, don't stuff the bird until you're ready to cook it.

You can put any remaining meat in a small bread pan and bake along side the turkey. Basically, it's a meatloaf. It's very good but the trouble is it doesn't get the extra flavor from the turkey drippings like you get from inside the bird.

Moral of story: try to get as much of the stuffing into the turkey as physically possible without packing it too much.



### **Thanksgiving Turkey Cheese & Cracker Platter**

Salami or Pepperoni rings

Cheddar slices (dark orange)

Muenster or Colby cheese slices (light yellow)

Ritz Crackers

Cut 2 octagonal pieces of cheddar for the head and body

Cut 2 thin cheddar strips for the legs

Cut a thin cheddar triangle for the nose

Cut a thin pepperoni oval for the turkey wattle

2 capers for the eyes

Arrange on a large cutting board as shown below:



## ❧ Soups ❧



### Meryl's Clam Chowder (Claddagh variation)

1 stick (8 Tbs) sweet butter cut at 3 Tbs mark, into 2 sections  
2 Tbs bacon fat  
4 strips bacon, crumbled  
1 large onion, chopped  
2 celery stalks, chopped  
1/2 tsp black pepper  
1/2 tsp basil  
2 bay leaves  
3 Idaho potatoes, cubed  
3 6 1/2 oz cans chopped clams  
1 bottle clam juice  
2 cups light cream  
4 Tbs flour

In a large pot combine the 3 Tbs butter, bacon fat, onions, celery, pepper and basil. Sauté over low heat until onions are tender. (Do not brown onions). Add bay leaves, potatoes, bacon, clam juice from both the cans and the bottle, and bring to boil. Cook until potatoes are tender, then add clams.

In a small pot, combine the flour with the remaining 5 Tbs butter to make a roux. Add roux to chowder pot and cook for 1 minute. Add cream and mix until hot.

### Mom LaFranca's Manhattan Clam Chowder

2-3 dozen medium size clams. Open and clean. Save all the clam juice, strain it through cheese cloth and set aside.

3 celery stalks cleaned and sliced into bite size pieces  
3 carrots cleaned and diced  
1 large potato cleaned and diced  
1 tablespoon parsley  
¼ teaspoon pepper and salt  
1 tablespoon extra virgin olive oil  
1 tablespoon dried oregano  
1 bay leaf  
4 oz delmonte tomato sauce

Sauté vegetables in oil 3-4 minutes. Add clam juice and another cup of water. Let cook till vegetables are soft. Add tomato sauce. Let cook another 5 minutes. Add clams and cook another 4 minutes and serve

### Minestrone with Sausage and Cheese Soup

8 cups strong chicken stock (2-49 1/2 oz cans)  
3 tablespoons olive oil  
3 tablespoons butter  
3 medium size onions, coarsely chopped  
2 cloves garlic, minced  
3 large ribs of celery, coarsely chopped  
4 carrots, cleaned and thickly sliced  
1 green pepper, coarsely chopped  
2 teaspoons salt  
10 or 12 grinds fresh pepper  
One large pinch of rosemary  
2 bay leaves  
3 zucchini, sliced thin and halved  
1 cup fresh mushrooms sliced  
1 cup fresh Italian parsley, chopped  
3-4 cups drained white cannelloni beans  
1-1/4 Italian sausage, fried and sliced thin  
2 tablespoons olive oil  
10 oz vermicelli pasta broken into 1" lengths  
8 plum tomatoes (2 quarts home canned)  
2-1/2 pounds fresh spinach cleaned well and shredded. (Frozen works)



Sauté onions and garlic in butter and olive oil until translucent. Add celery, carrots and green pepper. Toss to coat. Season with salt, pepper, rosemary and bay leaf. Lower heat and cover pot. Cook 5 minutes.

Uncover pot, raise heat and give vegetables quick toss. Add sliced zucchini and toss for a minute. Add mushrooms and toss. Add half the parsley. Pour in hot chicken stock. Add beans. Lower temp. Simmer 10 minutes. Remove bay leaf. Add more salt and pepper to taste. Sauté sausage in 2 tablespoons of olive oil, drain off fat. Slice and add to soup. Add vermicelli pasta and cook until pasta is Al Dente. Then add tomatoes, spinach.

Cook 5 more minutes. Top with the rest of the parsley. Serve and sprinkle with grated cheese. MMMM good

### Marc's Gazpacho

(From Amy Vanderbilt's Complete Cookbook, 1961)

1 clove of garlic  
1 medium onion  
1/2 green pepper (seeds removed)  
1 cucumber  
2 tomatoes  
1 8-oz can of beef consommé  
2 8-oz cans of tomato sauce  
1/4 cup wine vinegar  
1/3 cup olive oil  
1/4 teaspoon Tabasco sauce  
1 teaspoon salt  
Quick grind of pepper

Cut the garlic into 3 pieces and rub the pieces around the inside of a glass or pottery bowl. Discard the garlic.

Dice the onion and pepper as finely as you possibly can. (Do not puree!). Peel the cucumber and cut into 1-inch slices. Drop the tomatoes into boiling water for a few seconds and remove the skin. Cut into 1-inch chunks.

Add all the ingredients (except the discarded garlic) in the seasoned bowl. Mix together and refrigerate. Take out 15 minutes before serving. It should still be cool but not cold.

### Italian Chicken Soup for the Holidays (aka Wedding Soup)

1 whole chicken (make a sack out of cheesecloth and tie the top so the chicken doesn't fall apart)  
1 large onion diced  
2 carrots diced  
2-3 stalks of celery diced  
1/4 pound mixed ground beef and ground pork rolled into tiny meatballs  
Salt and pepper to taste  
1/2 cup orzo pasta  
2 quarts of chicken broth

Boil all but the meatballs in the chicken broth till vegetables are tender. Remove the chicken and remove the chicken from the bone cut into small pieces and add back to the soup. Add the meatballs and the orzo pasta. Bring to a boil and then cook medium low heat till pasta is done. Serve with grated romano cheese



### Potato Soup

1 quart chicken broth	6 peeled diced potatoes
2 onions chopped	1 carrot diced
1 celery stalk chopped	1/3 cup butter
Salt & pepper to taste	1 tablespoon parsley flakes

Boil all together till vegetables are very soft. Cool then blend in a food processor till smooth. If liquid is too thick add 2 more cups of chicken broth.

For cheese lovers you can add grated Cheddar cheese.

For creamier textured soup add 1/2 cup of milk before blending in the food processor

### **Black Bean Soup**

1 pound black beans	1 large onion, chopped fine
2 quarts chicken stock	2 or 3 carrots, chopped fine
1 cup canned tomatoes, drained	3 tablespoons chopped parsley
3 cloves garlic, chopped	Juice of 1 lemon
1 or 2 red chilies, to taste	Salt, pepper and cayenne pepper to taste
1 bay leaf	Sour cream and salsa, for garnish
1 small ham hock	
2 or 3 stalks celery, diced	

Soak the beans overnight in water to cover (or cover with water, bring to a boil, and let sit covered, for 1 hour); drain. Cook the beans for 1 1/2 hours with the chicken stock, tomatoes, garlic, chilies, bay leaf, and ham hock. Add the celery, onions, carrots, parsley, and lemon juice and cook for one more hour. Remove the ham hock; purée to a coarse consistency in a food processor, and season to taste.

Garnish each serving with 1 tablespoon of sour cream, 1 tablespoon of salsa, and a slice of lime

# Servings: 6 to 8

### **Fish Stock**

Makes 6 servings  
1 cod head and collar  
2 small whiting about 1 pound  
Clams or crabs or any inexpensive seafood  
4 cups water  
2 ribs of celery with leaves  
1 carrot  
1 medium onion  
1 bay leaf  
1 cup white wine



Place all ingredients in a soup pot and simmer very gently, uncovered for one hour or until bones are soft and stock taste strong. Line a colander with a towel or muslin cloth and strain the stock into a large bowl. (A cheese cloth works well) discard the bones and vegetables but retain the larger chunks of fish or seafood for the soup, if desired. Store in refrigerator in covered container for 2-3 days. This stock freezes well for 3 months. Makes 4 cups.

\* a tip I learned from the cooking channel, if you do not have enough fishy ingredients for the flavor buy a can of anchovies and mash them into the broth.

### Broccoli Cheese Soup

1/2 onion  
1 carrot  
2 stalks celery  
1/2 stick butter  
1/2 C flour  
1/2 tsp cornstarch  
3 cans chicken broth  
1/2 lb fresh broccoli (or 1 pkg. frozen)  
12 oz sharp cheddar cheese  
1/3 lb bacon, fried crisp  
1 C milk



Mince the onion, carrot and celery and sauté in butter until soft.

Add flour and cornstarch; stir until absorbed. Add chicken broth and stir until thickened.

Mince the broccoli and add with cheese and bacon. Stir until mixture boils. Heat milk and add to soup.

# Servings: 6

### Broccoli Cheddar Soup

12 oz fresh broccoli florets, cut in small pieces  
2 onions, thinly sliced  
2 fresh carrots, cut into small pieces  
12 oz can evaporated 2% milk  
2 C chicken broth  
1 C shredded cheddar cheese



In a large pan, heat 2 Tbs oil over medium to high heat, add broccoli, onions, and carrots. Cook 5 minutes stirring often.

Add evaporated milk and chicken broth. Bring to a boil then turn to a simmer. Cook 30 minutes.

Turn off the heat and add cheddar cheese and pepper to taste.

If you desire a creamy soup and not crunchy, use a hand blender or food processor to blend till smooth.

Serve with cheesy croutons.

### Wild Mushroom Soup

3 or 4 dried Porcini mushrooms	Shitake and Portobello, finely chopped
1/2 Cup dry White Wine	4 Cups Veal, Beef or Chicken Stock
2 Tbs. unsalted butter	1 or 2 tsp. fresh thyme
1 Small yellow onion, finely chopped	2 Tbs. Italian parsley, finely chopped
1 Small carrot, finely chopped	Salt & Pepper
1 Stalk celery, finely chopped	
1 Lb. mixed wild mushrooms	



Soak the Porcini in the wine for thirty min.

Melt the butter in a saucepan and add the onion, carrots and celery. Sauté over medium heat, stirring occasionally until they are wilted - about ten minutes. Add the mushrooms, and continue to sauté and stir for an additional ten or fifteen minutes - until the mushrooms begin to exude some of their own liquid.

Strain the porcini through a coffee filter, saving the wine, or simply remove them from the wine with your fingers, chop them finely and add to the ingredients in the pot. If you have strained the wine, add it to the pot, if not, carefully pour most of it into the pot, being careful not to pour out any sand which has precipitated to the bottom of the glass/cup.

Raise the heat to high, and boil for about two minutes to evaporate the alcohol. Lower the heat and add the stock and herbs. Taste for salt and pepper, and add those to your taste. Allow to simmer gently for thirty minutes.

Pour the soup into a food processor and puree for about one minute. Serve as is, or serve over slices of bruschetta. Servings: 4. Bon Appétit!

### Mushroom Bacon Soup

1 lb bacon	2 cups chicken or vegetable stock
2 boxes (6 - 8 cups) fresh mushrooms, sliced	2 tbsp flour dissolved in 2 tbsp water
2 tbsp olive oil	Salt to taste
2 tbsp butter	Dash of nutmeg
4 garlic cloves, minced	1 cup milk
1 tbsp dried thyme (or basil)	1 pint heavy cream
2 bay leaves	Freshly ground black pepper to taste
1 tbsp Worcestershire sauce	Fresh parsley or thyme for garnish

Fry the bacon. Let it cool, then crumble into small pieces. Set aside. Reserve ¼ cup bacon fat.

Heat olive oil in a sauce pan. Add butter and lightly sauté garlic on medium heat.

Add in mushrooms, thyme, bay leaves and Worcestershire sauce. Cook over medium heat for 5 minutes, or until the moisture from the mushrooms disappears.

Add in chicken broth. Stir occasionally until broth boils, then reduce heat and simmer for 10 minutes.

Add diluted flour in, and stir constantly (while simmering) until the mixture thickens. Season with salt and nutmeg. Taste and adjust seasoning.

Finally, add milk, heavy cream, crumbled bacon, bacon fat, and bring to a simmer. Turn heat off.

Serve hot in your soup bowl. Add freshly ground black pepper. Garnish with fresh parsley or thyme if you have them on hand.

Note: You can thicken the soup by adding in another tablespoon of flour.

### Chunky Shrimp Bisque Soup

1 pound bag raw frozen large or medium shrimp, peeled and devined. Save the shells.  
2 tablespoons butter  
1/2 bunch scallions, chopped  
2 peeled carrots sliced  
2 peeled potatoes, sliced (optional)  
2 celery stalks, sliced  
1 quart half and half  
1/4 tsp. salt  
1/4 tsp. onion powder  
1/4 tsp. garlic powder  
1/4 tsp. pepper  
2 tablespoons flour  
1/2 cup sherry or sweet wine  
1/4 cup water



Thaw shrimp clean and devine. Using a deep frying pan, sauté the shrimp shells in the butter. Remove and throw the shells away saving the butter. In the same butter add salt, pepper, garlic, and onion powder. Sauté shrimp till they turn orange. Remove shrimp and set aside. In same butter, sauté vegetables about 5-10 minutes. Slowly add half and half and 1/4 cup of water. Let cook till vegetables are tender. Mix flour into the sherry till flour is completely dissolved. Add sherry into soup and let cook till it is the thickness you like. Add salt and pepper to taste again. Bring to a boil add shrimp. Cook one more minute. Top with piece of parsley and serve \* If the soup is too thick while cooking vegetables in the half and half, add water.

### Variation with Chicken Broth

1 stick (8 tablespoons) butter  
2 tsp seasoned salt  
2 tsp pepper  
2 tsp onion powder  
2 tsp garlic powder  
2 pound bag raw frozen small or medium shrimp, thawed and peeled  
1 bunch scallions, coarsely chopped  
5 carrots diced into small pieces  
5 peeled potatoes chopped into small cubes  
4 celery stalks, chopped into small pieces  
3 quarts half and half  
6 cups (48oz) Chicken broth  
1/2 cup flour

In a large Dutch oven, melt the butter. Add the salt, pepper, garlic and onion powder into the butter, mix well, then add the shrimp. Sauté the shrimp till they turn orange. Remove the shrimp and set aside.

In the same butter, sauté the vegetables about 5-10 minutes. Add the half and half.

Pour 2 cups of chicken broth into a bowl and combine with the flour until flour is dissolved. Add the broth/flour mixture, plus all the remaining chicken broth to the Dutch oven.

Bring to a boil, then simmer until the vegetables are tender, about 10-15 minutes. Add salt and pepper to taste again, then add the shrimp. Cook one more minute, then serve.



### Nantucket Shrimp Chowder

*A delicious twist on clam chowder, this hearty soup is full of tender shrimp and smoky bacon.*

8 slices thick-cut bacon, chopped  
2 onions, chopped  
1  $\frac{3}{4}$  tsp. dried thyme  
4 cups bottled clam juice  
 $\frac{1}{2}$  cup dry white wine  
2 white-skinned potatoes, peeled, cut into  $\frac{1}{2}$ " pieces  
 $\frac{1}{2}$  cup whipping (heavy) cream  
2 tbs. butter ( $\frac{1}{4}$  stick)  
1 pound small to medium shrimp (shelled and deveined) I just use larger shrimp cut into 1" pieces

Saute bacon in heavy large saucepan over medium heat until crisp, about 6 minutes. Using slotted spoon, transfer bacon to paper towels and drain well. Drain all but 2 tbs. bacon fat from saucepan.

Add onions and thyme to bacon fat and sauté over medium-high heat until onions are light golden, about 10 minutes.

Add the clam juice, white wine and potatoes. Bring to a boil, reduce heat and simmer until potatoes are tender, about 15 minutes.

Add cream and half of bacon and bring to a simmer. (Can be prepared to this point 1 day ahead. Cover and refrigerate, then bring to a simmer before continuing).

Melt 1 tbs. butter in heavy large skillet over high heat. Add half the shrimp and sauté briefly until light golden, about a minute. Add shrimp to chowder. Repeat with remaining butter and shrimp. Simmer chowder for about 10 minutes to cook the shrimp. Season to taste with salt and pepper.

Ladle chowder into bowls. Sprinkle with paprika and remaining bacon and serve immediately. 6 servings.

### Seafood Bisque

Makes 6 servings

1 medium onion chopped  
2 ribs of celery chopped  
4 cups fish stock  
4 cups seafood shrimp lobster and scallops  
1 tbsp parsley snipped  
 $\frac{1}{2}$  tsp oregano  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp white peppers  
1 4-ounce can delmonte tomato sauce  
1 cup sherry  
 $\frac{1}{2}$  cup heavy cream  
3  $\frac{1}{2}$  tbsps butter  
3 tbsps flour

Sauté onions, celery and oregano in 1 tablespoon of butter set aside. Melt in separate 2 quart pot the rest of the butter adding the flour and whisking it in so there are no lumps. Cook 2-3 minutes. Do not let mixture turn brown. Remove from heat and add fish stock. Whisk together and return to heat. Bring to a boil. Reduce heat adding the sautéed onions and celery, parsley, oregano, salt and pepper. Cook another 5 minutes. Add heavy cream very slowly whisking it in. Add tomato sauce. Bring to a slight boil and add sherry. Add seafood and cook till seafood is done. About 4-6 servings.

### Sandee's Turkey Soup

1 rotisserie turkey breast, diced  
1 medium to large onion, diced  
2 - 4 celery ribs, diced  
1 - 2 carrots, diced  
1 head of escarole, chopped  
1 tbsp olive oil  
1 qt chicken stock (or turkey stock)  
1 cup apple cider (or Motts All Natural apple juice)  
1 cup water  
1 - 2 tsp grated garlic (or to taste)  
1 - 2 tsp red pepper flakes (or to taste)  
1/4 - 1/2 tsp nutmeg  
Salt and pepper to taste.



Heat oil in stock pot or dutch oven. Add onions, celery and carrots and lightly sauté.

Add in garlic, red pepper flakes and salt and pepper. Wilt in escarole. Season with nutmeg.

After lettuce has wilted, but is still a little crisp, add chicken stock, cider and water. Stir in turkey.

Let soup simmer until all the ingredients are heated through.

You can add as many or as little veggies as you like, you can also change up the veggie combo if you don't like carrots and celery.

### Ham and Split Pea Soup

2 lbs. washed split peas, soaked overnight  
Ham bone and leftover cooked ham  
1 large chopped onion  
6 chopped carrots  
5 stalks chopped celery  
6 whole black peppers  
1 gallon water (or enough to cover the peas, plus extra for them to expand)  
1 bay leaf  
2 packets Sazon Goya without Annatto  
2 chicken bouillon cubes (or 2 tsp powdered chicken bouillon)  
Seasoned salt, black pepper, onion powder, and garlic powder to taste

Put all ingredients in large kettle. Bring to a boil. Cover and simmer 2 ½ to 3 hours or until meat is tender and peas are mushy.

Remove meat, cut into bite-size pieces.

Take out the ham bone and give it to your dog!

Put the meat back in the soup and serve.



### Chunky Vegetable Soup

2 Tbs olive oil  
1 onion, chopped  
4 stalks celery, chopped  
2 cloves garlic, minced  
1 large can (48oz) chicken broth  
4 small cans vegetable broth  
1 (15 ounce) can tomato sauce  
4 carrots, peeled and cut into 1/4-inch rounds  
2 baking potatoes, cut into bite-size pieces  
1/2 green cabbage  
1 cup frozen corn  
1 cup frozen green beans  
1 cup frozen peas  
1 teaspoon ground black pepper  
Seasoned salt to taste



#### Directions:

Heat olive oil in a large pot over medium heat. Cook and stir onion and celery in hot oil until onion is softened and translucent, about 5 minutes.

Stir garlic into the onion mixture; cook and stir until fragrant, 2 to 3 minutes more.

Pour all the broth and the tomato sauce into pot. Simmer for about 10 minutes.

Stir carrots and potatoes through the broth. Simmer until carrots are tender, 10 to 15 minutes more.

Add the cabbage, corn, green beans and peas into the soup. Continue to simmer until tender, 5 to 10 minutes more. Season with salt and pepper.

### **Weight Watchers Garden Vegetable Soup**

Cooking spray  
6 carrots, peeled and sliced  
6 celery stalks, sliced  
1 large onion  
4 garlic cloves, minced  
Seasoned salt, garlic powder, onion powder to taste

2 large cans (48oz) chicken or vegetable broth  
½ head green cabbage cut into medium chunks  
1 small can (6oz) tomato paste  
1 tsp dried basil  
1 tsp dried oregano  
Onion flakes (several shakes)



1 large zucchini, sliced  
16oz bag frozen green beans

Spray a Dutch oven with cooking spray and heat on high. Add the carrots, celery, onion and garlic. Sprinkle with several generous shakes of seasoned salt, garlic powder, and onion powder then cook for about 5 minutes.

Add the broth, cabbage, tomato paste, basil, oregano, and onion flakes. Bring to a boil then cover and simmer for 10 minutes.

Add the zucchini and frozen green beans. Bring to a boil again, then simmer about 8 minutes or until the zucchini is soft.

Zero Weight Watchers points. Serve and enjoy!

### **Weight Watchers Asian Soup**

2 large cans (48oz) chicken or vegetable broth  
2 cups Bok Choy, chopped  
2 cups Napa cabbage, chopped  
¼ cup fresh ginger, thinly sliced and julienned  
1 pkg mushrooms, sliced  
1 bunch scallions, chopped  
8oz can of sliced water chestnuts, drained  
1 large red pepper, sliced  
4 garlic cloves, minced  
¼ tsp red pepper flakes

2 cups snow peas  
1 pkg fresh bean sprouts  
2 Tbs soy sauce  
½ cup fresh cilantro

Put all the ingredients through the red pepper flakes in a Dutch oven. Cover and bring to a boil. Let simmer for about 5 minutes.

Add the snow peas and bean sprouts. Cook for another 5 minutes, then stir in the soy sauce and cilantro. Serve and enjoy! -- Zero Weight Watchers points.

### **Weight Watchers Mexican Soup**

2 large cans (48oz) chicken or vegetable broth  
14 oz can of diced tomatoes, Mexican-style  
4 garlic cloves, minced  
1 large zucchini, sliced  
2 medium tomatillos, cubed  
½ medium poblano chili pepper, minced  
1 medium jalapeno, minced  
1 large red onion, chopped  
1 large green pepper, chopped  
½ tsp cumin  
1 tsp dried oregano  
Seasoned salt, garlic powder, onion powder to taste  
2 roasted red peppers packed in water, drained and chopped  
1 Tbs chipotle peppers in adobo sauce, finely mashed (careful, very hot!)  
16oz bag frozen green beans  
16oz bag frozen corn (optional)  
1 large (30oz) can dark red kidney beans, drained (optional)  
2 Tbs lime juice  
1 cup fresh cilantro, chopped



Put all the ingredients through the chipotle peppers in a Dutch oven. Cover and bring to a boil. Let simmer for about 10 minutes.

Add the green beans and (optional) corn and kidney beans, bring to a boil again and simmer for another 5 minutes.

Stir in the lime juice and cilantro then serve. --Zero Weight Watchers points, only if the corn and kidney beans are not used! But without them there's not too much substance to this soup. They really do make a big difference!

### **Asian Vegetable Soup with Beef and Rice**

3 Tbs vegetable oil	2 Tbs sesame oil
2 lbs lean stew meat cut into 1" cubes	¾ tsp cayenne pepper
3 large (48oz) cans beef or chicken broth	1 12 or 16oz box fresh mushrooms, sliced
½ cup soy sauce	1½ cups julienne carrots
3 Tbs brown sugar	1 bunch green onions, chopped
6 garlic cloves, minced	2 cans sliced water chestnuts
3 Tbs minced fresh ginger	1 head bok choy, chopped
2 tsp ginger powder	1¼ cups uncooked white rice

Heat the oil in a large saucepan and add the meat. Brown on all sides then drain the fat.

Add the broth, soy sauce, brown sugar, garlic, ginger, sesame oil and cayenne pepper. Bring to a boil, then reduce heat. Cover and simmer for 1 hour.

Stir in the mushrooms, carrots, green onions, water chestnuts, and bok choy. Bring back to a boil, then cover and simmer for 20 more minutes. Add the uncooked rice during the last 2 minutes. (Rice will still fluff after the heat is turned off).

### Beef Barley Soup

3 Tbs vegetable oil  
3 lbs extra lean stew meat cut into 1" cubes  
Seasoned salt, pepper, rosemary, basil, onion powder, garlic powder to taste  
3 large (48oz) cans beef broth  
1 C barley  
1 bay leaf  
4 carrots, chopped  
4 stalks celery, chopped  
1 onion, chopped  
1 (16 oz) package frozen peas  
1 (28 oz) can diced tomatoes

Heat the oil in a large saucepan and add the meat and spices.

Brown on all sides then drain the fat (if any). If the stew meat is extra lean, we found that there wasn't any fat.

Add the broth and bay leaf. Bring to a boil, then reduce heat.

Cover and simmer for 1 hour, adding the barley after 20 minutes.

When the hour is up add the carrots, celery, onion, peas, and diced tomatoes.

Bring back to a boil, reduce heat, and simmer 20 more minutes, or until vegetables are soft.

### Chicken Noodle Soup

Olive oil  
6 carrots  
6 celery stalks  
1 large onion  
2 garlic cloves  
Seasoned salt, garlic powder, onion powder, black pepper, basil, parsley  
3 large boxes (48oz) chicken broth  
1 bag egg noodles  
1 bag frozen peas  
Meat from one cooked Rotisserie Chicken, shredded. (we get ours from Market Basket)



Coat the bottom of a large pot with olive oil. Chop the carrots, celery, onion, and garlic.

Add the veggies and seasonings to the pot. Cook until veggies are slightly soft, about 5 mins,

Add the broth. Bring to a boil, then simmer for 5 minutes.

Add the egg noodles, peas, and chicken.

Bring back to a boil, then simmer until the egg noodles are done (about 7 minutes).

### Linda's Chicken Soup

1 small whole chicken. (Soak in salt water about one hour before making your soup. Wash well)

3 or 4 pieces of chicken liver. (You get one in the whole chicken. I buy a container of chicken livers and use what I need for my soup and save the rest for a chicken liver dinner or you can separate the container for other soups. They freeze well for several months)

1 large onion cut into quarters

4 to 5 large carrots

4 to 5 celery stalks

3 parsnips (looks just like a carrot but are white)

Salt and pepper

2 32 oz. containers of chicken stock or broth. (I prefer the stock)

1 C soup pasta (orzo or stars or alphabet pastas)

Boil the whole chicken, onion, and the livers in the 64 oz. of chicken stock for about a half hour. Remove the chicken and the livers and let cool completely.

While the chicken is cooking in the stock, clean your vegetables and slice into bite size pieces. Set aside.

Add the vegetables and salt and pepper to the soup after removing the chicken and the chicken livers. Throw in your soup pasta when your vegetables are at the al dente stage.

While your vegetables are cooking remove the meat off the chicken and dice. Throw that back into the soup.

Using a cup of the broth from the soup, mash the chicken livers in that broth and throw that back into the soup. Serve with grated cheese for topping.

### Chicken Corn Chowder

2 onions, diced

6 cloves garlic, minced

6 carrots, peeled and diced

4 stalks celery, diced



2-3 lbs boneless, skinless chicken thighs, cut into 1-inch chunks

4 red potatoes, diced

4 cups corn kernels, frozen, canned or roasted

4 cans creamed corn

12 cups (96oz) chicken broth

1½ tsp dried thyme

1½ tsp dried oregano

¼ tsp cayenne pepper

2 bay leaves

Seasoned salt, garlic powder, onion powder, and black pepper, to taste

1½ cups half and half

6 Tbs cornstarch

6 Tbs butter

Optional: 4 slices bacon, diced (or Bacon Bits), Chives

Coat the bottom of a large Dutch oven with olive oil. Add the onions, garlic, carrots and celery. Saute for about 5 mins, until vegetables start to soften. Add the chicken, potatoes, corn, broth, and all the seasonings. Bring to a boil, then simmer on low until the chicken is cooked and the potatoes are soft. (About 20 mins to ½ hour).

In a small bowl, whisk together half and half and cornstarch. Stir in half and half mixture and butter. Cook 5 more minutes, or until the butter melts. Serve immediately, topped with bacon and garnished with chives, if desired.

### Chicken Tortilla Soup

2 tablespoons olive oil  
1 large onion, diced  
1 green pepper  
1 large jalapeno pepper (about 4 to 5 inches long), diced very small (the seeds are where the heat is concentrated; include or discard them based on preference)  
4 garlic cloves, peeled and finely minced  
3 large (48oz) boxes chicken broth  
2 14.5oz cans diced tomatoes with juice  
2 15oz can black beans, drained and rinsed  
2 cups shredded cooked chicken (use storebought rotisserie chicken to save time)  
1 small bag frozen corn  
1 tablespoon lime juice  
1 tablespoon chili powder  
2 teaspoons cumin  
2 teaspoons salt, or to taste  
1 teaspoon black pepper  
1 teaspoon paprika  
1/4 teaspoon cayenne pepper  
1 small bunch cilantro leaves, finely minced  
Tortilla chips



In a large Dutch oven heat the olive oil. Add the onion, green pepper, jalapeno, and garlic. Sauté until the vegetables soften.

Add the chicken broth thru the cayenne pepper. Bring to a boil. Allow mixture to boil gently for about 5 to 7 minutes. Add the cilantro and boil 1 minute more.

Ladle soup into bowls, and crumble tortilla chips into the soup, like you would do with crackers.



## 🌀 Salads and Dressing 🌀



### Strawberry Spinach Salad

2 Pkgs. Fresh Washed Spinach (torn in bite size pieces)  
1-2 Pints Fresh Strawberries (sliced)

#### Dressing

½ C. Sugar	1 tsp. Poppy Seeds (optional)
1 ½ tsp. Minced Onions	½ C. Vegetable Oil
¼ C. Apple Cider Vinegar	



Mix dressing ingredients together in jar or zip lock. Toss right before it is served. Otherwise, it may get mushy!

### Garry's Potato Salad

5 lb bag of Idaho potatoes	Mayonnaise
1 dozen eggs	Spicy brown mustard
6 strips bacon	Seasoned salt, onion powder,
3 celery stalks	garlic powder to taste
Small bunch of scallions	Paprika, parsley

Boil the potatoes until soft but not mushy. Boil the eggs till hard boiled. When cool, peel the eggs. Cut the potatoes and eggs into large chunks.

Fry the bacon till crispy. Reserve about ½ cup bacon fat. Chop the celery and scallions into small pieces.

In a large bowl add the potatoes, eggs, bacon, bacon fat, celery, and scallions.

Mix in enough mayonnaise to thoroughly coat everything. Add about 3 squeezes of mustard. (About 1/3 cup). Add the seasonings. Mix everything thoroughly and refrigerate. Before serving garnish with paprika and parsley.

### Red Potato Salad with Dill

5 lb bag red potatoes  
3 celery stalks  
1 red onion  
2 cups Mayonnaise  
3 Tbs Dill  
2 tsp each: Seasoned Salt, Black Pepper, Onion Powder, Basil, Parsley

Cut the potatoes in quarters and boil them until soft, (about 15 minutes). Let cool, then cut the quarters into smaller bite size pieces. Chop the celery and red onion into tiny pieces. Mix the mayonnaise together with all the spices.

In a large bowl combine the potatoes, celery, and onion with the mayonnaise mixture. Mix until the potatoes are thoroughly coated. Refrigerate for several hours before serving.

### Potato Salad

6-8 medium sized potatoes cleaned. You can leave skins on if you choose.  
1 16 oz can fat free chicken broth  
1 large red onion chopped well  
5 boiled eggs peeled and chopped in large pieces  
2 cups mayonnaise  
1/4 cup milk  
2 tablespoons salt, pepper, onion powder  
3 pieces celery chopped well  
1/4 cup apple cider vinegar  
1 cup Spanish green olives, pitted and sliced in half-optional



Boil potatoes in chicken broth till you can slide a fork through. Don't cook the potatoes so they can be mashed. You want them a little stiffer than mashed. Drain fluid and set potatoes aside to cool down. About 20 minutes. Slice potatoes into big chunks

Mix the rest of the ingredients keeping the chopped eggs and sliced olives on the side still. Pour dressing over the chunks of potatoes and mix. Add eggs and olives and mix again. Set in fridge to cool and then serve

### Meryl's Orzo Pasta Salad

2 16 oz boxes Orzo pasta	1 box cherry tomatoes
1 large cucumber	2 large cans of sliced black olives
1 large green pepper	1 carafe of Good Seasons Italian dressing
8-10 scallions	1 small brick Feta cheese, crumbled

Seasoned salt, onion powder, garlic powder to taste

In a large dutch oven cook the Orzo pasta according to directions, drain water and let cool. Finely chop the cucumber, green pepper, and scallions into small pieces (about 1/4 inch pieces). Chop each cherry tomato in half.

Add the chopped vegetables and sliced olives to the cooled orzo pasta in the dutch oven. Coat thoroughly with the Good Seasons dressing, add the seasonings and refrigerate. Top with crumbled feta when serving.

### Meryl's Tricolor Pasta Salad

2 16oz boxes Tricolor pasta	1 small jar pimientos
1 large beef stick	2 large cans of sliced black olives
1 large brick cheddar cheese	1 can artichoke pieces
1 small jar roasted red peppers	Handful of capers
1 large can mushroom pieces	1 carafe of Good Seasons Italian dressing

Seasoned salt, onion powder, garlic powder to taste



In a large dutch oven cook the Tricolor pasta according to directions, drain water and let cool.

Chop the beef stick and cheddar brick into small cubes. Chop the roasted red peppers into small pieces. Drain the liquid from all the cans and jars.

Add the beef stick, cheese, and drained vegetables to the cooled tricolor pasta in the dutch oven. Coat thoroughly with the Good Seasons dressing, add the seasonings and refrigerate.

### Meryl's Wagon Wheel Pasta Salad

2 12oz boxes Wagon Wheel pasta  
2 large broccoli crowns divided into florets  
1 small bag frozen peas  
1 large red bell pepper  
1 handful of scallions or chives  
1 jar green olives  
1/2 jar Mayonnaise  
Seasoned salt, onion powder, garlic powder, black pepper to taste



In a large dutch oven cook the pasta for 8 minutes, then add the broccoli florets and frozen peas. Boil for 2 more minutes, until the broccoli and peas are just slightly soft. Drain the water and let cool.

Chop the red pepper, scallions, and olives into small pieces.

Add the red pepper, scallions, and olives to the cooled pasta-broccoli-peas in the dutch oven. Coat thoroughly with mayonnaise, add the seasonings and refrigerate.

### Linda's Tomato Salad

4 large ripe tomatoes cut into chunks  
1 medium purple onion sliced thin  
One small jar of artichoke hearts (optional)  
1/4 cup balsamic vinegar  
1/4 cup apple cider vinegar  
1/4 cup extra virgin olive oil  
1 tablespoon of basil  
1 tablespoon of Romano cheese  
1/2 teaspoon garlic  
1 tablespoon salt  
1/2 teaspoon pepper  
1 tablespoon onion powder  
Mix all ingredients and let sit in refrigerator for a good hour before serving

### Kathy's Tomato Mozzarella Salad

Serves six

8 plum tomatoes cut into chunks  
1/2 pound mozzarella cut into chunks  
1 can black olives drained well  
1 10 oz package fresh mushrooms, wash slice and sauté' lightly in 3 tablespoons olive oil.  
Season to taste with onion powder, salt, pepper and garlic powder. Let cool



Mix all together in bowl. Add a Very light sprinkle of Italian dressing.  
Optional: 1 jar marinated artichokes, drained

## Tomato Salad with Croutons

### Croutons:

One loaf of chabiatta bread

1/3 cup olive oil

Take the loaf of chabiatta bread, slice it in half and then strips. Cut each strip about an inch big. Pour the olive oil over the cubed bread making sure all is coated with the oil. (You may have to add a little more oil).

Sprinkle the coated cubed bread with salt, pepper, onion powder, garlic powder and any other spices you might like. Maybe a little basil too.

Spread the croutons onto a cookie sheet and bake at 350 degrees for 30 minutes. The croutons should be a nice golden color. Set them aside to cool.

### Salad:

4 or 5 medium tomatoes

1 small onion, sliced thin

2 cucumbers

Handful of fresh basil leaves



Remove all seeds from the tomatoes, then dice the tomatoes. Put them aside in a bowl.

Take the tomato hearts with the seeds and put them in a strainer over a bowl.

Sprinkle about a teaspoon of salt over the tomato hearts. The juices will drip into the bowl. Save for later.

Slice the fresh basil into strips and set aside.

In another separate bowl take the cucumbers and remove all the seeds using a grapefruit spoon. Slice the cucumber into small pieces and set aside.

### Dressing:

Take the drippings from the tomato hearts and add:

1/2 cup extra virgin olive oil

1/3 cup red wine vinegar

Salt and pepper to taste



20 minutes before serving, pour the dressing over the croutons and mix well. After 20 minutes pass, mix the tomatoes, cucumbers and onion together. Top with the fresh basil. Give a toss or two and serve immediately.

## Green Bean Salad

1 lb. green beans

1 red pepper

1 onion, chopped

1 Tbsp. vinegar

fresh ground pepper

1 yellow pepper

1 garlic clove, minced

1/4 cup fresh parsley, chopped

1 tsp. dry mustard

juice of one lemon

### Directions:

Cut green beans into 1-inch slices. Seed and chop peppers, steam green beans for 8-10 min.

Drain and combine with red and yellow peppers, onion, garlic and parsley. Combine

Lemon juice, vinegar and mustard. Toss over beans. Add pepper to taste. Serve warm or cold.

### Italian Green Bean Salad

2 cups green beans, cooked and drained	1/4 tsp. dried oregano
1 4oz can mushroom pieces, drained	1/4 tsp. dried basil
1/2 cup tomato sauce	1/8 tsp. garlic powder
2 Tbsp. light Italian dressing (6 calories per Tbsp.)	

#### Directions:

Combine all ingredients in a bowl. Cover and chill several hours or overnight. Serve cold or hot.

# Servings: 4

### Spinach Pesto Tortellini Salad

1 bag of spinach-washed & dried	Salt & Pepper to taste
1 bag of tortellini-(Tri-Colored work the best for presentation)	1 pinch Italian Seasoning
1 Package of Knorr's Pesto Sauce	1 pinch Oregano
	1 c parmesan cheese(I like Parm Plus "Garlic & Herb")

#### Directions:

Wash and dry spinach. Chop spinach fine and add 1/2 to bowl on bottom. Prepare tortellini & Pesto as instructed on the package. Make sure the tortellini and sauce have cooled for approximately 5 min. before adding to the bowl. Add torts, then sauce, then the rest of the ingredients and the rest of the spinach. Mix thoroughly. Chill for several hours before serving. I sometimes add fresh shredded mozzarella on top of the salad to add some extra flavor.

# Servings: serves 8-10

### Tropical Ambrosia Salad

1 cup canned pineapple chunks (unsweet), drained	1/4 tsp. coconut extract
1 cup canned mandarin oranges (unsweet), drained	2 tsp. shredded coconut (unsweet)
1 cup plain low fat yogurt	1 tsp. vanilla extract
	Sweetener equal to 5 tsp. sugar



Combine all ingredients and toss to mix well. Chill to blend flavors.

# Servings: 4

### Asparagus Artichoke Salad

1 bunch grilled (or lightly steamed) asparagus  
1 box cherry tomatos  
1 can black olives  
2 cans artichokes, drained  
1 red onion, thinly sliced  
1 small brick of cheddar cheese, cubed  
Good seasons dressing

Grill or steam the asparagus then cut into small pieces  
Mix all ingredients together

### Couscous Salad with Roasted Vegetables

- 1 small eggplant, chopped
- 2 small zucchinis, chopped
- 2 small yellow squashes, chopped
- 1 red pepper, chopped, seeds removed
- 1 green pepper, chopped, seeds removed
- 4 Portobello mushrooms, chopped
- 1 small red onion, chopped
- 3 cloves garlic
- 2 tablespoons olive oil
- Salt and pepper
- 3 cups water
- Pinch of salt
- 1 1/2 cups dry Red Hill Whole Wheat Pearl Couscous (aka Israeli Couscous)
- 1/4 cup chopped basil
- 1/3 cup feta cheese



#### For the Balsamic Dressing:

- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 1/2 cup olive oil
- Salt and freshly ground pepper

Roast the vegetables: Preheat the oven to 400°. Place the eggplant, zucchini, yellow squash, peppers, mushrooms, onion and garlic on a large baking sheet. Drizzle vegetables with olive oil and gently toss. Season with salt and pepper. Place the pan in the oven and roast for about 30-35 minutes, stirring vegetables occasionally. Remove vegetables from the oven and set aside.

In a medium saucepan, bring three cups of water to a boil. Add a generous pinch of salt, stir in the Israeli couscous. Reduce heat to a simmer. Simmer until couscous is just tender, with a slight bite, about 10 to 13 minutes. Drain into a fine mesh strainer and rinse with cold water. Set aside.

In a large bowl, combine couscous and roasted vegetables. Stir in the basil and feta cheese.

Make the dressing: In a small bowl, combine the vinegar, mustard, and garlic. Add the oil in a slow steady stream, whisking constantly. Season with salt and pepper to taste. Pour dressing over couscous and vegetables and stir until well combined. Serve at room temperature or chilled.

### Pasta Salad with Tomato, Feta, Corn and Basil

- |                             |                                |
|-----------------------------|--------------------------------|
| 1 lb Penne                  | 1 small bag frozen corn        |
| 1 Tbs Olive oil             | 1 box grape tomatoes, halved   |
| 1 C fresh basil leaves      | 1 green pepper, finely chopped |
| 6 scallions, finely chopped | Feta cheese, crumbled          |

#### Dressing

- 3 Tbs fresh lemon juice
- 1 Tbs red wine vinegar
- 2 minced garlic cloves
- 1/3 C olive oil
- 1/2 tsp salt

Cook pasta according to directions. 3 mins before done, add the corn. Drain the pasta and corn, then toss with the remaining ingredients. Make the dressing by combining all ingredients. Add to the pasta and mix well.

### Savoy Cabbage Salad

1¼ pounds savoy cabbage (about 1/2 medium head), cored and thinly shredded (about 9 cups, lightly packed)

¼ cup extra-virgin olive oil, plus extra, if desired

¼ lb thinly sliced prosciutto or speck, cut into 1/2-inch strips (about 1 1/2 cups)

1 medium onion, finely chopped

Salt and pepper

1½ teaspoons pressed or grated garlic (about 2 medium cloves)

¼ cup red wine vinegar

1/3 cup snipped fresh chives



Place the cabbage in a large bowl and set aside.

In a medium skillet over medium heat, heat 2 tablespoons of the oil until shimmering.

Add the prosciutto and cook, stirring frequently, until very crisp, about 7 minutes.

With a slotted spoon, transfer the meat to paper towels to drain, leaving as much fat as possible in the skillet.

Return the skillet to medium heat, add the onion and 1/2 teaspoon salt, and cook, stirring, until softened, about 4 minutes.

Add the garlic and cook, stirring, until fragrant, about 40 seconds.

Add the onion mixture, remaining 2 tablespoons olive oil, 1/4 teaspoon salt, and pepper to taste to the cabbage and toss to combine.

Return the skillet to medium-high heat, add the vinegar, and bring to a strong simmer. Cook, scraping the bottom of the pot to loosen and dissolve the food, until reduced by about a quarter, about 1 1/2 minutes.

Pour the warm dressing over cabbage mixture and toss to combine. Add most of the prosciutto and chives and toss to combine. Adjust the seasoning with salt, pepper and/or olive oil if necessary. Sprinkle with the remaining prosciutto and chives, and serve at once.

### Lidia's Calamari Salad

3 fresh bay leaves

The whole peel and juice of 1 lemon

1½ lbs calamari bodies and tentacles, cleaned, and bodies cut in ½ inch rings

1 cup pitted green olives, cut in slivers

4 inner stalks celery, with leaves sliced thin on the bias

1 cup roasted red bell pepper strips

½ tsp kosher salt

¼ tsp dry oregano

¼ tsp pepperoncino flakes, or to taste

3 Tbs extra virgin olive oil

2 Tbs chopped fresh Italian parsley



Pour 2 inches of water into a large Dutch oven and bring to a boil. Add the bay leaves and lemon peel, and continue to boil for a few minutes, until they release their aromas.

Set a colander or steamer over (but not touching) the water. Slip the calamari rings and tentacles into the colander or steamer, adjust the heat so the water is simmering, and cover. Cook until the calamari is just cooked through and has gone from opaque to translucent, about 6 to 7 minutes.

Combine the olives, celery, roasted pepper, salt, oregano, pepperoncino, and lemon juice in a large bowl. When the calamari is done, add it to the bowl, drizzle with the olive oil, and toss.

Sprinkle in the parsley, toss again, and serve warm or at room temperature.

### **Lime Shrimp and Avocado Salad**

1 lb. jumbo cooked shrimp, peeled and deveined and chopped in chunks  
1 medium tomato diced  
1 avocado, diced  
1 jalapeno, seeds removed, and diced  
1/4 C chopped red onion  
Juice of 2 hearty limes  
1 tablespoon chopped cilantro  
1 teaspoon extra virgin olive oil  
Salt and pepper to taste  
(Optional) teaspoon of cumin



In a small bowl combine, red onion, lime juice, olive oil and salt and pepper. Let onions marinate in the dressing a good 10 minutes to calm the strong flavor of the onion.

In a large bowl combine the rest of the ingredients. Top with the dressing and toss gently. Adjust the salt and pepper to taste. Serve in Martini glasses or any V shaped cocktail glass.

### **Mexican Chicken Salad**

1 head romaine lettuce, shredded  
2-3 tomatoes, diced  
1 large red pepper, diced  
1/2 red onion, diced  
2 C cubed cooked chicken  
15oz can dark red kidney beans, rinsed and drained  
15oz can corn, drained  
1 can black olives, sliced  
2 C tortilla chips, crushed  
1 C shredded cheddar cheese  
1 C ranch dressing

Mix all the vegetables and chicken together in a large bowl.

Right before serving add the tortilla chips, cheese, and ranch dressing.

### **Cheesy Herb Dressing**

1/4 cup + 2 Tbsp. + 2 tsp. reduced calorie mayonnaise	1 1/2 tsp. lemon juice
1 Tbsp. dried parsley flakes	1/16 tsp. garlic powder
1 Tbsp. grated Parmesan Cheese	1/4 tsp. dried basil

Directions:

Combine all ingredients and mix well. Chill several hours to blend flavors.

# Servings: 5 - 2 Tbsp. servings



### **Greek Salad Dressing**

Juice of one lemon  
2/3 C. extra virgin olive oil  
Salt and pepper to taste  
1 tsp oregano  
1 tsp basil

Mix well



### **Dijon Dressing**

1 Tbsp. + 1 tsp. vegetable oil  
1 Tbsp. + 1 tsp. wine vinegar  
1/8 tsp. garlic powder  
2 tsp. Dijon Mustard

#### **Directions:**

Combine all ingredients into a small jar and shake to blend.

# Servings: 2 - 1 1/2 Tbsp. servings

### **Blue Cheese Dressing/Dip**

1 packet Good Seasons Italian Dressing mix	2 tablespoons water
2 tablespoons red wine vinegar	3 Tbs Danish blue cheese crumbles
2 tablespoons balsamic vinegar	1/2 cup candied sliced pecans (Add before serving)
1/3 cup vegetable oil	

In a small bowl combine the Good Seasons Italian dressing mix, red wine vinegar, balsamic vinegar, vegetable oil, and water. Use an immersion blender to blend well.  
Add the blue cheese crumbles and pulse once or twice.

### **Vinaigrette**

1/4 cup olive oil  
1/4 cup tarragon vinegar  
1 teaspoon Dijon mustard  
salt and pepper to taste

Whisk together all the ingredients or shake in a covered jar. The vinaigrette will keep, covered, in the refrigerator for at least a week. # Servings: Makes 1 cup

### **French Tomato Dressing**

1/2 cup tomato juice	1 tsp. Dijon Mustard
1/4 cup vegetable oil	1/2 tsp. Worcestershire sauce
2 TBS's red wine vinegar	1/2 tsp. dried oregano
1/2 tsp. salt	1/4 tsp. dried basil
1/4 tsp. pepper	Sweetener equal to 1 tsp. sugar

Combine all ingredients into small jar and shake well. Chill to blend flavors.

# Servings: 6 - 2 1/2 Tbsp. Servings

### **French Dressing**

1 cup ketchup  
1/2 cup mayonnaise  
Salt  
Pepper  
1 tbsp fresh lemon juice

Mix all ingredients. Makes 6 servings.

### **Russian Dressing**

1 cup ketchup  
1/2 mayonnaise  
1 tbsp fresh lemon juice  
Salt  
Pepper  
1/2 cup sweet pickle relish

Mix all ingredients. Makes 6 servings.

### **Italian Dressing**

1 cup olive oil  
1/4 cup balsamic vinegar  
1/4 cup apple cider vinegar  
1/4 cup romano grated cheese  
1 tbsp garlic powder  
1 tbsp onion powder  
1 tbsp basil  
1 tbsp oregano  
Salt  
Pepper

Mix all ingredients. Makes 6 servings.

### **Cheryl Marini's Marinade for Shrimp**

1 lb extra large raw shrimp ( 26 - 30 count)  
1/2 c. extra virgin olive oil  
Juice of 3 limes  
Juice of one orange  
2 cloves of garlic (pressed)  
1/4 tsp onion powder  
1/4 tsp dry basil



Mix all ingredients. Place devined and peeled shrimp in a circle in a pie dish. Pour marinade over shrimp. Let marinate in refridgator several hours. (Save some of the marinade for basting the shrimp as they cook)

On large cookie sheet with a lip, Bake at 350 degrees till shrimp is orange in color. about 15/20 minutes. Serve immediately with short skewers or large tooth picks.

## 🌀 Breads 🌀



### Linda's Sausage Bread

1 pizza dough (found in frozen dept) Defrosted over night in fridge  
5-6 Italian cheese sausage links  
1 large green pepper cleaned and sliced  
1 medium onion sliced thinly  
1 cup mozzarella  
1/4 cup Romano cheese  
1/4 cup extra virgin olive oil  
1 egg beaten

Sauté peppers and onions in olive oil. Let excess oil drain on paper towel.

In same frying pan fry sausage links and make sure you remove the casing. Drain excess oil.

Roll pizza dough on lightly floured surface into a triangle shape. Top pizza dough with onions, peppers, fried sausage, mozzarella, and Romano Cheese. If you choose you can sprinkle some salt and pepper on top.

Roll Pizza dough starting with the point of the triangle till all rolled. Take the two ends and wrap towards middle or the rolled dough pinching the ends so they stay put.

Put sausage bread on well-greased tray. Make sure the bottom of the dough is the side you pinched the ends towards. That will be the thickest part of the bread facing down.

Brush egg all over the dough and bake at 350 about 40 minutes.

Let cool a good 15 minutes before serving. (Can be served with tomato sauce for dipping)

### Focaccia

1 pound pizza dough (you can buy the dough from a local pizza joint - I use Bertucci's - or make your own)

Olive oil

Fresh grated Parmesan cheese

Assorted fresh herbs (basil, rosemary, thyme, oregano) snipped

Coarse salt

Slivered garlic

This recipe is best if baked on a pizza stone. Put the stone in the oven and preheat for at least 1/2 an hour at 500 (or as hot as it will get without being on broil).

Pat the dough into a round about 1/2-inch thick and let rise a little bit. Brush with olive oil; strew with garlic, chopped herbs, a light sprinkling of salt, a grind or two of pepper and some freshly grated Parmesan cheese.

Slide onto the stone, reduce heat to 450 and bake for 10 minutes or so - watch carefully or you'll get very tasty crackers! Cut into wedges with a pizza cutter and serve immediately.

### Focaccia 2

Olive oil

4 cups flour

2 tsp salt

2 tsp yeast

2 cups lukewarm water



Stir to combine dough in a bowl. Sprinkle with olive oil, using your hands distribute the oil all over the dough.

Cover bowl with plastic wrap and set in the refrigerator 18-48 hours.

Remove the bowl from the fridge and with oiled hands release the dough from the sides of the bowl.

Shape into a rough ball. Transfer the dough to an oiled pan and turn to coat.

Let stand for 2-4 hours then drizzle with 2 tablespoons of olive oil. Using all 10 fingers dimple the dough.

Sprinkle the surface with sea salt and rosemary.

Transfer to a 425 degree oven and bake 25-30 minutes. Let cool for 1-15 minutes and slice and serve.

*Note: Instead of salt and rosemary, you can also make a breakfast focaccia by adding mixed sugar and cinnamon with raisins and walnuts on top before baking.*

### Best Moist Cornbread Muffins

2 cups flour  
1 cup cornmeal  
1 cup sugar  
1½ tablespoons baking powder  
1 teaspoon salt  
½ cup (8 tablespoons) butter, melted  
½ cup oil  
1¼ cups milk  
3 large eggs  
Honey and extra butter for serving, optional



Preheat oven to 350 degrees and grease a muffin tin.

In a large bowl whisk together flour, cornmeal, sugar, baking powder, and salt.

In a medium bowl mix together butter, oil, milk, and eggs.

Add wet ingredients to dry ingredients and mix until just combined.

Fill muffin tin cavities 1/2 - 2/3 full. Bake for 11-13 minutes until golden and a toothpick inserted in the middle comes out clean or with only a few crumbs (no wet batter). If not done at 13 minutes, bake an additional 3-5 minutes till golden and tooth pick comes up clean.

Allow to cool for about 5 minutes before gently removing muffins from tin.

### Honey Butter

8 tablespoons butter, at room temperature  
1 tablespoon honey

Use an electric hand mixer to whip honey and butter together for 2 minutes until light and creamy. Serve with warm corn muffins.

### Cornbread

Recipe serving size: a whole pan!

3/4 cup cornmeal	1 3/4 cup all purpose flour
1 1/4 cup granulated sugar	1/2 cup vegetable oil
1 1/2 teaspoon salt	1 cup milk
1 tablespoon baking powder	2 eggs

1. Blend flour, cornmeal, salt, baking powder and sugar in a mixing bowl
2. In a separate bowl, blend milk, eggs, and oil with a hand held mixer on low till all blended
3. Using that same mixer, slowly add the blended liquid to the dry ingredients mixing just enough to incorporate the wet and dry ingredients.
- 4 Spray a 9 by 13 inch cake pan with non-stick food spray and pour the batter into the pan, spreading evenly.
5. Bake in preheated oven at 375 degrees for 20-25 minutes or until bread is golden brown.
6. Allow to cool then cut, eat, sing, throw your hands in the air like you just don't care or just eat. (Your call)

### Banana Bread

1/2 cup nuts	1/2 cup Butter
1 tsp. baking powder	3 large very ripe bananas
2 cups flour	1/3 cup milk
1 cup sugar	1 tsp. lemon juice
1/2 tsp. salt	2 eggs



**Directions:** Set oven to 350 degrees, makes 2 loaves.

I also added a little brown sugar about 1/4 cup and about a tsp. of cinnamon.  
Was even better with them, you can experiment too;-)

Mix all in one bowl and pour into 2 sprayed pans  
Bake for 40 minutes to an hour (ovens differ) flip out of pan  
Almost immediately and cool. Bread is done if knife comes out clean.  
**# Servings:** makes 2 loaves

### Banana Bread 2

1/2 cup Butter or margarine	1 1/2 tsp Milk
1 C sugar	1 1/2 tsp. Baking powder
2 Eggs	1/4 tsp Salt
3-5 Bananas (overripe)	1/2 tsp Baking soda
2C flour	1/2 tsp Lemon
Dash Cinnamon	1C Chopped walnuts

**Directions:** Preheat oven to 350 degrees.

Grease and flour 1 loaf pan.

Mash bananas (use 3 big ones, 4 medium ones, or 5 little ones); try to get nice, overripe, brown ones.

Mix lemon with milk to sour it.

Combine all ingredients (mix thoroughly).

Bake for 60-70 minutes (until toothpick inserted in center comes out clean). **# Servings:** 1 loaf

### Popovers



1 cup all purpose flour

1/4 tsp. salt

1 cup whole milk

2 extra large eggs

1-tablespoon butter melted plus additional melted butter to grease cup-cake pan

1- Adjust oven rack to lowest position and preheat oven to 450. Place empty muffin pans in oven to heat while mixing batter.

2- Wisk flour & salt together in medium bowl. In separate bowl mix eggs, butter and milk. Combine wet ingredients with dry ingredients and mixes till batter is smooth.

3- Remove muffin pans from oven and grease with pastry brush including the rim.

4-Fill each cup half full with batter. Bake without opening door 20 minutes. Lower heat to 350 and continue to bake until popovers are rich brown in color. 15-20 minutes.

(Popovers can be frozen in air tight plastic bag and warmed at 325 degrees, about 5-10 minutes

### Sandee's Cheesey Bread (Scallion and Cheddar Supper Bread)

3 cups biscuit mix (I used Bisquick)

1 cup milk

2 large eggs

2 cups shredded sharp cheddar cheese

8 scallions, chopped (both white and green parts)

1/2 tsp ground black pepper

2 tbsps olive oil

Preheat oven to 400 degrees. Lightly mist a 9x9 cake pan with cooking spray. Mix biscuit mix and eggs in a large mixing bowl to just combined. Add the cheese, scallions, and pepper and stir untill all ingredients are incorporated. Scrape dough into pan and spread out evenly. Drizzel olive oil over the top. Bake bread until it is golden brown and springs back when lightly pressed with finger, about 18 - 25 minutes, depending on your oven.

Variations:

- Shallotts instead of or with scallions
- Pinch of cayenne pepper for heat

## Sandee's Corn Bread

### Ingredients

2/3 cup yellow cornmeal  
1/3 cup all-purpose flour  
1 teaspoon baking powder  
3/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 cup finely chopped onion  
1/3 cup milk  
2 large eggs, lightly beaten  
2 tablespoons unsalted butter, melted  
1 can whole kernel corn



### Directions

Preheat oven to 450. Lightly grease a 24-cup muffin pan, or spray with non-stick cooking spray.

In a medium bowl, combine cornmeal, flour, baking powder, salt and pepper.

In a separate bowl, mix together the onion, milk, eggs, corn and butter.

Fold wet mixture into dry mixture until dry mixture is just moistened.

Spoon a heaping tablespoonful of batter into each muffin tin and bake for 10 minutes, or until the hush puppies are firm to the touch and golden brown around the edges.

These taste best warm from the oven. They do have a tendency to dry out the next day, so store in an airtight container.



### Japanese Style White Bread

1/4 cup warm water (110 degrees)  
1 1/2 teaspoons active dry yeast  
1 1/2 teaspoons plus 1 tablespoon sugar  
3 1/4 to 3 1/2 cups bread flour, plus more for work surface  
1 1/2 teaspoons coarse salt  
1 cup warm milk (110 degrees)  
1 large egg, lightly beaten  
4 Tbs (1/2 stick) unsalted butter, room temperature, plus more for bowls, pans, and brushing  
Nonstick cooking spray

Place warm water in a small bowl. Sprinkle over yeast and 1 1/2 teaspoons sugar and whisk to combine. Let stand until creamy, about 5 minutes.

Whisk together 3 1/4 cups flour, salt, and remaining tablespoon sugar in bowl of a standing mixer. Attach dough hook, and mix on low speed adding yeast mixture, milk, and egg. Increase speed to medium and mix until dough comes together, scraping down sides of bowl as necessary. If dough does not come together, add more flour, 1 tablespoon at a time, up to 1/4 cup.

Continue kneading for 10 minutes. Add butter and mix until incorporated and dough is smooth, 5 to 8 minutes. (Dough may come apart before coming back together.)

Meanwhile, butter a large bowl. Turn dough onto a lightly floured work surface and shape it into a ball. Transfer dough to the prepared bowl, turning dough to coat. Cover lightly with plastic wrap sprayed with cooking spray and let stand in a warm place until doubled in bulk, 45 to 60 minutes.

Place dough, top-side down, on lightly floured work surface to deflate. Shape dough into a ball and return to the buttered bowl. Cover lightly with plastic wrap sprayed with cooking spray, and let stand in a warm place until doubled in bulk, 45 to 60 minutes.

Butter a 4 1/2-inch-by-8 1/2-inch loaf pan. Place dough, top-side down, on lightly floured work surface to deflate. Pat dough into a 7-inch square using your hands. Fold bottom edge two thirds of the way up, and fold again so that the top edge meets the bottom edge as you would a business letter. Pat dough a second time into a 7-inch square. Roll dough to form a tight log and pinch to seal. Pat the ends just enough to fit into the pan, and place the dough seam side down into the prepared pan.

Cover with plastic wrap sprayed with cooking spray. Let stand in a warm place until dough has risen about 3 inches beyond the top of the pan and leaves an indentation when gently pressed with a fingertip, 60 to 75 minutes.

Preheat oven to 425 degrees (or 400 degrees for a convection oven) with rack set in the center.

Remove plastic wrap, and spritz surface of dough lightly with water. Transfer to oven and bake for 15 minutes. Reduce oven temperature to 375 degrees (or 350 degrees for a convection oven) and continue to bake until deep golden-brown and an instant-read thermometer registers 190 degrees when inserted into the center of the loaf, about 25 minutes more. If browning too quickly, tent lightly with foil.

Transfer to a wire rack to cool slightly; turn out loaf. Brush top with butter to coat and let cool almost completely before slicing.

### Corinne's Rolls

5 cups flour  
1 tsp salt  
½ cup butter  
½ cup sugar  
1 cup milk  
3 eggs  
1 pkg yeast  
1 Tbs sugar  
¼ C warm water



Mix the flour and salt but don't sift.

Melt the butter in a heavy Dutch oven. Add sugar. Add milk and scald but don't boil. Set aside to cool. Add eggs to milk mixture when it has cooled off. Beat with a hand beater to mix in.

Mix together the yeast, sugar, and warm water. Let stand for 15 minutes.

Add half the flour to the liquid in the Dutch oven. Then add the yeast. Add the rest of the flour; mix well and put in large greased bowl. The mixture should pull away from the pan. Cover with a towel, and let double in bulk (takes about 2 hours in a warm place).

Punch down dough and separate into two sections. Roll each one out on a floured surface. Turn over a few times to knead and then roll out like pie. Cut into wedges. (I use a pizza wheel). Roll up from large to small end. Place on greased cookie sheets, cover with towels, and let rise double.

Brush tops with milk or beaten egg and sprinkle with sesame or poppy seeds or leave plain. Bake at 375 for about 10 to 15 minutes or until rolls are golden brown. (I put parchment paper on the cookie sheets so the bottoms won't overbrown, and switch sheets from top to bottom shelves halfway through cooking time). Yummy!

### Uncle Danny's Italian Bread

3½ cups King Arthur bread flour plus extra for kneading (I started with 3 c.)  
2½ envelopes (1/4 oz. each) dry yeast (I use rapid-rise to save time)  
2 tsp. salt  
1½ cups warm water (115 - 120 degrees)  
1 egg (for egg wash)  
Sesame seeds (optional)



2 tbs. Olive oil (only if making pizza dough)

Mix 3 cups of flour with the yeast and salt in the bowl of a mixer with the dough hook attached. Add the warm water (and olive oil if making pizza dough) and mix, adding additional flour as needed until the dough clings to the hook and is not too sticky to knead.

Flour your work surface and knead the dough using the heel of your hand until the dough is moist but not sticky, adding as little additional flour as possible.

Place dough in a bowl sprinkled with a little flour, cover with plastic wrap and a kitchen towel (or just leave dough on work surface and place bowl upside down over it), and let rise for about 30 minutes (with rapid-rise...will take much longer with regular yeast) until doubled. Put dough back on floured work surface and knead briefly, return to bowl and let rise again. Turn it out on work surface, knead briefly and shape into 1 large loaf or 2 smaller ones.

Preheat oven to 400 degrees and place a small pan of water on a lower rack and pushed to one side of the oven. Fill a spray bottle with warm water.

Lightly sprinkle a baking tray with cornmeal or semolina and place the loaf or loaves on the tray. Lightly cover and let rise again for 30 minutes. Whisk an egg with 1 tbs. water and brush entire surface of bread with the egg wash. Sprinkle with sesame seeds (if desired). Using a very sharp knife or a razor blade, make 3 diagonal slashes in the top of each loaf, about ¼" deep or 1 long slash down the loaf slightly to one side of center and ending about 2" from each end.

Place the tray on the middle rack (and to the side opposite the pan of water) and quickly spray the oven with water. Bake 28 minutes, and spray oven every 4 minute bake, - (total sprays are 6).

On the last spray, turn the tray around and remove the pan of water (be very careful...it's really hot). Bake for about 8 more minutes...the bread should be a deep golden brown and crusty. Remove bread to a rack and let cool (if you can, before slathering with butter and devouring!!!).

#### **Notes:**

I use rapid-rise yeast...so the entire process takes about 1½ - 2 hours. Regular yeast takes MUCH longer to rise, so allow for this if time is an issue.

The oven spray step is very important for a good crust. Keeping the crust moist during the initial baking time allows the bread to continue to rise before crusting over.

Oven temps vary, so you may need to adjust your baking time or temperature. I baked my bread about 23 minutes.

If making pizza dough – this makes one large Sicilian pie or 2 thin crust pies...don't forget to add the olive oil with the water when mixing. Of course there is no egg wash or seeds and you shape the pie at the point you would shape the loaf. Only do the third rise if making Sicilian...not necessary for thin crust pizza.

## Easter Bread

### **For the Dough:**

8 cups (1134 grams) all-purpose flour  
1½ cups (360 ml) whole milk  
½ cup (99 grams) granulated sugar  
2 oranges, zested & juiced  
4½ teaspoons (2 envelopes) active dry yeast  
1 cup (227 grams) margarine, melted  
8 eggs  
1 teaspoon salt  
½ teaspoon anise oil  
2 tablespoons unsalted butter, melted (for brushing)



### **For the Glaze:**

2 cups (227 grams) powdered sugar  
¼ cup (60 ml) whole milk  
Sprinkles, if desired

### **Directions:**

**Make the Dough:** Place the flour in a large mixing bowl; set aside.

Heat the milk in a small saucepan over low heat, stirring occasionally, until it is warm to the touch, but not hot. If you have an instant-read thermometer, the temperature of the milk should be between 110 and 115 degrees F.

While the milk is warming, place the sugar in a small bowl and add the orange zest. With your fingertips, rub the zest into the sugar until it is completely incorporated and the sugar is moistened.

Once the milk reaches the correct temperature, stir in the sugar and zest mixture, stirring to dissolve the sugar. Add the yeast, stir, and let sit for 10 minutes.

Add the milk and yeast mixture to the flour and begin to mix it into a dough (it will be shaggy at this point).

Next, add the melted margarine and continue to mix. Then, add the orange juice to the dough and mix to combine.

In a small bowl, use a fork to lightly beat together the eggs, salt, and anise oil. Add to the dough and continue mixing.

At this point, you may need to add more flour to the dough, depending on how much juice you get out of your oranges. (I added quite a bit more to get the dough to come together.) Once you have a sticky ball of dough formed, turn it out onto a floured surface and knead for about 5 minutes, adding a small amount of flour at a time as needed, or until the dough is soft and elastic. It will remain slightly tacky.

Place the dough in an oiled bowl, turning to coat, and cover the bowl loosely with plastic wrap. Place in a draft-free area and allow to rise until doubled in volume, about 1 hour. Meanwhile, line two baking sheets with parchment paper and set aside.

**Shape the Bread:** Turn the dough out onto a clean surface and divide in two. Divide each half into two (you will have four pieces of dough). We will work with one pair, and then the other. Roll two pieces of dough into 24-inch long ropes. Loosely twist the ropes together. Transfer the braided rope to one of the prepared baking sheets and bring the ends together to form a ring, twisting and pinching the ends together to seal. Repeat with the remaining two pieces of dough so that you have two circular, braided loaves. Brush the tops of each with the melted butter, loosely cover with plastic wrap, and let rise until nearly doubled in size, about 45 minutes to 1 hour.

While the dough is rising, preheat the oven to 350 degrees F. Bake one at a time (unless you have the oven capacity to correctly bake both at the same time) until golden brown on top, 30 to 40 minutes. Remove from the oven and transfer to a cooling rack to cool completely.

**Glaze the Bread:** Once the breads are cooled to room temperature, you can glaze them (if you desire). In a small bowl, whisk together the powdered sugar and the milk until smooth. Use a pastry brush to brush the glaze onto the top and sides of the bread, and decorate with sprinkles. The bread is best served at room temperature. If you have leftovers, wrap well in plastic wrap and store at room temperature for up to 3 days.

#### **Recipe Notes:**

While I mix this by hand, you could certainly use a stand mixer fitted with a dough hook instead.

This recipe can easily be scaled up or down as needed.

If you can only find anise extract, substitute 2 teaspoons, as it is not as strong as anise oil.

## Italian Easter Bread

*This bread bakes up incredibly soft and slightly sweet. It's perfect for Easter morning!*  
*Servings: 6 individual loaves*

### Ingredients

1 package 2 1/4 teaspoons rapid rise instant yeast  
1 1/4 cup milk  
1/4 teaspoon of salt  
1/3 cup unsalted butter  
2 large eggs, beaten  
1/2 cup granulated sugar  
4 cups all-purpose flour (more as needed for dusting and kneading)  
Vegetable cooking spray or vegetable oil for greasing proofing bowl  
1 large egg, beaten with 1 teaspoon of water  
6 dyed Easter eggs they do not need to be boiled, they will cook as the bread bakes  
Colored sprinkles



### Instructions

In a small saucepan, add the milk and butter to the pan. Heat the milk to 120 to 130°F, stirring the milk until the butter melts. Do not allow the milk to go above 130°F.

In a large mixing bowl, combine the yeast, salt, eggs, and sugar. Add the warmed milk and butter mixture. Add 2 cups of the flour to the mixing bowl. Attach a dough hook to the mixer and combine until smooth on medium speed, for about 2 minutes. Scrape side of the bowl with a spatula as needed.

Slowly add the remaining 2 cups of flour to the mixing bowl, kneading the dough on medium-low speed, scraping the sides as needed. Knead until smooth and the dough is stiff, no longer sticky, about 14 minutes. Shape dough into a ball and place into a lightly greased bowl (vegetable cooking spray or oil). Cover the bowl with plastic wrap, and let rise for an hour in a warm place until the dough doubles in size.

Punch the dough down, and then divide into 12 pieces. Roll each piece to form a 1-inch rope, about 14 inches long. Taking 2 pieces, twist the pieces to create a braid shape, pinching the ends together and loop into a circle.

Place the shaped dough on a parchment-lined baking sheet (3 per sheet), spacing the braided dough, so that it has enough room to rise. Loosely cover the baking sheet with plastic wrap and allow to rise for 1 hour, until it doubles in size.

Brush each braided bread with the beaten egg wash. Top with sprinkles, as desired. Gently place one dyed Easter egg in the center of each braided bread ring.

Bake the bread at 350°F until golden brown, approximately 18-20 minutes. Quickly transfer the baked bread to a cooling rack. Enjoy!

### Recipe Notes:

If the bread starts to brown too much while baking cover loosely with aluminum foil.

### **Cheesecake Factory Brown Bread**

2 1/4 teaspoons instant or active dry yeast  
1 1/4 cups water, warmed to 105-115 degrees  
1 tablespoon sugar  
2 1/2 cups bread flour  
1 1/2 cups whole wheat flour  
1 1/2 tablespoons cocoa powder  
1 teaspoon salt  
1/4 cup honey  
2 tablespoons molasses  
1 teaspoon instant espresso powder  
1/4 cup yellow cornmeal, for dusting the bottoms of the loaves  
1/4 cup old-fashioned oats  
Softened butter, optional



In the bowl of a stand mixer fitted with a dough hook, combine yeast, warm water and sugar. Let sit 5 minutes or until foamy. Meanwhile, in a separate bowl, sift together bread flour, whole wheat flour, cocoa powder and salt; set aside.

To the mixing bowl, add honey, molasses and espresso powder; stir to combine. Add sifted ingredients; blend on low speed 2-3 minutes. Increase speed to medium-low; knead until dough is smooth and elastic and begins to pull away from the sides of the bowl, 6-8 minutes.

Transfer dough to a clean, lightly oiled bowl; cover. Let rise in a warm place until doubled in size, about 1-1/2 hours.

Place cornmeal in a shallow dish or tray; set aside. Turn dough onto a lightly floured surface and divide it into four equal-sized portions. Roll each into a smooth log about 8-in. long; press each loaf into cornmeal to lightly coat the bottom. Transfer loaves to a parchment-lined baking sheet about 4-in. apart. Gently brush the loaves with water; sprinkle lightly with rolled oats. Cover loosely with a clean towel; let the dough rise in a warm place until doubled, about 1 hour. Meanwhile, preheat oven to 350°.

Uncover loaves; bake 25-35 minutes. Remove; let cool slightly. Serve warm with butter, if desired.

### Homemade Gourmet Crackers

1 cup / 250 ml milk (any fat % cow's milk)  
¼ cup / 50g brown sugar , packed  
¼ cup plain unsweetened yoghurt (I used Greek)  
½ cup / 75g plain flour (all purpose)  
½ cup / 75g whole wheat / wholemeal flour  
½ cup dried cranberries (or other dried fruit of choice)  
1 tsp baking soda / bi-carb (or 3 tsp baking powder)  
½ cup rolled oats (or 1/3 cup more nuts of choice)  
¼ cup sunflower seeds (or other seeds or nuts of choice)



### Spices

½ tsp ground turmeric (can omit)  
½ tsp cinnamon  
¼ tsp nutmeg (or All Spice or 1/8 tsp cloves)  
¼ tsp dried thyme  
1 tsp dried rosemary (or ½ tsp more thyme)  
¼ tsp salt  
1/8 tsp black pepper

Preheat oven to 180C/350F (all oven types). Grease and line a small loaf tin with baking paper (mine is 21 x 11 x 7 cm / 8.5 x 4.5 x 3") (Note 1).

Whisk the milk, sugar and yoghurt in a bowl.

In a separate bowl, add plain flour, wholemeal flour and cranberries. Stir – use fingers to break up cranberries if required.

Add remaining ingredients, including Spices, plus the milk mixture. It should be a thick batter, like muffin batter. Scrape/pour into tin. Bake for 25 minutes or until a skewer inserted into the middle comes out clean.

Cool on rack, then wrap in cling wrap and freeze for at least 2 hours, up to 3 months. (Note 2)

Unwrap loaf and allow to thaw partially so the outside is not rock hard frozen (around 20 minutes).

Preheat oven to 120C/250F (all oven types). Place one shelf in the middle, and another shelf beneath it.

Use a serrated bread knife to slice thinly – around 2 mm / 1/12" thick. Place biscuits on 2 large baking trays, you can squeeze them in as they won't expand or stick.

Bake for 50 minutes or until they are a light brown, swapping trays halfway.  
Leave biscuits on tray to cool – they will harden so they snap when you break them. (Note 3)

Store in an airtight container for 4 weeks (probably ok for longer, I've only done 4 weeks). Brilliant served with creamy cheeses like brie, camembert, but soft, creamy blue cheeses is the ultimate pairing!

### Notes

1. The size of the loaf tin determines the shape of the cracker. I like using a small one so you get more height to the loaf, so when it slices they are a nice rectangle shape.



The source recipe (see Note 3) suggests baking the batter in mason jars to make them round which looks terrific. My concern here was ensuring that the mason jar used is in fact oven proof, and because I don't even know if mine are, I opted to stay away from this technique. You can actually get baking tubes the size of crackers! However, there are no hard and fast rules about what shape gourmet crackers should be and the rectangle shape of mine are good for snapping into 2 pieces so each piece becomes about the size of a round cracker, so I'm happy with these!

2. Freezing the loaf completely through to the middle makes it far easier to slice thinly. I haven't actually frozen mine for 3 months (I've done around 1 month) but I've researched into this based on the ingredients included and it seems that the nuts / fruit will / may start to lose flavour after around 3 months. If they aren't fully crisp, pop them back in the oven and let them cool in the still hot, closed, turned off oven.

3. This recipe is adapted from this Copycat Trader Joes Pumpkin Cranberry Gourmet Crackers by The Cafe Sucrefarine, great blog run by a mature husband and wife team. That's a nice way of saying they have many years of cooking experience, their recipes are reliable and they have great taste! The changes I made: I use milk instead of buttermilk because I honestly could not tell the difference, and I use yoghurt instead of 3 tbsp pumpkin puree because we don't get canned pumpkin here and even if we did, I would prefer to avoid opening a can to just use 3 tbsp. Plus yoghurt combined with milk = great buttermilk sub! I also bake mine longer at a lower temp because I find it crisps the biscuits better without colouring them too much and ensuring the cranberries don't burn.

4. Makes 40 crackers which are about 11 x 3cm / 4.5 x 2.3".

## 🌀 Desserts 🌀



### Meryl's Brownies – totally awesome!

2/3 cup butter  
2 cups sugar  
4 eggs lightly beaten  
4 1-oz. squares of Hershey's unsweetened chocolate, melted  
2 tsp. vanilla extract  
1 tsp. salt  
1 cup flour  
1 cup chopped walnuts  
1 cup Nestle's semi-sweet chocolate chips

Reserve a handful of walnuts and chocolate chips.

Cream together the butter, sugar and beaten eggs. Add melted chocolate, then add vanilla, salt, flour, nuts, and chocolate chips. Blend by hand until fairly smooth - batter may be slightly lumpy.

Pour batter into a greased 9 x 12 pan. Sprinkle reserved nuts and chips over the top. Bake at 350 degrees for 35 minutes.

### Linda's brownies

1 ½ c all purpose flour  
1 tsp baking powder  
12 level Tablespoons unsweetened cocoa  
2 sticks butter  
4 eggs  
2 c sugar  
2 tsp vanilla  
1 c walnuts, chopped  
1 c chocolate morsels

Sift flour and baking powder together. Melt butter over low heat; add cocoa and stir. Set aside. Beat eggs with sugar and vanilla until light and fluffy. Stir in chocolate mixture. Add dry ingredients mixing well. Add chopped walnuts and chocolate morsels. Pour batter into well greased 8X8 pan. Bake at 350 for 40 minutes. Test with toothpick.

### Chocolate cookies

1 box chocolate cake mix  
½ c vegetable oil  
2 eggs  
3 tablespoons toffee cappuccino mix  
1 c. chopped nuts

Mix together then using a tablespoon, spoon onto cookie sheet covered with parchment paper. Try to round cookies. Bake at 350 for 20 minutes.

### Chocolate Crinkle Cookies

1½ C firmly packed light brown sugar  
1 tsp vanilla  
1 Tbs water  
2 eggs, room temperature  
1/3 C unsweetened cocoa  
1½ C all purpose flour  
½ tsp salt  
¼ tsp baking soda  
2/3 Crisco stick (or 2/3 C Crisco shortening)  
2 C miniature semisweet chocolate chips  
1 C confectioners sugar



Beat brown sugar, vanilla, and water in a large bowl. Add eggs one at a time.

In a separate bowl, combine cocoa, flour, salt and baking soda. Add it to the wet mix and also add the Crisco. Beat at a low speed till the mix is blended. Stir in the mini chocolate chips

Pour the powdered sugar on a tray. Mix will be slightly wet. Using a tablespoon, scoop and roll.

Drop the balls into the sugar and when all the batter is rolled THEN roll the balls in the powdered sugar.

Place on a cookie sheet lined with parchment paper 2 inches apart. Bake at 375°, 7-9 minutes.

Cool 2 minutes on the cookie sheet then transfer to a cooling rack.

### Salty Oatmeal Chocolate Chunk Cranberry Cookies

½ lb butter (2 sticks)  
¾ C light brown sugar lightly packed  
¾ C granulated sugar  
2 tsp pure vanilla  
2 large eggs at room temperature  
1¾ C all purpose flour  
1 tsp baking soda  
1 tsp salt  
1¼ C old fashioned Quaker oats  
¾ C semi sweet chocolate morsels  
¾ C cranberries  
¼ C coarse salt for the top of each cookie

Mix all dry ingredients, set aside.

Mix with an electric mixer, butter, sugar and vanilla till creamy, then add eggs one at a time on low speed. Mix till light and fluffy.

Combine dry and wet ingredients using the mixer on low, till completely combined.

Using a teaspoon, scoop a full teaspoon of batter onto a cookie sheet lined with parchment paper. Place about 2 inches apart and top with a pinch of the coarse salt.

Bake 10-12 minutes at 375°. Let cool a few minutes on the cookie sheet then transfer to a rack.

### Cranberry Chocolate Chip Bars

1½ C sugar  
1½ C flour  
1 tsp salt  
1 stick melted butter or margarine  
2 eggs, slightly beaten  
2 C of chopped fresh cranberries  
1 C semi-sweet chocolate chips  
1 C chopped walnuts

Mix together the sugar, flour and salt. Add the melted butter, then add the eggs.

Add the chopped cranberries, chocolate chips, and walnuts. Batter will be thick.

Line a 9x13 pan with parchment paper and spread the batter into it.

Bake at 350 for 50 minutes or until edges are lightly browned and center is set.

Let cool, then put the pan in the refrigerator until its firm enough to cut, then cut into triangles.

### Linzer Tarts

1 C unsalted butter, softened  
2/3 C white sugar  
2 C sifted all purpose flour  
1 3/4 C almond flour  
1/8 tsp ground cinnamon  
1/2 tsp vanilla  
2 1/2 inch cookie cutter  
1/2 inch cookie cutter  
Seedless raspberry jam  
1/3 C confectioner sugar for decoration



Beat butter, sugar and vanilla till light and fluffy.

Add 1/2 the almond flour, all purpose flour, and the cinnamon. Mix well then add the rest of the almond and all purpose flours. You will have to use your hands at this point.

Shape into a ball and cut into 2 halves. Place in-between wax paper and roll till 1/8 thick.

Refrigerate 1 hour.

Set the oven to 325 degrees. Line cookie trays with parchment paper.

Using 2 1/2 inch cookie cutter, cut as many circles as possible, out of the first rolled ball of dough.

Knead the scraps and cut more circles.

While the first batch of cookies are baking remove the second rolled out ball of dough from the fridge cut the rest of the cookies then using a 1/2 inch cookie cutter cut the middle of the cookies. Knead the left over dough together to make more circles. Make sure you have an even amount of cookies whole and with the middle cut out.

Bake 10-15 minutes. (I baked 13 minutes.) Let cool then transfer to a cookie rack. Using the seedless jam drop 1/2 tsp of jam on the round cut out cookies without the hole in the middle. Set aside.

Sprinkle the confectioner sugar on top of the round cutout cookies with the hole in the middle using a sifter, then place those cookies on top of the cookies with the jam. Serve and enjoy.

### Excellent chocolate cookies

One box chocolate cake (I like the devil cake mixes)  
1/2 c vegetable oil  
2 eggs  
1/2 c heath toffee bits, found in baking isle by the chocolate chips  
1/2 c chocolate chips  
1/2 c caramel chips also in the baking isle. (Optional)  
1/2 c your choice of nuts

Mix dough. Using a soup spoon, spoon onto parchment paper or well greased cookie sheet. These cookies do not expand a lot so you can fit many on the cookie sheet. Keep about an inch apart. Bake 20 minutes at 350. Let cool and manga!

### Pat's Gingerbread Recipe

1 c butter  
1 c sugar  
1 egg  
1 cup molasses  
2 tablespoons vinegar  
5 cup flour  
2 teaspoons ginger  
1 teaspoon cinnamon  
1/2 teaspoon ground clove  
1/2 teaspoon salt  
1 1/2 teaspoons baking soda



Cream shortening and sugar. Beat in egg, molasses and vinegar. Sift dry ingredients. Blend in. Chill at least 3 hours.

Roll out and cut into shapes. Bake at 325 for 14 minutes on lightly greased cookie sheet or parchment paper.

Cool and remove from cookie sheet. Let stand over night. Cookies will be soft. Makes 3-4 dozen cookies

### Snicker Doodles

1/2 c shortening  
1/2 c butter or oleo  
1 1/2 c sugar  
2 eggs  
2 3/4 c all purpose flour (sifted)  
1 tsp baking soda  
2 tsp cream of tartar  
1 tsp salt  
1 tsp vanilla

#### In a separate dish

2 T. sugar  
2 tsp cinnamon



Heat oven to 400 degrees. Mix shortening, butter, sugar, vanilla and eggs thoroughly. Blend flour, cream of tartar, baking soda and salt, mix with wet ingredients. Shape dough into 1 inch balls. Roll into sugar-cinnamon mixture. Place 2 inches apart onto baking sheet. Bake 8 to 10 minutes. These cookies puff up then flatten when cooled. Makes 6 dozen

### *Ina Garten's Raisin Pecan Oatmeal Cookies*

1 1/2 cups pecans  
1/2 pound (2 sticks) unsalted butter, at room temperature  
1 cup dark brown sugar, lightly packed  
1 cup granulated sugar  
2 extra large eggs, at room temperature  
2 teaspoons pure vanilla extract  
1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon ground cinnamon  
1 teaspoon kosher salt  
3 cups old fashioned oatmeal  
1 1/2 cups raisins



Preheat the oven to 350F.

Place the pecans on a sheet pan and bake for 5 minutes, until crisp. Set aside to cool. Chop very coarsely.

In the bowl of an electric mixer fitted with the paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium-high speed until light and fluffy. With the mixer on low, add the eggs, one at a time, and the vanilla.

Sift the flour, baking powder, cinnamon, and salt together into a medium bowl. With the mixer on low, slowly add the dry ingredients to the butter mixture. Add the oats, raisins, and pecans and mix just until combined.

Using a small ice-cream scoop or a tablespoon, drop 2-inch mounds of dough onto sheet pans lined with parchment paper. Flatten slightly with a damp hand. Bake for 12 to 15 minutes, until lightly browned. Transfer the cookies to a baking rack and cool completely.

### Classic Italian Pignoli Cookies

3/4 cup almond flour  
14oz (454g) almond paste  
1 1/2 cups (298g) granulated sugar  
3 large egg whites (90g)  
6oz (170g) pine nuts  
1/4 teaspoon salt  
Optional: powdered sugar for dusting



Preheat oven to 350F.

Break up the almond paste into 1 inch pieces and put it in the bowl of a food processor. Add the sugar and salt and pulse until combined, about 30 seconds. It should resemble corn meal.

Add the egg whites and almond flour and process until a smooth dough forms, about 30 seconds. The dough will be wet and sticky, but you will be able to roll it into balls between your hands.

Scoop out rounded tablespoons of dough and roll into 1 inch balls, about 25 grams each.

Roll the balls in the pine nuts. The stickiness of the dough will help the nuts stick.

Place on a parchment lined baking sheet 2 inches apart and bake until the nuts are starting to turn golden, about 15-18 minutes. Don't overbake.

Optional: Dust cooled cookies with powdered sugar.

#### Notes:

Don't overbake the cookies. Bake until the nuts are just starting to turn golden. You want the insides to remain moist and chewy.

Use the correct size of eggs. Large egg whites should weigh about 30 grams each. Too little egg whites and the dough will be dryer and the pine nuts won't stick. Too much, and the dough will be too sticky and difficult to roll into a ball. If you don't have large eggs on hand or live outside the US, be sure to measure your egg whites.

If you find the dough isn't sticky enough for the pine nuts to adhere, dip the rolled dough balls into beaten egg white before rolling in pine nuts.

If the dough seems too sticky, roll the balls with wet hands.

### **Cranberry Butter Cookies dipped in White Chocolate**

1 cup (226g) unsalted butter, at room temperature  
¾ cup (143g) granulated sugar  
1 teaspoon (5ml) almond extract (or vanilla)  
¼ teaspoon salt  
2 cups (280g) all-purpose flour  
1 cup (120g) sweetened dried cranberries, very finely chopped  
6 ounces Ghirardelli white chocolate melting wafers



In a stand mixer, combine the butter, sugar, almond extract and salt. Beat until light and fluffy and well combined, scraping down the bowl as needed.

Next, slowly add the flour 1/2 cup at a time until all the flour has been added. Mix at a low speed until the dough is crumbly, add the cranberries then increase the speed to medium-high and beat only until the dough starts to come off the sides of the bowl and stick together in a ball.

Turn the dough out onto a piece of parchment paper. Divide the dough into two equal halves, press and shape into a log about 1½ inches thick and about 6-7 inches long. Tightly wrap the dough in plastic wrap and chill for at least 2 hours.

Preheat the oven to 375°F. Line a large cookie sheet with a silicone baking mat or parchment paper. Unwrap the dough and slice the cookies at least 1/4 - 3/8" thick. Place on the prepared baking sheet approximately 1-inch apart. Bake for 9-11 minutes or just until the edges start to brown. Cool on the baking sheet for about 5 minutes then transfer to a wire rack to cool completely.

To dip in chocolate, wait until the cookies have cooled completely. In a microwave-safe bowl, melt half the chocolate wafers at 50% power in 30 second intervals; stir after each interval and continue until chocolate is melted. Reduce microwave time as needed so the chocolate does not burn.

Dip the cookies in the chocolate, tap off excess chocolate on the sides of the bowl and then place on a baking sheet lined with parchment paper or a silicone baking mat and allow the chocolate to set completely.



### Meryl's Fudge (from Jim's recipe)

18 oz Nestles semi-sweet chips  
1 1/2 tsp vanilla  
24 Kraft Jet Puff marshmallows cut in half  
12 oz can Pet evaporated milk  
4 cups sugar  
1/2 lb butter (melted)  
1 cup walnuts

Combine melted butter, chips, marshmallows and vanilla in a bowl.

Heat sugar and evaporated milk in a heavy pot or skillet. Bring to a boil in medium heat. After mixture starts boiling, cook \*exactly\* 11 minutes, stirring constantly.

Pour mixture over chips and stir until all chips and marshmallows are melted. Add walnuts. Line a pan with foil, pour in mixture and chill overnight.

Variation: Instead of chocolate chips, use 1 cup peanut butter to make delicious peanut butter fudge!

### Old Fashion Rice pudding

6 cups whole milk  
3/4 cup long grain rice

Bring milk to a boil and add rice. Bring back to boil and turn to low heat. Cook 40-50 minutes till rice is tender. Mean while in a separate bowl mix:

1 cup heavy cream  
3/4 cup sugar  
3 egg yolks (save the whites for the Kiss recipe on page 149)  
2 tablespoons vanilla  
1/4 teaspoon salt



When rice is soft add mixture above and cook medium heat another 15-20 minutes or till pudding thickens. Pour into 8 X 10 bowl or till. Let cool. Refrigerate. Before serving mix 1 teaspoon cinnamon with 1/4-cup sugar. Sprinkle in tick-tack-toe shape. Top with whip cream. Optional after mixture is cooked add 1/2 cup raisins.

### Baklava (makes 35 pieces)

#### Syrup

3/4 cup sugar  
3/4 cup water  
1-1/2 cups honey  
2-inch cinnamon sticks (or use 1-2 teaspoons ground cinnamon)  
4 lemon slices  
4 orange slices

#### Pastry

2 packages philo dough (thaw in refrigerator)

#### Filling:

3 cups finely chopped walnuts. (I use the food processor)  
3 cup finely chopped almonds (again I use the food processor)  
3/4 cup sugar  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1-1/2 cup melted butter

Make syrup: In saucepan combine sugar and 3/4 cup of water. Boil, stirring to dissolve sugar; add honey, fruit slices, and cinnamon sticks. Simmer 10 minutes. Strain and cool. Should make 2-1/2 cups

Filling: Mix nuts, sugar, cinnamon and nutmeg in bowl set aside

Use a 15-1/2 by 10-1/2 by 1-inch pan. Brush pan with butter and lay 2 philo dough leaves. Continue stacking leaves (14 in all) buttering every other leaf. (Keep leaves covered with damp cloth so they do not dry out. Sprinkle one third of the nut mixture evenly on top of first 14 layers of leaves. Add six more philo leaves brushing ever other one. Sprinkle 1/3 cup of nut mixture. Layer six more leaves buttering every other leaf. Sprinkle remaining nut mixture evenly and lay 14 more leaves buttering every other leaf. Butter top layer. Trim edges if necessary with very sharp knife.

Cut through top layer of the dough on long side. Make 8 diagonal cuts at 1 1/2-inch intervals. Then starting at on corner; make 9 cuts on the diagonal at 1-1/2 inch intervals to form diamonds. Cut through 2 layers only. Do not cut all the way through. Your pan should look like a tick tack toe with a cut through each square to make the triangle shapes.

Bake 60 minutes at 325 degrees or until golden and puffy on top. Turn off heat and leave in oven 60 minutes. Remove. Pour cooled syrup over hot baklava in-between the cuts. Cut all the way through baklava. Cool in pan to absorb syrup.

### Kisses

3 egg whites beaten stiff but not dry  
Add 1-cup sugar slowly beating into egg whites  
Add 1-teaspoon vinegar and 1 teaspoon vanilla.  
(If you want you can add food coloring)



Use a teaspoon to drop onto well-greased baking sheet. Bake at 250 for 30 minutes

### Grandma Lococo's Traditional Easter Cookies

1 beaten egg yolk to brush cookies  
1/2 cup candied beads  
1 cup flour for table surface to roll dough  
12 hard boiled eggs  
5½ - 6 cups flour  
3 tsp baking powder  
2 cups sugar  
12 tsp Crisco  
6 eggs well beaten  
3 tsp vanilla  
3/4 cup room temperature milk



Mix all dry ingredients and wet ingredients separately.

Make a hole in the center of the dry ingredients/pour wet into the middle of that hole a little at a time mixing at the same time. May have to add more flour to make dough workable.

Scoop dough onto lightly floured surface and cut into 12 balls. Keep enough dough to make the crisscross over each cookie. Roll the balls and add a hard-boiled egg on top of each ball. Push egg in so it stays in place. Roll strips and place in a crisscross over each cookie with the egg.

Brush each cookie with beaten egg yolk and sprinkle with candied beads.

Bake at 350° for 25 minutes. When cookies are cooked sprinkle with powdered sugar.

### Grandma Lococo's Honey Balls

(Traditional for Christmas and Easter)

1 16 oz jar of honey  
1/2 cup candied beads  
6 eggs lightly beaten  
3 tablespoons of sugar  
3 ¾ cups flour  
1 tablespoon vanilla  
1 tablespoon baking powder  
1/4 tablespoon salt  
1-1/2 stick butter softened



Sift dry ingredients together. Mix in butter until well blended. Mix in eggs and vanilla. Knead dough on floured surface until smooth. Let dough rest about hour. Cut dough into strips and roll out. Cut strips 1/2 inch thick and roll into balls. Deep fry till golden in Crisco only. Let drain on paper towels.

Before serving heat honey in microwave a minute or two. Pour over balls and then top with candied beads. Mix and serve

### Auntie Karen's Cheese Cake

Original Crust: (I found this recipe for "Sadowski cheesecake" in Newsday some 30 + years ago)

2 cups zwieback crumbs, crushed

1 cup chopped walnuts

½ cup brown sugar

1 stick melted butter

½ teaspoon cinnamon

2 tablespoons Polish brandy

Mix all ingredients together and press into a 10" buttered springform pan. Chill and set aside.



#### My Crust:

1 ¼ cups crushed graham crackers

1/4 cup sugar

1/4 cup melted butter

Mix and press firmly into spring foam pan

#### Batter:

5 (8 ounce) packages cream cheese, softened

1 ½ cups granulated sugar

4 whole eggs

3 egg yolks

2 cups sour cream

2 teaspoons vanilla extract

¼ cup sifted cornstarch

1 stick melted butter, cooled

1 cup heavy cream

1 tablespoon lemon juice (I prefer fresh, but bottled works OK as well)

#### Topping: (optional)

1 (21 ounce) can of pie filling of choice or fresh sliced fruit and/or berries to cover the top

1 pint heavy cream

Prepare crust as shown above and chill.

Beat softened cream cheese in a large bowl until fluffy.

Mix in sugar and beat well.

Add whole eggs 1 at a time, then yolks, beating well after each.

Add sour cream and vanilla and mix well.

Blend in sifted cornstarch and combine well.

Add cooled butter and beat well.

Add heavy cream and lemon juice and mix until velvety smooth, scraping bottom and sides of bowl often.

Pour into chilled pan and bake at 350 degrees for 1 hour or until golden brown.

Let cool slowly, then chill before removing sides of springform pan.

NOTE: The top will puff up above the rim of the pan, but will deflate as it cools. Make sure you use a 10" pan or it will run over (if you even manage to get it all in to begin with).

#### To decorate (optional):

Top with pie filling or fresh fruit, then decorate sides and top edge of cake with whipped heavy cream.

### **Cheese Cake**

Preheat oven to 425

#### Crust:

1 1/4-cup graham crackers crumbs

1/4 cup sugar

1/4 cup melted butter

Mix and press firmly into spring foam pan

5 8-oz bars cream cheese

5 eggs

1 1/2 cups sugar

1 tablespoon vanilla

1/2 cup heavy cream

1/8 teaspoon salt

3 tablespoons flour

Mix above with mixer 30-40 minutes till completely smooth. Pour on top of the pressed graham cracker mixture. Bake at 425 15 minutes. Turn temp down to 250 and bake another hour to hour and a half. Do not open oven door or that will cause cake to crack. Turn oven off and let cake sit another hour till completely cooled. Refrigerate. Serve with fresh sliced fruit and whipped cream. If you would like to make a marble cream cheese cake. Take a cup of the mixture and add 2 tablespoons of cocoa or enough till mixture is as chocolate as you like. Cut into batter after it is poured into the spring foam pan.

### **Pastry Heart Cookies**

3 cups flour

3 sticks butter

1 cup sour cream



Mix flour and butter as for a pie. Blend in sour cream. Make 2 balls of dough. Refrigerate at least 2 hours. Preferably over night.

Roll each ball to a 12X15 piece. Fold 2 times. Refrigerate 20 minutes. Cut into 1/2 " (or less) slices. Put on ungreased cookie pan. Bake at 425 10 minutes each side. (They have to bake on both sides)

Cool and frost

### **Frosting**

2-3 cups Confectioners sugar

Little milk (1-2 Tablespoon's)

1 tablespoon soft butter

1 teaspoon vanilla

Red food coloring for a pink frosting

### Grandma Letendre's Frosting

Shortening  
Confectionary Sugar  
Water or Milk  
Marshmallow Fluff  
Vanilla Extract



This recipe is more of an art than a science since there are no set measurements. Adjust the amounts as you go along. The frosting should come out fairly firm and dry but still easy to spread with a knife.

Take some shortening about the size of a walnut. Add a lot of confectionary sugar (something like  $\frac{3}{4}$  cup maybe—you'll be amazed at how much sugar a small blob of shortening can hold) with a few drops of water or milk. Blend together. Add more water or milk if the mixture is too dry or more sugar if its too thin. It's done when the mixture has the whiteness of the sugar (rather than the whiteness of the shortening) and when it just starts to pull away cleanly from the sides of the mixing bowl.

Add a large blob of marshmallow (a large, heaping spoonful) and a drop or two of vanilla extract. Mix together.

### Italian Lemon Drop Cookies

(aka Anginetti)

1/2 C sugar  
1/4 C unsalted butter, at room temperature  
3 large eggs  
1  $\frac{1}{2}$  tsp grated lemon peel  
1 tsp vanilla  
2 cups all purpose flour  
1/8 tsp salt  
1  $\frac{1}{2}$  tsp double acting baking powder  
Colored candy beads

Preheat oven to 350 degrees

Cream butter and sugar. Add eggs mixing well. Then add lemon peel, vanilla, salt and baking powder. Mix well. Add one cup of the flour mixing till creamy then slowly add the rest of the flour. The batter will be sticky. Spoon a heaping teaspoon of batter onto a well greased cookie sheet or parchment paper on the cookie sheet. Space about an inch and a half apart. Bake 12 minutes. Let cool completely on cookie rack then frost. Before the frosting dries on the cookies, sprinkle colored candy beads on each cookie.

Make the frosting while the cookies are cooking so it stays soft. (Or use the [Cream Cheese Frosting](#) on page 168).

#### Frosting:

$\frac{1}{4}$  C room temperature cream cheese  
2 C powdered sugar  
 $\frac{1}{2}$  tsp vanilla  
 $\frac{1}{4}$  C milk  
Mix till creamy.

### Italian Anise cookies

½ C soft butter  
¼ C Crisco shortening  
¾ C granulated sugar  
4 eggs room temperature  
3 C all purpose flour  
5 tsp baking powder  
½ tsp salt  
2 tsp anise extract (if you don't like anise you can use lemon or almond extract)

#### Glaze:

3-4 Tbs milk  
2 C powdered sugar  
1 tsp anise extract  
Candied beads

Sift flour, baking powder and salt together, set aside.

Using a hand mixer, beat butter, shortening and sugar till creamy, then add one egg at a time on slow.

Fold the dry ingredients into the mix.

Line a cookie sheet with parchment paper. Using a tablespoon scoop the batter, rounding the dough, and place onto the cookie sheet an inch apart. Bake at 375° 8-10 minutes.

Let cool then dip into the glaze and sprinkle the candied beads after each dip. If you do not add candied beads after each dip the glaze will harden and you will not be able to add them.

### Fruits of the Forest Chocolate

½ C cacao butter (you will find this in the baking aisle near the baking chocolate)  
6 Tbs raw cacao powder  
¼ C honey  
1/3 C chopped walnuts  
1/3 C dried cranberries  
1/3 C flame raisins  
1/3 C cacao nibs



Note: These ingredients can be found in a store like Whole Foods or Trader Joes.

Melt the cocoa butter in a pan over low heat, then stir in the honey and cocoa powder.

Chop the nuts (or bash them with a rolling pin) and stir into the chocolate mixture as you remove the pan from the heat.

Add the cranberries, raisins, cacao nibs, and whatever else you wish to add.

Pour the mixture into moulds, or a square 8" (lined with parchment paper) baking tray and leave to chill in the fridge at least 3 hours.

Once firm remove from the fridge and slice or break into rough pieces.

### Aunt Albina's Chocolate Cake

1½ cups flour  
½ tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
½ cup cocoa powder  
1½ cups sugar  
½ cup shortening  
2 well-beaten eggs  
1 cup hot water (hot but not boiling)  
1 tsp. vanilla



Sift the dry ingredients (flour, salt, baking soda, baking powder, and cocoa) together and set aside

To measure out the shortening, fill a measuring cup with water to the ½ cup line. Add shortening until the water reaches the 1 cup line. Drain off the water. Cream the shortening and sugar together in a mixing bowl. Blend in the eggs.

Add about a third of the dry ingredients to the shortening mixture with some of the hot water and blend. Keep adding the water and dry ingredients in stages until they are all blended in and smooth.

Mix in the vanilla.

Pour into a well-greased, floured bread pan. (Mine is 12 inches by 3 inches with a depth of 2 ½ inches.) Bake at 325 - 350 degrees for 50 minutes. You may have to adjust the temperature and timing depending on the dimensions of your pan. The cake is done when a toothpick inserted into the center comes out dry. The cake will have a crack along its spine like a bread often does.

### Chocolate Cake - No Eggs

1 ½ cups sifted flour  
3 Tbs cocoa  
1 tsp soda  
1 cup sugar  
5 tsp salt

Sift above together.

Make 3 holes in flour mixture then pour as follows:

In the 1<sup>st</sup> hole: 5 Tbs veg oil  
In the 2<sup>nd</sup> hole: 1 Tbs vanilla  
In the 3<sup>rd</sup> hole: 1 Tbs vinegar

Pour 1 cup cold water over all and beat till smooth.  
Pour into a greased 9X9 pan.  
Bake at 350 for a half hour.

Great for vegans!



### Flourless Chocolate Cake with Dark Chocolate Glaze

This luscious, fudgy cake is a gluten-free delight -- a little goes a long way!

12 ounces bittersweet chocolate chips or bittersweet chocolate, roughly chopped  
1 cup (2 sticks) plus 3 tablespoons butter, cut into chunks  
1¼ cup sugar  
6 eggs  
1 cup unsweetened cocoa powder  
1 tablespoon milk  
1 tablespoon honey  
¼ teaspoon vanilla extract



Preheat oven to 375°. Spray a 9-inch springform pan with nonstick cooking spray, then line the bottom with a circle of parchment paper. Spray the paper with cooking spray, too, then set the pan aside.

Place two-thirds (8 ounces) of the chocolate and 1 cup (2 sticks) of the butter in a medium saucepan over medium low heat. Stirring often, melt chocolate with butter until completely blended. Remove from heat and transfer to a large bowl. (Alternatively, you may use your microwave to melt the butter with the chocolate, if desired). Add sugar and mix well. Add eggs one at a time, whisking well after each addition. Sift cocoa into bowl and stir until just blended.

Pour batter into prepared pan and bake for 35 to 40 minutes, or until cake has risen and top has formed a thin crust. The cake should be just firm in the center when done. Cool for 10 minutes, then invert onto a plate, removing sides of springform pan. Remove and discard parchment paper and set cake aside to cool completely.

Meanwhile, make the chocolate glaze. Melt remaining 4 ounces chocolate and 3 tablespoons butter in a small saucepan over medium low heat, stirring until smooth. Remove from heat, then stir in milk, honey and vanilla. Set aside to cool slightly.

When cake has cooled, pour glaze onto the center. Using a spatula or the back of a spoon, very gently smooth glaze along the top and sides of the cake. Chill cake, uncovered, for 30 to 60 minutes to set the glaze.

After the glaze has set, it's best to serve the cake at room temperature – with a scoop of vanilla ice cream on the side!

### Double Chocolate Cola Cake

1 cup Coca Cola (real thing, not diet)  
½ C oil  
1 stick butter  
3 Tbs cocoa  
2 C sugar  
2 C flour  
½ tsp salt  
2 eggs  
½ C buttermilk  
1 tsp baking soda  
1 tsp vanilla



In a saucepan, mix Coca Cola, oil, butter and cocoa and bring to a boil.

In another bowl, combine the sugar, flour and salt.

Pour the boiling Cola mixture over the flour mixture and beat well.

Add the eggs, buttermilk, baking soda, and vanilla and beat well.

Pour mixture into a greased and floured 13 x 9 inch baking pan and bake at 350° for 30 to 35 minutes.

Remove pan. Cool for about 10 minutes before frosting.

#### Frosting:

1 stick butter  
3 Tbs cocoa  
6 Tbs cream or milk  
1 tsp vanilla extract  
3¾ C confectioner's sugar

In a saucepan, combine the butter, cocoa, and milk. Heat until the butter melts.  
Beat in the remaining ingredients and spread on the cake while it's still warm. Enjoy!

### Chocolate Cream Frosting

1 pt heavy cream  
5-6 tbsp unsweetened cocoa powder  
2/3 c sugar

Directions: Combine in small stainless steel bowl, cover and refrigerate overnight. Whip next day

## Ina Garten's Chocolate Cake

### Cake:

1 3/4 cups all-purpose flour, plus more for dusting  
2 cups sugar  
3/4 cup unsweetened cocoa powder  
2 teaspoons baking soda  
1 teaspoon baking powder  
1 teaspoon kosher salt  
1 cup buttermilk (Note: to make buttermilk use one cup of milk (preferably whole) and add 1 tablespoon of fresh lemon juice. Whisk together)  
1/2 cup vegetable oil  
2 large eggs  
1 teaspoon pure vanilla extract  
1 cup freshly brewed hot coffee

### Frosting:

1/2 C (1 stick) butter  
2/3 C Hershey's cocoa  
3 C powdered sugar  
1/3 C milk  
1 spoonful of instant coffee  
1 tsp vanilla extract

Preheat the oven to 350°. Butter two 8-by-2-inch round cake pans and line them with parchment; butter the paper. Dust the pans with flour, tapping out any excess.

In the bowl of an electric mixer fitted with a paddle, mix the flour with the sugar, cocoa powder, baking soda, baking powder and salt at low speed. In a bowl, whisk the buttermilk with the oil, eggs and vanilla. Slowly beat the buttermilk mixture into the dry ingredients until just incorporated, then slowly beat in the hot coffee until fully incorporated.

Pour the batter into the prepared pans. Bake for 35 minutes, or until a toothpick inserted in the center of each cake comes out clean. Let the cakes cool in the pans for 30 minutes, then invert the cakes onto a rack to cool. Peel off the parchment.

### Make the frosting:

Melt butter, stir in cocoa. Add powdered sugar, milk, and coffee, beating to spreading consistency. You might need to add a little more milk, it makes it creamier and easier to spread. Stir in vanilla. Makes about 2 cups frosting.

Set a cake layer on a plate with the flat side facing up. Evenly spread one-third of the frosting over the cake to the edge. Top with the second cake layer, rounded side up. Spread the remaining frosting over the top and side of the cake. Refrigerate for at least 1 hour before slicing.

### Note for making ahead:

The frosted cake can be refrigerated for 2 days. Let stand for 1 hour before serving.

### Chocolate Cherry Cake

2 cups flour  
3/4 cup cocoa powder  
1 tsp baking powder  
1 tsp salt  
1 ½ cup sugar  
½ cup butter, melted  
2 eggs  
1 tsp vanilla  
½ cup buttermilk\*  
1 tsp baking soda, dissolved into ½ cup boiling water  
1 (21 oz) can cherry pie filling  
Maraschino cherries for topping (optional)



*\*For buttermilk, just pour a teaspoon of vinegar into a measuring cup and then add milk (or cream) to make ½ cup. Stir and let sit for a few minutes and it will be nice and thick.*

In a large bowl whisk together the flour, cocoa powder, baking powder, salt and sugar.

Add the melted butter, eggs, vanilla, buttermilk, baking soda, and cherry pie filling.

(Variation: If you are baking the cake in 2 pans, don't add the cherry pie filling to the batter. Instead, use it as a layer between the 2 cakes).

Mix well with a spoon. It might still be slightly lumpy, but that's OK.

Grease a 9 x 13 pan cake pan (or two 9 inch pans) with shortening, or spray with cooking oil.

Bake at 350 degrees for 40 minutes or until center is done. Check for doneness after 30 minutes, you don't want it to burn!

Use the frosting recipe on the back of the Hershey's cocoa powder container. You can substitute cream for the milk if you want it creamier. Also add 1/4 tsp of salt to bring out the flavor of the chocolate a bit.

Optionally after you frost the cake, you can top it with some maraschino cherries.

## Coffee-Chocolate Layer Cake with Mocha-Mascarpone Frosting

*As if this chocolate layer mocha cake wasn't enough, it's made with strong coffee and mascarpone cheese. You have been warned!*

### Cake ingredients:

2 cups cake flour  
3/4 cup natural unsweetened cocoa powder  
1 1/2 teaspoons baking soda  
3/4 teaspoon salt  
3/4 cup (1 1/2 sticks) unsalted butter, room temperature  
2 cups (packed) golden brown sugar  
3 large eggs  
1 1/2 teaspoons vanilla extract  
1 cup buttermilk  
4 teaspoons instant espresso powder dissolved in 3/4 cup hot water



### Frosting ingredients:

1/3 cup natural unsweetened cocoa powder  
1 tablespoon instant espresso powder  
1 1/2 cups chilled heavy whipping cream, divided  
1 1/3 cups sugar  
2 8-ounce containers chilled mascarpone cheese  
Bittersweet chocolate curls (optional)

### Cake instructions:

Position rack in center of oven; preheat to 325°F. Generously butter two 9-inch cake pans with 2-inch-high sides; dust with flour, tapping out any excess. Line bottom of pans with parchment paper.

Sift 2 cups cake flour, cocoa, baking soda, and salt into medium bowl. Using electric mixer, beat butter in large bowl until smooth. Add brown sugar and beat until well blended, about 2 minutes. Add eggs 1 at a time, beating well after each addition. Mix in vanilla. Add flour mixture in 3 additions alternately with buttermilk in 2 additions, beating just until blended after each addition. Gradually add hot espresso-water mixture, beating just until smooth.

Divide batter between pans; smooth tops. Bake cakes until tester inserted into center comes out clean, about 40 minutes. Cool cakes in pans on rack 15 minutes. Run small knife around sides of pans to loosen cakes. Invert cakes onto racks; lift pans off cakes and remove parchment. Place wire rack atop each cake; invert again so top side is up. Cool completely. DO AHEAD Can be made 1 day ahead. Wrap each cake in plastic and store at room temperature.

### Frosting instructions:

Sift cocoa powder into large bowl; add espresso powder. Bring 1 cup cream to boil in small saucepan. Slowly pour cream over cocoa mixture, whisking until cocoa is completely dissolved, about 1 minute. Add 1/2 cup cream and sugar; stir until sugar dissolves. Chill until cold, at least 2 hours. DO AHEAD Can be made 1 day ahead. Cover; keep chilled.

Add mascarpone to chilled cocoa mixture. Using an electric mixer, beat on low speed until blended and smooth. Increase speed to medium-high; beat until mixture is thick and medium-firm peaks form when beaters are lifted, about 2 minutes (do not overbeat or mixture will curdle).

Using a pastry brush, brush off crumbs from cakes. Place 1 cake layer, top side up, on platter. Spoon 1 3/4 cups frosting in dollops over top of cake. Using offset spatula, spread frosting to edges. Top with second cake layer, top side up, pressing to adhere. Spread thin layer of frosting over top and sides of cake. Chill 10 minutes. Using offset spatula, spread remaining frosting over top and sides of cake, swirling decoratively. Top with chocolate curls, if desired. DO AHEAD Can be made 1 day ahead. Cover with cake dome; chill. Let stand at room temperature 20 minutes before serving.

### **Chocolate Coconut Macaroons**

*Award winning 3rd place at the Chocolate fest in Scituate by Mr Godzik!*

4 oz (1 bar) Bakers German Sweet Chocolate  
1 oz (1 square) unsweetened chocolate  
2 large egg whites (at room temperature)  
Pinch of salt  
½ cup sugar  
1 tsp vanilla extract  
7 oz (2/3 loosely packed) shredded sweetened coconut



Preheat oven to 325 degrees. Line a cookie sheet with parchment paper.

Break up sweet chocolate and place both chocolates in a pan on low heat to melt. Cover until partially melted. Then uncover and stir until completely melted and smooth. Keep uncovered and cool to room temperature.

In a small bowl mix with an electric mixer, the egg whites with salt until they are firm and peak when beaters are raised. Then on moderately low speed, add the sugar one to two tablespoons at a time, pausing for a few seconds in between additions. Add vanilla, then increase the speed to high and beat for about 5 minutes until the meringue is very stiff.

Reduce the speed to low and add cooled chocolate, scraping the bowl with a rubber spatula and beating only till mixed. Remove the bowl from the mixer and with the rubber spatula fold in the coconut.

Use a rounded teaspoon for each cookie. Place mounds 1 inch apart on the parchment paper.

Bake about 14-16 minutes. Macaroons should be dry on the outside, but soft in the center.

Transfer cookies using wide a spatula to a rack where there is plenty of air to circulate underneath. They can be stored in an air tight container for a few days. Makes about 16 cookies.

### Double Chocolate Mocha Trifle

Note I bring brownie already baked and the instant coffee!!

- 1 pkg. (18.25) ounces brownie mix (plus ingredients to make brownies)
- 1  $\frac{3}{4}$  cup cold milk
- 2 pkgs. White chocolate instant pudding and pie filling
- $\frac{1}{4}$  cup warm water
- 4 tsp. Instant coffee granules
- 2 cups whipped topping, thawed (Cool Whip Brand please)
- 1 bag of Heath bar pieces (8 oz.) available in the baking aisle section at Kroger

Cool brownies

In 2 Qt BB (Batter Bowl), whisk pudding mix into milk using 10" whisk

Dissolve coffee granules in warm water and add to pudding mix

Fold in 2 Cups cool whip with Super Scraper

Cut brownies into one inch squares with Serrated Bread knife

Layer 1/3 of brownies in a large bowl

1/3 pudding

1/3 toffee bits

Repeat layers two more times

Chill 30 minutes

### Zeppole's from Cook's Country

- 1  $\frac{1}{3}$  cup all-purpose flour
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons instant or rapid rising yeast
- 1 teaspoon baking powder
- 1 cup boiling water
- $\frac{1}{2}$  teaspoon vanilla



Mix. Batter will be loose. Pour batter into a glass measuring cup. Set aside in a warm place and let rise to double the size.

Using a tablespoon coated with oil, drop batter into 350 degrees of oil. Making 6 at a time. Deep fry till golden. Place on paper towels.

Before serving sprinkle with powdered sugar and serve.

## Carrot Cake Cheesecake

### For Cheesecake:

8 oz cream cheese, room temperature	2 eggs
1/4 cup castor sugar (superfine sugar)	1/4 cup sour cream
1 tbs lemon juice	

### For Carrot Cake:

1 cup All Purpose flour	1 carrot, grated
1/2 tsp bicarbonate of soda	1/2 cup castor sugar
1/2 tsp baking powder	1 tsp vanilla extract
3/4 tsp cinnamon powder	1/2 cup oil
1/8 tsp nutmeg powder	2 tbs maple syrup
1/8 tsp clove powder	1/4 cup dried coconut (optional)
Pinch of salt	1/4 cup raisins
2 eggs	

### For Whipped Cream Cheese Frosting:

7 oz cream cheese, room temperature	1/2 C heavy whipping cream
3 tbs butter, room temperature	Toasted whole pecan nuts to decorate
1 cup icing / powdered sugar	Caramel sauce for topping
1 tsp vanilla extract	

Preheat oven to 180 C, 350 F. Using a piece of foil and parchment paper bigger than the tin, clip both together onto the bottom of a 6.5 inch spring form pan. Paper above the foil. Do not trim off excess foil and paper but just bring it up the outer side of the tin. Grease paper and up the sides of the tin.

### For the Cheesecake part:

Beat cream cheese and sugar in a mixer until smooth, scraping down the sides a few times. Add eggs one at a time, then lemon juice and sour cream. Set aside mixture in a bowl.

### For the Carrot Cake part:

In a separate bowl, sift flour, soda, baking powder, salt, cinnamon, nutmeg and clove powder and set aside.

With a clean mixing bowl, beat eggs until frothy. Gradually add sugar and beat until thick and pale. Add oil slowly, then vanilla and maple syrup. Add the flour mixture in batches and beat until incorporated. With a spatula, fold in the carrot, coconut and raisins.

Put 1/2 of cake batter in the prepared pan. Next dollop about 1/3 cup of cheesecake batter on top of the cake batter. Put the rest of the cake batter over this mixture and pour the rest of cheesecake mixture over. DO NOT SWIRL - The batter will 'swirl' by itself during cooking!

Place the cake in the oven on a medium shelf. Bake for around 60 minutes, until the center is slightly wobbly. Allow to cool and refrigerate until its cold enough to frost.

For the Frosting part: Beat cream cheese for a minute, then add butter. Beat till incorporated. Add sugar and vanilla until fluffy. DO NOT over beat or you will get a runny mixture and have to start over. Fold in whipped cream.

To assemble: Remove cooled cheesecake cake from the baking pan and parchment paper. Put onto a plate or cake board.

Frost the whole cake with frosting. Decorate pecan nuts all around. Drizzle caramel sauce on top and crush up a few pecans and put over caramel sauce.



### Flourless Carrot Cake

5 eggs, at room temperature  
2 C brown sugar  
1 tsp vanilla extract  
½ C vegetable oil  
3½ C nut meal (ground pecans or hazelnuts)  
1 tsp ground cinnamon  
1 tsp ground ginger  
¼ tsp ground nutmeg  
1 tsp baking powder  
½ tsp salt  
1 lb bag carrots (minus 2 carrots), peeled and grated  
1 C shredded coconut  
½ C walnuts  
½ C raisins



### Cream cheese icing

1/3 of an 8oz bar (or 3 Tbs) of cream cheese at room temperature  
1 lb box of Dominos Confectioners Sugar (2 C)  
1/3 stick (or 3 Tbs) softened butter  
1 tsp vanilla  
¼ C milk (optional)

Preheat oven to 325°. Line the base of a lightly greased springform tin with non-stick baking paper and set aside.

Put the eggs, sugar and vanilla in an electric mixer and whisk for 15 minutes or until thick and tripled in volume.

Put the oil, nut meal, cinnamon, ginger, nutmeg, baking powder, salt, carrots, coconut, walnuts and raisins in a large bowl and mix well to combine. Add in the egg mixture.

Spoon the combined mixture into the tin. Bake for 1 hour 15 minutes or until an inserted skewer comes out with a few crumbs attached. Allow to cool completely in the tin before refrigerating for 2–3 hours or until firm.

To make the cream cheese icing, beat all the ingredients with an electric blender together until creamy.

Run a small knife around the edge of the cake and remove from the tin. Spread with the icing to serve.

### Carrot Cake

3 cups ground carrots (about 6 carrots)  
4 eggs  
2 cups sugar  
1 1/3 cup oil  
1 tablespoon vanilla  
1 teaspoon salt  
2 1/2 cups flour  
2 teaspoons cinnamon  
2 teaspoons baking powder  
2 teaspoons baking soda  
1 cup walnuts  
1 cup raisins



Sift flour, cinnamon, baking powder, baking soda and salt

Beat eggs, vanilla and sugar till fluffy, add oil and beat. Fold in dry ingredients. Add carrots and mix. Add walnuts and raisins

Pour into a 13 X 15 greased and floured pan. Bake at 375 40-45 minutes.

### Cream Cheese Frosting for Carrot Cake

8 oz bar cream cheese room temperature  
2 teaspoons vanilla  
48 oz of confectionery sugar.  
1 stick softened butter  
Mix well and frost cake.  
NOTE: you can add 1-cup shredder coconut to this frosting

### Sour Cream Cookies

1 cup sugar  
1/2-cup butter softened  
1 egg  
1 teaspoon vanilla  
2 2/3 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/2 cup sour cream  
\* I find the dough easier to work with when it's refrigerated a few hours

Mix sugar, butter, egg and vanilla till fluffy. Fold in remaining ingredients. Divide dough into two balls. Roll each 1/4-inch thick on lightly floured pastry sheet or cutting board. Cut into desired shapes. I cut into round shapes using a water glass.

Bake 425 12-15 minutes or till tops are light golden. Let cool and use the [carrot cake cream cheese frosting](#)

### Excellent Butter Cookies

1 cup soft butter  
1/4 cup granulated sugar  
2 egg yolks  
1 teaspoon vanilla extract  
1/2 teaspoon almond extract  
2-1/2 cups sifted flour  
1/2 cup finely chopped walnuts (optional)  
1 box whole cloves  
Confectioner's sugar



Beat all but the flour and nuts, until light and fluffy. Add flour and nuts and mix well with hand. Turn dough onto lightly floured surface. Divide in half. Shape each into 16-inch long roll. Cut each roll into 16 one-inch pieces and shape into balls. Place clove in middle of each ball. Bake on ungreased baking tray 20 minutes at 350 degrees until cookie set, but not brown. Cool on wire with confectioner sugar while still warm. Cool completely just before serving; sprinkle with confectioner sugar again rack and sprinkle.

### White Chocolate Chunk Cookies

Makes 18 servings

1/2 cups butter softened	1 tsp baking soda
1/2 cup shortening	1/2 tsp salt
1/2 cup sugar	2 tsps vanilla extract
1/2 cup brown sugar packed	10 ounces white chocolate chopped
1 medium eggs	3/4 cup macadamia nuts chopped
2 cups all purpose flour	

Cream butter and shortening; gradually add sugars, beating well at medium speed of an electric mixer. Add eggs, beat well. Combine flour, soda and salt; add to creamed mixture, mixing well. Stir in vanilla. Stir in white chocolate and macadamia nuts. Chill dough. Drop dough by tablespoonfuls, 3 inches apart, onto lightly greased cookie sheets. Bake at 350 for 12-14 minutes (cookies will be soft) Cool slightly on cookie sheets; remove to wire racks to cool completely. Note: they do not work well on those cushionaire baking sheets.

### Key Lime Pie

1 Prepared Pie Crust-Graham Cracker  
1 Can Sweetened Condensed Milk  
1 12 oz. Package Cool Whip  
4 oz. Lime Juice\*



In a mixing bowl fold most of the cool whip with the can of condensed milk and the limejuice (reserve some cool whip to put on top of the pie). When the ingredients are folded well, pour into the piecrust.

Refrigerate until set (a few hours). Then put the remaining cool whip on top of the pie and refrigerate again until ready to serve.

Note: I made this key lime pie with fat free sweetened condensed milk and fat free cool whip; it was delicious. The only fat was in the graham cracker crust.

\* You can substitute lemon juice to make lemon chiffon pie or peach nectar to make peach chiffon pie. # Servings: 6

### Alice Bridge's Meringue Pie with Lemon

For a 9 inch pie:

#### Beat until stiff:

4 egg whites  
1/4 tsp cream of tartar  
Pinch of salt

#### Add slowly and beat until dissolves:

1 C sugar

Spread in a buttered 9 inch pie pan. Bake at 275 for 25 minutes, then at 300 for 25 minutes, or until faintly browned-tinged. Cool.

#### Beat until thick:

4 egg yolks

#### Add and stir in double boiler until thickened:

1/2 C sugar  
1/4 C fresh lemon juice  
Grated rind from one lemon.



Remove from heat and cool.

#### Whip and fold in:

1 C heavy or whipping cream  
(I did use heavy cream this time. but generally use whipping and it is fine)

Put filling into the crust. Wrap in saran wrap and chill several hours or overnight. Before serving top with whipped cream.

### Lemon-Butter Snowbars

#### Crust

1 1/3 cup All-purpose flour  
1/4 cup Granulated sugar  
1/2 cup Butter ( softened )

#### Filling

3/4 cup Granulated sugar  
2 eggs ( at room temperature )  
2 TBS All-purpose flour  
1/4 tsp. Baking powder  
3 TBS Lemon Juice  
Powdered Sugar

#### Directions:

Heat over to 350 degrees F.

#### For CRUST:

In small mixer bowl combine crust ingredients. Beat at low speed, scraping bowl often, until mixture crumbly, 2 to 3 minutes. Press on bottom of ungreased 8-inch square baking pan. Bake for 15 to 20 minutes or until lightly browned.

#### For FILLING:

In small mixer bowl combine filling ingredients, EXCEPT POWDERED SUGAR. Beat at low speed, scraping bowl often, until, well mixed. Pour filling over HOT Crust. Continue baking for 18 to 20 minutes or until filling is set. Sprinkle with Powdered sugar, cool completely. Cut into bars; sprinkle with powdered sugar again.

Make 16 bars.

# Servings: 8

### Apple Cake

(The best too)

Preheat oven to 350  
3 apples peeled and sliced thin  
 $\frac{3}{4}$  cup of oil  
1 tablespoon cinnamon  
1 pinch salt  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup walnuts  
1 cup flour (add an extra  $\frac{1}{4}$  cup if you like it a little drier)  
1 cup sugar  
 $\frac{1}{2}$  teaspoon vanilla  
3 eggs



Mix all ingredients till batter is smooth. Pour into well-greased bunt pan and bake 50-60 minutes at 350. Can frost with Cream cheese frosting when cooled.

### Cream Cheese Frosting

1 8 oz bar cream cheese  
1 tablespoon vanilla  
48 oz powdered sugar.  
1 stick sweet butter softened  
Mix till creamed and frost cakes. Cookies too.

### Gina's Apple Cake

2 eggs	1 teaspoon baking soda
1 cup vegetable oil	$\frac{1}{2}$ teaspoon salt
2 cups white sugar	2 teaspoons cinnamon
1 teaspoon vanilla extract	4 cups apples - peeled, cored and diced
2 cups all-purpose flour	Optional: raisins and walnuts

Preheat oven to 350 degrees. Grease and flour a bundt pan. Set aside.

Beat eggs and oil until creamy. Add sugar and vanilla. Continue beating to creamy again. In a separate bowl add flour, baking soda, salt, and cinnamon. Slowly add into wet mix. Batter will be very thick. Remove from mixer. Fold in apples (and optional raisins and walnuts).

Spread into bunt pan and bake 45 minutes or till done. It may need an extra 10 minutes.

Let the cake cool. Once cake is cool serve with a dusting of confectioners' sugar or with [Cream Cheese Frosting](#) (see the recipe, above).

### Apple Crisp

4 cups sliced apples  
 $\frac{3}{4}$  cup packed brown sugar  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup oats  
 $\frac{3}{4}$  tsp. ground cinnamon  
 $\frac{3}{4}$  tsp. nutmeg  
1 stick softened butter



Put apples in greased pan. Mix remaining ingredients and sprinkle over apples. Bake for 30 minutes. Top with vanilla ice cream. # Servings: 6

### Peanut Butter Cookies

1 cup unsalted butter	2½ cups all-purpose flour
1 cup crunchy peanut butter	1 teaspoon baking powder
1 cup white sugar	½ teaspoon salt
1 cup packed brown sugar	1½ teaspoons baking soda
2 large eggs	

Cream butter, peanut butter, and sugars together in a bowl; beat in eggs.

In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.

Roll dough into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.

### Grandma Lococo's Cream Puffs

1/2 cup butter softened (one stick)  
1 cup water  
1/4 teaspoon salt  
1 cup all purpose flour  
4 eggs



Melt butter in 1 cup of boiling water. Add salt and then flour. The dough will ball up. Remove from stove and add one egg at a time. Using wooden spoon beat after each egg till well mixed. (I use an electric mixer with a whisk attachment).

Preheat oven to 375. Drop one teaspoon onto a well greased cookie sheet and bake about 35 to 40 minutes. Turn oven off and let the cream puffs sit another 10 minutes.

Remove from the oven and slice each cream puff in the center and return to the oven. Turn oven on to 325. Let the cream puffs dry inside oven another 10 minutes. When completely cooled, fill with vanilla pudding or custard. See filling below.

(To make the cream puff cake you use the same cream puff batter and spread the batter onto a cookie sheet. Make sure you line the cookie sheet with parchment paper. Bake 30 minutes at 375. Turn the oven off and prick the cake in several places. Leave the cake in the oven another 15 minutes so the middle dries out (otherwise it is too gooey inside).

#### Filling:

One 4 oz box French vanilla pudding, the kind you have to cook on the stove top. Cool completely in the fridge awhile. When pudding is completely cooled mix in 4 oz of mascarpone cheese. Mix well till smoothed. Let it sit in the fridge another hour then fill your cream puffs using a table spoon or if you are using the filling for your cream puff cake drop table spoons all over on top of the cake and smooth out with a spatula. then top with whip cream. Just before serving drizzle hard shell chocolate on top. You can find the fudge shell syrup in the grocery in the bake section. This fudge will harden. Cut with a pizza cutter and serve. MMMMMMM good.

## Cannolis

### Cannoli Cream:

15 oz ricotta cheese  
8 oz cream cheese (I used mascarpone cheese because I believe it gives a better flavor)  
1½ C confectioners sugar  
2 tablespoons heavy cream  
1 teaspoon of vanilla

Mix all above on high speed till stiff and refrigerate several hours.

When ready to serve as a dip sprinkle 1 cup of mini chocolate chips on top and serve with chocolate gram crackers.

Used as a filling, use a pastry bag with a flower tip to fill the canola shells.

### Cannoli dough for shells:

400g all purpose flour  
75 grams shortening (Crisco works well)  
50 grams sweet white wine  
35 grams sugar  
2 egg yolks  
1 egg white  
½ tsp vanilla extract



Equipment needed: bowl of water, pot with high sides, filled with 3 inches of canola oil, cannoli tubes, metal or wood.

1 - Combine the ingredients into a shaggy ball, then wrap in plastic wrap. Put in the fridge for a few hours or overnight.

2 - Take the dough out of the fridge and let it sit to room temperature. Take a piece of the ball and roll out thin. Using a 3-inch round cutter, cut circles into the rolled out dough.

3 - Take a circle and roll it even thinner so it is almost paper thin, wrap circle around the cannoli tube making sure the dough is firmly around the tube with out much slack. Dab your fingers in the bowl of water and wet one side of the seam you are about to make. Close the seam with the other side of the circle, pressing down to seal. Flare the ends with your fingertips. Place on a sheet lined with parchment paper.

4 - When ready to fry, bring the oil to 360°. Drop the cannoli tubes into the oil two at a time. Baste them with the oil, as they will float, to make sure they cook evenly. When golden and blistered, remove and place on a drip rack to cool. Remove the tube immediately or they will stick when cooled.

5 - Using the filled pastry bag with the cannoli cream, fill each end of the shell, dip into mini chocolate chips and serve. Do not fill shells till ready to serve or they will get soggy.

### Grandma's Thimble Cookies

1/2 lb. butter  
1 C sugar  
2 egg yolks  
2 C flour  
1 tsp. vanilla  
Raspberry jam



Mix ingredients, roll dough into balls the size of a nickel, press with thimble and fill with jam.  
Bake for 10 to 12 minutes # Servings: 5 doz.

### Meryl's Pumpkin Pie #1 (with condensed milk)

4 cups fresh pumpkin, cooked and mashed (See recipe below for Meryl's Pumpkin Pie#2 for cooking instructions)

1 (14 ounce) can sweetened condensed milk  
2 eggs  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
1 (9 inch) deep dish pie crust

1 - Preheat oven to 425 degrees

2 - In a large bowl, combine pumpkin puree, sweetened condensed milk and eggs. Add cinnamon, ginger, nutmeg and salt. Mix together with a wire whisk until thoroughly blended. Pour filling into pie crust.

3 - Bake in preheated oven for 15 minutes. Reduce the heat to 350 degrees and bake another 35 to 40 minutes or until a knife inserted comes out clean.

### Meryl's Pumpkin Pie #2 (with honey)

1 medium sugar pumpkin  
1 tablespoon vegetable oil  
1 recipe pastry for a 9 inch single crust pie  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
1 teaspoon salt  
4 eggs, lightly beaten  
1 cup honey, warmed slightly  
1/2 cup milk  
1/2 cup heavy whipping cream



1 - Cut pumpkin in half, and remove seeds. Lightly oil the cut surface. Place cut side down on a jelly roll pan lined with foil and lightly oiled. Bake at 325 degrees until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.

2 - In large bowl, blend together 2 cups pumpkin puree, spices, and salt. Beat in eggs, honey, milk, and cream. Pour filling into pie shell.

3 - Bake at 400 degrees for 50 to 55 minutes, or until a knife inserted 1 inch from edge of pie comes out clean. Cool on a wire rack.



### Italian Cheese cake

#### Pastry:

3/4 cup sifted flour  
2 tablespoons butter  
1 tablespoon sherry

#### Filling:

1 pound ricotta cheese  
4 tablespoons flour  
3/4 cup sugar  
1 tablespoon fresh lemon juice  
2 eggs, separated  
1/2 cup cream, whipped

To make pastry: mix together flour and butter until mixture is the consistency of coarse meal. Add sherry, a little at a time, until pastry forms stiff ball. Chill. Roll out on a lightly floured board and put on the bottom of a 9" pie pan.

Filling: Put the ricotta cheese in a bowl. Add flour, sugar and lemon juice and mix well. Beat the egg yolks gently and mix into the ricotta mixture.

Fold the whipped cream into mixture. Beat egg whites until stiff and gently fold into the ricotta mixture. Pour into the unbaked pastry shell.

Bake at 300 degrees for one hour. Turn the heat off and leave the pie in the oven for another hour with the door closed. Do not open the oven!

Remove from oven and cool. Enjoy!

### Greek Wedding Cookies

2 sticks of butter room temperature  
1 teaspoon vanilla  
6 tablespoons sugar  
3 to 6 T tablespoon of milk (you may need to add a little more milk when working the dough so it all sticks together)

Cream first three ingredients

1 cup whole clove for center of cookies before baking

Add 3 cups of flour one cup at a time and fold into creamed mixture.  
(Optional – before adding the last cup of flour add one cup of slivered almonds.)

The dough will be a bit crumbly, just like pie crust dough.

Make round balls and add one whole clove into the center of each cookie then bake at 325 for 20 minutes.

The cookies do not brown or spread out. Let them cool completely.  
Roll them into powdered sugar and serve.



### Sandee's Really Easy Banana Pudding Cake

#### CAKE:

- 1 box yellow cake mix
- 1 stick butter, melted
- 1 cup whole milk
- 3 large eggs
- 1 tsp vanilla extract (use real, not imitation for a better flavor)

#### PUDDING:

- 2 boxes vanilla instang pudding mix
- 3 cups whole milk
- 4 tbsps butter, cut up
- 2 tsps vanilla extract
- 4 cups sliced bananas (approx 3 large bannanas)



NOTE: this may make more pudding than needed, but this is delicious on its own, so snake on the leftovers

#### TOPPING:

- 1 large container of Cool Whip
- 1/2 to 1 cup crushed vanilla wafers

Preheat oven to 350 degrees. Lightly mist a 13x9 baking pan with cooking spray (I use the one with flour in the spray for cakes and cookies).

Mix cake mix, butter, milk, eggs and vanilla in a large mixing bowl until batter is thick and well blended. Pour batter into pan and spread evenly. Bake until golden brown and springs back when lightly pressed with finger, about 30 - 33 minutes, depending on your oven.

Remove cake from oven and place on wire cooling rack.

While cake is cooling, prepare the pudding. Mix the pudding mix and milk in a medium sauce pan, fold in butter and vanilla. Cook over low heat, stirring until butter is melted, about 3 - 4 minutes. Remove from heat and let cool for about 5 minutes, then fold in the bananas.

To assemble the cake, poke the cake with a skewer in a number of places (this will allow the pudding mixture to sink into the cake). Pour the pudding on top of the cake and spread evenly. Spread the Whipped topping on top of the pudding. Sprinkle the crushed vanilla wafers over the whipped topping

### **Sandee's Double Chocolate Chewies**

1 box devil's food cake mix  
1/3 cup water  
4 tbsps butter, melted  
1 large egg  
1 cup semisweet chocolate chips  
1/2 nuts of your choice (optional)

Preheat oven to 350 degrees. Lightly mist 2 cookie sheets with cooking spray (I use the one with flour in the spray for cakes and cookies).

Mix cake mix, water, melted butter and egg in a large mixing bowl until dough is thick and well combined. Fold in the chocolate chips and nuts until well incorporated. Drop heaping teaspoons of dough 2 inches apart on baking sheet (I use a small ice cream scoopers - it makes baking cookies so much easier and the cookies all come out the same size).

Bake cookies until they are set but still soft in the center, about 10 - 12 minutes, depending on your oven. Remove cookies from oven and let sit on cookie sheet for one minute before transferring to a wire rack to cool completely.

NOTE: Use a metal spatula to remove cookies from sheet, it will work much better than a plastic or rubber one

#### Variations:

- dark chocolate fudge cake mix with milk chocolate chips
- 1/3 cup brewed coffee and milk chocolate chips - no nuts
- white chocolate chips - no nuts

### **Sandee's Applesauce Spice Cookies**

1 box spice cake mix  
1/2 cup vegetable oil  
1/2 cup applesauce  
1 large egg  
1 cup raisins

Preheat oven to 350 degrees. Lightly mist 2 cookie sheets with cooking spray (I use the one with flour in the spray for cakes and cookies).

Mix cake mix, oil, applesauce and egg in a large mixing bowl until dough is thick and well combined. Fold in the raisins until well incorporated.

Drop heaping teaspoons of dough 2 inches apart on baking sheet (I use a small ice cream scoopers - it makes baking cookies so much easier and the cookies all come out the same size).

Bake cookies until they are light brown and feel firm when lightly pressed with finger, about 12 - 15 minutes, depending on your oven. Remove cookies from oven and let sit on cookie sheet for one minute before transferring to a wire rack to cool completely.

NOTE: Use a metal spatula to remove cookies from sheet, it will work much better than a plastic or rubber one

### **Sandee's Potato Chip (You Heard Correctly) Cookies**

2 sticks unsalted butter, room temperature  
1 cup granulated sugar  
3 cups all purpose flour  
2 tsps vanilla extract  
1 1/2 cups crushed potato chips (use any brand you want, but not flavored chips, e.g. BBQ, Sour Cream and Onion, etc)  
1 cup confectioner's sugar

Preheat oven to 350 degrees. Lightly mist 2 cookie sheets with cooking spray (I use the one with flour in the spray for cakes and cookies).

Mix butter and granulated sugar in a large mixing bowl until mixture becomes light and fluffy. Add the flour and vanilla until just incorporated. Add the potato chips and mix until well blended (at this point, it might become easier to combine the dough with your hands).

Drop teaspoonfuls of dough 1 inch apart on baking sheet (again, it may be much easier to form them cookies by hand so that they all come out the same size).

Bake cookies until they are lightly browned around the edges but still soft in the center, about 10 - 12 minutes, depending on your oven.

Remove cookies from oven and let sit on cookie sheet for one minute before transferring to a wire rack. Generously sprinkle half the confectioner's sugar on the cookies as soon as you place them on the wire rack. Then sprinkle the rest of the confectioner's sugar on the cookies when you serve them.

NOTE: Use a metal spatula to remove cookies from sheet, it will work much better than a plastic or rubber one

### **Brown Buttercrunch Lace Cookies**

\*Read recipe first and be ready to work fast.

1 stick of salted butter softened. ( 1/2 c)  
1/2 c. corn syrup  
2/3 c packed dark brown sugar  
1c old fashioned oats. ( not the quick or instant)  
3/4 c all purpose flour  
1 tsp vanilla



***Award winner!!*** Linda won 2<sup>nd</sup> prize  
at the 2014 Scituate Country Club  
Chocolate Festival with these cookies!

Preheat oven to 375. Line cookie sheet with parchment paper. In medium saucepan, melt butter, corn syrup, and brown sugar over moderate heat, stirring constantly until sugar dissolves. Increase heat to high. When mixture boils remove from heat and stir in oats, flour and vanilla.

Drop 1/2 teaspoon on parchment paper. (It really spreads, so don't use more than 1/2 teaspoon). Try to round. Leave 3 inches from each cookie on the sheet. Bake 8 minutes or till mixture spreads and bubbles and let it brown a little. Let cookies cool 1 to 2 minutes.

Roll widest edge of cookie around a pencil or wooden spoon handle creating a tube. Let cool completely. Dip ends into melted chocolate. Let chocolate harden and enjoy!

### Walnut-Streusel Apple Pie

Serves 8. Active: 30 min, Total 1 1/2 hrs

1 refrigerated ready-to-use pie crust (from a 15-oz box).

#### Streusel Topping

1/2 cup each all-purpose flour, packed light brown sugar, and chopped walnuts

1 tsp apple pie spice

3 Tbsp light stick butter, cut in small pieces (we used Land O'Lakes Light)

#### Filling

6 Granny Smith, Crispin (Mutsu), Pippin, Jonagold, Northern Spy or Greening apples (3 lbs)

1 Tbsp lemon juice

1/2 cup packed light brown sugar

3 Tbsp all-purpose flour

1 tsp apple pie spice



Garnish: confectioners' sugar

- 1) You'll need a 9-in. pie plate. Place one oven rack in lowest position. Place a square of foil on rack to catch any drips.
- 2) Line pie plate with pie crust as package directs. Flute or crimp edge.
- 3) Streusel Topping: Mix flour, sugar, walnuts and apple pie spice in a medium bowl. Rub in butter with fingertips until mixture forms moist, coarse crumbs that will clump together easily.
- 4) Filling: Peel, halve, and core apples. Cut in 1/8-in thick slices by hand (or with the slicing disk of a food processor). Place in a large bowl, add lemon juice (to prevent browning) and toss to coat. Mix remaining ingredients in a small bowl, sprinkle over apple slices and toss to coat.
- 5) Heat oven to 450 degrees F.
- 6) Layer apple slices in pie shell, mounding them higher in center. Gently press mound to compact apples. Pat and press the topping mixture evenly over apples to form a top crust.
- 7) Bake 15 minutes. Reduce oven temperature to 350 degrees and loosely cover pie with foil. Bake 45 minutes longer or until a skewer meets a little resistance when center of pie is pierced (apples will continue cooking after pie is removed from oven) and topping is golden brown. To serve warm, cool about 1/2 hour on a wire rack or let cool completely. Pie will sink a little. Its best on the day it's made, but you can keep up to 4 days loosely covered at room temperature.

### Apple Pie Blue Ribbon Winners

Plain and Perfect Pie Crust, rolled out for a 2-crust 10-inch pie; place the bottom crust in the pan, placed the top crust on a sheet pan, put both crusts in the refrigerator, recipe follows

#### Plain and Perfect Pie Crust:

4½ cups sifted all-purpose flour  
2 teaspoons kosher salt  
2 teaspoons sugar  
12 ounces (3 sticks) cold unsalted butter, cut into pieces  
½ cup ice water (strain out the ice just before using)



#### Apples filling:

2 teaspoons red wine vinegar  
5 Granny Smith apples, peeled, cored, and thickly sliced  
½ cup sugar  
⅛ teaspoon salt  
1½ tablespoons cornstarch  
¼ teaspoon cinnamon  
⅛ teaspoon nutmeg  
1 teaspoon pure vanilla extract  
1½ tablespoons cold unsalted butter, cut into pieces  
1 tablespoon heavy cream  
1 tablespoon sugar

**Pie Crust:** In a mixer fitted with a paddle attachment (or using a hand mixer), mix the flour, salt, and sugar for 1 minute. Add the butter and mix just until you have a crumbly, sandy mixture. You should still be able to see the pieces of butter. In a small bowl, stir the water and vinegar together. With the mixer running at medium speed, drizzle in the water-vinegar mixture and mix just until a dough forms. You should still see small bits of butter. Turn out onto a work surface, divide the dough in half, and shape into round, flat disks. Wrap separately in plastic wrap and refrigerate at least 30 minutes before using. (Or, refrigerate up to 48 hours or freeze up to 1 month before using. If frozen, let thaw in the refrigerator overnight before rolling out.)

When the time comes to roll out the dough, let the dough warm up for a few minutes at room temperature. Dust a work surface with just a few tablespoons of flour and keep some extra flour at hand. If you like, you can roll out the dough between 2 sheets of waxed paper (flouring the bottom sheet and the top of the dough before rolling), which makes it much easier to transfer to the pan later on. However, you won't be able to check the progress of the dough as easily. It's entirely up to you. Sprinkle a little flour on top of the dough and start rolling outward from the center with quick, light strokes. Don't worry if the edges split a bit; concentrate on forming a good circle from the center. Lift up and rotate the dough ¼ turn every minute or so to help ensure even rolling. The dough should feel smooth and soft; some say it should feel like the inside of your forearm. If it gets sticky, sprinkle on a bit more flour, but don't do this more than 2 or 3 times; the dough will absorb too much flour. Instead, put it back in the refrigerator for 15 minutes to firm up the butter. Keep rolling until the circle is at least 2 inches larger than your pan (for example, 11 inches wide for a 9-inch pie pan), or 3 inches larger for deep-dish pies.

Set your pie or tart pan nearby. We always use heavy aluminum pans, because glass pans seem to bake the crust too fast. However, we know that the advantage of glass is that you can easily check the color of the crust. Again, it's up to you. Either choice will work. To transfer the crust to the pan, we find it easiest to roll a finished crust up onto the rolling pin, and then gently unroll it in the pan. Or, you can fold it gently in quarters, lift it up, position the center point on the center of the pan, and unfold it into the pan. If using waxed paper, peel off the top layer, turn the crust

gently into the pan, and peel off the remaining paper. Make sure that the dough is allowed to settle completely into the pan.

Don't stretch and press the dough into the corners; stretched dough will likely shrink back when you bake it. Instead, lift the edges of the crust to let it settle down into the corners. If the dough tears a bit, don't be concerned, we'll patch it in a minute. Using scissors or a sharp knife, trim the dough to within 3/4-inch of the rim. Use any extra scraps to patch the crust, pressing with your fingers (wet them if necessary) or set aside. Leave the edges of the bottom crust hanging over the rim.

Roll out the second piece of dough into a circle about 11 inches in diameter. Line a sheet pan with parchment or waxed paper. Roll the dough up onto the rolling pin, and then unroll it onto the sheet pan. Chill for 20 to 30 minutes before filling.

Preheat the oven to 425°.

In a medium bowl, toss the apple slices, sugar, salt, cornstarch, cinnamon, nutmeg, and vanilla together. Transfer to the pie shell, and dot with the butter. Brush the overhanging edges of the dough with water. Carefully place the rolled-out top crust on top and pinch the edges together, turning under all around to make a thick edge. To decorate the rim, just press it all around with the back of a fork. For a slightly more advanced look, press the thumb and forefinger of one hand together. Use them to gently push the thick dough rim outward, while pushing inward with the forefinger of the other hand, so that they intersect in a "V" with the dough in between. Repeat all around the rim to make a wavy edge.

With the tips of a pair of scissors, snip 4 evenly spaced small vent holes in the top crust. Brush the top of the pie with cream, and then sprinkle evenly with sugar.

Place the pie on a sheet pan to catch any juices that boils over. Bake in the center of the oven for 10 minutes, then reduce the heat to 375° and bake until the crust is golden brown and the juices are bubbling at the vents, 40 to 50 minutes more. Check the pie after 30 minutes; if the crust is browning too quickly, cover lightly with foil. Let cool at least 30 minutes before serving. Serve warm or at room temperature.

Recipe Summary:

Prep Time: 1 hour 30 minutes

Cook Time: 1 hour 30 minutes

Yield: 1 pie

### Perfect Pie Crust

Preheat oven to 400 degrees

12 Tablespoons (1½ sticks) of very cold unsalted butter

3 C. all purpose flour

1 tablespoon sugar

1 teaspoon salt

1/3 C. very cold shortening such as Crisco. Diced

1/2 C. ice water

Cut the butter in 1/2 inch dice and return to the refrigerator.

Place the flour, sugar, and salt in a bowl of a food processor fitted with steel blade and pulse a few times.

Add the butter and the shortening and pulse a few times, until butter looks like peas, pouring the ice water down the feed tube and pulse 10 to 12 more time, until the butter begins to form a ball.

Dump the dough out on a floured surface and turn it into a ball. Wrap it in plastic wrap and refrigerate for 30 minutes.

Cut the dough into half, roll each piece out on well floured surface into 12-13 inch circle rolling from the center to the edge, turning and flouring the dough to make sure it does not stick to the surface.

Carefully ease pie crust into 9 inch pie dish making sure not to stretch the crust or it will shrink while baking.

With a sharp knife cut the excess dough off the edge of the pie plate.

Spoon in your mixture (apples, blueberry or what ever fruit you are using).

Brush the edges of the crust with egg wash.

Carefully lay the second crust on top again easing, not stretching, on top of the pie.

Brush the top crust with the egg wash, then cut 3 slits into the top to allow steam to escape.

Sprinkle with sugar. Place pie on prepared sheet pan and bake in the middle of the oven for 45 to 50 minutes until filling is very bubbly and crust is nicely browned.

Allow to cool and serve warm.



## Tiramisu

### Ingredients Mascarpone Filling:

3 cups mascarpone cheese  
1 1/2 cups granulated sugar  
2 cups heavy whipping cream  
1/2 cup Meyers rum  
1 teaspoon vanilla

### Method for Mascarpone filling:

1. Chill 5 quart mixing bowl in the freezer for 15 minutes. Place all the ingredients in the chilled 5 quart mixing bowl. Whip at slow speed to incorporate all ingredients.
2. Beat ingredients on high speed stopping to scrap the sides with a rubber spatula. Beat till fluffy and creamy
3. Warning!!!! Do not over beat. The filling should be the consistency of thick whipping cream. If you over beat it will become grainy and dry like butter.

### Espresso Mixture Ingredients:

2 cups brewed espresso (cooled)  
2 tablespoons Amaretto Liqueur  
2 tablespoons Kahlua



### Espresso Mixture Method:

Combine the espresso, Kahlua and amaretto into the 2 quart mixing bowl

### To Assemble ingredients:

40 approx. ladyfingers  
1 recipe espresso-liqueur mixture  
1 recipe mascarpone filling  
2 weight ounces chocolate shavings

### Assemble Method:

1. Dip lady fingers quickly into the espresso mix. Line the bottom of a baking pan. (About 20 lady fingers) Lay lady fingers round topside up. This helps the tiramisu stand higher in the plate when it is served.
2. With a pastry spatula spread half the mascarpone filling over soaked cookies
3. Sprinkle shaved chocolate evenly over the mascarpone going all the way to the edge.
4. Repeat this process again with the remaining ingredients leaving the top without shaved chocolate. Cover with a dome lid and refrigerate for two hours

### Hot Fudge Squares

(Read through this whole recipe because timing is an issue – first you should start the margarine and water to boil on stove, then put the dry ingredients together so that the dry stuff is ready once the margarine is ready. Also when the cake has about 8 minutes left to go on cooking – start making the frosting. You want to have the frosting all ready to pour over the hot cake the minute it comes out of the oven.)

This may sound difficult but this cake only takes me about 15 minutes to throw together and get into the oven.

Preheat oven to 400 degrees. Need 11X17 pan (about 2-3 inches high)

With this size pan the cake takes 18-20 minutes to cook depends on your oven.

#### Cake Ingredients:

2 cups of sugar

2 cups of flour

4 heaping tablespoons of cocoa

2 sticks of margarine

1 tsp of vanilla

1 cup of water

2 eggs (room temp) beaten – take out and put on counter first thing.

½ cup sour milk (to make this add 1 tsp white vinegar to regular milk)

1 teaspoon baking soda



Grease and flour 11X17 inch pan. In a large bowl mix sugar, flour and cocoa. Bring margarine and water to a boil and then pour over the Flour/sugar/cocoa mixture while margarine is still hot. Mix slightly and then add in sour milk, eggs, baking soda and vanilla and mix well (you can do by hand or with a mixture). The batter will be thin.

Pour into the pan, and bake at 400 degrees for 20 minutes. (Someone I know used an 11X8 pan and cooked cake for 35 or 40 minutes but I have never done that before – I don't mess with perfection – I sound like Linda!!!).

#### Frosting Ingredients:

1 stick of margarine,

1 box of confectioner's sugar

4 heaping tablespoons of cocoa

1 teaspoon of vanilla

1/3 cup milk

1 cup of walnuts (optional – I did not use)

Start frosting when cake has about 8-10 minutes left to go in oven.

In a medium saucepan, put in milk, cocoa and margarine. Warm on a medium heat and be careful that the milk doesn't burn – you have to continually stir it while it is cooking on the burner. Once it is really hot and melted well (doesn't have to really boil). Take off the heat and put in vanilla and stir well, then add in the whole box of confectioners sugar and stir really well (like beating by hand) until the frosting is smooth and will be easy to pour onto the cake. You can add walnuts at this time but I don't use them.

As soon as cake comes out put it on a cooking rack and then pour the frosting all over it – be careful that all the frosting doesn't land in the corners – you may need to move it around.

Let it cool at least 2 hours so that the frosting hardens well on top.

I cut it into about 35-45 pieces depending on how large you want the pieces to be. It makes a lot of cake. ENJOY!!

NOTE – this frosting is yummy on Angel food cake as well – because when it's hot it pours over the cake so well.

### **Cream Cheese Pound Cake**

3 sticks of unsalted butter (room temp)  
8oz cream cheese (room temp)  
3 C sugar  
(cream all above)  
Add: 2 tsp vanilla  
6 eggs one at a time

In a separate bowl: 3 C flour mixed with 1 tsp salt.

Add flour a little at a time to the wet mixture, mixing on low speed. Once completely mixed add to two well greased loaf pans. Bake at 325° 1 hour and 15 minutes.

Let cool. Serve with a scoop of vanilla ice cream or a dollop of whipped cream. If you want to be creative you can add sliced strawberries on the side.

### **Vanilla Butter Nut Pound Cake**

2 sticks unsalted butter, softened  
½ cup shortening  
3 cups sugar  
5 eggs  
3¼ cups cake flour (see below to make your own from all-purpose)  
½ tsp salt  
¾ cup evaporated milk  
¼ cup water  
2 Tbs vanilla or vanilla butter nut extract or another flavor you like



#### **To make cake flour:**

1 cup all-purpose flour - remove 2 tablespoons  
Add 2 tablespoons cornstarch  
Sift 5 times

Mix butter and shortening together. Slowly add sugar. Blend in eggs one at a time.

Mix flour and salt together. Mix evaporated milk, water and extract together.

Add flour mixture alternately with milk mixture.

Grease and flour a tube or bundt pan (I use PAM for baking) and add batter.

START IN COLD OVEN (do not preheat). Set temperature to 300 degrees (see \*\*\* below).  
Bake for 1 hour and 20 minutes, or till toothpick comes out clean.  
Cool for about 10 mins. in the pan on a wire rack, then invert on a cake plate and cool completely.

This cake is good plain, drizzled with icing or glaze, topped with fresh fruit or berries and whipped cream, or served with ice cream. It would also be OUTSTANDING cut up and used in a trifle!

\*\*\* Original recipe called for 325 degrees for 1 hour and 45 minutes (too brown & dry in my oven), but every oven is different, so if you use 325 degrees, start checking after 1 hour.

### Blueberry Pound Cake

1 cup butter, softened  
2 cups sugar  
4 eggs  
1 teaspoon vanilla  
3 cups flour, divided  
1/2 teaspoon salt  
1 teaspoon baking powder  
1 pint fresh blueberries



Preheat oven to 325 degrees.

Cream butter and sugar. Add eggs one at a time and beat until light and fluffy. Add vanilla.

Sift 2 cups flour, salt and baking powder together. Add sifted ingredients to creamed mixture and beat.

Dredge berries in remaining flour. Gently fold into batter. Grease and dust a tube pan with confectioner's sugar or flour, pour in batter.

Bake for 1 hour 15 min or until tests done.

For my famous cinnamon pound cake, omit the berries and third cup of flour, otherwise the recipe is the same except I add 1 tablespoon of cinnamon to the dry ingredients, and sprinkle some on the top before baking.

I came up with the cinnamon version because my nephew Aidan doesn't like blueberries, but he loves this!

### Blueberry Muffins

1/2 cup butter	2 teaspoons baking powder
1 cup sugar	1/2 cup milk
2 eggs	2 1/2 cups blueberries
2 cups flour	1 teaspoon vanilla
1/2 teaspoon salt	2 teaspoons sugar (for tops)

On low speed, cream butter with sugar until fluffy. Add eggs one at a time and mix until blended.

Sift flour, salt, and baking powder. Add to eggs/butter mixture, alternating with milk.

Mash 1/2 cup of berries and stir into mixture by hand. Add the rest of the berries whole and stir by hand.

Grease muffin tins well with butter; grease the top surface of the pans as well. Pile mixture high in each muffin cup, and sprinkle the sugar over tops. Bake at 375 degrees for 30 minutes.

### Raspberry White Chocolate Squares

1 ¼ cups quick oats, uncooked  
1 ¼ cups all purpose flour  
½ cup firmly packed brown sugar  
1 teaspoon baking powder  
¼ teaspoon salt  
1 ¾ sticks of margarine, melted  
1 cup raspberry jam or preserves  
¾ cup white chocolate chips, divide ¼ and ½  
¼ cup toasted chopped almonds (optional – I did not use)

Preheat oven to 350 degrees. Use 8X8 square pan (glass or metal is fine)

Combine oats, flour, brown sugar, baking powder and salt in large bowl, stir in the melted margarine until mixture is crumbly.

Reserve 1 cup of this mixture and set aside. Press remaining crumb mixture onto the bottom of an 8 inch square pan. Bake 10 minutes

Take out of oven and spread raspberry fruit evenly over baked crust to within ¼ inch of the edges. Then sprinkle ½ cup of white choc chips over the jam. Combine the reserved crumb mixture with ¼ cup of white choc chips (and almonds if you use them). Sprinkle that over the top and press lightly with fork to press it all down. Bake 30-35 minutes or until golden brown. Cool completely on wire rack (overnight is a good idea because you want it to be firm and hard). Cut into squares and serve. This is really easy and quick to make. Enjoy!

### Hind's Biscotti

Preheat oven to 375. Meanwhile:

#### Dry ingredients:

6 to 7 cups of flour

1 C ground raw almonds using the pulse so you have some crunch

½ C sesame seeds

1 Tbsp anise seeds

½ C cup of soaked raisins in ½ C hot water till soft. About 5/6 min.

5 tsp of baking powder

#### In a separate container mix:

7 eggs

2 C of brown sugar

1 C of canola oil

Juice of one orange and use the zest too

2 tsp vanilla extracts (if you have almond extract you can use some drops (it's optional))



Mix all the wet ingredients with the sugar until blended.

Pour the liquid into the container of dry ingredients. Blend until you have good consistency of the dough. (You can always add some flour if it's too wet. Use your judgement but it's best when the dough is very soft.

Roll the dough into logs (put some oil in your hands so the dough doesn't stick) usually it makes 6 logs. Place on parchment paper.

Bake at 375 degrees for 15-20 minutes For the first bake.

Remove from the oven and cut them into small pieces and recook them for another 10min. at 400 degrees, Just till golden in color... You need to watch them so they don't overcook...

\*Optional (once the biscotti cookies are done cooking and cooled if you want to dress up the cookie dip them into dipping chocolate, the same kind you use for dipping fruit, and then dip into colored jimmy's)

Bonne appetite!

### Martha Stewart Lemon Cake

1 cup (2 sticks) unsalted butter, room temperature, plus more for pans  
2½ cups all-purpose flour (spooned and leveled), plus more for pans  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon salt  
1 tablespoon lemon zest  
2 cups sugar  
2 large eggs plus 3 large egg yolks  
¼ cup plus 2 tablespoons fresh lemon juice  
1 cup low-fat buttermilk  
1 lemon, thinly sliced and seeded  
Whipped Frosting



Preheat oven to 350 degrees. Butter and flour two 8-by-2-inch cake pans, tapping out excess flour. In a medium bowl, whisk flour, baking powder, baking soda, salt, and lemon zest.

In a large bowl, using an electric mixer, beat butter and 1½ cups sugar until light and fluffy. With mixer on low, beat in eggs and yolks, one at a time. Beat in 2 tablespoons lemon juice. Alternately beat in flour mixture and buttermilk beginning and ending with flour mixture; mix just until combined.

Divide batter between pans; smooth tops. Bake until cakes pull away from sides of pans, 32 to 35 minutes. Let cool in pans 10 minutes. Run a knife around edges of pans and invert cakes onto a wire rack.

While cakes are baking, bring remaining ½ cup sugar and ½ cup water to a boil in a saucepan. Add lemon slices and simmer 25 minutes. Using a slotted spoon, transfer lemon slices to a waxed-paper-lined plate. Stir remaining ¼ cup fresh lemon juice into syrup.

Using a toothpick, poke holes in warm cakes on rack. Brush with lemon syrup. Let cool completely. Prepare frosting, substituting 2 tablespoons fresh lemon juice for vanilla extract. Frost cooled cakes and top with candied lemon slices.

#### Whipped Frosting:

3 large egg whites  
¾ cup sugar  
Pinch of salt  
1/3 cup water  
1/4 teaspoon pure vanilla extract

In a heatproof bowl set over (not in) a saucepan of simmering water, combine egg whites, sugar, salt, and water. Cook over medium, stirring constantly, until sugar has dissolved (or mixture registers 150 degrees on an instant-read thermometer), 2 to 3 minutes. Transfer to a large bowl.

Using an electric mixer, beat on medium-high until glossy, stiff peaks form (do not overbeat), about 3 minutes; reduce speed to low, add vanilla extract, and beat just until combined. Use immediately.

### Cannoli Cheesecake

7 oz pkg cannoli shells  
3 tablespoons unsalted butter melted  
2 tablespoons sugar  
4 cups whole milk ricotta cheese  
1 1/2 cups sugar  
1/4 cup flour  
1/2 cup whipping cream  
2 teaspoons pure vanilla extract  
1 teaspoon orange zest  
5 large eggs  
1/3 cup mini chocolate chips  
Confectionery sugar for sprinkling



Fresh ricotta works amazing in this recipe. See the [Homemade Ricotta Cheese](#) recipe on page 189.

Preheat oven to 325 degrees. Place a tin of warm water on the shelf under the cheesecake. Line a 9-inch springform pan with parchment (or Wilton mini cheesecake pans for deeper cheesecake).

Crush cannoli shells (food processor works best), add butter and 2 tablespoons sugar and continue to pulse until med-fine crumbs.

Press crumbs firmly onto bottom of the pan. Bake 10 minutes. Let cool.

Beat ricotta cheese, remaining sugar and flour in the bowl of an electric mixer on medium until well blended. Add whipping cream, vanilla, and zest; mix well. Add eggs, 1 at a time, mixing just until blended after each addition. Pour over crust.

Bake for 1 hour and 30 minutes, then sprinkle top with the chocolate chips delicately, pressing chips in lightly. Continue to bake 20 more minutes or until center is almost set. Run a knife around rim of pan to loosen cake.

Cool before removing rim of pan. Refrigerate for 4 hours or more. Before serving sprinkle with confectionery sugar.

Top with whipped cream if desired. Store leftovers in the refrigerator. Serves 10.



### **Classic Birthday Cake**

2 C. King Arthur cake flour  
1 ¼ tsp salt  
2 tsp baking powder  
4 large eggs (room temperature)  
2 C granulated sugar  
1 Tablespoons vanilla extract  
1/8 tsp almond extract  
1 cup whole milk  
4 Tablespoons (1/4 C) butter cut into pats  
1/3 C vegetable oil  
Butter Cream Almond Icing



Preheat oven to 325. Lightly grease two 8" or 9" round cake pans. Line bottom with parchment paper.

In a small bowl, mix flour, salt, and baking powder. Set aside.

In a large bowl mix (using an electric mixer), at medium speed, sugar, eggs, vanilla and almond extract till the color is light yellow and ingredients are creamy. Mix about 2 minutes.

Add dry ingredients a little at a time on low speed.

In small sauce pan (you can use the microwave too) bring milk to a boil. Remove from stove and add butter pats and stir till butter is melted, then add the vegetable oil. Slowly add this to the batter using the electric mixer on low speed. Once all combined and mixed well pour evenly into the two round cake pans. Bake 38-42 minutes.

Completely cool before icing. I like to freeze my cakes for an hour then frost. (No crumbs that way). See below for the Butter Cream Almond icing.

### **Butter Cream Almond Icing**

24 oz. confectioner sugar  
1 ½ stick of butter softened  
½ C milk (you may need to add a little more to get the right creamy consistency.)  
1 tablespoon vanilla  
¼ teaspoon almond extract

Mix well and frost cake.

### Ricotta Pie

3 lbs ricotta cheese (see the Homeade Ricotta Cheese recipe below)  
8 large eggs  
2 tsp vanilla extract  
1 tsp grated orange zest  
1 tsp grated lemon zest  
1 ½ cups sugar  
1/3 cup cornstarch



Preheat the oven to 350 degrees.

Butter a 9-inch springform pan. Dust the pan with flour and tap out the excess. Place the pan on a 12-inch square of heavy duty aluminum foil. Mold the foil tightly around the pan so that water cannot seep in.

In a food processor or blender, puree the ricotta until very smooth. Pour the ricotta into a large bowl. Add the eggs, vanilla, and zests and whisk until well blended.

Stir together the sugar and cornstarch. Add to the ricotta mixture and stir until smooth.

Pour the batter into the prepared pan. Place the pan in a large roasting pan and place it on the middle of the rack of the oven. Carefully pour hot water to come to a depth of 1 inch into the roasting pan. Bake for 1½ hours or until the top of the cheesecake is golden and a knife inserted 2 inches from the center of the cake comes out clean.

Turn off the oven and prop the door open with a wooden spoon. Let the cake cool for 30 minutes in the turned off oven.

Remove the cake from the roasting pan and remove the foil wrapping. Cool to room temperature on a wire rack.

Serve at room temperature or slightly chilled. Wrap leftovers tightly and store in the refrigerator.

### Homemade Ricotta Cheese

1/2 gallon organic whole milk (not ultra pasteurized)  
1 pint heavy cream  
1 tsp kosher salt  
The juice from 2 lemons  
1/4 tsp nutmeg

Set a large strainer over a large pot. Line the strainer with the cheesecloth. Set aside. Pour the milk and cream into a stainless steel pot. Stir in the salt and nutmeg. Bring to a boil over medium heat, stirring occasionally. Turn off the heat and stir in the lemon juice. Allow the mixture to stand for a few minutes until it curdles. It will separate into thick parts (the curds) and milky parts (the buttermilk).

Pour the mixture into the cheesecloth-lined strainer and allow it to drain into the bowl at room temperature for 20 to 25 minutes, occasionally discarding the liquid that collects in the bowl. The longer you let the mixture drain, the thicker the ricotta. (I tend to like mine on the thicker side, but some prefer it moister.) Transfer the ricotta to a bowl, discarding the cheesecloth and any remaining buttermilk. Cover the ricotta with plastic wrap and refrigerate.

The ricotta will keep refrigerated for 4 to 5 days. You can freeze a month or two. If you decide to keep the buttermilk it's great for baking cakes or pancakes. You can also use the buttermilk for your plants. There's plenty of nutrition in buttermilk to feed the plants.

### Ricotta Rice Pudding Pie with Mascarpone Cheese

1 cup of cooked rice room temperature (I use Arborio rice cooked in salt, water and butter)  
3/4 cup of sugar  
2/3 cup full fat ricotta cheese  
3 eggs  
1½ cups of heavy cream  
1 tsp vanilla extract  
1/2 tsp fresh lemon juice  
1/2 tsp salt  
1/4 tsp cinnamon plus more for the top of the pie  
4 oz Mascarpone cream cheese (softened at room temperature)  
1 9½ inch deep dish or 10" piecrust (homemade or frozen)



Beat or whisk together sugar and ricotta. Then add one egg at a time and mix after each one.

Add heavy cream, vanilla, lemon juice, salt, Mascarpone cheese and cinnamon. Mix until combined- its ok if you have some particles of cream cheese!

Then stir in cooked rice.

Pour into a piecrust and place on a cookie sheet.

Bake at 450° for 10 minutes then the lower heat to 350° for 50 minutes.

Should be golden brown on top and jiggly toward the center.

Let it cool completely. Serve room temperature or chilled. Garnish with a dash of cinnamon!

Top with whipped cream and enjoy!

### Lidia's Ricotta

2 quarts whole milk, preferably organic  
1 cup heavy cream, preferably organic  
1/2 cup buttermilk  
1/2 teaspoon kosher salt  
3 tablespoons freshly squeezed lemon juice

Line a large sieve with a double layer of damp cheesecloth and set this over a bowl. Combine the milk, cream, buttermilk, and salt in a medium heavy-bottomed saucepan, and slowly bring to a boil.

Add the lemon juice, and reduce the heat to the lowest setting. Stir gently until the mixture begins to curdle, about 2 minutes. Remove from heat, and let sit without stirring for 5 minutes.

Pour the mixture through the cheesecloth, and let drain about 20 to 30 minutes. What's left in the cloth is the ricotta. Chill until ready to use.

Note: Makes 2 to 3 cups. If you don't get at least a heaping cup of ricotta, you can reheat the liquid and repeat the process, using more lemon juice to recurdle it.

## Lidia's Cannolis

### For the Pastry Dough

1-1/2 cups all-purpose flour (plus more for rolling)  
2 tablespoons sugar  
1/4 teaspoon salt  
2 tablespoons olive oil  
1 teaspoon white vinegar  
1/2 cup dry red wine, or as needed



### For the Cannoli Cream

1 pound (2 cups) fresh ricotta  
2/3 cup confectioners sugar, plus more for decoration  
1 tablespoon grand marnier (optional, but very good!)  
1 ounce unsweetened chocolate (or 3 tablespoons bittersweet chips)  
2 tablespoons candied orange rind  
2 tablespoons toasted almonds  
1 cup vegetable oil or as needed

Make the pastry dough in the food processor a day or two in advance—or at least 4 hours—for the best texture.

Put the flour, sugar and salt in the bowl and process just to mix. Mix the olive oil, vinegar and the wine together and, with the machine running, pour all but 1 tablespoon in and process for 20 seconds or so until a dough gathers on the blade. If it feels hard and dry, sprinkle in the remaining liquid and process briefly. It should be moist and malleable—incorporate more wine if needed. Turn the dough out of the bowl, scraping any bits from the sides and blade, and knead by hand into a soft, smooth ball. Flatten to a disk, wrap very tightly in plastic, and refrigerate for up to 2 days.

Put the fresh ricotta in a fine-meshed sieve and set inside a bowl to drain for at least 12 hours or a whole day in advance. Cover the ricotta with plastic wrap and refrigerate.

To make the cannoli cream, whip the ricotta with the whisk attachment of an electric mixer until smooth. Whip in the 2/3 cup powdered sugar and the Grand Marnier. Chop the chocolate (or chips) into coarse bits—big enough to bite into and to be visible. Coarsely chop the candied peel and almonds to the same size. Fold the chopped pieces into the cream; refrigerate until you assemble the cannoli.

Cut the pastry dough in half. On a lightly floured surface, roll out one piece of dough to a rectangle, 14 inches by 11 inches (or as close as possible). With a sharp knife and ruler, trim the edges and divide the rectangle into a dozen squares, about 3-1/2 inches on a side. (If you can only get 9 squares of that size or slightly larger, that's fine!). Set the squares aside, on a lightly floured tray, to rest for 15 minutes before frying. Meanwhile, roll out and divide the remaining half of dough the same way.

To fry the pastry, pour oil into the skillet to a depth of 1/4-inch and set over medium heat. With the point of a small sharp knife, pierce each pastry square about 10 times all over its surface, as though you were making pin pricks through the dough. (These tiny holes will prevent the pastry from ballooning when fried.)

Heat the oil until the edge of a square sizzles gently when dipped into it, then lay in as many squares as you can, 2 inches apart. Raise the heat to keep the oil temperature up (but lower it as

soon as the sizzling gets too fast). Fry the squares for about 3 minutes on the first side, pushing them under the oil occasionally to heat the top surface. As the tops begin to bubble, press with tongs to prevent big bubbles from ballooning—small bubbles are OK. When the bottom is golden brown, flip the squares over and fry until evenly colored and crisp on both sides, about 2 minutes.

As soon as they're done, lift the squares with tongs, let excess oil drip off, and lay them to drain on folded paper towels; flip them over to blot the oil from both sides. Fry all the squares this way, adding oil as needed and heating it between batches.

Assemble your cannoli Napoleons shortly before serving, with 3 nice squares for each. Set one square on the plate, drop about 1-1/2 tablespoons of cannoli cream in the center, lay another square on top, sides aligned—and press gently to spread the cream. Drop on another layer of cream, cover with the third square and press. Finally, shower the top of each Napoleon with powdered sugar (and embellish with drizzles of honey or a sprinkle of finely grated chocolate) and serve.

### Maple Pecan Shortbread

2 3/4 cups all-purpose flour, plus more for work surface  
1/2 teaspoon salt  
1/2 cup pecan halves, finely chopped  
1/4 cup pecan halves (24 halves) for the tops of the cookies  
1 cup (2 sticks) unsalted butter, room temperature  
3/4 cup granulated sugar  
1/4 cup pure maple syrup  
1 large egg yolk  
1/4 teaspoon pure vanilla extract  
1 large egg, lightly beaten  
Turbinado sugar, for sprinkling



Into a medium bowl, sift flours and salt. Whisk in 1/2 cup chopped pecans, set aside.

In the bowl of an electric mixer fitted with the paddle attachment, cream butter and granulated sugar on medium-high speed until smooth and light, about one minute. Add the maple syrup, egg yolk, and extract; beat on medium speed until well combined. On low speed, gradually add flour mixture, beating until just combined. Dough should be smooth and pliable. Flatten into a disk.

Wrap in plastic; chill until firm, 1 1/2 hours or overnight.

Preheat oven to 350 degrees.

On a lightly floured work surface, roll out dough to 1/4 inch thick. Cut out rounds using a two-inch cookie cutter; place one inch apart on prepared baking sheet.

Brush tops with beaten egg; top centers with pecan half. Sprinkle the entire surface with turbinado sugar.

Bake cookies, rotating baking sheet halfway through, until golden around the edges, 10 to 12 minutes.

Transfer to a wire rack to cool. Store in airtight containers at room temperature up to four days.

Makes approximately two dozen cookies.

## 🍷 Drinks 🍷



### Blue Punch

1 oz blue Curacao  
2 ozs coconut rum  
½ oz lemon juice  
2 ozs pineapple soda

Combine blue Curacao, rum, and lemon juice into a cocktail shaker with ice  
Shake and strain into a rocks glass  
Top with pineapple soda and garnish with lemon wheel

### Creamsicles

Ice cubes  
Vodka  
Amaretto  
Triple Sec  
Vanilla ice cream  
Orange juice

Fill a blender up to the 3 cup line with ice cubes  
Add vodka to the 1½ cup line  
Add ½ cup each Amaretto and Triple Sec  
Fill the blender up to the 5 cup line with vanilla ice cream  
Add orange juice until the blender is full

Blend until the ice is all crushed.

Thanks goes to Marc and Garry for this awesome recipe! Marc came up with the ingredients and Garry figured out the proportions. 😊

### Pumpkin Martinis

2 parts Smirnoff Vanilla Vodka  
1 part Kahlua Pumpkin  
1 part Bailey's Irish Cream  
1 part Butterscotch Liquor (Hiram Walker and Dekuyper are two brands)  
Cinnamon and Sea salt (for the rim of the glass)



Put all the liquor in a blender. Add a handful of ice cubes. Blend for a few seconds – just until the ice is crushed.

Sprinkle cinnamon and a little sea salt into a saucer. Wet the rim of the glass with some butterscotch liquor. Dip the rim of the glass into the mixture and wiggle it around till it's coated with cinnamon.

### Robin's Yummy Margaritas

8 oz. tequila  
8 oz. triple sec  
12 oz. frozen limeade  
the juice of 7 limes  
12 oz. water (I like sparkling water)



Shake well and pour over ice (or not) and enjoy!

#### Variation:

Put the tequila and triple sec in a blender. Add the frozen limeade and a bunch of ice cubes. Pour in a lime drink (i.e. Simply Limeade) until the blender is almost full. Blend and enjoy!

### Sangria

½ gallon of red wine  
1 liter ginger ale  
1 C Triple sec  
3 C Peach Schnapps  
1 lemon sliced  
1 lime sliced  
2 cups mixed frozen berries tied loosely in a cheese cloth  
Ice (as much as you want)  
Optional ½ cup grenadine

This makes about 1.5 gallons of Sangria





**Woofie Cookie Dog Bones**

Category: PET FOODS

Oven temp: 300

From: Helene N Bramante

Source: *Barbara Repucci*

**Ingredients:**

5 cups whole wheat flour	2 tablespoons dried parsley
1 cup brewers yeast	2/3 cup of oil
(or 1 cup cornmeal)	2 eggs
2 tsp honey	1 cup milk
1/2 tsp salt	
1 tsp garlic powder	

**Directions:**

Mix all ingredients together in the order given. Knead for 3 minutes; the dough should be a soft ball. Roll dough into 1/4 and cut into Woofie cookies. Bake on each side for 25 minutes at 300 degrees. Use a lightly greased cookie sheet.

You will have the happiest pup in town!!!! Will make about 6 dozen Woofie cookies & you can get a Woofie cookie cutter at a pet store or try Walgreen's (they had it a while ago)

# Servings: 72

Cats like them too!

Tried the recipe for friends'/relatives' dogs for Christmas (I used the corn meal). While a batch was cooling, one of my cats stole a cookie and devoured the entire thing.

P.S. The dogs enjoyed their gifts also - it's a winner.

## 🌀 Helpful Hints 🌀



**Peel a banana** from the bottom and you won't have to pick the little 'stringy things' off of it. That's how the primates do it.

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.



**Store your opened chunks of cheese** in aluminum foil. It will stay fresh much longer and not mold!



**Peppers** with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.



Add a teaspoon of water when **frying ground beef**. It will help pull the grease away from the meat while cooking.



To really make **scrambled eggs or omelets** rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.



For a cool **brownie treat**, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.



Add **garlic** immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

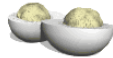


Leftover **Snickers bars** from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream. Yummm!



### Reheat Pizza

Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.



### Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.



### Expanding Frosting

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.



### Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.



### Newspaper weeds away

Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.



### Broken Glass

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.



### No More Mosquitoes

Place a dryer sheet in your pocket. It will keep the mosquitoes away.



### **Squirrel Away!**

To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.



### **Flexible vacuum**

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.



### **Reducing Static Cling**

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... ta da! ... static is gone.



### **Measuring Cups**

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.



### **Hate foggy windshields?**

Buy a chalkboard eraser and keep it in the glove box of your car. When the window's foggy, rub with the eraser! Works better than a cloth!



### **Reopening envelope**

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.



### **Conditioner**

Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.



### **Goodbye Fruit Flies**

To get rid of pesky fruit flies, take a small glass, fill it ½" with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

### Get Rid of Ants



Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!



### Critter Repellent

Mix up a batch of this repellent recipe, which deters chipmunks, rabbits and many insect pests: Whiz up one clove of garlic and one hot pepper in a pint of water, strain, pour into a sprayer that has never held chemicals, add one drop each of liquid dish washing soap and vegetable oil and spray on the plants you wish to protect, shaking frequently. (The container, not you.)

### Info About Clothes Dryers

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter it was clean. (I always clean the lint from the filter after every load clothes.) He told us that he wanted to show us something; he took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material ... I'm sure you know what your dryer's lint filter looks like. Well ... the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free ... that nice fragrance too. You know how they can feel waxy when you take them out of the box ... well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush (or other brush) at least every six months. He said that makes the life of the dryer at least twice as long! How about that!?! Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share!



Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when I rinsed it ... the water ran right through the screen! There wasn't any puddling at all! That repairman knew what he was talking about!

**Never take life seriously. Nobody gets out alive anyway.**

## 🍷 Cooking Conversions 🍷



From: [www.cookingconversions.org](http://www.cookingconversions.org)

### *Kilograms to Pounds*

<b>Kilograms</b>	0.5	1	1.5	2	3	4	5	10	20
<b>Pounds</b>	1.1	2.2	3.3	4.4	6.6	8.8	11.0	22.0	44.1

### *Pounds to Kilograms*

<b>Pounds</b>	1	2	3	4	5	6	7	8	9	10
<b>Kilograms</b>	0.454	0.907	1.361	1.814	2.268	2.722	3.175	3.629	4.082	4.536

### *Grams to Ounces*

<b>Grams</b>	10	25	50	75	100	125	150	200	250	300	400	500	750	1000
<b>Ounces</b>	$\frac{1}{4}$	$\frac{1}{2}$	$1\frac{1}{4}$	$2\frac{1}{2}$	$3\frac{1}{2}$	$4\frac{1}{2}$	$5\frac{1}{2}$	7	9	11	14	18	26	35

### *Ounces to Grams*

<b>Ounces</b>	$\frac{1}{4}$	$\frac{1}{2}$	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Grams</b>	7	14	28	57	85	113	142	170	198	227	255	284	312	340	369	397	425	454