

Lyons Family Cookbook

November 2015



385 Recipes that work!

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Appetizers

Appetizer Meatballs

Recipe Scan



--- MEATBALLS ---

- 1 lb ground round
- 1 egg, or egg substitute
- 1/2 cup soft bread crumbs
- 1/4 cup skim milk
- 1/3 cup onion, finely chopped
- 1/2 tsp Worcestershire sauce

--- SAUCE ---

- 1/2 cup ketchup
- 1/2 cup onion, chopped
- 1/3 cup sugar
- 1/3 cup vinegar
- 1 Tbs Worcestershire sauce
- 1/9 tsp pepper

These tasty meatballs are a perennial favorite at Christmas parties. But with such wonderful flavor, you'll get requests year-round.

Procedure

- 1 Combine the first six ingredients. Mix well. Shape into 1 inch balls.
- 2 In a skillet over medium heat, brown meatballs. Drain.
- 3 Place in a 2 1/2 quart baking dish. Combine sauce ingredients. Pour over meatballs.
- 4 Bake, uncovered, at 350° for 50 to 60 min. or until meatballs are done.
- 5 Yield four dozen

Artichoke Dip

Recipe Scan



- | | |
|-----------------------------------|--|
| 1 cup mayonnaise | 1 cup mozzarella cheese, shredded |
| 1 garlic clove, pressed or minced | 1 can [14 oz] artichoke hearts, drained well and diced |
| a pinch or two of salt and pepper | |
| 1 cup Parmesan cheese, shredded | |

The recipe is really simple, and not very fancy, but it's incredibly easy to throw together and it's one that is most requested at parties. I have played around with this dip - substituted cheeses, added fresh herbs, shrimp, shredded chicken, onions, a tablespoon or two of white wine, etc, and it's almost always been a success. Just make sure if you do switch things up to have one cheese be melty [like mozzarella] and one cheese be hard [like Parmesan], or you will end up with a messy goo or a dip that is too dry.

Procedure

- 1 Preheat oven to 350°. Combine mayonnaise, garlic, salt and pepper in a large bowl. Add cheeses and mix well. Add artichoke hearts and combine. Place dip in an oven safe dish [such as a 9" pie or tart pan] and bake for 15-20 minutes, until the edges are golden brown. Serve.

Source

Source: ThreadedBasil.com

Bacon-Wrapped Cajun Jalapenos

Recipe Scan



- | | | | | |
|-----|--|---|----------|------------------------------------|
| 8 | medium jalapeno peppers, 2 1/2 - 3" long | 1 | teaspoon | Cajun seasoning |
| | | 8 | | thick-sliced peppered bacon strips |
| 1 | package (3 oz) cream cheese, softened | | | |
| 1/2 | cup | | | finely shredded cheddar cheese |

Procedure

- 1 Cut jalapenos in half lengthwise. Remove seeds and center membranes. In a small mixing bowl, combine the cream cheese, cheddar cheese and Cajun seasoning. Stuff about 1 1/2 teaspoonfuls into each pepper half.
- 2 Cut bacon strips in half widthwise. in a large skillet, cook bacon until partially cooked. Wrap a bacon piece around each pepper. Secure with a toothpick.
- 3 Place on a wire rack in a shallow baking pan. Bake, uncovered, at 350° for 25-30 minutes or until bacon is crisp. Discard the toothpicks.

Recipe Tips

FOR AN EASIER CLEANUP, put aluminum foil in the baking pan under the wire rack to catch bacon drippings.

Source

Source: Taste of Home Magazine

Bit-O'-Zucchini Bites

Recipe Scan



1/2	small onion (2 tbsp), chopped	1 1/2	cups	Monterey Jack cheese (6 oz), shredded
1	garlic clove, minced			
1	Tbs	3	Tbs	cornmeal
1 1/2	cups	1/4	tsp	cumin seed, crushed
3	eggs, slightly beaten	1/4	tsp	dried oregano, crushed

Any leftovers can be frozen and re-heated in microwave or oven.

Procedure

- 1 In a large skillet cook onion and garlic in butter or margarine till onion is tender but not brown. Add zucchini and stir about 2 minutes or till crisp-tender. Remove from heat.
- 2 In a large bowl, mix eggs, cheese, cornmeal, cumin, oregano, and zucchini mixture. Spoon a scant 2 tbsp of the egg mixture into individual greased 1 3/4" muffin pans. Bake in a 325° oven for 15 to 18 minutes or till set. Remove from pans. (Or, pour all the batter into a greased 8 x 8 x 2" baking pan. Bake for 20 to 25 minutes or till set. Cut in bite-size squares.) Serve hot.
- 3 Makes about 20-24 appetizers.

Deviled Eggs

Recipe Scan



- | | | |
|-----|-----------------------------|-----------------------------|
| 6 | eggs, large | Pinch pepper |
| 1 | tsp prepared yellow mustard | Mayonnaise (about 2 Tbs) |
| 3/4 | tsp white or cider vinegar | Paprika, for garnish |
| 3/4 | tsp sugar | Parsley sprigs, for garnish |
| 1/8 | tsp salt | |

One of the nicest things about these is that all the ingredients to make them are generally on hand, so you can pop one in your mouth about 30 minutes after "the urge" strikes. You may want to fool around with the seasonings given here to get exactly the balance of flavors you prefer.

Procedure

- 1 Place eggs in a saucepan just large enough to hold them comfortably and add enough cold tap water to cover by 1". Cover and bring just to boiling. Remove from heat and let stand, covered, for 15 minutes. Drain eggs carefully, then let cold water from the faucet run over the eggs in the pan until they can be handled comfortably.
- 2 Tap egg gently all over on a hard surface and start peeling from the large end. Rinse under cool water and pat dry with paper towel.
- 3 Cut eggs in half lengthwise, and carefully scoop out yolks into a medium bowl. Set whites aside on a serving platter.
- 4 Mash yolks thoroughly with the back of a fork. Add mustard, vinegar, sugar, salt, and pepper. Continue to mash and stir until well blended. Stir in enough mayonnaise to make a good stuffing consistency.
- 5 With a teaspoon, fill each egg half with yolk mixture, mounding the tops slightly.
- 6 To serve, sprinkle eggs with a dusting of paprika, and garnish the platter with parsley sprigs.
- 7 Yield: 12 egg halves.

Deviled Eggs

Source

Source: Parents Magazine - February 1987 Comfort Food Issue

Guacamole by Chipotle Restaurant

Recipe Scan



2 ripe Hass avocados
2 tsp lime juice
1/4 cup red onion, finely chopped

2 Tbsp cilantro, chopped
1/2 jalapeno, including seeds, finely chopped
1/4 tsp Kosher salt

Choose the right avocado. It should feel squishy yet firm, like the palm of your hand, and be a nice dark green color on the outside.

Procedure

- 1 Cut the avocado in half and remove the pit (carefully).
- 2 Scoop the avocados and place in a medium bowl.
- 3 Toss and coat with lime juice.
- 4 Add the salt and using a fork or potato masher. Mash until a smooth consistency.
- 5 Fold in the remaining ingredients and mix well.
- 6 Taste the guacamole (over and over), and adjust seasoning if necessary.

Spinach and Cheese Stuffed Mushrooms

Recipe Scan



10	oz	fresh baby spinach, steamed, finely chopped, and moisture squeezed	---	THE LADY'S HOUSE SEASONING ---
1 1/2	cups	crumbled feta cheese	1	cup salt
1/2	cup	finely chopped scallions (white and light green parts only)	1/4	cup freshly ground black pepper
			1/4	cup garlic powder
1/4	cup	low-fat sour cream	.	
1/2	tsp	The Lady's House Seasoning (below)	.	
1 1/2	lbs	white mushrooms (about 36), stems removed	.	
1/4	cup	Parmesan cheese	.	

This is one of my favorite appetizers. Mama packs hers with feta and spinach because she knows I just can't get enough of that combo. So all I needed to do here was cut the fat a bit by swapping in low-fat sour cream for the cream cheese. I upped the feta because you can't ever have too much cheese. This recipe is easily cut in half for a smaller crowd.

Procedure

- 1 Preheat oven to 375°F and position a rack in the upper third of the oven.
- 2 In a medium bowl, combine the spinach, feta, scallions, sour cream, and House Seasoning and stir well. Fill the mushroom caps with the mixture and top with the Parmesan. Place the mushrooms on a rimmed baking sheet and bake for 15 - 20 minutes, until the topping is golden.
- 3 THE LADY'S HOUSE SEASONING: Combine all the ingredients in a small bowl. Store in an airtight container for up to 6 months. Makes 1 1/2 cups.

Spinach and Cheese Stuffed Mushrooms

Source

Source: Bobby Deen - From Mama's Table to Mine - 2013

Spinach Dip

Recipe Scan



- | | | | |
|---|---|---|---|
| 1 | Hawaiian Multi-Grain bread, round loaf | 1 | can (8 1/2 oz) water chestnuts, chopped |
| 1 | pkg (10 oz) frozen spinach, thawed, chopped | 1 | small onion, chopped |
| 1 | cup mayonnaise | | -or- 1 tbsp minced onion |
| 8 | oz sour cream | | |
| 1 | env Lipton Vegetable Recipe Soup Mix | | |

Procedure

- 1 Squeeze all water from spinach. Combine with other ingredients and refrigerate for at least 2 hours. Better if made a day early.
- 2 Cut the top off of the Hawaiian Bread. Carve bread out to make a bowl. Just before serving, fill the bread base with the spinach dip. Cut up the top of the loaf into squares for serving.

Beef

Beef

Baked Spaghetti

Recipe Scan



6	bacon slices, nitrate/preservative free	12 oz	thin spaghetti, cooked and drained
1 tsp	minced garlic	2 cups	(5 oz) grated Cheddar cheese
1 cup	onion, chopped	1 can	(10 oz) cream of mushroom soup, Healthy Request
1 cup	chopped bell pepper		
3 cans	(14.5 oz each) diced tomatoes with liquid	1/4 cup	water
1 can	(2 1/4 oz) sliced ripe black olives, drained	1/4 cup	grated Parmesan cheese
1 Tbs	(1-2 Tbs) dried oregano, according to taste		
1 lb	ground beef, browned and drained		

Procedure

- 1 Preheat oven to 350°F. Grease a 9x13x2" baking dish.
- 2 In a large skillet, cook the bacon until slightly crisp, then cut it into smaller pieces. Remove the bacon and sauté the garlic, onion, and bell pepper in the bacon drippings until tender.
- 3 Add the tomatoes, olives, oregano, and the cooked beef. Simmer this mixture, uncovered, for 10 minutes.
- 4 Place half of the spaghetti in the prepared pan. Top the spaghetti with half of the vegetable-beef mixture and half the bacon pieces. Sprinkle this layer with 1 cup of Cheddar cheese.
- 5 Repeat the layers.
- 6 Mix the canned soup and water until smooth, and pour over the casserole. Sprinkle the top with Parmesan cheese.
- 7 Bake, uncovered, for 30 to 35 minutes, or until heated through.

Baked Spaghetti

Source

Source: Home Cooking with Trisha Yearwood

Beef Daube Provençal

Recipe Scan



2	tsp	olive oil	1	Tbsp	tomato paste
12		garlic cloves, crushed	1	tsp	chopped fresh rosemary
1		(2 lb.) boneless chuck roast, trimmed & cut into 2" cubes	1	tsp	chopped fresh thyme
					dash of ground cloves
1 1/2	tsp	salt, divided	1	can	(14 1/2 oz.) diced tomatoes
1/2	tsp	freshly-ground black pepper, divided	1		bay leaf
1	cup	Carlo Rossi Burgundy red wine	3	cups	cooked medium egg noodles (about 4 cups uncooked noodles)
2	cups	chopped carrots			
1 1/2	cups	chopped onion			
1/2	cup	less-sodium beef broth			

This classic French braised beef, red wine, and vegetable stew is simple and delicious. The flavor and texture allow you to keep it warm for your guests. Buy a whole-grain baguette, bagged salad greens, and bottled vinaigrette to round out the meal. Note: To make in a slow cooker, prepare through Step 2. Place beef mixture in an electric slow cooker. Cover and cook on HIGH for 5 hours.

Procedure

- 1 Preheat oven to 300°.
- 2 Heat oil in a small Dutch oven over low heat. Add garlic. Cook 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon, and set aside. Increase heat to medium-high. Add beef to pan. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook 5 minutes, browning on all sides. Remove beef from pan. Add wine to pan. Bring to a boil, scraping pan to

Beef Daube Provencal

loosen browned bits. Add garlic, beef, 1 teaspoon salt, 1/4 teaspoon pepper, carrot, and next 8 ingredients (through bay leaf), and bring to a boil.

3 Cover and bake at 300° for 2 1/2 hours or until beef is tender. Discard bay leaf. Serve over noodles.

Source

Source: CookingLight.com

Beef Stroganoff

Recipe Scan



2	lbs	beef, sirloin tip roast/steak	3	Tbs	tomato paste
3	Tbsp	olive oil, divided	1	tsp	worcestershire sauce
2	Tbsp	butter, divided			--- SAUCE ---
1	cup	onion, chopped	1/2	lb	mushrooms, sliced
1		garlic clove, minced	2	Tbsp	butter
3	Tbs	flour	3/4	cup	sour cream
2/3	cup	water	1/4	cup	milk
1	cup	dry red wine, Carlo Rossi Burgundy	8	oz	egg noodles, cooked (4 2/3 cups dry before cooking)
2	tsp	Better Than Bouillon Beef Base			
3/4	tsp	salt			

Yield: Approx 8 servings.

Procedure

- 1** CUT meat across the grain into 1/4" slices, then into 1/2" by 1" strips (bite-size). Heat 1 Tbsp olive oil over medium heat in a 10-12" skillet that has a lid. Add onion and garlic and cook until golden. Remove from pan and set aside.
- 2** PUT 3 Tbsp flour and meat strips in a gallon size ZipLock bag and shake until meat is evenly coated. In the same pan, add 1 Tbsp olive oil, and 1 Tbsp butter. Add 1/2 the meat and cook over medium heat until browned. Set aside meat, and repeat with the second 1/2 of meat.
- 3** RETURN all the meat, onions and garlic, to pan. (Leave burner off until all remaining ingredients have been added).

Beef Stroganoff

- 4 BOIL 2/3 cup of water. Add 2 tsp beef base, and stir until dissolved. Pour this mixture, wine and 3/4 tsp salt into the pan with the meat mixture. Simmer for about 1 1/2 hours covered, stirring occasionally to keep from sticking to bottom of pan. When meat is tender, add tomato paste and Worcestershire sauce, mixing well. (Temporary turn off burner and cover while making the sauce.)
- 5 SAUCE Sauté mushrooms in 2 Tbsp butter until juices appear. Add to meat along with sour cream and milk. Heat through. Do not boil, as sour cream may curdle. Serve with egg noodles.

Beef Teriyaki

Recipe Scan



- | | | | | |
|-------|------|-----------------------------------|-------|---|
| 3 | Tbsp | soy sauce (Kikkoman less sodium) | 6 | thin slices fresh ginger, smashed |
| 3 | Tbsp | dry sherry | 1/4 | tsp fresh-ground black pepper, or more to taste |
| 1 1/2 | Tbsp | sugar | | |
| 4 | | garlic cloves (or up to 7 cloves) | 1 1/2 | lbs flank steak, scored |

Serves 4 to 6. Recommend serve over "Oven Rice" recipe found in this cookbook.

Procedure

- 1 In a small bowl, mix together the soy sauce, sherry, sugar, garlic, ginger and pepper. In a non-reactive shallow pan, combine the steak and the sauce. Cover and refrigerate overnight.
- 2 Preheat the broiler.
- 3 Broil the steak, turning once, until medium-rare, about 5 minutes per side. Slice across the grain, as you would a London broil.

Source

Source: Lisa Hedl

Bush's Best All-American Chili

Recipe Scan



1 pound	lean ground beef	1/2 cup	water
1 cup	onion, chopped	1/4 tsp	black pepper
1 cup	green pepper, chopped	1 tsp	salt
2 cans	(16 oz each) BUSH'S BEST Pinto Beans in Chili Sauce, Mild Sauce	1 Tbs	chili powder, recommend Spice Islands
1 can	(14.5 oz) diced tomatoes, recommend Muir Glen Organic	2 tsp	oregano
1 can	(6 oz) tomato paste, recommend Muir Glen Organic	1 tsp	sugar
--- GARNISH ---			
Shredded Cheddar cheese			
Tortilla chips			

If you have the onions and green pepper chopped ahead of time, and put into a ziplock baggie ... then you can have this recipe ready to eat in about 30 minutes...that's pretty quick for chili. If you have more time, we would recommend "Everyone Loves It Chili" instead, also in this cookbook. This is because the "Everyone" Chili has chicken and/or beef broth in addition to a tomato base, making it less acidic, and thus more pleasing to the palate.

Procedure

- 1 In large pan, cook beef, onion and green pepper until meat is browned. Drain excess grease.
- 2 Stir in remaining ingredients, except cheese. Bring to a boil.
- 3 Cover, reduce heat to low and simmer for 20 minutes.
- 4 Garnish with Cheddar cheese.

Cincinnati Chili

Recipe Scan



--- CHILI ---			
2	tsp	table salt or more to taste	
1 1/2	lbs	ground beef chuck	
2	Tbs	vegetable oil	
2		medium onions , chopped fine (about 2 cups)	
2		medium cloves garlic , minced or pressed through a garlic press (about 2 teaspoons)	
2	Tbs	chili powder	
2	tsp	dried oregano	
2	tsp	cocoa	
1 1/2	tsp	ground cinnamon	
1/2	tsp	cayenne pepper	
1/2	tsp	ground allspice	
1/4	tsp	ground black pepper	
2	cups	low-sodium chicken broth	
2	cups	water	
2	Tbs	cider vinegar	
2	tsp	dark brown sugar	
2	cups	tomato sauce (recommend Muir Glen Organic)	
		hot pepper sauce	
1/2	lb	spaghetti, cooked, drained (Deboles Jerusalem Artichoke)	
1	can	(15 oz) can pinto beans, drained, rinsed	
--- ACCOMPANIMENTS ---			
12	oz	sharp cheddar cheese , shredded	
1		medium white onion, chopped fine (about 1 cup)	

Choose a relatively plain tomato sauce-nothing too spicy or herbaceous. This Chile recipe makes wonderful chili hot dogs since the addition of spaghetti to the chili makes it the perfect consistency without being too soupy on a hot dog. The chili can be refrigerated in an airtight container for up to 3 days, or can be frozen in individual servings for a quick meal.

Procedure

- 1 FOR THE CHILI: Bring 2 quarts of water and 1 teaspoon of the salt to a boil in a large saucepan. Add the ground chuck, stirring vigorously to separate the meat into individual strands. As soon as the foam

Cincinnati Chili

from the meat rises to the top (this takes about 30 seconds) and before the water returns to a boil, drain the meat into a strainer and set it aside.

- 2** Rinse and dry the empty saucepan. Set the pan over medium heat and add the oil. When the oil is warm, add the onions and cook, stirring frequently, until the onions are soft and browned around the edges, about 8 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in the chili powder, oregano, cocoa, cinnamon, cayenne, allspice, black pepper, and the remaining 1 teaspoon salt. Cook, stirring constantly, until the spices are fragrant, about 30 seconds. Stir in the broth, water, vinegar, sugar, and tomato sauce, scraping the pan bottom to remove any browned bits.
- 3** Add the blanched ground beef and increase the heat to high. As soon as the liquid boils, reduce the heat to medium-low and simmer, stirring occasionally, until the chili is deep red and has thickened slightly, about 1 hour. Adjust the seasonings, adding salt and hot pepper sauce to taste. (The chili can be refrigerated in an airtight container for up to 3 days. Bring to a simmer over medium-low heat before serving.)
- 4** Cook spaghetti according to package directions.
- 5** TO SERVE: Add the spaghetti and pinto beans to the chili. Best if left covered for 1 hour before serving, or better yet, make the chili the day before. This allows the sauce to penetrate the spaghetti and thicken. Serve in bowls and then top with the cheese and onion.

Source

Source: Cooks Illustrated

Classic Pot Roast with Root Vegetables

1	(3 1/2- to 4-pound)	1/2	cup	dry red wine, plus 1/4 cup for sauce
	boneless beef chuck-eye			
	roast, pulled into two pieces	1	Tbs	tomato paste
	at natural seam and	1		bay leaf
	trimmed of large knobs of	1	sprig	(plus 1/4 tsp) chopped
	fat			fresh thyme leaves
	Kosher salt			Ground black pepper
2	Tbs			
	unsalted butter	1	Tbs	balsamic vinegar
2	medium onions, halved and	1	lb	carrots, peeled and
	sliced thin (about 2 cups)			cut crosswise into 1"
1	large carrot, chopped			pieces
	medium (about 1 cup)	1	lb	parsnips, peeled and
1	celery rib, chopped medium			cut crosswise into 1"
	(about 3/4 cup)			pieces
2	medium garlic cloves,	1 1/2	lbs	russet potatoes,
	minced or pressed through			peeled and halved
	garlic press (about 2			lengthwise, each half
	teaspoons)			quartered
1	cup			
	beef broth, plus 1 to 2 cups			
	for sauce (see note)			



WHY THIS RECIPE WORKS: We started our pot roast recipe by choosing well-marbled chuck-eye roast, which is full of collagen and well suited for braising. Opening the pot roast and trimming away the excess interior fat got rid of the pesky globs that refused to render as the pot roast cooked. Leaving the meat in two smaller roasts also shaved cooking time from our pot roast recipe and allowed the salt we used to season the lobes to penetrate even further. And finally, roasted vegetables thickened the pot roast's gravy and glutamate-rich ingredients beefed up its rich flavor. THIS RECIPE takes a long time to make. Consider making this a day before eating.

Procedure

- 1 Sprinkle pieces of meat with 1 tablespoon salt (1½ tsp if using table salt), place on wire rack set in rimmed baking sheet, and let stand at room temperature 1 hour.
- 2 Adjust oven rack to lower-middle position and heat oven to 300°. Heat butter in heavy-bottomed Dutch oven over medium heat. When foaming subsides, add onions and cook, stirring occasionally, until softened and beginning to brown, 8 to 10 minutes. Add carrot and celery; continue to cook, stirring occasionally, for 5 minutes longer. Add garlic and cook until fragrant, about 30 seconds. Stir in 1 cup broth, ½ cup wine, tomato paste, bay leaf, and thyme sprig; bring to simmer.
- 3 Pat beef dry with paper towels and season generously with pepper. Using 3 pieces of kitchen twine, tie each piece of meat into loaf shape for even cooking.
- 4 Nestle meat on top of vegetables. Cover pot tightly with large piece of foil and cover with lid; transfer pot to oven. Cook beef for three hours flipping halfway through cooking, and add carrots, parsnips, and potatoes. Continue cooking until beef is fully tender and sharp knife easily slips in and out of meat, about 30 minutes to 1 hour. Once pot roast and vegetables are fully cooked, transfer large pieces of carrot, parsnip, and potato to serving platter using slotted spoon, cover tightly with foil, and proceed with recipe as directed.
- 5 Transfer roasts to cutting board and tent loosely with foil. Strain liquid through mesh strainer into 4-cup liquid measuring cup. Discard bay leaf and thyme sprig. Transfer vegetables to blender jar. Allow liquid to settle 5 minutes, then skim any fat off surface. Add beef broth as necessary to bring liquid amount to 3 cups. Place liquid in blender with vegetables and blend until smooth, about 2 minutes. Transfer sauce to medium saucepan and bring to simmer over medium heat.

Classic Pot Roast with Root Vegetables

- 6 While sauce heats, remove twine from roast and slice against grain into $\frac{1}{2}$ " thick slices. Transfer meat to large serving platter. Stir chopped thyme, remaining $\frac{1}{4}$ cup wine, and vinegar into sauce and season to taste with salt and pepper. Spoon half of sauce over meat; pass remaining sauce separately.

Cordelia's Roast Beef

Recipe Scan



- | | |
|----------------------------------|---------------------------------------|
| 2 Tbsp salt | 3 Tbsp vegetable oil |
| 1 (3 lb) eye of round beef roast | 2 cans (10 oz each) French onion soup |
| 1/2 cup all-purpose flour | 1 can (10 oz) golden mushroom soup |

Serves 8. Nothing smells better than a roast cooking in the oven -- the Dutch oven, that is. This roast smells great all over the house as it slowly simmers in its own gravy. This recipe makes a lot of wonderful gravy that can be used on other foods, such as mashed potatoes, roast chicken, or pork tenderloin roast.

Procedure

- 1 Rub the salt into the meat very well. Coat the meat with flour. Reserve left-over flour for thickening gravy later.
- 2 In a large cast-iron Dutch oven, heat the vegetable oil. Sear the roast on all sides. Transfer the seared roast to a platter and scrape the pan to loosen the drippings. Add the soups and 3 soup cans of water to the pan. Bring to a boil, then reduce the heat to a simmer, return the roast and its juices to the pan, cover, and cook for 3 hours, or until the meat is tender.
- 3 Take meat out of pot and set aside.
- 4 GRAVY: Scoop out several ladles of gravy and pour into a blender. Add reserved flour and blend until smooth. Pour back into the pot with the remaining liquid. Heat and stir until gravy thickens.
- 5 Slice meat into 1/4" slices and place in a 13x9" pan. Pour a generous amount of gravy over the meat.

Source

Source: Home Cooking with Trisha Yearwood

Everyone-Loves-It Chili

Recipe Scan



2	cans	(15 oz) pinto or kidney beans	1	tsp	salt
1		medium green bell pepper	1	can	(28 oz) crushed tomatoes in puree
2		medium onions	1	Tbsp	Worcestershire sauce
2-3		garlic cloves	1-2	Tbsp	steak sauce, such as A-1
4	Tbsp	olive oil	Up to 2	cups	Additional stock, tomato juice, or water if needed
1 1/2	lbs	ground chuck			-- GARNISH --
1 1/2	Tbsp	mild chili powder			Sour cream
1	Tbsp	cumin			Grated sharp cheddar cheese
1 1/2	Tbsp	flour			Pickled jalapeño peppers (optional)
3	cups	chicken or beef stock			

Recommended to use "Spice Islands" Chili Powder. Optionally, use equal parts chicken and beef broth.

Procedure

- 1** DRAIN the liquid from the canned beans. Rinse the beans well in a colander or sieve and set them aside.
- 2** CHOP the green pepper into bite-size pieces. Then dice the onions and mince the garlic. Set the vegetables aside.
- 3** HEAT 1 Tbsp of the olive oil in a large skillet. Add half of the ground chuck and brown it, breaking it up with a wooden spoon. Using a slotted spoon, transfer the meat to a large, heavy-bottomed soup pot or Dutch oven. Drain off all but 1 Tbsp of the fat in the skillet, then brown the remaining meat and add it to the pot with the first batch of beef. Discard all of the fat in the skillet.

Everyone-Loves-It Chili

- 4** POUR the remaining 3 Tbsp of olive oil into the empty skillet. Add the onions and peppers and sauté them over medium heat for 6 minutes, stirring often. Stir in the garlic and cook 2 minutes more.
- 5** SPRINKLE the chili powder, cumin, and flour over the vegetables in the skillet and sauté for 1 minute more, stirring nonstop. Stir in 1 cup of the chicken or beef stock and cook for 1 minute. Transfer the contents of the skillet to the meat pot, along with the salt, crushed tomatoes, Worcestershire sauce, and steak sauce. Stir in the remaining 2 cups of stock and the beans.
- 6** GRADUALLY bring the chili to a low boil, stirring it occasionally. Reduce the heat slightly and cook the chili, covered, at a gentle simmer for 1 to 1 1/2 hours, stirring occasionally. When done, the chili should be thick, but still somewhat soupy. If it starts to get too thick, add some extra stock or tomato juice, or water.
- 7** SERVE the chili in large soup bowls, garnished with a dollop of sour cream, a sprinkle of cheese, and jalapeño peppers, if desired.

Source

Source: Family Fun Magazine - October 2004

Finnish Meatballs

Recipe Scan



¾ cup	whole milk	½ tsp	ground white pepper
3	slices white bread, crusts removed	¼ tsp	freshly ground black pepper
6 oz	Valley Shepherd Califon Tomme, Cato Corner Dutch Farmstead or other mild and buttery Gouda-style cheese	1 Tbs	ground allspice
1 ½ cups	loosely packed fresh parsley leaves, finely minced	1 lb	lean ground beef
¾ cup	finely minced onion	1 lb	ground pork
2	large eggs	½ cup	flour
2 tsp	salt	¾ cup	chicken or beef broth
		¼ cup	vegetable oil, or as needed
		½ cup	heavy cream.

Preparation Time: approx. 1 hour Makes approx. 8 servings, 40-45 1 oz. meatballs One excellent cheese is Maple Leaf Geliefde Gouda Cheese, available at Sprouts. Alanna, NY Times reader commented: In Finland, this is one of a couple of favorite meals served at school lunches, usually I recall, with potatoes and lingonberry sauce.

Procedure

- 1 In a small saucepan over medium heat, warm the milk just until steaming. Remove from heat and press bread into the milk; set aside.
- 2 Grate cheese on large holes of a box grater and place in large bowl. Add parsley, onion, eggs, salt, white pepper, black pepper and allspice. Stir well to combine. Add ground beef, ground pork and milk-soaked bread. Knead by hand or mix with a large wooden spoon until well-blended.
- 3 Spread flour on a plate. Roll meat mixture into 1½" balls (1 oz. each if using a scale), and roll in flour to coat. Add ¾ cup broth to a Dutch oven over very low heat.

Finnish Meatballs

- 4 Heat 1/2 of the oil (2 Tbs) in a large 12" non-stick skillet over medium-high heat until shimmering. Working in batches, add 1/2 the meatballs, sear for about 1 minute, then shake pan to turn meatballs. Continue until well-browned on all sides. Transfer meatballs to Dutch Oven with broth. Repeat with second 1/2 of meatballs, adding 2 Tbs oil, and brown as the first batch. Transfer all meatballs to Dutch Oven, and allow them to gently simmer 20-30 minutes, stirring carefully intermittently.
- 5 Add cream and heat just until warmed. If desired, serve with small potatoes or egg noodles that have been tossed with butter and parsley.

Source

Source: New York Times - October 2006

French Onion Salisbury Steak

Recipe Scan



--- STEAK ---			1/2	tsp	dried thyme
1 1/4	lb	ground chuck	--- CHEESE TOASTS ---		
1/4	cup	minced fresh parsley	4	slices	Italian baguette, cut diagonally (1/2" thick)
2	Tbsp	minced scallions	2	Tbsp	unsalted butter, room temperature
1	tsp	kosher salt	1/2	tsp	minced garlic
1/2	tsp	black pepper			pinch of paprika
2	Tbsp	all-purpose flour	1/4	cup	shredded Swiss cheese
		--- SAUCE ---	1	Tbsp	shredded Parmesan
1	Tbsp	olive oil	--- GARNISH ---		
2	cups	sliced onions			Minced fresh parsley
1	tsp	sugar			Shredded Paremsan
1	Tbsp	minced garlic			.
1	Tbsp	tomato paste			.
2	cups	low-sodium beef broth			.
1/4	cup	dry red wine			.
3/4	tsp	kosher salt			.

Salisbury steak was a classic ground beef dish long before TV dinners entered the picture and it was banished to the frozen foods section of the supermarket. This recipe reincarnates it in a combination of classics, retrieving it from the "old food" school with a new spin. Not only is this version made fresh, it's paired with another classic --- a sauce based on French onion soup. It even includes a crisp crouton and melted cheese. Dredging the lightly seasoned steak burgers in flour enhances browning and also gives body to the onion sauce. Stove-top braising keeps the ground-meat patties moist and tender. Sweet

French Onion Salisbury Steak

onions, like Walla Walla, Vidalia, or Maui, give a milder flavor to the French onion sauce. For bolder taste, use yellow onions which are available year-round. Even if you're not an onion fan, this dish will win you over.

Procedure

- 1** COMBINE ground chuck, 1/4 cup parsley, scallions, salt, and pepper. Divide evenly into four portions and shape each into 3/4 - 1" thick oval patties. Place 2 Tbsp flour in a shallow dish. Dredge each patty in flour. Reserve 1 tsp flour.
- 2** HEAT oil in a saute pan over medium-high. Add patties and saute 3 minutes on each side, or until browned. Remove from pan.
- 3** ADD onions and sugar to pan. Saute 5 minutes. Stir in garlic and tomato paste. Saute until paste begins to brown, 1 minute. Sprinkle mixture with reserved flour. Cook 1 minute. Stir in broth, wine, salt, and thyme.
- 4** RETURN meat to pan. Bring sauce to a boil. Reduce heat to medium-low, cover, and simmer 10 minutes.
- 5** SERVE steaks on Cheese Toasts with onion sauce ladled over. Garnish with parsley and Parmesan.
- 6** --- CHEESE TOASTS --- PREHEAT oven to 400°
- 7** PLACE bread on a baking sheet.
- 8** COMBINE butter, garlic, and paprika. Spread on one side of each slice of bread. Combine cheeses and sprinkle evenly over butter. Bake until bread is crisp and cheese is bubbly, 10-15 minutes.

Source

Source: Cuisine At Home

Greek Lasagna

Recipe Scan



1/2	cup	extra virgin olive oil			FOR THE BÉCHAMEL:
1 1/2	cups	yellow onion, chopped (1 large onion)	1 1/2	cups	whole milk
1	lb	lean ground beef	1	cup	heavy cream
1	lb	lean ground lamb	4	Tbs	(1/2 stick) unsalted butter
1/2	cup	dry red wine	1/4	cup	all-purpose flour
1	Tbs	garlic (3 large cloves), minced	1/4	tsp	ground nutmeg
1	Tbs	ground cinnamon	2	tsp	Kosher salt
1	tsp	dried oregano	1	tsp	black pepper
1	tsp	fresh thyme leaves	1 1/2	cups	freshly grated Parmesan cheese
		pinch of cayenne pepper	2/3	cup	Greek-style yogurt, such as Fage
1	can	(28 oz) crushed tomatoes in puree			Total
2	tsp	Kosher salt	12	oz	(3/4 lb) small shells, about 3 1/3 cups
1	tsp	freshly ground black pepper			dry
			2		extra-large eggs, beaten

Instead of layering the meat and pasta, as in Italian Lasagna, the ground lamb, ground beef, and pasta are all tossed together, and then topped with a yogurt béchamel.

Procedure

- 1 FOR THE SAUCE: heat the olive oil over medium-high heat in a large pot. Add the onion and sauté for 5 minutes. Add the beef and lamb, and sauté over medium heat for 8 to 10 minutes, until it's no longer pink, crumbling it with the back of wooden spoon. Drain off any excess liquid, add the wine, and cook

Greek Lasagna

for 2 more minutes. Add the garlic, cinnamon, oregano, thyme, and cayenne, and continue cooking over medium heat for 5 minutes. Add the tomatoes, 2 tsp kosher salt, and 1 tsp pepper and simmer, stirring occasionally for 40 to 45 minutes. Set aside.

- 2 Preheat oven to 350°
- 3 FOR THE BÉCHAMEL: Heat the milk and cream together in a small saucepan over medium-low heat until simmering. In a medium saucepan, melt the butter. Add the flour and cook over medium heat, whisking constantly for 2 minutes. Pour the warm milk and cream mixture into the butter and flour mixture, whisking constantly.
- 4 Continue cooking, stirring occasionally, over medium heat for 5 to 7 minutes, until smooth and thick. Add the nutmeg, 2 tsp of Kosher salt, and 1 tsp of pepper. Stir in 3/4 cup of Parmesan cheese, 1/2 cup of the tomato and meat sauce, and allow to cool for 10 minutes. Stir in the yogurt and set aside.
- 5 Meanwhile, cook the pasta in a large pot of boiling water until al dente. Don't overcook, because the pasta will later be baked. Drain and set aside.
- 6 TO ASSEMBLE: Brush a large rectangular (at least 12 x 14 x 2") or oval baking dish with olive oil. Add the pasta to the tomato and meat sauce, stir in the eggs, and pour the mixture into the baking dish. Spread the béchamel evenly to cover the pasta and sprinkle with the remaining Parmesan. Bake for 1 hour, until golden brown and bubbly. Set aside for 10 minutes and serve hot. Makes 15 servings.

Gyros Meat Loaf

Recipe Scan



-- GYROS --				.
1		egg, lightly beaten		.
6		garlic cloves, minced		-- TSATZIKI SAUCE --
3	Tbsp	dried oregano	1	cup (8 oz) plain yogurt
1 -1 1/2	tsp	kosher salt	1	cucumber (medium), peeled, seeded & chopped
1	tsp	pepper	2	Tbsp lemon juice
1	pound	ground lamb	2	garlic cloves, minced
1	pound	ground beef	1/2	tsp salt
.		.	1/4	tsp pepper
.		.	8	whole gyro-style pitas (6 inches)
.		.	3	Tbsp olive oil, divided
.		.	16	slices tomato
.		.	8	slices sweet onion, halved

I always wanted to learn to make Greek gyros at home, but I was intimidated. Then I tried this recipe, and they were great. I slice left-over meat in individual portions and freeze for any time I crave a gyro.

Procedure

- 1 In a large bowl, combine the egg, garlic, oregano, kosher salt and pepper. Crumble lamb and beef over mixture. Mix well.

Gyros Meat Loaf

- 2** Pat into an ungreased 9x5x3" loaf pan. Bake, uncovered at 350° for 60-70 minutes or until no pink remains and a meat thermometer reads 160°. Cool completely on a wire rack. Refrigerate for 1-2 hours.
- 3** For sauce, combine the yogurt, cucumber, lemon juice, garlic, salt and pepper. Cover and refrigerate until serving.
- 4** Brush pita breads with 1 tablespoon oil. Heat on a lightly greased griddle for 1 minute on each side. Keep warm. Cut meat loaf into very thin slices. In a large skillet, fry meat loaf in remaining oil in batches until crisp.
- 5** On each pita bread, layer tomato, onion and meat loaf slices. Top with some tzatziki sauce. Carefully fold pitas in half. Server with remaining sauce.

Source

Source: Taste of Home

Hamburger Cheese Bake

Recipe Scan



3/4 lb	ground beef, lean	4 cups	packaged dried medium egg noodles
1/2 cup	onion, chopped	1 cup	small curd 2% cottage cheese
1 can	(15 oz.) tomato sauce, Muir Glen Organic recommended	4 oz	cream cheese, softened
1 tsp	sugar	1/4 cup	sour cream
1/4 tsp	salt	1/3 cup	green onions, sliced
1/4 tsp	garlic powder	1/4 cup	green bell pepper, chopped
1/4 tsp	black pepper	1/4 cup	parmesan cheese, grated or finely shredded

Procedure

- 1** In a large skillet cook the ground beef and onion until meat is brown and onion is tender. Drain well. Stir in the tomato sauce, sugar, salt, garlic powder, and black pepper. Remove from heat.
- 2** Meanwhile, cook the noodles according to package directions. Drain.
- 3** Using an electric mixer, mix cottage cheese, cream cheese, and sour cream until well-blended. Stir in green onions and bell pepper.
- 4** Spread half of the noodles in a lightly-greased 2-quart rectangular baking dish. Top with about half of the meat mixture. Top with the cottage cheese mixture. Top with remaining noodles and remaining meat mixture. Sprinkle with Parmesan cheese. Bake in 350° oven about 30 minutes or until heated through.
- 5** TO MAKE AHEAD: Prepare casserole as above. Cover unbaked casserole with plastic wrap. Refrigerate for up to 24 hours. Remove plastic wrap and cover loosely with foil. Bake in a 350° oven for 30 minutes. Uncover and bake about 15 minutes more or until heated through.
- 6** SERVES: 8

Hamburger Potato Medley

Recipe Scan



3/4 lb ground beef
1 onion, small, chopped
4 cups cabbage, diced
1/4 cup flour
1 1/2 tsp salt
1/4 tsp paprika
2 cups milk
Hot mashed potatoes
Additional paprika

MASHED POTATOES
1 1/2 lbs Russet or Yukon Gold potatoes,
peeled & quartered
1/4 cup + 2 Tablespoons Milk
1 1/2 Tbsp butter
3/4 tsp salt
1/8 tsp black pepper

Procedure

- 1 In a large frypan, cook the beef and onion until beef is browned and onion is tender. Drain.
- 2 Add cabbage. Cook and stir for 2 minutes. Sprinkle with flour, salt and paprika. Mix well.
- 3 Gradually add milk. Bring to a boil. Boil and stir for 2 minutes. Reduce heat. Cover and simmer for 10-12 minutes or until the cabbage is tender.
- 4 Sprinkle with paprika if desired.
- 5 MASHED POTATOES: Peel and quarter 1 1/2 pounds of Russet or Yukon Gold potatoes. Boil for 15-20 minutes until tender (poke with knife). Drain off water in colander. Heat 1/4 cup + 2 Tablespoons milk, and 1 1/2 Tablespoons of Butter, until Butter is melted. Add 3/4 teaspoon salt and 1/8 teaspoon black pepper. Mash until smooth using either electric mixer or hand mixer. IF NEEDED: Add 1 to 2 Tablespoons extra heated milk to potatoes if needed for creamier consistency.
- 6 Divide mashed potatoes evenly in 4 to 6 bowls, and top with the hamburger mixture.

Hamburger Potato Medley

Source

Source: Taste of Home

Hamburgers - How to Grill

Recipe Scan



Nothing says summer in America like hot, juicy backyard burgers. Unfortunately, backyard grillers all too often turn out shrunken, domed, dry burgers --- sorry specimens that no amount of ketchup can save. Avoid burger heartbreak by mastering this lesson.

Procedure

- 1 **BEEF** - A good burger starts at the supermarket. Be sure to read the label. Ground Chuck, a shoulder cut with big, beefy flavor, is recommended. By comparison, ground round and the generically labeled "ground beef" can be gristly and livery. And play the percentages -- buy 80 to 85% lean beef or your burger will dry out.



Hamburgers - How to Grill

- 2 BUN** - It's not a burger without the bun. We like big burgers (6 oz each), so we need buns to match. Soft yet sturdy Pepperidge Farm Premium Bakery Rolls, with a generous 4 1/2" diameter and hearty wheaty taste, are the test kitchen favorite.



- 3 THE WORKS** - Preferred brands: /// KETCHUP: Hunts /// MUSTARD: Gulden's /// PICKLES: Cascadian Farm Bread and Butter Chips

- 4 KEYS TO SUCCESS** - **DON'T UNDERSEASON**: Just dusting salt on the exterior of shaped patties doesn't cut it. Put the ground beef in a bowl, lightly break up the meat with your hands and sprinkle evenly with salt. Use 1 tsp salt for 1 1/2 lbs of beef, the amount you will need for 4 burgers. **DON'T OVERWORK**: Ground beef is not Play-Doh. The more you handle it, the denser and more rubbery it will become when cooked. After you've seasoned the meat, divide it into individual portions and, with lightly cupped hands, shape into patties. As soon as the patties hold together, stop! **DON'T PRESS**: Flip the burgers just once --- after they've developed deep brown grill marks --- and don't be tempted to press on them. Pressing down on the burgers as they cook squeezes out the flavorful juices, which end up in your grill (causing flare-ups) instead of in your burgers.

- 5 FIGHT THE BATTLE OF THE BULGE** --- The collagen, or connective tissue, in ground meat shrinks when heated. This causes the bottom and sides of the meat to tighten like a belt, which forces the surface of the burger to expand. To prevent a bubble burger, press a 1/2" divot, or indentation, in the center of each patty. The collagen will still tighten, but the indented meat won't bulge.



- 6 AVOID A STICKY SITUATION** --- Be sure your grill is both hot and clean before you set the burgers down. Otherwise the crust of the burger will stick and rip. 1. **SUPER-HEAT**: The self-cleaning function in your oven blasts away stuck-on gunk. You can get your grill to do the same. A sheet of aluminum foil traps heat and gets the grill grate super-hot. 2. **SCRAPE CLEAN**: Standard wire bristles wear down after just a few uses and are useless. We prefer to sturdy stainless scrubby pad on the Grill Wizard BBQ Brush. It's tough --- and replaceable. 3. **SLICK DOWN**: Grab a wad of paper towels with a pair of long-handled tongs and dip them in a bowl of vegetable oil. When the towels have absorbed the oil, run them over the cleaned grill grate. 4. **BUILD UP SEASONING**: The oil will burn off at first. Continue to dip the towels into oil and slick down the grate; it will become "nonstick." When the grate turns black and glossy, your grill is good to go.



- 7 TEMPERATURE GUIDE** --- Many of us depend on thermometers when we're grilling expensive steaks, but when we grill (cheap) burgers, we think we needn't bother. Wrong. For consistently delicious burgers cooked to just the right degree of doneness, don't guess. Take the temperature in the center of each burger with an instant-read thermometer. **MEDIUM-RARE**: 125 to 130°, 2 to 3 minutes per side **MEDIUM BURGER**: 135 to 140°, 3 to 4 minutes per side **MEDIUM-WELL BURGER**: 145 to 160°, 4 to 5 minutes per side **WELL-DONE BURGER**: 160° and up, 5 minutes and up per side

- 8 WELL-DONE BURGERS DONE WELL** --- There's no way around it: Burgers cooked medium-well to well done are less juicy than those cooked less --- even if you follow our lesson to the letter. But some folks love well-done burgers, or are worried about food safety and don't want to risk eating rare ground meat. We've found they can have their burgers and eat them too, if they add a panade to their meat mixture. A paste made from bread and milk, a panade adds moisture to meatballs and meatloaf. (And what's a burger but a meatball by another name!) For 1 1/2 pounds of ground beef, combine 1 slice of hearty white sandwich bread, torn in pieces, with 2 Tbsp milk. Let it sit about 5 minutes, until the bread is



Hamburgers - How to Grill

soaked, then mash to a paste with a fork; you'll have about 1/4 cup. Gently mix the panade into the meat before forming burgers.

Source

Source: Cook's Country - Aug/Sept 2009

Hungarian Goulash

Recipe Scan



- | | | | |
|-------|--|---------|---|
| 2 lbs | top sirloin beef, cubed | 1/4 cup | green pepper, chopped |
| 2 tsp | "Better than Bouillon Beef Base" dissolved in 2 cups hot water | 3/4 cup | white wine (NY Taylor Sauterne) |
| 4 | bacon slices | 1 tsp | salt |
| 3 | onions | 1/4 tsp | black pepper |
| 1 Tbs | Hungarian Paprika | 8 oz | Spiral Noodles (cooked to package directions) |

Procedure

- 1** Trim all fat from meat and cut into cubes. Chop 3 onions and place aside. Chop 1/4 C of green pepper and place aside. Fry 4 slices of bacon, blot with paper towels and set aside. Leave 1/2 of the bacon fat in the fry pan, and transfer the other 1/2 to a 8 quart soup pot. Add onions to the fry pan and sauté until transparent. Turn burner off and add chopped green pepper, crumbled bacon, paprika, salt & pepper. Use only Hungarian Paprika and make sure it says "sweet" on the label. If you can't find Hungarian Paprika locally, then Google it, and purchase online. If you use regular (domestic) paprika, it will have no flavor.



- 2** Add meat to 1/2 of the bacon fat in the 8 quart soup pot and brown all sides. Sprinkle onion mixture over meat and stir to mix. Add 2 cups of the beef broth and 3/4 cup white wine. Bring to boiling, then

Hungarian Goulash

cover and simmer for approx 2 hours, or until meat is tender.

3 THICKEN GRAVY In a jar mix: 1/4 cup flour & 1/2 cup water Add this mixture into soup pot to thicken gravy.

4 Serve immediately over noodles.

5 Recommended side dish: Petite baby peas

Source

Source: Alice Lyons - revised by Joan Lyons

Jessie's Swedish Meat Balls

Recipe Scan



1 1/2	lbs	lean ground beef	1/4	tsp	nutmeg
1/2	cup	water	1	tsp	sea salt
2	cup	fresh whole wheat bread crumbs			--- GRAVY ---
2		eggs	1	cup	water
1		onion, minced	2	tsp	worcestershire sauce
1/4	tsp	pepper	1	can	golden mushroom soup
1/4	tsp	thyme	1	can	tomato soup

Recommend using fresh whole wheat bread crumbs, by running 2-3 slices of bread through a blender.

Procedure

- 1 Mix all ingredients except meat until well blended
- 2 Add the meat to the mixture and blend well. Do not over-mix.
- 3 Form into 1 1/2 oz. balls and brown in TWO 13x9" baking pans in a 450° oven for about 10 minutes, then flip the meatballs and bake for another 10 minutes. (ALTERNATIVE: fry in batches in a frying pan until browned).
- 4 Mix gravy ingredients in a Dutch Oven on the stove until hot, and then add the meat balls to the gravy mix. Bake, covered, for one hour at 350°.
- 5 Serve with mashed potatoes

Source

Source: Janet Hardy

Old-Fashioned Meat Loaf

Recipe Scan



- | | |
|---|-----------------------------------|
| 1 Tbs butter | 1 large egg |
| 1 cup onions, chopped | 1/3 cup plus 2 tbsp ketchup |
| 1 tsp garlic, minced | 1/3 cup milk |
| 1/4 tsp thyme | 2 tsp dried parsley (qty 1-2 tsp) |
| 1 lb ground beef | 2 tsp worcestershire sauce |
| 1/2 lb ground pork | 1 tsp salt |
| 1/2 lb ground veal | 1/2 tsp freshly ground pepper |
| 1 cup fresh bread crumbs, about 2 slices of bread | 2 slices bacon, halved |

Procedure

- 1 Preheat oven to 350°.
- 2 Melt butter in medium skillet over medium heat. Add onions and cook until tender, 5 minutes. Add garlic and thyme. Cook 30 seconds more. Transfer to large bowl. Cool.
- 3 MAKE FRESH BREADCRUMBS: Tear up 2 slices of bread into small pieces. Then pulse in a blender, spice mill, or food processor until crumbs are achieved. This should only take a few seconds.
- 4 In a small bowl, pour milk over the breadcrumbs and stir to make a paste. Then add egg, 1/3 cup ketchup, parsley, Worcestershire sauce, salt & pepper. Mix with fork until well-blended. Then add this mixture to the onion and garlic mixture in the large bowl. Mix well.
- 5 ADD the meats, and mix with hands until thoroughly blended.
- 6 CUT 2 bacon slices lengthwise and then crosswise, to make 8 pieces.
- 7 Pat into 9 x 5" loaf pan. Spread top with remaining 2 Tbsp ketchup and arrange raw bacon on top.

Old-Fashioned Meat Loaf

- 8 Bake 50 minutes - 1 hour. Remove from oven and let stand 10 minutes. Carefully remove the bacon strips and discard. Cut meatloaf into 8 slices. Drain drippings and drizzle a small amount of drippings on top of each serving as desired. Discard the rest of the drippings.

Source

Source: Southern Living --- April 2005

Pot Roast

2 1/2	lbs	top sirloin roast (2 1/2 - 3 lbs.)			--- TO POT ADD ---
6		onions	1	Tbs	catsup
1	Tbs	Grape seed oil or Canola oil	1	tsp	worcestershire sauce
1	Tbs	catsup	1/2	tsp	black pepper
1	Tbs	worcestershire sauce	1		bay leaf
1		bay leaf	1 1/2	cups	water
3	Tbs	flour			--- THICKEN GRAVY ---
		salt and pepper	3	Tbs	flour
		.	1/2	cup	water (1/2 - 3/4 cup)
		.			

Procedure

- 1 Trim off all fat from meat. Wash meat, salt meat lightly, and let stand for 1/2 hour. Cut onions into rings and place aside. Put 1 tbsp Grape Seed Oil (or Canola Oil) in large pot, and sear meat over high heat until all sides are well browned. Remove meat from pot.
- 2 To pot add 1 tbsp catsup, 1 tsp Worcestershire sauce, 1/2 tsp black pepper, 1 bay leaf, and 1 1/2 cup water. Put meat back in pot. Cover meat with onions, making sure that all sides and spaces around meat are filled with onion rings. Cover pot, and simmer slowly for 2 hours, 1 hour on each side, until tender. Add a little water if gravy is too thick, or if water evaporates.
- 3 THICKEN GRAVY: In a jar mix 3 T flour, 1/2 - 3/4 Cup water. Shake well and add to gravy and stir.

Source

Source: Alice Lyons

Prize-Winning Brisket

Recipe Scan



- | | | | | |
|-----|-----|----------------------|-----|-------------------------------|
| 4 | lbs | beef brisket | 3 | medium onions, thickly sliced |
| 2 | tsp | salt | 1 | cup hot water |
| 1/2 | tsp | pepper | 2 | Tbs cornstarch |
| 1 | | garlic clove, minced | 1/2 | cup cold water |

Serve as-is, or in a sandwich with the au jus gravy or with your favorite barbecue sauce. Can be served with either the cooked onions or raw onions. Each adds a distinctive flavor.

Procedure

- 1 Place brisket fat side up in roasting pan. Sprinkle with salt, pepper and garlic. Arrange onions over top of brisket. Bake at 350° for 30 minutes or until onions are slightly brown. Add hot water. Reduce oven temperature to 300°. Bake, tightly covered with foil, for 3 hours.
- 2 Remove brisket and onions to serving platter. Remove fat layer from top of brisket. Slice thinly across the grain. Return the cut brisket to a 13x9" baking pan.
- 3 Pour the pan drippings into a 3 quart saucepan. Dissolve cornstarch in cold water, and add to pan drippings gradually, stirring until smooth. Cook until mixture comes to a boil, stirring constantly. Pour mixture over the cut brisket so that meat is well moistened. Any excess juice/gravy should be saved to serve the brisket au jus style.
- 4 Serve brisket with cooked onions. Garnish with cherry tomatoes, parsley, pickled peppers or sliced green olives.

Source

Author: 1980 National Beef Cook-Off, Scottsdale, AZ (Top prize)

Rosemary-Garlic Roast Beef

Recipe Scan



- | | | | |
|-------|------------------------------------|----|---|
| 4 | garlic cloves, minced | 12 | small red potatoes, quartered |
| 1 | Tbs dried rosemary, crushed | 2 | medium sweet yellow peppers, cut into 1-inch pieces |
| 1 | tsp salt | 1 | large sweet onion, cut into 1-inch slices |
| 1/2 | tsp pepper | | |
| 1 | beef tri-tip roast (2 to 3 pounds) | | |
| 4 1/2 | tsp Extra Virgin Olive Oil | | |

This tender and juicy roast looks beautiful when I serve it to guests. It also makes the house smell wonderful as it cooks. I usually serve it with warm French bread and a salad topped with buttermilk dressing.

Procedure

- 1 Combine the garlic, rosemary, salt and pepper; set aside 4 teaspoons. Rub the remaining mixture over roast; place in a greased shallow roasting pan.
- 2 In a small bowl, whisk reserved herb mixture with oil. In a large resealable plastic bag, combine the potatoes, yellow peppers and onion; add oil mixture. Seal bag and toss to coat. Arrange vegetables around roast.
- 3 Bake, uncovered, at 425° for 30-60 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).
- 4 Transfer roast and peppers to a warm serving platter. Let stand for 10-15 minutes before slicing. Meanwhile, return potatoes and onion to the oven; bake 10 minutes longer or until potatoes are tender. Yield: 6 servings.

Rosemary-Garlic Roast Beef

Source

Source: Taste of Home

Seared Beef Tenderloin Filets

Recipe Scan



- | | |
|---|------------------------------------|
| 6 lbs whole beef tenderloin, cut into desired thickness filets, this should make 6-8 steaks | 2 Tbs olive oil
salt and pepper |
|---|------------------------------------|

Procedure

- 1 --- USING THE 6 LB TENDERLOIN ---
- 2 PREHEAT oven to 425° with a rack in the center.
- 3 TRIM tenderloin and cut into filets. Rub exterior of the filets with olive oil, season with salt and pepper. Heat an oven-proof pan over medium-high heat for 5 minutes.
- 4 SEAR filets on one side for 4-5 minutes. Turn them over, place in the pan in the oven and roast to desired doneness.
- 5 Allow filets to rest 5 minutes before serving.
- 6 DONENESS CHART (use an instant-read meat thermometer):
- 7 Rare (120-130°F): Sear for 5 minutes, Roast for 5 minutes, Rest for 5 minutes.
- 8 Medium Rare (130-140°F): Sear for 5 minutes, Roast for 7 minutes, Rest for 5 minutes.
- 9 Medium (140-150°F): Sear for 5 minutes, Roast for 9 minutes, Rest for 5 minutes
- 10 --- USING OMAHA STEAKS 7 OZ (1 1/2 - 1 3/4") PRIVATE RESERVE TENDERLOIN ---
- 11 PREHEAT oven to 300° with a rack in the center.
- 12 RUB exterior of the filets with olive oil, season with Old World Steak Dry Rub & Marinade (or Salt Grass 7 Steak Spice). Heat an oven-proof pan over medium-high heat for 5 minutes.
- 13 SEAR filets on one side for 2-3 minutes. Turn them over, place in the pan on lower rack of oven and roast to desired doneness.
- 14 Allow filets to rest 5 minutes before serving.

Searched Beef Tenderloin Filets

15 DONENESS CHART (use an instant-read meat thermometer):

16 Rare (120-130°F): Sear for 2-3 minutes, Roast for 12-14 min, Rest for 5 min.

17 Medium Rare (130-140°F): Sear for 2-3 minutes, Roast for 16-18 min, Rest for 5 min.

18 Medium (140-150°F): Sear for 2-3 minutes, Roast for 19-22 min, Rest for 5 min.

Recipe Tips

ALTERNATIVE to a 6 lb tenderloin is Omaha Steaks Private Reserve 7 oz. beef tenderloin filets. The picture above is one of the Omaha Steaks with Garlic & Herb Steak Butter.

SERVE WITH: Béarnaise Sauce or Garlic & Herb Steak Butter (both recipes in this cookbook).

SERVE WITH: Boursin Creamed Spinach & Double Baked Potatoes (both recipes in this cookbook).

Source

Source: CuisineAtHome.com

Shepherds's Pie

Recipe Scan



*** FILLING ***			
1 1/2	cups	frozen corn kernels	1/2 tsp dried rosemary
2	Tbs	butter	1 1/2 tsp Worcestershire sauce
1		large onion, chopped	salt & pepper to taste
1		celery stalk, chopped	MASHED POTATO TOPPING
1 1/4	lbs	ground beef	6 cups potatoes, peeled and chopped
1		garlic clove, minced	2 tsp salt, plus salt to taste
2	Tbs	flour	4 Tbs butter
1	cup	beef broth	1/2 cup sour cream
1	cup	diced canned tomatoes	1/4 to 1/2 cup milk
1	tsp	dried thyme	1 1/2 cups (6 oz) white Cheddar cheese, grated
			paprika

Russet or Yukon Gold Potatoes work best in this recipe.

Procedure

- 1 Cook the corn according to the package instructions. Drain and set aside.
- 2 Start the potatoes for the topping. Put them in a large pot with enough water to cover them by a couple of inches. Add about 2 teaspoons of salt to the water. Bring the potatoes to a boil, uncovered, over high heat. Cook them for 10 to 13 minutes. Meanwhile, make the meat filling.
- 3 Melt the butter in a large skillet over medium heat. Sauté the onion and celery in the butter, stirring often, for about 5 to 6 minutes.
- 4 Add the ground beef to the pan and break it up with a wooden spoon as it browns. Remove the skillet from the stove and, setting it on a heat proof surface so it won't feel so heavy, tilt the pan so that the

Shepherds's Pie

excess fat runs to the side. Carefully spoon out the fat and discard it (this will make the dish leaner and healthier, as well as lighter tasting).

- 5** Put the skillet back on the burner and set the heat to medium low. Stir the garlic and flour into the beef mixture. Stir in the beef broth, then the canned tomatoes, then the herbs, reserved corn, and Worcestershire sauce.
- 6** Gently simmer the mixture for several minutes, partially covered, then add salt (1/4 teaspoon) and pepper to taste. Transfer the mixture to a 13x9x2" buttered baking dish. Set the oven to 400°, and while it heats, check to see if your boiling potatoes are done.
- 7** To test the potatoes, use a slotted spoon to transfer a cube from the water to a cutting board and allow it to cool for 30 seconds. If you can slice through the chunk easily with a butter knife, the potatoes are done.
- 8** Set a large colander in the sink and drain the potatoes in it (this job can generate a lot of steam, so it is best done by an adult or under adult supervision). Transfer the drained potatoes to a large mixing bowl and scatter the butter pieces over them. Spoon the sour cream here and there over the hot potatoes as well. Wait several minutes for the butter to melt and the sour cream to warm so that ingredients will be easier to blend, then partially mash the potatoes with a hand masher.
- 9** Switch to an electric mixer set at medium speed and continue to mash, adding enough milk to make medium-soft mashed potatoes. Don't make them too soft, however. you want them to have some body.
- 10** Salt the potatoes to taste and spoon them evenly over the filling. Sprinkle the cheese over the top, then sprinkle on some paprika. Bake the pie on the center over rack for about 20 minutes, until the top is golden brown. Cool for several minutes before serving.

Source

Source: Family Fun Magazine

Southwestern Burgers

Recipe Scan



- | | | | | | |
|-------|--------------------------------------|--|-----|--------|-----------------------------------|
| 1 | can (4 ounces) chopped green chilies | 1/2 | tsp | pepper | |
| 1/4 | cup | Worcestershire sauce | 2 | lbs | lean ground beef (90% lean) |
| 1/2 | tsp | hickory liquid smoke, optional | 1/2 | lb | bulk pork sausage |
| 1/2 | cup | crushed butter-flavored crackers (about 12 crackers) | 8 | | slices pepper jack cheese |
| 4-1/2 | tsp | chili powder | 8 | | sesame seed hamburger buns, split |
| 3 | tsp | ground cumin | | | Lettuce leaves and tomato slices |
| 1/2 | tsp | salt | | | Toppings of your choice |

Whether you're in the stadium parking lot or on your patio, these southwestern-style burgers are great on the grill. Sometimes I make six patties rather than eight out of the ingredients because I like my burgers bigger and better!

Procedure

- 1 In a large bowl, combine the first eight ingredients. Crumble beef and sausage over mixture and mix well. Shape into eight patties.
- 2 Grill, covered, over medium heat for 5-7 minutes on each side or until no longer pink. Top with cheese. Grill 1 minute longer or until cheese is melted.
- 3 Grill buns, cut side down, for 1-2 minutes or until toasted. Serve burgers on buns with lettuce, tomato and toppings. Yield: 8 servings.

Southwestern Burgers

Source

Source: Robert Hodges, San Diego, CA

Tater Tot Casserole

Recipe Scan



- | | | | |
|-------|--|------|----------------------------------|
| 1 lb | lean hamburger | 1 lb | Tater Tots (1/2 of 2 lb bag) |
| 1 | garlic clove, minced | 8 oz | cheddar cheese (6-8 oz to taste) |
| 1 | medium onion, chopped | | |
| 1 can | cream of mushroom soup, recommend
Healthy Request | | |

Procedure

- 1 Brown hamburger, onion and garlic together in frying pan. Drain grease from frying pan. Add undiluted Cream of Mushroom soup and 1/4 cup grated cheddar cheese to pan and mix well. Pour mixture into 13 x 9" baking pan, and put Tater Tots in rows on top of the ground beef mixture.
- 2 Convection bake at 375° for 30 minutes. Then top with remaining cheddar cheese, and bake for 5 minutes more, or until melted.

Beef Italian

Baked Ziti

Recipe Scan



1/2		medium onion, chopped	3	Tbsp	butter
1	Tbsp	olive oil	3	Tbsp	all purpose flour
2		garlic cloves, minced	3	cups	milk
1	pound	lean ground beef	1	cup	grated Parmesan cheese
1	jar	(26 oz.) tomato and basil pasta sauce	1/2	tsp	pepper
3/4	tsp	salt, divided	8	oz	shredded mozzarella cheese
1	box	(16 oz) BARILLA Ziti Pasta			

Procedure

- 1** SAUTÉ chopped onion in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Add garlic, and sauté 1 minute. Add beef, and cook, stirring until beef crumbles and is no longer pink. Drain beef mixture, and return to pan. Stir in pasta sauce and 1/2 teaspoon salt. Set aside.
- 2** COOK pasta in a large Dutch oven according to package directions. Drain and return to Dutch oven.
- 3** MELT butter in a heavy saucepan over low heat. Whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk. Cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in Parmesan cheese, remaining 1/4 teaspoon salt, and pepper. Pour sauce over pasta in Dutch oven, stirring until pasta is evenly coated.
- 4** TRANSFER pasta mixture to a lightly greased 13x9" baking dish. Top evenly with beef mixture. Sprinkle evenly with mozzarella cheese.
- 5** BAKE at 350° for 20 to 25 minutes or until cheese is melted. Let stand 10 minutes before serving.

Basic Italian Meatballs

Recipe Scan



--- STIR TOGETHER ---			2	tsp	kosher salt
1	cup	bread crumbs, unseasoned	1	tsp	ground black pepper
3/4	cup	Romano or Parmesan cheese, finely grated	2	tsp	dried basil
1/2	cup	whole milk	1/2	tsp	crushed red pepper flakes
1/2	cup	beef broth, low-sodium			pinch nutmeg
1/2	cup	fresh parsley, chopped	--- ADD & SHAPE ---		
3		eggs, beaten	2	lbs	ground chuck
2	tsp	dried oregano	-- COVER BOTTOM OF PAN WITH --		
1	Tbs	garlic, minced	2	cups	beef broth, low-sodium, divided 1 cup per pan

Makes 36 meatballs, 3 meatballs per serving for 12 servings. Note: If making "Basics Italian Sauce for Meatballs," that makes only enough sauce for 1/2 batch of these meatballs. You can put the other half of meatballs in a gallon-size freezer bag for later use. SOURCE: Cuisine at Home

Procedure

- 1 Preheat oven to 450°. Stir together all ingredients (except the ground meat) in a large mixing bowl. Add the ground chuck and mix together thoroughly. Using a portioning scoop or 2 spoons, shape the meat mixture into balls (golf-ball size, about 2" in diameter or 1 1/2 oz. each). Divide meatballs among (2) 13x9" baking pans. Space the meatballs on the pans so they are not touching or crowded together. Cover bottom of pan with beef broth. Bake for 25 minutes, turning meatballs over 1/2 way through the baking. Cook until the meatballs are just cooked through.

Basic Italian Meatballs

- 2** Remove meatballs into a bowl. Pour pan drippings through a fine mesh sieve to strain out the foam and other solids. Skim the fat from the drippings and discard. Save remaining liquid for use in "Basic Italian Sauce for Meatballs" recipe.

Basic Italian Sauce for Meatballs

Recipe Scan



	- SAUTE IN 1/4 CUP OLIVE OIL -	1/4 tsp	crushed red pepper flakes
1 1/2 cups	yellow onion, diced	1/2 tsp	salt (to taste)
	- STIR IN -		- ADD & SIMMER -
2 tsp	garlic, minced	18	cooked meatballs
	- ADD & SIMMER -		- STIR IN -
3 cans	(14 1/2 oz. each) whole peeled tomatoes, pureed in blender	1/2 lb	cooked pasta, DeBoles Jerusalem Artichoke Angel Hair
1/2 cup	reserved meatball pan drippings (or low sodium beef broth)		- BEFORE SERVING, ADD -
1/2 cup	fresh parsley, minced	1/4 cup	fresh basil
1 Tbs	sugar		- GARNISH WITH -
			parmesan cheese, grated

Recommend Muir Glen Organic Whole Plum Tomatoes. Makes 6 servings. SOURCE: Cuisine at Home

Procedure

- 1 Saute onions in oil over medium-high heat in a large pan until translucent, about 4 minutes. Stir in garlic. Cook just until you smell it, about 30 seconds. Add tomatoes, pan drippings, parsley, sugar, pepper flakes, and salt. Simmer 15 minutes.
- 2 Start boiling the water for pasta.

Basic Italian Sauce for Meatballs

- 3 Add cooked meatballs to the sauce and simmer, uncovered, for 10 minutes to heat through.
- 4 Meanwhile, cook pasta according to package directions, drain. Stir in the cooked pasta and fresh basil, and toss well to coat. Cover and let sit for 10 minutes prior to serving. Garnish pasta and meatballs with grated Parmesan cheese.

Fettuccine Bolognese Pasta

Recipe Scan



--- BOLOGNESE SAUCE ---			
3	carrots, medium, peeled	1/2 cup	chicken broth
2	celery ribs, large	2 Tbs	tomato paste
1	onion, large, peeled	1 tsp	salt
1/4 lb	pancetta or bacon, diced	1/2 tsp	black pepper
3/4 lb	ground beef	1 cup	heavy cream
1/2 lb	ground pork	--- PASTA ---	
1/2 cup	white wine	1 package	fettuccine (8 oz.)
		grated parmesan cheese, optional	

Prep 10 minutes, Cook 65 minutes, Makes 6 servings

Procedure

- 1 SAUCE: Finely chop carrots, celery and onion.
- 2 In large nonstick saucepan, cook pancetta over medium heat, stirring, 5 minutes, until most of the fat is rendered but pancetta is not browned. Increase heat to medium-high. Add vegetables. Saute 5 minutes or until onion is softened.
- 3 Add ground beef and pork. Cook 8 minutes, stirring occasionally, until no longer pink. Add wine, broth, tomato paste, salt and pepper. Simmer over medium-low, stirring occasionally, 45 minutes or until most of liquid is absorbed. Add cream. Cook 2 minutes, until heated through.
- 4 PASTA: Cook pasta following package directions. Drain.
- 5 Stir pasta into sauce just before serving, and top with parmesan cheese if desired.

Italian Beef Au Jus Sandwiches

Recipe Scan



		MEAT -----			GRAVY -----
5	lbs	rump roast	4	cups	liquid from pan + water to = 4 cups
		.	1 1/2	tsp	Better Than Bouillon Beef Base
		SEASONINGS -----	4	Tbsp	Worcestershire sauce
1/2	cup	white vinegar	2	tsp	oregano
2	Tbsp	Worcestershire Sauce	1/2	tsp	basil
1	Tbsp	oregano	1	pkg	Good Seasons Italian Dressing Mix
1		garlic clove	1	pkg	Au Jus gravy mix (McCormick 1 oz pkg, no MSG or artificial flavors)
1		onion, sliced			.
		.			TOPPINGS -----
		.	3		roasted Poblano (or Jalapeno) peppers
		.	12	oz	"FIVE Cheese Italian cheese blend"
		.			

Serve on Ciabatta Rolls. COSTCO's Torta Rolls are the best Ciabatta Rolls for this sandwich. If using Poblano Peppers, use 1/2 Poblano Pepper per sandwich. If using Jalapeno Peppers, use 1 whole Jalapeno Pepper per sandwich. This recipe makes 10 - 12 sandwiches.

Procedure

- 1 Mix the 5 SEASONINGS ingredients in a measuring cup, and pour over the meat in a roasting pan. Roast at 325° for 3 1/2 hours. Cool, then slice.
- 2 GRAVY: Put liquid from the roasting pan into 4 cup measuring cup, and add water to make 4 cups of liquid. Pour into a sauce pan. Add remaining Gravy Ingredients. Bring to a boil. Simmer for 10 minutes.

Italian Beef Au Jus Sandwiches

- 3 Pour the gravy over the sliced beef, and refrigerate overnight to allow flavors to penetrate.
- 4 **ROAST POBLANO PEPPERS:** Put whole poblano peppers on a foil-lined baking sheet. Bake at 400° for approx. 30-45 minutes, turning every 15 minutes. Put the peppers in a glass bowl covered with Saran Wrap (or in a Ziplock Baggie) for 10 minutes to allow the steam to loosen the skin. After this, the skin should easily peel off. Take stems off, remove the inside seeds and membrane. Slice into strips and then into 2" pieces.
- 5 Heat sandwich rolls in oven at 400° for 5 minutes. Ladle the Au Jus Gravy on 1 half, top with meat, roasted Poblano pepper slices, and 1 oz Italian 5 Cheese Blend. Return to oven just long enough for cheese to melt.

Source

Source: Rita Turner

Lasagna American-Grandmother Style

Recipe Scan



1	lb	ground beef chuck	1/4	tsp	pepper
1		onion (medium, 1/2 cup), chopped	1/2	lb	lasagna noodles, cooked per package, about 9 noodles (Barilla brand works well)
1		garlic clove, minced			
1	can	tomato paste (6 oz.), Muir Glen Organic recommended	1	container	ricotta cheese (15 oz, regular or low-fat)
1 1/2	cups	water	3/4	lb	mozzarella cheese slices (about 12 slices, 1/8" thick)
2	tsp	salt	1/4	cup	Parmesan cheese
1	tsp	dried oregano, crumbled in fingers			

For the MOZZARELLA CHEESE, have the deli counter at grocery store slice 3/4 lb of mozzarella cheese into approx. 1/8" slices. Since mozzarella typically comes in 8 oz. packages, this method prevents left-overs. Undoubtedly, more sophisticated and authentic versions of lasagna have appeared since this rather simple rendition was America's favorite meal. Nevertheless, on a gray day THIS is the lasagna of choice.

Procedure

- 1 Preheat oven to 375°.
- 2 Brown ground beef in a large skillet over medium-high heat, breaking up with the side of a spoon until no trace of pink remains. Remove to a small bowl with a slotted spoon and set aside.
- 3 In fat remaining in skillet, cook onion and garlic over medium heat, stirring, until softened. Return reserved meat to skillet. Stir in tomato paste, water, salt, oregano, and pepper. Cover and simmer 30 minutes.

Lasagna American-Grandmother Style

- 4 Spread 1/3 cup of the meat sauce on the bottom of a 12 x 8" baking dish. Reserve the 2nd 1/3 cup of meat sauce for the top. Layer noodles, 1/2 of the remaining meat sauce, 1/2 ricotta cheese, and 1/2 mozzarella cheese. Repeat layers. Top with 3 remaining noodles, then spread remaining 1/3 cup of meat sauce over top and then sprinkle with Parmesan cheese.
- 5 Bake, covered with foil, for 30 minutes. Remove foil and bake for 5-10 minutes longer. Remove from oven. Using a paper towel, blot grease that has pooled on top. Cool slightly and cut into 9 rectangles to serve.

Source

Source: Parents Magazine 1987

One Pot Pasta

Recipe Scan



- | | | | |
|-------|--|---------|---|
| 1 lb | lean ground beef | 1 Tbs | dried Italian seasoning |
| 1 | small onion, diced | 1/2 tsp | salt |
| 1 | (8-ounce) package sliced fresh mushrooms | 1/4 tsp | pepper |
| 1 tsp | vegetable oil | 1 | (20-ounce) package refrigerated four-cheese ravioli |
| 2 | garlic cloves, minced | 1 cup | (4 ounces) shredded mozzarella cheese |
| 2 | (26-ounce) jars tomato-basil pasta sauce | | |
| 1 cup | water | | |

Serves well with BASIL-GARLIC BREAD: Stir together 1/4 cup melted butter, 1 tsp dried basil, and 1/4 tsp garlic powder. Cut a 8 oz Italian bread loaf in half horizontally. Brush cut sides evenly with butter mixture. Wrap loaf in aluminum foil, and bake at 350° for 10 minutes or until thoroughly heated.

Procedure

- 1 Cook ground beef in a Dutch oven over medium-high heat, stirring until it crumbles and is no longer pink; drain. Wipe Dutch oven clean.
- 2 Sauté onion and mushrooms in hot oil over medium-high heat 8 minutes or until tender. Add garlic, and sauté 1 minute. Stir in beef, pasta sauce, 1 cup water, and next 3 ingredients.
- 3 Bring sauce to a boil; add ravioli. Reduce heat to medium-low, cover, and simmer, stirring occasionally, 8 to 10 minutes or until pasta is done. Stir in cheese. Serve immediately.

Source

Source: Southern Living

Spaghetti with Italian Meat Sauce

Recipe Scan



1/4	cup	butter	2	Tbs	tomato paste
1/2	cup	olive oil	1	cup	red wine (Carlo Rossi Burgundy)
1 1/2	cup	onions, finely chopped	3 1/2	tsp	Better Than Bouillon Beef Base (dissolved in 29 oz boiling water)
1	cup	carrots, grated	2	tsp	salt
1/2	cup	celery, finely chopped	1/2	tsp	black pepper
8	oz	fresh mushrooms, grated	2	boxes	(8 oz each) DeBoles Jerusalem Artichoke Spaghetti
2	tsp	parsley, finely chopped			
2	lbs	lean ground beef			
2	Tbs	flour			

If you are looking for a spaghetti sauce that is not "tomato based," this is the one.

Procedure

- 1 Combine butter and oil in an 8 quart soup pot. Heat. Add onions. Sauté 1 minute. Add carrots, celery, mushrooms, and parsley. Cook, stirring frequently, 5 minutes.
- 2 Brown ground beef in a large fry pan, breaking up with a spoon, stirring frequently until no pink remains. Drain the fat, and add the beef to onion mixture in the soup pot.
- 3 Sprinkle flour over beef. Stir until well-blended. Stir in tomato paste. Add wine gradually. Stir constantly. Add beef broth. Season with salt and pepper. Bring mixture to a boil, then cover and reduce to simmer, stirring occasionally, about 1 hour, until thick.
- 4 Cook spaghetti noodles according to package instructions. Plate spaghetti and ladle sauce over the spaghetti. Top with parmesan cheese.
- 5 Yield: About 8 - 10 servings.

Spaghetti with Italian Meat Sauce

Source

Source: The Encyclopedia of Creative Cooking - 1985

Veal Scallopine Fiorentina

3	veal scallops	.
	flour	.
	--- MIX EGG BATTER ---	.
2	eggs	corn oil
	parsley	1 stick butter
	salt and pepper	2 oz chicken stock
3 oz	Romano cheese	2 lemons

Procedure

- 1 With meat hammer, pound scallops to tenderize.
- 2 Put scallops into flour and then into the batter.
- 3 In fry pan, heat corn oil until very hot. Put scallops into fry pan, and make golden brown. Drain oil and use same fry pan while still hot. In fry pan put 5 oz butter. Saute scallops until butter melts. Make sure that the butter doesn't burn. As soon as butter melts, squeeze 1/4 lemon over scallops. Sprinkle salt and pepper and parsley, to taste. Put in chicken stock. Cook until sauce creams.
- 4 Put scallops into dish with a lemon slice between each scallop. Pour sauce over meat.

Source

Source: Queen Italian Restaurant, Brooklyn, NY, 1972

Beef Mexican

Beef Burrito Skillet

Recipe Scan



- | | | | |
|-------|---|---------|--|
| 1 lb | lean ground beef | 1 cup | water |
| 1 pkg | (1 1/4 oz.) Taco Seasoning Mix, recommend McCormick | 4 | flour tortillas (6"), cut into 1 1/2" pieces |
| 1 can | (15 oz) pinto beans, rinsed | 1 cup | Mexican Four Cheese Blend |
| 1 cup | Thick 'N Chunky Salsa | 1/3 cup | sour cream |
| | | 1 bunch | green onions, chopped |

Recommend Rudi's Organic Spelt Tortillas TO JAZZ IT UP: Top with your favorite Mexican-style toppings just before serving, such as shredded lettuce, chopped tomatoes and/or chopped avocados. This recipe is quick and easy.

Procedure

- 1 BROWN meat in large nonstick skillet on medium-high heat; drain.
- 2 ADD next 4 ingredients; stir. Bring to boil; simmer on medium-low heat 5 min.
- 3 STIR in tortillas; top with cheese. Remove from heat; cover. Let stand 5 min. or until cheese is melted. Top with sour cream and onions.

Source

Source: Food & Family Magazine --- Spring 2007

Garlic Beef Enchiladas

Recipe Scan



- | | | | | | |
|-----|-----|------------------------------|-----|------|------------------------------------|
| 1 | lb | ground beef | 1/3 | cup | butter |
| 1 | | medium onion, chopped | 1/2 | cup | flour |
| 2 | Tbs | flour | 1 | can | (14 1/2 oz.) beef broth |
| 1 | Tbs | chili powder | 1 | can | (15 oz.) tomato sauce |
| 1 | tsp | salt | 1 | | to 2 tablespoons chili powder |
| 1 | tsp | garlic powder | 1 | | to 2 teaspoons ground cumin |
| 1/2 | tsp | ground cumin | 1 | | to 2 teaspoons rubbed sage |
| 1/4 | tsp | rubbed sage | 1/2 | tsp | salt |
| 1 | can | (14 1/2 oz.) stewed tomatoes | 10 | | flour tortillas (7 inches) |
| | | --- SAUCE --- | 2 | cups | (8 oz.) shredded Colby-Jack cheese |
| 4 | | to 6 garlic cloves | | | |

Makes 10 Servings.

Procedure

- 1 In a saucepan, over medium heat, cook beef and onion until meat is no longer pink. Drain. Add flour and seasonings. Mix well. Stir in tomatoes. Bring to a boil. Reduce heat. Cover and simmer for 15 minutes.
- 2 Meanwhile, in another saucepan, sauté garlic in butter until tender. Stir in flour until blended. Gradually stir in broth. Bring to a boil. Cook and stir for 2 minutes or until bubbly. Stir in tomato sauce and seasonings. Heat through. Pour about 1 1/2 cups sauce into each of (2) ungreased 13 x 9 x 2" baking dishes.
- 3 Spread about 1/4 cup beef mixture down the center of each tortilla. Top with 1-2 Tablespoons cheese. Roll up tightly. Place seam side down over sauce, 5 enchiladas per pan. Top with the remaining sauce.

Garlic Beef Enchiladas

- 4 Cover with foil and bake at 350° for 30-35 minutes. Sprinkle with remaining cheese. Bake, uncovered, 5 minutes longer or until the cheese is melted.

Source

Source: Taste of Home

Mexicali Meatloaf

Recipe Scan



- | | | | |
|-----------|--|--|----------------------------------|
| 1 1/2 cup | cheddar cheese, shredded | 1/2 tsp | red pepper sauce (Tabasco Brand) |
| 1 cup | 3-Minute Brand Quick Oats | 1 lb | ground pork |
| 1 cup | salsa, recommend Pace Picante mild or medium | 3/4 lb | lean ground beef |
| 1/3 cup | onion, chopped | ---TOPPINGS--- | |
| 1 can | (4 oz) green chilies, chopped | lettuce, chopped tomatos, sliced olives, | |
| 1 | egg, slightly beaten | crushed tortilla chips, sour cream, | |
| 1/2 tsp | garlic salt | chopped onions, avacado, salsa or | |
| 1/2 tsp | cumin, ground | picante sauce | |

Makes 8 - 10 Servings

Procedure

- 1 In large bowl combine cheese, oats, salsa, onion, green chilies, egg, garlic salt, cumin and red pepper sauce. Add pork and beef. Mix well. Pat mixture into a meatloaf pan (or a 9 x 5 x 3" loaf pan). Bake at 350° for 1 hour. Remove from oven. Garnish with desired TOPPINGS as above.

Source

Author: 3 Minute Brand 80th Anniversary Cookbook, 1990

Taco Dip (Hot)

Taco Dip (Hot)

1 1/2 lbs	hamburger (brown) & 1 packet TacoSeasoning	1 can	(7 oz) green chilies, mild
1	onion	1 bottle	(12 oz) taco sauce, medium
1	can (1 lb) refried beans	1 cup	cheese, grated

Procedure

1 Put first 5 ingredients in crock pot. Add cheese 10 minutes before serving until it melts.

Taco Meat Loaves

Recipe Scan



- | | | | |
|-----|---|---|--------------------------------------|
| 3 | eggs, lightly beaten | 1 | envelope (1.25 oz.) taco seasoning |
| 2 | cups picante sauce, divided | 1 | tsp ground cumin |
| 1 | can (15 oz.) pinto beans, rinsed and drained | 1 | tsp chili powder |
| 1 | can (11 oz.) Mexicorn, drained | 2 | lbs ground beef |
| 1 | medium onion, chopped | 2 | cups (8 oz.) shredded cheddar cheese |
| 2 | cans (2-1/4 oz. each) sliced ripe olives, drained | | Additional picante sauce, optional |
| 3/4 | cup dry bread crumbs | | |

Grand Prize Taste of Home Meatloaf & Meatballs contest - October 2006

Procedure

- 1 In a large bowl, combine the eggs, 1/2 cup picante sauce, beans, corn, onion, olives, bread crumbs, taco seasoning, cumin and chili powder. Crumble beef over mixture and mix well.
- 2 Pat into two ungreased 9-in. x 5-in. loaf pans. Bake, uncovered, at 350° for 50-55 minutes or until no pink remains and a meat thermometer reads 160°.
- 3 Spoon remaining picante sauce over each meat loaf; sprinkle with cheese. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before slicing. Serve with additional picante sauce if desired. Yield: 2 meat loaves (6 servings each).

Source

Source: Taste of Home

Tex - Italia Pie

Recipe Scan



- | | | | |
|--------|---|-------|--|
| 1 pkg | Wick Fowler's 2-Alarm Chili Kit -or- Family Style Chili Kit | 1 can | (15 oz) pinto beans (OPTIONAL), rinsed & drained |
| 2 lbs | ground beef | 1 pkg | (12 oz) Skinner thin spaghetti, uncooked |
| 1 can | (8 oz) tomato sauce | 3 | eggs, slightly beaten |
| 2 cans | (8 oz each) water | 2 cup | (8 oz) cheddar cheese, shredded |

Procedure

- 1 Prepare 2-ALARM or CHILI KIT according to package directions. Break spaghetti into 2" pieces and cook according to package directions. Drain. In a large bowl combine cooked spaghetti pieces, eggs and 1 cup cheese. Spread evenly onto a 12" pizza (or 13x9") pan.
- 2 Bake at 375° for 15 minutes or until set and lightly browned. Remove from oven. Top with chili and remaining 1 cup of cheese. Return to oven. Bake 10-15 minutes or until hot and bubbly.
- 3 Garnish with chopped lettuce, tomatoes, olives, avocado slices & sour cream as desired. Serve.

Tex-Mex Salisbury Steak

Recipe Scan



- | | | | |
|---------|---------------------------------|-------|--|
| 1 lb | ground round | 1 pkg | (2.64-ounce) McCormick Original Country Gravy Mix |
| 1/2 lb | hot or mild ground pork sausage | 1 can | (14 1/2-ounce) reduced-sodium beef broth |
| 1 | small onion, chopped | 1 can | (10-ounce) diced tomatoes with green chiles, undrained |
| 1 | large egg | | Garnish: fresh cilantro sprigs |
| 1/2 cup | fine, dry breadcrumbs | | |
| 1/4 cup | mild salsa | | |
| 2 Tbs | taco seasoning mix | | |
| 2 Tbs | chopped fresh cilantro, divided | | |

SUGGESTED to serve with Cheesy Mashed Potatoes (recipe in this cookbook) and fresh green beans. You can use the remaining 1/2 pound of pork sausage (not used in this recipe) for Breakfast Burritos (recipe also found in this cookbook).

Procedure

- 1 COMBINE first 7 ingredients and 1 tablespoon cilantro. Shape mixture into 6 (1/3-inch-thick) patties.
- 2 HEAT a lightly greased large nonstick skillet over medium-high heat. Add patties; reduce heat to low, cover, and cook 8 to 10 minutes per side or until center is no longer pink. Remove from skillet. Wipe pan clean.
- 3 PUT gravy mix, broth, tomatoes with chiles into blender, and blend until smooth. Add remaining 1 tablespoon cilantro. Pour into original skillet and cook over medium heat 1 minute or until thickened. Return patties to skillet, and cook until thoroughly heated. Garnish, if desired.

Source

Source: Southern Living - Sept 2005

Breads

Banana Bread

Recipe Scan



- | | | | | | |
|-----|-----|------------------------------|-------|-----|---|
| 2 | cup | brown sugar | 3 1/2 | cup | flour --- FOR FLOUR, mill in flour mill |
| 1/2 | cup | + 3T butter (no substitutes) | | | 3/4 C whole grain spelt, 1/2 C whole |
| 4 | | eggs | | | brown rice, 1/4 C each of: Whole Rye, |
| 1/2 | cup | buttermilk | | | Whole Barley, Whole Oat Groats |
| 2 | tsp | baking soda | | | --- or --- 3 1/2 C unbleached white |
| 1/2 | tsp | salt | | | flour |
| . | | | 7 | | ripe bananas, mashed on a plate |
| . | | | 1 | cup | pecans, chopped |
| . | | | | | |

This recipe originally came from a friend's mother, Janet Crice. We decided this was the best banana bread recipe, but that it needed to be a little healthier. Thus, it now has 1 cup less sugar, 5 Tbs less butter, and is made with whole grain flour instead of all-purpose white flour. It is still the best banana bread. The freshly milled flour makes it so special. If you want to make this gluten free, it is very good made with 100% whole grain brown rice flour, freshly milled, of course.

Procedure

- 1 Stir together 3 1/2 cups flour, 2 tsp baking soda, and 1/2 tsp salt. Set aside.
- 2 Cream the butter and sugar until smooth. Add eggs, one at a time, until thoroughly mixed. Add 1/2 cup buttermilk. Stir in the flour mixture, and stir just until combined. Add bananas and nuts. Bake in loaves at 300° in pans greased with butter and floured.
- 3 If using (3) 8 1/2 x 5 x 3" pans, bake 45 minutes to 1 hour, or until toothpick in center comes out clean.
- 4 If using (6) 5 1/2 x 3 x 2" mini pans, bake approximately 40 minutes, or until toothpick in center comes out clean.

Banana Bread

Author Notes

Yellow bananas are fine for eating out of hand, but very ripe, brown-speckled ones are best for baking.

Cornbread

Recipe Scan



- | | | | | | |
|-------|-----|-------------------------------------|-----|-----|------------------------|
| 1 | cup | yellow cornmeal, un-degerminated | 1/2 | tsp | baking soda |
| 1 | cup | spelt -or- whole wheat pastry flour | 4 | Tbs | butter or oil, melted |
| | | . -or- mixed grains | 4 | Tbs | honey -or- brown sugar |
| 1/2 | tsp | salt | 2 | | eggs |
| 1 1/2 | tsp | baking powder | 1 | cup | buttermilk |

Whole Grain Arrowhead Mills Cornmeal makes the best muffins...its texture resembles slightly damp fine sand. Best served warm with butter and honey.

Procedure

- 1 Combine dry ingredients in a medium bowl. In another bowl, combine liquid ingredients. Pour liquid into dry ingredients and stir just until combined. Do not overbeat. Pour into a greased 8" square pan and bake at 400° about 20 minutes. Or pour into greased muffin pan and bake about 12 minutes or until toothpick comes out clean.

Source

Source: Whole Foods for the Whole Family

Croutons

Recipe Scan



- | | | | |
|----------|--|---------|----------------------------------|
| 4 slices | whole wheat bread (Nature's Own Honey Wheat recommended) | 1 Tbsp | chopped parsley (fresh or dried) |
| | | 1/2 tsp | garlic salt |
| 2 Tbsp | melted butter | | |

The texture of these croutons is crisp on the outside and wonderfully soft on the inside, not hard as a rock like store-bought croutons.

Procedure

- 1 Cut 4 slices of bread into 1" cubes.
- 2 Mix together bread cubes, 2 Tbsp melted butter, 1 Tbsp chopped parsley, and 1/2 tsp garlic salt.
- 3 Spread in a single layer and toast in 300° oven for about 20 minutes or until crisp.
- 4 Cool completely and store in an airtight container.

Foolproof Bread

Recipe Scan



- | | | | | |
|-------|------|--|-----|--|
| 1 | cup | red potato, peeled & cut into 1/2" chunks | ... | 4 C whole grain spelt + 3 C hard red wheat + 1 C kamut |
| 5 | cups | warm potato water | 1/3 | cup vital wheat gluten |
| 1 1/2 | Tbs | salt | 2 | Tbs liquid lecithin (optional) |
| 1/3 | cup | extra virgin olive oil | 1/4 | tsp Vitamin C crystals |
| 1/3 | cup | grape seed oil | 1/2 | tsp barley malt (powdered) |
| 2/3 | cup | sorghum (or 1/3 C honey + 1/3 C Grandma's Molasses) | | |
| 3 | Tbs | Fleischmann's BreadMachine Yeast | | |
| 8 | cups | whole grain milled into flour (to equal approx 12 cups)... | | |

Procedure

- 1 Cook 1 c peeled red potato in 2 c water until easy to mash. Do not drain water. Transfer potato & water to a blender and blend until smooth. Pour blended potato water into a 4 cup measuring cup and add enough water to make 4 c total. Pour into Bosch mixing bowl with dough hook in place, and then add 1 additional cup of water to make 5 cups total.
- 2 In a 2 cup glass measuring cup, add sorghum (or honey & molasses), both oils & liquid Lecithin (if using). Pour this mixture into the potato water already in Bosch mixing bowl. Sprinkle yeast over this mixture, and jog (mix briefly) for a few short bursts. Let yeast activate for 5 minutes before continuing.
- 3 Add 6 cups flour to the Bosch mixing bowl and knead on speed 2 for 2 minutes. Add remaining flour, vital wheat gluten, vitamin C crystals, barley malt, and sea salt, and knead on speed 1 or 2 for 10

Foolproof Bread

additional minutes. Turn bread dough out into a large greased (with butter) bowl. Cover and let rest for 15 minutes.

- 4 Divide dough into loaf portions. It is recommended to use a scale. For a 8.5 x 4.5" loaf pan, use 1.5 lbs dough, and for a 3.5 x 5.5" loaf pan, use 12 oz. dough.
- 5 Lightly grease loaf pans with butter. To shape loaf, roll out each dough ball into a rectangle whose width is equal to the length of the pan being used. Roll rectangle with rolling pin to squeeze out air bubbles. Then roll dough with hands into a spiral. Place in pan with seam up. Punch dough down to fit shape, then rotate to put the seam down. Shape nicely with fingers, tucking the loaves in on all sides. Brush top of loaves with beaten egg, then sprinkle with sesame seeds. Put loaves in a warm place, 100° oven, for approx 25 minutes to let rise, until almost double and well crowned.
- 6 Bake at 350° for 30-40 minutes depending on size of loaf. (If loaves have been rising in a warm oven, just turn temperature up when ready to bake. The "rise" will be enhanced as the oven heats up to baking temperature).
- 7 When loaves are done, immediately remove from pans and let cool on wire rack. (Hint: wipe out pans while hot and you won't have to wash them).

Author Notes

YIELD:

Makes quantity 3 of 4.5 x 8.5" loaves + 3 of 3.5 x 5.5" loaves

Garlic French Bread

Recipe Scan



- | | | | |
|--------|----|--|---|
| 1 | lb | loaf French bread, either presliced, or cut into 3/4 - 1" slices | juice of 1/2 lemon
parsley, fresh or dried |
| 8 | oz | tub of salted whipped butter | |
| 8 - 10 | | garlic cloves, crushed | |

Any garlic spread that remains can be refrigerated for future use.

Procedure

- 1 Soften the butter at room temperature for 30 minutes.
- 2 Preheat oven broiler setting, about 500°.
- 3 With an electric mixer, beat together butter, garlic & lemon juice. Add parsley to desired look and taste.
- 4 Butter both sides of bread & place on aluminum foil on broiler pan. Place 6 - 8" from broiler element.
Note: The aluminum foil makes for easier cleanup afterwards.
- 5 Broil for 2 minutes or until top just begins to brown. Take pan out of oven, flip bread over & repeat for other side. Second side usually takes less broil time than first.
- 6 Serve immediately with whatever meal you are serving.

Source

Source: Joan Lyons original

Hot Cross Buns

Recipe Scan



1		package (1/4 ounce) active dry yeast	1 1/2	tsp	cinnamon
1	Tbs	plus 1/2 cup sugar, divided	1/4	tsp	nutmeg
1	cup	warm milk (110° to 115°)	ICING:		
1/4	cup	butter, cubed	2/3	cup	confectioners' sugar
1/2	cup	currants (or raisins)	1	tsp	butter, softened
1		egg, lightly beaten	1/4	tsp	vanilla extract
3/4	tsp	salt	2 to 3	tsp	milk
3-1/2 to 3-3/4	cups	all purpose unbleached white flour			

Procedure

- 1 In a large bowl, dissolve yeast and 1 tablespoon sugar in milk. Let stand for 5 minutes. Add the butter, raisins, egg, salt and remaining sugar; beat until smooth.
- 2 Mix cinnamon and nutmeg with flour and stir in enough of this flour mixture to form a soft dough, about 3 1/2 cups.
- 3 Turn onto a floured surface (use the remaining 1/4 cup of flour from above). Knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/4 hours.
- 4 Punch dough down. Divide into 12 portions. Shape each into a ball. Place in a greased 13 x 9" baking pan. Cover and let rise until doubled, about 45 minutes.
- 5 Bake at 375° for 25-30 minutes or until browned. Remove from the pan to a wire rack to cool.
- 6 For icing, combine the confectioners' sugar, butter, vanilla and enough milk to achieve a piping consistency. Pipe an "X" or a "cross" on top of each bun. Yield: 1 dozen.

Hot Cross Buns

Source

Source: Taste of Home

Maple Date-Nut Bread

1	cup	boiling water	1	cup	brown rice flour
1	cup	dates, chopped	1	tsp	baking powder
1	Tbs	butter	1	tsp	salt
1		egg	3/4	tsp	soda
1/2	cup	maple syrup	1	cup	whole wheat pastry flour
1/2	cup	pecans, chopped			

Procedure

- 1 Pour boiling water over dates and butter. Stir until butter melts. Add beaten egg, maple syrup and chopped nuts. Sift together the flour, baking powder, salt and soda. Combine with the whole wheat pastry flour. Pour the liquid mixture into the dry ingredients. Stir until just dampened. Pour into a greased loaf pan and baked in a moderate oven 350° for 1 hour. Let cool before slicing. Makes 1 loaf.

Pizza

Recipe Scan



- | | | | | |
|-------|------|--|-------|---------------------------|
| | --- | PIZZA DOUGH --- | | black pepper |
| 1 1/2 | Tbs | yeast | | garlic powder |
| 1 1/2 | cup | warm water | | --- |
| 1 1/2 | Tbs | honey (optional) | | --- |
| 3 | Tbs | butter | 1 lb | mozzarella cheese, grated |
| 1 | tsp | sea salt | 6 oz | cheddar cheese, grated |
| 5 | cups | flour (all whole wheat or part unbleached) | 1 pkg | pepperoni slices |
| | | ... 3 1/2 c fresh ground spelt flour, and | | -- OPTIONAL TOPPINGS -- |
| | | ... | | black olives |
| | | ... 1 1/2 c white flour | | Italian sausage |
| | | --- | | mushrooms |
| | | PIZZA SAUCE --- | | green pepper |
| 1 | jar | (15 oz) Enricho's or Muir Glen Organic Pizza Sauce | | onions |
| | | parmesan cheese | | Canadian bacon |
| | | cayenne pepper | | pineapple |

Make 3 - 12" Pizzas

Procedure

- 1 PIZZA SAUCE Mix cheese and spices. Then add to Pizza Sauce. Yield 3 - 12" pizzas.
- 2 PIZZA DOUGH Dissolve honey in 1 1/2 cups water heated for 40 seconds in microwave. Add yeast to water and mix well. Let yeast mixture stand for 10 minutes to start foaming, then stir well into flour &

Pizza

salt mixture. Stir in melted butter. Turn out onto a floured surface and knead about 5 minutes, until smooth and elastic. Place dough in a buttered bowl, turn dough to grease top & bottom. Cover with a lid and let rise in a warm place about 1 - 1 1/2 hours, until doubled in bulk. Take dough out and divide into thirds. Roll out each dough ball with rolling pin, fold over edge slightly, and put each piece on a buttered 12" pizza pan coated with cornmeal, and push to the edges. Spread dough with Pizza Sauce and add desired toppings. Bake at 425° for 15 to 20 minutes, or until crust is brown.

Source

Source: Whole Foods for the Whole Family

Sweet Potato Biscuits

Recipe Scan



- | | | | |
|---------|--|---------|---------------|
| 3/4 cup | cooked mashed sweet potato (about 1 medium) | 2 tsp | baking powder |
| 1/2 cup | butter, melted | 1 tsp | salt |
| 3 Tbsp | light brown sugar | 1/2 tsp | baking soda |
| 1/4 tsp | ground cinnamon | 3/4 cup | buttermilk |
| 2 cups | all-purpose flour | | |

Baking the sweet potato in a hot oven for about 1 hour for these fluffy biscuits create a sweet, caramelized flavor you won't get if you microwave it. Makes 3 dozen.

Procedure

- 1 PREHEAT oven to 400°.
- 2 COMBINE sweet potato, butter, brown sugar, and cinnamon. Beat at medium speed with an electric mixer until blended.
- 3 COMBINE flour, baking powder, and salt. Stir well. Stir soda into buttermilk. Combine sweet potato mixture, flour mixture, and buttermilk mixture in a large bowl, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead gently 4 to 6 times.
- 4 ROLL dough to 1/2" thickness. Cut with a 1 1/2" biscuit cutter. Place on ungreased baking sheets. Bake at 400° for 12 to 15 minutes or until golden brown.

Source

Source: Southern Living 2011

Sweet Potato Nut Bread

1/2	cup	soft butter or margarine	1	tsp	salt
1/2	cup	shortening, Spectrum Non-hydrogenated	1	tsp	cinnamon
2 2/3	cup	sugar	1 1/2	tsp	nutmeg
4		eggs	2	tsp	baking soda
2	cup	cold, mashed sweet potatoes	1	cup	walnuts, chopped
3 1/2	cup	flour	2/3	cup	cold, strong black coffee

Procedure

- 1** Cream butter, shortening and sugar. Add eggs, one at a time, mixing well after each addition. Blend in sweet potatoes. Stir together dry ingredients. Add nuts. Stir into creamed mixture alternately with cold coffee. Pour batter into 2 greased 9x5x3" loaf pans and 8 greased muffin pan cups.
- 2** Bake in moderate oven, 375° for 1 hour for loaves and 25 minutes for muffins, or until they test done in center. Cool 10 minutes. Remove from pans completely.

Yeasted Cornbread

Recipe Scan



- | | | | | | |
|-------|------|---------------------------------------|---|------|----------------------------|
| 2 | cups | all-purpose flour | 2 | cups | warm milk (100° to 110° F) |
| 2 | cups | masa harina, recommend Bob's Red Mill | 6 | Tbs | butter, melted |
| 2 | Tbs | sugar | 2 | | large eggs, lightly beaten |
| 1 1/2 | tsp | salt | | | cooking spray |
| 2 1/4 | tsp | fast rise yeast (1 pkg) | | | |

Masa, the Spanish word for "dough," is the traditional dough used to make corn tortillas. It is made with dried corn kernels that have been cooked and soaked in lime water, and then ground into Masa. Masa Harina (Dough Flour) is flour made from dried Masa. Accompanies "Chicken Chipotle Chowder" recipe in this cookbook.

Procedure

- 1 Combine flour, masa, sugar, salt and yeast in a large bowl.
- 2 Add milk, butter and 2 eggs, stirring until smooth.
- 3 Spread dough into a 13 x 9" baking pan coated with cooking spray.
- 4 Cover with plastic wrap and let rise until doubled in size--about 1 hour.
- 5 Preheat oven to 375°F.
- 6 Bake for 25 minutes or until bread is done.
- 7 Cool in pan for 5 minutes before serving warm.

Source

Source: Cooking Light Magazine

Casseroles & Quiche

Broccoli Quiche

Recipe Scan



--- PASTRY ---				1	cup	broccoli florets, cooked
1	cup	unbleached white flour		1	cup	diced ham
1/2	tsp	salt		4	oz	Swiss cheese, shredded (1 cup)
1/3	cup	shortening (recommend Organic all vegetable shortening)		4	oz	Gruyere cheese, shredded (1 cup)
3-4	Tbs	cold water		4		eggs, beaten
--- FILLING ---				1	cup	half and half
1	Tbs	butter		1/2	cup	milk
1	cup	onions, chopped		1/4	tsp	ground nutmeg
				1/8	tsp	white pepper

Procedure

- 1 Preheat Oven: Convection Mode at 400°F; later reduce to 300°F. Convection Cook Time: 10-15 minutes for crust; additional 40-50 minutes for quiche. Pan size: approximately 8 1/2 x 11"
- 2 In a medium bowl, combine flour and salt. Using a pastry blender or two knives, cut in shortening until mixture resembles coarse crumbs. Sprinkle with water, one tablespoon at a time, tossing lightly with fork until all flour is evenly moistened. Shape dough into a flat pancake. On a lightly floured surface, roll pastry to a rectangle that will go about halfway up the sides of baking dish. Ease into baking dish....you may need to cut away some from one side to add to another to make the crust even around all sides. Line shell with parchment paper and fill with a layer of dry beans. Cook in preheated oven for 5 minutes; remove paper and beans. At this point brush pastry shell with a mixture of one egg white

Broccoli Quiche

mixed with 1 tbsp. water before returning to oven to finish cooking for 5-7 more minutes. Cool slightly. Reduce oven temperature to 300°F.

- 3** Meanwhile, for filling, melt butter in a medium skillet. Add onion and saute until translucent. Add broccoli and ham. Saute for 5 minutes.
- 4** Sprinkle 1/2 of Swiss cheese and 1/2 of Gruyere cheese evenly over bottom of baked quiche shell. Spread with broccoli-ham mixture. Top with remaining cheeses.
- 5** In a medium bowl, combine eggs, half and half, milk, nutmeg, and pepper; pour carefully over filling. Bake in preheated oven until knife (inserted 1 inch from the edge) comes out clean. (Note: Center two inches of quich will be only partially set.) Allow to stand 10 minutes before serving.
- 6** For traditional (non-convection) baking: Preheat oven using Bake Mode. For crust, bake at 425°F for 10-15 minutes. For quiche, bake at 325°F for 40-50 minutes.
- 7** Most of the time, the quiche is done after about 30 minutes. Check periodically as every oven is different.

Source

Source: Thermador Cookbook

Author Notes

The use of Swiss and Gruyere cheeses with broccoli and ham adds a nutty, slightly sweet flavor to this quiche. Serve with a salad and light dessert or fresh fruit.

Four Cheese Lasagna (Not Meatless)

Recipe Scan



6	oz	Gruyère cheese, shredded (about 1 1/2 cups)	1/3	cup	all-purpose flour
2	oz	Parmesan cheese, finely grated (about 1 cup)	2 1/2	cups	whole milk
1 1/2	cups	part-skim ricotta cheese	1 1/2	cups	low-sodium chicken broth
1		large egg, lightly beaten	1/2	tsp	table salt
1/4	tsp	ground black pepper	1		bay leaf
2	Tbs	minced fresh parsley leaves plus an additional 2 teaspoons		pinch	cayenne pepper
3	Tbs	unsalted butter	15		no-boil lasagna noodles
1		medium shallot, minced (about 3 tablespoons)	8	oz	fontina cheese , rind removed, shredded (about 2 cups)
1		medium clove garlic, minced or pressed through garlic press (about 1 teaspoon)	3	oz	Gorgonzola cheese , finely crumbled (about 3/4 cup)

It's important not to overbake the lasagna. Once the sauce starts bubbling around the edges, turn the oven to broil. If your lasagna pan is not broiler-safe, brown the lasagna at 500 degrees for about 10 minutes. Whole milk is best in the sauce, but skim and low-fat milk also work. Supermarket-brand cheeses work fine in this recipe. The Gorgonzola may be omitted, but the flavor of the lasagna won't be as complex. The test kitchen prefers the flavor and texture of Barilla no-boil noodles, but this recipe will work with most brands. One box of Barilla will yield enough noodles for this recipe; you may need two boxes of other brands.

Four Cheese Lasagna (Not Meatless)

Procedure

- 1** Place Gruyère and 1/2 cup Parmesan in large heatproof bowl. Combine ricotta, egg, black pepper, and 2 tablespoons parsley in medium bowl. Set both bowls aside.
- 2** Melt butter in medium saucepan over medium heat until foaming; add shallot and garlic and cook, stirring frequently, until beginning to soften, about 2 minutes. Add flour and cook, stirring constantly, until thoroughly combined, about 1 1/2 minutes; mixture should not brown. Gradually whisk in milk and broth; increase heat to medium-high and bring to full boil, whisking frequently. Add salt, bay leaf and cayenne, reduce heat to medium-low, and simmer until sauce thickens and coats the back of a spoon, about 10 minutes, stirring occasionally with heatproof rubber spatula or wooden spoon and making sure to scrape bottom and corners of saucepan (you should have about 4 cups).
- 3** Remove saucepan from heat and discard bay leaf. Gradually whisk 1/4 cup sauce into ricotta mixture. Pour remaining sauce over Gruyère mixture and stir until smooth; set aside while softening noodles.
- 4** Adjust oven rack to upper middle position and heat oven to 350 degrees. Place noodles in 13 by 9-inch baking dish and cover with very hot tap water; soak 10 minutes, agitating noodles occasionally to prevent sticking. Remove noodles from water, place in single layer on kitchen towel, and pat dry. Wipe out baking dish and spray lightly with nonstick cooking spray.
- 5** Distribute 1/2 cup sauce in bottom of baking dish. Place 3 noodles in single layer on top of sauce. Spread 1/2 cup ricotta mixture evenly over noodles and sprinkle evenly with 1/2 cup fontina and 3 tablespoons Gorgonzola. Drizzle 1/2 cup sauce evenly over cheese. Repeat layering of noodles, ricotta, fontina, Gorgonzola, and sauce 3 more times. Place final 3 noodles on top and cover completely with remaining sauce, spreading with rubber spatula and allowing to spill over noodles. Sprinkle evenly with remaining 1/2 cup Parmesan.
- 6** Spray large sheet foil with nonstick cooking spray and cover lasagna; bake until edges are just bubbling, 25 to 30 minutes, rotating pan halfway through baking time. Remove foil and turn oven to broil. Broil until surface is spotty brown, 3 to 5 minutes. Cool 15 minutes. Sprinkle with remaining 2 teaspoons parsley; cut into pieces and serve.

Source

Source: CooksiIllustrated.com

Southwestern Quiche

Recipe Scan



--- PASTRY CRUST ---

1 1/4	cup	unbleached all-purpose flour
1/2	tsp	salt
1	Tbsp	sugar
6	Tbsp	unsalted butter, cold, cut into 1/4" slices
1/4	cup	vegetable shortening, Spectrum Organic recommended
2	Tbsp	Vodka
2	Tbsp	cold water
.		.
.		.
.		.

--- FILLING ---

4		eggs
1	cup	half-and-half
2	cups	chicken, cooked
1 1/2	cups	broken tortilla chips
2	cups	Monterey Jack cheese, grated
1	cup	cheddar cheese
1	cup	chunky salsa with cilantro
1	can	(15 oz) black beans, drained
1/2	tsp	salt
1/2	tsp	pepper
		sour cream & salsa (optional)

Procedure

- 1 Preheat oven to 400°F convection cook, or 375°F for regular oven.
- 2 CRUST: In a medium bowl, combine 1/2 of the flour, add salt, and sugar until blended. Cut in butter & shortening with a pastry cutter until dough resembles cottage cheese curds. Add remaining flour and continue cutting with pastry cutter until mixture resembles coarse crumbs. Sprinkle Vodka and water over mixture. Then, with a rubber spatula or fork, mix until dough is slightly tacky and sticks together. Gather up dough with hands, and form into a 4" disk. Wrap in plastic wrap and refrigerate for at least 45 minutes, or up to 2 days.

Southwestern Quiche

- 3 Shape dough on a lightly floured surface, rolling pastry into a rectangle that will go 1/2 way up sides of 8 1/2 x 11" baking dish. Ease the pastry into baking dish. You may need to cut away from one side and into another to make crust even on all sides. Line pastry with parchment paper, and fill with a layer of dry beans (approx 1 1/2 lbs. worth). Cook in pre-heated oven for 5 minutes. Remove paper and beans. Brush pastry shell with a mixture of 1 egg white mixed with 1 Tbsp water before returning to oven for 5-7 more minutes. Cool slightly.
- 4 FILLING: Reduce oven temperature to 300°F. In a medium bowl, beat eggs with wire whisk until blended. Stir in half-and-half. Stir in chicken, cheeses, salsa, black beans and salt. Add and stir in broken Tortilla Chips JUST BEFORE pouring into crust-lined pan. Sprinkle pepper over top of filling.
- 5 Bake 30 to 35 minutes or until crust is a light golden brown and knife inserted into the center comes out clean. Top with sour cream and salsa.

Source

Source: Neighborhood Shopper - local newspaper

Spinach Souffle Quiche

Recipe Scan



1	Classic Pie Crust recipe (cut in 1/2) in this cookbook			dash	nutmeg (optional), ground
1	medium onion, chopped		3	cups	(about 3 oz.) baby spinach, lightly packed, torn into tiny pieces
6	bacon slices, chopped		2/3	cup	mozzarella cheese (2.5 oz), shredded
8	eggs		1/2	cup	Swiss cheese (2 oz), shredded
1/2	cup	sour cream			--- OPTIONAL ---
1/2	cup	half and half, light cream, or milk			plum tomato
1/4	tsp	salt			fresh oregano
1/8	tsp	white pepper			cracked black pepper

Procedure

- 1 Line unpricked pastry shell with double thickness of foil. Bake in a 450° oven 8 minutes. Remove foil. Bake 4-5 minutes more or till pastry is set and dry. Remove from oven. Set on a wire rack. Reduce oven to 300°. Allow 10 minutes for heat to adjust.
- 2 Meanwhile, in a skillet cook onion and bacon over medium heat, until bacon begins to brown, and onion is tender. Reduce heat to low until bacon is crisp. Drain on paper towels.
- 3 In a medium mixing bowl beat eggs slightly with a fork. Stir in sour cream, half-and-half (or cream or milk), salt, pepper, and nutmeg if desired. Stir in onion mixture, spinach, mozzarella cheese, and Swiss cheese. Pour into the baked pastry shell.
- 4 Bake in a 300° oven for 45-50 minutes or till a knife inserted near the center comes out clean. If necessary cover edges with foil to prevent over-browning. Let stand for 10 minutes before serving. If desired, garnish with tomato slices, oregano, and pepper.

Spinach Souffle Quiche

Source

Source: Family Fun

Super Special Spinach Pie

Recipe Scan



- | | | | |
|---------|------------------------------------|---------|-------------------------------------|
| 2 | (6 oz) packages fresh baby spinach | 1/4 tsp | garlic powder |
| 1/4 cup | butter | 4 | large eggs, lightly beaten |
| 3 Tbs | all-purpose flour | 3/4 cup | whipping cream |
| 1/4 tsp | salt | 1/2 cup | (2 ounces) shredded Parmesan cheese |
| 1/4 tsp | pepper | | |

This is a creamy quiche-like pie without the crust.

Procedure

- 1 In a large skillet melt butter over medium heat. Add spinach and cook just until wilted. Set aside.
- 2 In a large mixing bowl whisk together eggs, parmesan cheese, flour, salt, pepper and garlic powder until well blended. Whisk in whipping cream.
- 3 Add sauteed spinach along with any juices from sauteeing, stirring well.
- 4 Pour mixture into a lightly greased 9" pie plate
- 5 Bake at 350° for 25 minutes or until pie is set. Let stand 10 minutes. Cut pie into wedges and serve. Makes 8 servings.

Source

Source: Southern Living - March 2004

Chicken & Turkey

Amanda's Chicken Casserole

Recipe Scan



- | | | | | |
|-----|--|-------|------|--|
| 1 | pkg (6.9 oz) Chicken Rice-a-Roni | 1 | Tbs | parsley, chopped |
| 3 | cup cooked chicken, chopped | | | salt and pepper, to taste (1/2 tsp black pepper) |
| 1 | cup onions, chopped | | | |
| 1 | cup green bell pepper, chopped | 1 1/2 | cups | (6 oz) Monterey jack cheese, shredded |
| 2 | oz (JAR) diced pimento | 2 | cups | French-fried onions (2.8 oz container French's Original French Fried Onions) |
| 1 | can cream of chicken soup, Healthy Request | | | |
| 1/2 | cup mayonnaise, Hellmann's olive oil mayo | | | |

Makes 8 - 12 servings.

Procedure

- 1 Cook Rice-a-Roni using package directions. Add chicken, onion, green pepper, pimento, soup, mayonnaise, parsley, salt and pepper. Mix well. Pour into an 8 x 11" (approx) casserole dish.
- 2 Mix cheese and French-fried onions in bowl. Sprinkle over the chicken- rice mixture. Bake in 375° oven, covered with foil, for 20 minutes. Bake, uncovered, for 10 minutes longer.

Source

Author: Texas Girl Scouts, Troop 1795

Baked Barbecued Chicken

Recipe Scan



- | | | | | | |
|-----|-----|-------------------------|-----|-----|--------------------------------------|
| 1 | cup | fine dried bread crumbs | 1/2 | tsp | celery seed |
| 2 | tsp | brown sugar | 1/4 | tsp | cayenne pepper |
| 2 | tsp | chili powder | 12 | | bone-in skinless chicken drum sticks |
| 1 | tsp | garlic powder | 1/4 | cup | butter, melted |
| 1/2 | tsp | dried mustard | | | salt & pepper |

Recommend Austin's Own Barbecue sauce, or KC Masterpiece, or Bulls Eye. Recommended side dishes for this recipe are creamed potatoes and super sweet corn off the cob.

Procedure

- 1 Combine bread crumbs, brown sugar, chili powder, garlic powder, dry mustard, celery seed & cayenne pepper.
- 2 Season chicken with salt & pepper.
- 3 Brush, dip or roll chicken pieces in melted butter, then coat with crumb mixture. Arrange chicken in 13x9" glass baking dish. Sprinkle with additional crumb mixture if needed. Bake uncovered in a 375° oven about 50 minutes or until tender. Do not turn.
- 4 Remove chicken from bone prior to serving, and arrange two legs per plate with your favorite barbecue sauce as a dipping sauce on the side.

Source

Source: Better Home & Gardens - New Cook Book

Beachcomber Baked Chicken

Recipe Scan



- | | | | | | |
|-----|--------------------------|--|-----|---------|----------------|
| 4 | chicken breasts, bone in | 1/2 | tsp | oregano | |
| 3/4 | tsp | garlic salt | 1 | tsp | sherry extract |
| 1/2 | tsp | lemon pepper | 1/2 | cup | milk |
| 1/2 | cup | free range chicken broth (Imagine), plus up to an additional 1/2 cup when making the gravy | 3 | Tbs | cornstarch |

Procedure

- 1 Remove skin from chicken. Sprinkle chicken with garlic salt and lemon pepper and place in 8 x11" baking dish (or crock pot). Mix chicken broth, oregano and extract. Pour over chicken. Bake, covered with foil in 350° oven for 1 hour (or in crock pot on low 8-9 hours).
- 2 When chicken is done, pour off the liquid into a measuring cup and add additional broth to bring to 1 1/2 cups. Pour broth into saucepan and heat to boiling. Thicken gravy with 2-3 T cornstarch mixed with 1/2 C milk, and pour into the broth. It makes an excellent wine-sauce gravy. Pour gravy over de-boned chicken meat pieces and reserve a cup of gravy for mashed potatoes.

Source

Source: Rita Turner

Capital Chicken Casserole

Recipe Scan



2	bone-in skin on chicken breasts, AND...	1/2	cup	half-and-half cream
4	bone-in skin on chicken legs	1	tsp	salt
4	Tbs butter	1/4	tsp	tarragon leaves
1	Tbs cooking oil	1/4	tsp	pepper
1/2	lb fresh mushrooms, sliced	1	can	(14 oz) artichoke hearts, drained and cut into small pieces
1	Tbs flour	6		green onions, green and white parts, chopped
1	can (11 oz) cream of chicken soup, Healthy Request recommend	2	Tbs	parsley, chopped
1	cup dry white wine (Taylor Sauterne)			SERVE OVER:
1	cup water	4-8		baked potatoes (red skinned)

This chicken recipe was a \$10,000 contest winner in 1980 submitted by Sheila M. Hoban of the District of Columbia.

Procedure

- 1 In large non-stick frypan, place butter and oil and heat to medium temperature until butter melts. Add chicken pieces and cook, turning, about 10 minutes or until brown on all sides.
- 2 Remove chicken and place in 13x9" baking pan or casserole. In same frypan, sauté mushrooms about 5 minutes or until tender. Stir in flour. Add soup, wine and water; simmer, stirring about 10 minutes or until sauce thickens. Stir in half-and-half cream, salt, tarragon and pepper. Pour over chicken. Bake, uncovered, in 350° oven for 60 minutes.

Capital Chicken Casserole

- 3** Put potatoes into oven to cook simultaneously with the chicken. Leave potatoes in oven till the very end. This allows the potato skins to crisp-up a bit.
- 4** Remove chicken from oven, and add artichoke heart pieces, green onions and parsley. Stir in and return to oven and bake about 5 minutes more or until fork can be inserted in chicken with ease.
- 5** Remove chicken from oven. Remove skin and discard. De-bone the chicken, and break meat into bite-size pieces and return meat to pan in sauce.
- 6** Cut baked potatoes into halves, then into bite-sized pieces. Ladle chicken & sauce over the potatoes. Recommend to serve with a green salad.
- 7** Yield: 6-8 servings.

Source

Source: The Chicken Cookbook --- 36th National Chicken Cooking Contest Recipes, May 1985

Chicken & Broccoli Stir-Fry

Recipe Scan



1 1/2	lbs	boneless, skinless chicken thighs	3/4	cup	plus 2 Tbs chicken broth, divided
1/4	tsp	ground ginger	1	tsp	salt
1/4	tsp	pepper	1/2	tsp	sugar
3	Tbsp	peanut oil	1	Tbs	cornstarch
1	bunch	(4 cups) fresh broccoli, cut in small pieces	1/4	cup	grated Parmesan cheese
1	cup	green onion, white and green parts included			Whole Wheat Croutons (recipe below)

Procedure

- 1 Cut chicken into bite-size pieces. Sprinkle with ginger and pepper.
- 2 In large frypan or wok, pour oil and heat to high temperature. Add chicken and stir-fry 3 minutes or until brown. Push chicken to side. Add broccoli and onion. Stir-fry 3 minutes more.
- 3 Mix together 3/4 cup broth, salt and sugar and stir into frypan. Reduce heat to medium high, cover and cook 2 minutes.
- 4 Add cornstarch to remaining 2 tablespoons chicken broth and stir until smooth. Stir into frypan and cook 1 minute. Remove from heat.
- 5 Stir in Parmesan cheese. Sprinkle with Whole Wheat Croutons. Makes 6 servings.

Chicken & Broccoli Stir-Fry

- 6** WHOLE WHEAT CROUTONS: Cut 4 slices whole wheat bread into 1-inch cubes. Mix together bread cubes, 2 Tbs melted butter, 1 tablespoon chopped parsley and 1/2 teaspoon garlic salt. Spread in single layer on a pizza pan and toast in 300°F oven about 20 minutes or until crisp.
- 7** Serve over BROWN RICE: Make 1 batch of Brown Rice Recipe in this cookbook.

Source

Source: The Chicken Cookbook --- 36th National Chicken Cooking Contest Recipes, May 1985

Chicken Alfredo Sandwiches

Recipe Scan



1/2 tsp	Italian seasoning	1/4 cup	butter, melted
1/4 tsp	salt	2 Tbs	minced fresh parsley
1/4 tsp	pepper	1/2 tsp	onion powder
4	boneless skinless chicken breast halves (4 ounces each)	1/2 tsp	garlic powder
1 Tbs	vegetable oil	4	Italian rolls (6 inches), split
1	jar (7 ounces) roasted sweet red peppers, drained and cut into strips	1 cup	fresh baby spinach
		1/2 cup	Alfredo sauce, warmed

Everyone compliments this great meal in a sandwich, which is much easier than it looks to prepare.

Procedure

- 1 Combine the Italian seasoning, salt and pepper; sprinkle over chicken. In a large skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until juices run clear, topping with red pepper strips during the last 3 minutes.
- 2 Meanwhile, in a small bowl, combine the butter, parsley, onion powder and garlic powder; brush over cut sides of rolls. Place cut side up on an ungreased baking sheet. Broil 4 in. from the heat for 2-3 minutes or until lightly browned.
- 3 On each roll bottom, layer 1/4 cup spinach, 1 tablespoon Alfredo sauce, a chicken breast half and another tablespoon of Alfredo sauce. Replace roll tops.

Source

Source: Taste of Home

Chicken Barley Casserole

Recipe Scan



- | | | | |
|---------|---|---------|--|
| 2 cups | chicken broth or bouillon | 1 cup | cooked chicken, bite-size pieces |
| 1/2 lb | quick pearled barley (1 cup before cooking) | 1/2 cup | plain yogurt |
| 3 Tbs | butter | 3/4 cup | Monterey jack cheese, shredded (3 oz.) |
| 1/2 cup | onion, chopped | 1/2 tsp | sea salt (or to taste) |
| 8 oz | fresh mushrooms, sliced | 2 tsp | dried parsley (1-2 tsp to taste) |

This recipe is very easy to make, and is good served with steamed veggies and a salad. Makes 8 servings.

Procedure

- 1 Heat broth to boiling in large saucepan. Add barley. Cover. Simmer about 20 minutes or until tender.
- 2 Meanwhile melt butter in frypan. Sauté onion until transparent. Add mushrooms. Sauté lightly just until juices appear. Remove from heat. Set aside.
- 3 Combine chicken, yogurt, and 1/2 C cheese.
- 4 When barley has finished cooking, remove from heat. Add mushroom and chicken mixtures, and season to taste with sea salt. Transfer to large greased casserole dish. Sprinkle with remaining cheese and parsley. Bake in 350° oven for 30 minutes.

Source

Source: The Encyclopedia of Creative Cooking - 1985

Chicken Cordon Bleu with Gruyere

Recipe Scan



- | | | | |
|-------|---|---------|-------------------|
| 3 | half chicken breasts, boneless, skinless (approx 1 1/2 lbs.) cut in half horizontally | 1/2 cup | bread crumbs, dry |
| 3 | ham slices, 1/8" thick or less | 1/2 tsp | salt |
| 3 oz | gruyere cheese, sliced 1/4" thick or less | 1/2 tsp | paprika |
| 3 Tbs | butter | | . |

Best when made with Black Forest Ham. Recommended sides include: Brown rice, steamed carrots, and salad. Instead of buying ready-made bread crumbs, consider making your own.

Procedure

- 1 Preheat oven to 400° for convection bake, or 425° for regular bake.
- 2 Cut chicken breasts in half horizontally, but not cutting through all the way. Open up and pound chicken breasts to make an even thickness, about 1/4 - 1/2" thick. Put 1 oz gruyere cheese slices in the center of each piece of ham, folding the ham over from both sides. Place folded ham and cheese on one side of the chicken and fold chicken over the top, so that it is like an enclosed sandwich.
- 3 Melt butter in 11x7x2" baking dish. Mix bread crumbs, salt and paprika in a plate. Dip chicken in butter which is already in the baking dish, making sure both sides are coated, then dip into the crumbs to coat well on both sides. After coating all 3 pieces, place the chicken pieces back in the baking dish.
- 4 Convection cook at 400° for 20-25 minutes, or until no pink is remaining in chicken.
- 5 Cut each piece in half. Makes 6 servings. Serve immediately.

Source

Source: Rebecca Ewing

Chicken Curry Over Rice

Recipe Scan



- | | | | |
|-----------------------------|--|-----|--|
| --- BROWN RICE --- | | 1 | green tart apple, peeled and chopped |
| 1 | cup brown rice | 1/2 | cup whole wheat pastry flour (preferred) ... |
| 1 1/2 | tsp butter | | ...or 6 Tbsp white flour |
| 1/2 | tsp salt | 3 | cups chicken broth (fat removed) |
| --- CHICKEN CURRY SAUCE --- | | 1 | tsp curry powder, to taste |
| 4 1/2 | lb whole chicken ... OR ... | 1/2 | tsp sea salt, or to taste |
| | ... 1 1/2 lbs boneless chicken breast (2-3 cups), cooked and chopped into bite size pieces | 1/2 | tsp paprika |
| 1/4 | cup olive oil or melted butter, unsalted | 1/2 | tsp soy sauce (less sodium) |
| 1 | onion, small, chopped (about 1/2 cup) | 1/4 | tsp garlic powder |
| 4 | celery stalks, medium, chopped (about 1 cup) | | |

Cook whole chicken (or chicken breasts) according to "Simmered Chicken" recipe, and use only the breast meat. Save rest of chicken for another use. If you are a "curry" fan, you can use up to 1 Tbsp in this recipe. If freezing this recipe for later use, it is better to freeze rice and sauce separately, as they reheat at different rates in a microwave.

Procedure

- 1 Boil 2 1/4 cups water. Add 1 cup brown rice, 1/2 tsp salt, and 1 1/2 tsp butter. Reduce heat, cover and cook for approx. 35 minutes, or until water is gone. Set aside.
- 2 Sauté vegetables and apple in butter or oil until barely tender, about 10 minutes.

Chicken Curry Over Rice

- 3** Mix flour into sauteed ingredients, mix well and stir constantly for about 1 minute. Remove from heat and blend in chicken broth.
- 4** Add curry, salt, paprika, soy sauce, garlic powder, and continue to cook and stir until thickened.
- 5** Gently stir in the chicken chunks. Divide rice evenly into 6 serving bowls. Top with sauce and eat immediately or freeze for later use.

Source

Source: Sue Gregg -- Casseroles Meals in Minutes for Busy Women

Chicken Enchiladas

Recipe Scan



1	cup	onion, chopped	1/4	cup	flour
1/2	cup	green pepper, chopped	1	tsp	ground coriander
2	Tbs	butter	3/4	tsp	salt
2	cups	cooked chicken or turkey, chopped	2 1/2	cups	chicken broth
1	can	green chili peppers (4 oz.), rinsed, seeded & chopped	1	cup	sour cream
3	Tbs	butter	1 1/2	cups	Monterey Jack cheese (6 oz.), shredded
			12		tortillas (6-inch)

Makes (2) 13x9" pans with 5-6 Enchiladas in each. TOTAL: 10 - 12 enchiladas. Recommend to use Rudy's Spelt Tortillas, which are a bit larger than 6" and use 1/3 cup of chicken mixture for each enchilada. These will make about 10 instead of 12, and 1 enchilada is plenty when served with a steamed vegetable and salad.

Procedure

- 1 In a large saucepan cook onion and green pepper in 2 tablespoons butter till tender. Combine onion mixture in a bowl with chopped chicken and green chili peppers. Set aside.
- 2 For sauce, in the same saucepan melt 3 tablespoons butter or margarine. Stir in flour, coriander, and salt. Stir in chicken broth all at once. Cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Remove from heat. Stir in sour cream and 1/2 cup of the cheese. Stir 1/2 cup of the sauce into the chicken mixture. Dip each tortilla into remaining sauce to soften. Fill each with about 1/4 cup of the chicken mixture. Roll up. Arrange rolls in a 13x9x2" baking dish. Pour remaining sauce over. Sprinkle with remaining cheese. Bake, uncovered, in a 350° oven about 25 minutes or till bubbly.

Source

Source: Better Home & Gardens New Cook Book - 1981

Chicken Florentine Casserole

Recipe Scan



6 oz	Al Dente brand egg noodles, to equal about 2 cups cooked (1/2 of a 12 oz bag)	1	pkg	Knorr Garlic & Herb sauce mix
1 tsp	olive oil	1 1/2	cups	whole milk
	salt & pepper	1	Tbsp	butter
5 oz	fresh baby spinach	1	cup	sour cream
1 pkg	(8 oz.) baby bella sliced mushrooms			Buttered bread crumbs, sliced almonds or grated Parmesan cheese for topping
3 cups	cooked cubed chicken breast (about 3 breast halves)			

Procedure

- 1 Cook the pasta in boiling, salted water for 3 minutes. Drain and toss with just enough olive oil (about 1 tsp) to prevent sticking. Season with salt & pepper.
- 2 Blanch spinach on high (100% power) for 1 minute in microwave. Set aside.
- 3 Blanch mushrooms for 2-3 minutes on High, or until softened. Drain and set aside.
- 4 Lightly butter an 8 1/2 x 11" or 2 1/2 quart casserole dish or coat it with a vegetable oil cooking spray. Place pasta in the dish, topped with spinach and mushrooms. Evenly place chicken on top. Season the chicken lightly with salt & pepper.
- 5 To make the sauce, stir the contents of the sauce mix into the milk. Add butter and cook over medium-high heat, stirring constantly, until thickened. Stir in sour cream and mix well.
- 6 Pour the sauce over the chicken and press down to be sure the sauce soaks into the casserole. Cover and refrigerate until ready to heat.
- 7 Preheat oven to 350°F. Top the casserole with bread crumbs, sliced almonds or Parmesan cheese. (If using bread crumbs, drizzle 3/4 cup seasoned breadcrumbs with 2-3 tablespoons melted butter.)

Chicken Florentine Casserole

Sprinkle 1/4-1/3 cup sliced almonds on top of the bread crumbs. Bake until hot and lightly browned, about 35 to 40 minutes.

Source

Source: Dallas Morning News

Chicken Marsala

Recipe Scan



1 1/2	lbs	boneless, skinless chicken breast halves, pounded flat to about 1/4" thickness	3		garlic cloves, peeled and minced
3/4	cups	flour, seasoned with 1 tsp salt & 1/2 tsp pepper to taste	8	oz	White or Cremini or Baby Bella mushrooms, sliced
2	Tbsp	butter (divided use)	1/2	cup	marsala wine
2	Tbsp	olive oil (divided use)	1	cup	chicken broth
1/2	cup	diced onion	1	cup	whipping cream
			8	oz	Fettuccine Noodles

Makes 6 servings.

Procedure

- 1 Cut pounded breasts in half, or in thirds if very large. Dredge breast pieces in seasoned flour. Shake off excess flour and place on a long sheet of wax paper set on the countertop near the stove.
- 2 Heat half the butter and oil in a skillet over medium-high heat. Working in batches, sauté chicken pieces in skillet until golden brown, about 2 minutes per side. Add additional butter and oil to the skillet as needed. Set aside to cool.
- 3 Add onion and garlic to the skillet and sauté until onions are translucent. Add mushrooms and cook, stirring often until mushrooms are brown and have given off some of their juices. Add Marsala and simmer to reduce until sauce is brown and thickened. Add chicken broth, whipping cream and about 2 Tbsp flour mixture. Reduce by 1/2, until sauce thickens to a soupy texture.
- 4 Arrange breasts in a casserole or rimmed baking sheet in slightly overlapping rows. Dish may be prepared to this point a day in advance covered with plastic wrap and refrigerated. Sauce should be refrigerated separately in a covered container.

Chicken Marsala

- 5** Preheat oven to 350°F. Pour sauce over breasts. Bake until heated through, 15 to 20 minutes if refrigerated, 10 to 15 minutes if going straight into the oven after making the sauce. Alternatively, you may reheat on the stove top in a very wide saucepan. Heat sauce in pan over medium heat. Arrange breasts evenly in the pan. Cover and cook for 10 to 15 minutes, or until heated through.
- 6** Cook Fettuccine noodles according to package directions. Serve chicken mixture over the noodles.

Recipe Tips

For dishes like Chicken Marsala or Chicken Parmigiana, use this technique:

FLATTEN BONELESS BREASTS to an even thickness so that they cook evenly. Place breast between two pieces of wax paper, or a doubled thickness of plastic wrap (or within a large zipper-lock bag). Pound the thickest part using a small heavy skillet, wooden rolling pin or the flat side of a meat mallet until it is the same thickness as the thin end of the breast, about 1/2".

CUT LARGE PIECES IN HALF: This helps the flattened breasts cook quickly, improves presentation and makes serving easier. If breasts are pounded thin, the largest breast halves may be cut into thirds.

SEASON AND DREDGE BREASTS in seasoned flour, bread crumbs or panko mixed with grated Parmesan cheese or dried basil (some recipes call for dipping in an egg wash first).

BROWN: Up to 24 hours before serving, sauté the breasts in oil over medium-high heat, or in a combination of butter and oil, until golden brown. Cooking times depend on size. A pounded and halved cutlet cooks for about 3 to 4 minutes per side if it is 1/2" thick. Drain on paper towels.

ASSEMBLE AND REFRIGERATE: Arrange breasts in a casserole dish, in slightly overlapping rows. If preparing a big batch (15 or more) arrange on a rimmed baking sheet. Cover with plastic wrap.

REHEAT: Bake cold chicken uncovered in a 350°F oven for 20 to 25 minutes.

Source

Source: Dallas Morning News

Chicken Paprikas

Recipe Scan



3 pounds	bone-in skinless chicken breast, w/rib	6 Tbs	flour, all-purpose
4	yellow onions	1 cup	milk, whole or 2%
1 Tbs	butter	3 cups	chicken broth, recommend "Imagine Organic Free Range Chicken Broth"
2 Tbs	Hungarian paprika	12 oz	(bag) elbow noodles
1 tsp	salt		
1 cup	(8 oz) sour cream, Daisy recommended		

Procedure

- 1 Fry onions in 1T butter in an 8 quart soup pot until onions are transparent and lightly browned.

Chicken Paprikas

- 2** Add to pot: 3 cups chicken broth, 2 T Hungarian paprika & 1 tsp. salt, and mix thoroughly. Use only Hungarian Paprika and make sure it says "sweet" on the label. If you can't find Hungarian Paprika locally, then Google it, and purchase online. If you use regular (domestic) paprika, it will have no flavor.



- 3** Add chicken pieces, cover, and simmer for 1 hour, or until chicken is tender. Check that chicken is fairly well covered while cooking. Remove chicken from pot. Debone & cut chicken into bite-size pieces. Put chicken back into pot.
- 4** THICKEN GRAVY: In a jar mix: 6 T flour, 1 C milk, 1 C sour cream, until mixture is smooth. Put mixture into pot with the chicken and stir over low heat until thickened. Adjust seasoning, adding up to 1 teaspoon additional salt if needed.
- 5** Server over elbow noodles.

Source

Source: Alice Lyons - Traditional Hungarian Recipe

Author Notes

Sweet Baby Peas go well with this recipe as side dish.

Modified by Joan Lyons to make this recipe more friendly to eat. The original recipe had the chicken left on the bone. By deboning, it makes life easier for your family/guests, as well as allowing the flavorful sauce to more fully penetrate the chicken.

Chicken Parmesan

Recipe Scan



SAUCE					
2	Tbs	extra-virgin olive oil			
2		garlic cloves, minced			
		Kosher salt and pepper			
1/4	tsp	dried oregano			
	pinch	red pepper flakes			
1		can (28-ounce) crushed tomatoes			
1/4	tsp	sugar			
2	Tbs	coarsely chopped fresh basil			
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CHICKEN					
2		(6 to 8 oz each) boneless, skinless chicken breasts, trimmed, halved horizontally, and pounded 1/2 inch thick			
1	tsp	kosher salt			
2	oz	whole-milk mozzarella cheese, shredded (1/2 cup)			
2	oz	fontina cheese, shredded (1/2 cup)			
1		large egg			
1	Tbs	all-purpose flour			
1 1/2	oz	Parmesan cheese, grated (3/4 cup)			
1/2	cup	panko bread crumbs			
1/2	tsp	garlic powder			
1/4	tsp	dried oregano			
1/4	tsp	pepper			
1/3	cup	vegetable oil			
1/4	cup	torn fresh basil			

Our preferred brands of crushed tomatoes are Tuttorosso and Muir Glen. This recipe makes enough sauce to top the cutlets as well as four servings of pasta. Serve with pasta and a simple green salad.

Chicken Parmesan

Procedure

- 1** FOR THE SAUCE: Heat 1 tablespoon oil in medium saucepan over medium heat until just shimmering. Add garlic, $\frac{3}{4}$ teaspoon salt, oregano, and pepper flakes; cook, stirring occasionally, until fragrant, about 30 seconds. Stir in tomatoes and sugar; increase heat to high and bring to simmer. Reduce heat to medium-low and simmer until thickened, about 20 minutes. Off heat, stir in basil and remaining 1 tablespoon oil; season with salt and pepper to taste. Cover and keep warm.
- 2** FOR THE CHICKEN: Sprinkle each side of each cutlet with $\frac{1}{8}$ teaspoon salt and let stand at room temperature for 20 minutes. Combine mozzarella and fontina in bowl; set aside.
- 3** Adjust oven rack 4 inches from broiler element and heat broiler. Whisk egg and flour together in shallow dish or pie plate until smooth. Combine Parmesan, panko, garlic powder, oregano, and pepper in second shallow dish or pie plate. Pat chicken dry with paper towels. Working with 1 cutlet at a time, dredge cutlet in egg mixture, allowing excess to drip off. Coat all sides in Parmesan mixture, pressing gently so crumbs adhere. Transfer cutlet to large plate and repeat with remaining cutlets.
- 4** Heat oil in 10-inch nonstick skillet over medium-high heat until shimmering. Carefully place 2 cutlets in skillet and cook without moving them until bottoms are crispy and deep golden brown, $1\frac{1}{2}$ to 2 minutes. Using tongs, carefully flip cutlets and cook on second side until deep golden brown, $1\frac{1}{2}$ to 2 minutes. Transfer cutlets to paper towel-lined plate and repeat with remaining cutlets.
- 5** Place cutlets on rimmed baking sheet and sprinkle cheese mixture evenly over cutlets, covering as much surface area as possible. Broil until cheese is melted and beginning to brown, 2 to 4 minutes. Transfer chicken to serving platter and top each cutlet with 2 tablespoons sauce. Sprinkle with basil and serve immediately, passing remaining sauce separately.

Source

Source: Cooks Illustrated

Chicken Piccata

Recipe Scan



1/4 cup	olive oil	1 cup	chicken broth
2	eggs, large	1 jar	(4 oz) capers, rinsed and drained
1/2 cup	all-purpose flour	1 Tbs	fresh lemon juice
1/2 cup	grated Parmesan cheese	1 1/2 Tbs	white wine vinegar
1 lb	chicken breasts, thinly sliced, boneless, skinless	2 Tbs	parsley, fresh and chopped
5 Tbs	butter	--- SPAGHETTI ---	
1/2 tsp	garlic, minced	6 oz	DeBole's thin Jerusalem Artichoke Spaghetti

This dish is a result of the collaboration of two people who have never even met! Beth's neighbor Hope Kozma and Stone Workman, her friend in Monticello, Georgia, both make delicious chicken piccata, so we combined the best of theirs! My husband says that this recipe is as good as it gets --- comparable to any found in a Fine Italian Restaurant. If using regular boneless chicken breasts, flatten them with a meat mallet to uniform thickness. CHICKEN or VEAL: This recipe can be made with either CHICKEN or VEAL to make either Chicken Piccata or Veal Piccata.

Procedure

- 1 Heat the olive oil on the stovetop in a large skillet over medium heat.
- 2 Beat the eggs in a shallow bowl. In a separate dish, mix the flour and Parmesan cheese. Dredge the chicken pieces in the eggs and then in the flour-cheese mixture.
- 3 Add 2 tablespoons of butter to the heated olive oil, and when the butter melts, add the floured chicken breasts. Cook for 3 to 4 minutes on each side, until browned. Transfer the chicken into a platter and set aside.

Chicken Piccata

- 4 Add the remaining 3 tablespoons of butter and garlic to the skillet drippings. Sauté the garlic for 30 seconds, being careful not to burn it. Add the chicken broth and capers to the skillet, stirring to mix. Cook the liquid for 3 to 5 minutes over medium-low heat, until reduced by half. Add the lemon juice and vinegar, and heat through. Return the chicken to the skillet, spooning some of the sauce over the chicken. Cover the skillet and cook for an additional 8 to 10 minutes over medium heat, until the sauce bubbles and the chicken is cooked through. Sprinkle with chopped parsley and serve over a bed of spaghetti cooked according to package instructions. Serves 4 to 6.

Source

Source: Home Cooking with Trish Yearwood

Chicken Pot Pie

Recipe Scan



3	cups	chicken (dark and/or white meat), cooked and chopped	1/4	cup	whole wheat pastry flour, (or white flour)
		=== vegetables ===			cooked chicken
1/2	stick	(1/4 cup) butter, melted	1	package	(10 oz or 2 cups) frozen peas
1/2		large or 1 medium onion, chopped			=== Crust ===
4	stalks	celery, chopped	3/4	cup	stoneground cornmeal
2		carrots, sliced or coarsely chopped	3/4	cup	whole wheat (or whole wheat pastry) flour
1 1/2	cups	chicken broth, fat removed	1 1/2	tsp	crystalline fructose or sugar
3/4	tsp	salt	1 1/2	tsp	baking powder
1/4	tsp	pepper	3/4	tsp	salt
1/4	tsp	thyme	3	Tbs	unsalted butter, soft
		-----	1	egg	large, beaten
1	cup	cold nonfat dry milk (non-instant)	1/2	cup	cold nonfat dry milk

Procedure

- 1 Saute vegetables in butter or water about 7 minutes, then add the chicken broth and seasonings and bring to boil. Remove from heat.
- 2 Blend flour into milk. Stir into broth mixture. Return to heat and cook, stirring until thickened. Add peas and chicken. Pour chicken vegetable mixture into 13x9" baking pan.
- 3 Crust: Blend dry ingredients. Cut in butter until crumbly. Combine and stir in liquids just until moistened.
- 4 In casserole dish spread evenly over sauce. bake at 350° for 30-45 minutes or until crust is done.

Chicken Pot Pie

5 Cool and freeze. Thaw in microwave or conventional oven.

Source

Source: Sue Gregg -- Casseroles Meals in Minutes for Busy Women

Chicken Ranch King Casserole

Recipe Scan



1	(4 1/2 - 5 lb) whole chicken	1	can	(10 3/4 oz) cream of chicken soup, Healthy Request
2	celery ribs, cut into 3 pieces each	1	can	(10 oz) diced tomatoes & green chilies, un-drained
2	carrots, cut into 3 pieces each	1	tsp	dried oregano
3	teaspoon salt (2 1/2 - 3 tsp)	1	tsp	ground cumin
2	Tbsp butter	1	tsp	Mexican-style chili powder *
1	medium onion, chopped	3	cups	grated sharp Cheddar cheese
1	medium-size green bell pepper, chopped	12		(6") fajita-size corn tortillas, cut into 1/2" strips
1	garlic clove, pressed			
1	can (10 3/4 oz) cream of mushroom soup, Healthy Request			

* 1 tsp. chili powder and 1/8 tsp ground red pepper may be substituted for Mexican-style chili powder.

Procedure

- 1 If applicable, remove giblets from chicken, and reserve for another use. Rinse chicken.
- 2 Place chicken, celery, carrots, and salt in a large Dutch oven with water to cover. Bring to a boil over medium-high heat. Reduce heat to low. Cover and simmer 50 minutes to 1 hour or until chicken is done. Remove from heat. Remove chicken from broth. Cool 30 minutes. Remove and reserve 3/4 cup cooking liquid. Strain any remaining cooking liquid, and reserve for another use.
- 3 Preheat oven to 350°. Melt butter in a large skillet over medium-high heat. Add onion, and saute 6 to 7 minutes or until tender. Add bell pepper and garlic, and saute 3 to 4 minutes. Stir in reserved 3/4 cup

Chicken Ranch King Casserole

cooking liquid, cream of mushroom soup, and next 5 ingredients. Cook, stirring occasionally, 8 minutes.

- 4 Skin and bone chicken. Shred meat into bite-size pieces. Layer half of chicken in a lightly greased 13x9" baking dish. Top with half of soup mixture and 1 cup Cheddar cheese. Cover with half of corn tortilla strips. Repeat layers once. Top with remaining 1 cup cheese.
- 5 Bake at 350° for 55 minutes to 1 hour or until bubbly. Let stand 10 minutes before serving.

Source

Source: Southern Living

Chicken Ranch King Casserole - Lite

Recipe Scan



- | | | | | | |
|---|----------------------------------|--|-----|--|--|
| 1 | large onion, chopped | 1 | can | (10 oz.) diced tomato and green chiles | |
| 1 | large green bell pepper, chopped | 1 | tsp | chili powder | |
| | Vegetable cooking spray | 1/2 | tsp | pepper | |
| 2 | cups | chopped cooked chicken breast | 1/4 | tsp | garlic powder |
| 1 | can | (10 oz.) Healthy Request cream of chicken soup, undiluted | 12 | | (6 inch) corn tortillas |
| 1 | can | (10 oz.) Healthy Request cream of mushroom soup, undiluted | 1 | block | (8 oz.) reduced fat Cheddar cheese, shredded |

Procedure

- 1 SAUTE onion and bell pepper in a large skillet coated with cooking spray over medium-high heat 5 minutes or until tender. STIR in chicken and next 6 ingredients. Remove from heat. TEAR tortillas into 1 inch pieces. Layer 1/3 tortilla pieces in bottom of 13 x 9" baking dish coated with cooking spray. Top with 1/3 chicken mixture and 1/3 cheese.
- 2 Repeat layers twice.
- 3 BAKE at 350° for 30-35 minutes or until bubbly.

Source

Source: Southern Living

Author Notes

Freeze casserole up to 1 month, if desired. Thaw in refrigerator overnight and bake as directed.

Chicken Spaghetti

Recipe Scan



1	chicken fryer (2 1/2 - 3 lbs)	1	jar	pimento (optional)
1	onion	1	tsp	garlic (approx 2-3 cloves), minced
1	bell pepper	2	boxes	long spaghetti (8 oz each), recommend Deboles Organic
1	can tomato soup, recommend Healthy Request	6	cups	water
1	can cream of mushroom soup, recommend Healthy Request	2	tsp	salt, divided
1	lb mild Velveta cheese	1/2	tsp	black pepper

Procedure

- 1 Put whole chicken in large covered Dutch Oven or 8 quart soup pot, along with 6 cups water and 1 tsp salt. Bring to a boil. Reduce heat. Simmer, covered, for about 2 hours.
- 2 Remove chicken from water. DO NOT DISCARD THE WATER. Allow chicken to cool enough to handle. De-bone and chop up.
- 3 Chop onion and pepper. Cook in the chicken water until onion is clear in color, about 10-15 minutes. Add 1 tsp. minced garlic. Then add spaghetti. Cook until tender, 10-12 minutes. Add tomato and mushroom soups, cheese and pimento, 1 tsp salt, and 1/2 tsp black pepper. Stir in chicken and heat. Serve with dinner rolls, veggie, and salad.
- 4 This makes a big pot, 12-14 servings. Portions not eaten right away can be put in casserole dishes to freeze. Then later, bake about 45 minutes when frozen or until bubbly.

Source

Source: Marie Smith, circa 1983

Chicken Tetrizzini

Recipe Scan



- | | | | | | |
|-----|---|-------------------------|-------|--|--------------------------------|
| 1 | broiler-fryer chicken, cooked, skinned, boned & broken into pieces (about 3 1/2 cups) | 1 | quart | warm chicken broth (reserve liquid from cooking chicken) | |
| 1/4 | cup | butter | 1 | cup | heavy cream, warmed |
| 12 | oz | fresh mushrooms, sliced | 1/4 | cup | dry white wine |
| 1 | | green pepper, chopped | 2 | | egg yolks, slightly beaten |
| 1 | | garlic clove, minced | 1 | | bay leaf |
| 3 | Tbs | flour | 8 | oz | thin spaghetti |
| 3 | tsp | salt, divided | 2/3 | cup | freshly grated Parmesan cheese |
| 1/4 | tsp | pepper | | | |

If the chicken weighs more than 3 1/2 lbs, then you will have more than 3 1/2 cups of chicken, so put the excess chicken in a freezer ziplock baggie and freeze for future recipes.

Procedure

- 1 Cook chicken according to instructions on "Simmered Chicken" recipe.
- 2 In large fry pan, place butter and melt over medium heat. Add mushrooms, green pepper and garlic. Sauté about 5 minutes. Stir in flour, 1 teaspoon of the salt and pepper.
- 3 Slowly add 1 1/2 cups of the warm chicken broth and the warm cream, stirring until thickened, about 3 minutes. Reduce heat to low. Add wine.
- 4 To beaten egg yolks, add several tablespoons of the hot white sauce. Then add egg mixture to fry pan, continuing to stir. Add chicken pieces, stirring until thoroughly heated, about 3 minutes.

Chicken Tetrazzini

- 5** While making sauce, cook spaghetti in remaining 2 1/2 cups of the broth and enough water to make 3 quarts liquid. Add remaining 2 teaspoons of the salt and bay leaf to broth-water. When done (al dente), drain spaghetti and arrange in shallow greased 2-quart baking dish.
- 6** Spoon sauce evenly over spaghetti and sprinkle with Parmesan cheese.
- 7** Bake in 300°F oven for about 30 minutes or until bubbly. Garnish with black olives if desired. Makes 12 servings.

Source

Source: The Chicken Cookbook --- 36th National Chicken Cooking Contest Recipes, May 1985

Chicken Wild Rice Casserole

Recipe Scan



2		(3 pound each) whole chickens	3	Tbsp	butter
1	cup	water	2	pkgs	(8 oz. each) sliced mushrooms
1	cup	dry sherry	1	bunch	green onions (about 1 cup), chopped
2		celery stalks	1	carton	(8 oz.) sour cream
1		onion, quartered	1	can	(10 1/2 oz.) cream of mushroom soup (Healthy Request)
1 1/2	tsp	salt	1	sleeve	round buttery crackers (about 1 1/2 cups), crushed
1/2	tsp	curry powder	1	can	(6 oz.) French-fried onions, crushed
1/4	tsp	pepper	3	Tbsp	butter, melted
1/4	tsp	poultry seasoning	1/4	tsp	paprika
2	pkgs	(6 oz. each) Uncle Ben's Original Recipe, w/23 Herbs & Seasonings, Long grain and wild rice mix	1/8	tsp	garlic powder

Procedure

- 1** BRING first 9 ingredients to a boil in a large Dutch oven. Reduce heat, cover and simmer 1 hour or until chicken is done. Remove chicken, reserving broth in Dutch oven. Let chicken cool. Pour broth through a fine wire mesh strainer into an 8 cup liquid measuring cup. Discard solids.
- 2** COOK rice according to package directions, substituting 4 1/4 cups reserved chicken broth for water and omitting butter. (Add water to broth to equal 4 1/4 cups, if necessary).
- 3** SKIN, bone, and coarsely chop or shred chicken.
- 4** MELT 3 Tbsp butter in a large Dutch oven over medium heat. Add mushrooms and green onions, and sauté 10 minutes or until tender. Stir in rice, chicken, sour cream, and soup. Spoon mixture into 8 (2

Chicken Wild Rice Casserole

cup) casserole dishes, 8 (5 1/2 x 3 1/2 x 2") mini-loaf pans, 3 (8" or 9") square baking dishes, or 1 (4 quart or 15 x 10") casserole dish.

- 5** STIR together crushed crackers and fried onions. Stir in 3 Tbsp melted butter, paprika, and garlic powder. Sprinkle casserole evenly with cracker mixture.
- 6** BAKE, covered, at 350° for 20-30 minutes. Uncover and bake 5-10 more minutes or until bubbly.

Source

Source: Southern Living - August 2004

Author Notes

This recipe was originally named "Chicken Casserole D'Iberville" from Southern Living Magazine, but we elected to rename it since D'Iberville, a community north of Biloxi, tells us nothing about what kind of casserole this is.

Maine to California Casserole

Recipe Scan



8	oz	egg noodles, cooked	1/4	tsp	black pepper
1	cup	onion & bell pepper, sauted	2	cups	chicken (or turkey), cooked, chopped
1	Tbs	butter	2	cups	ham, chopped
2	cans	cream of mushroom soup, Healthy Request	1	cup	black olives, sliced (a little less than 6 oz can)
16	oz	(container) sour cream	1	jar	(4 oz) pimentos
1/2	tsp	salt	1	can	(14 oz) artichoke hearts

This is a good casserole to make to use up left-over ham and turkey from Thanksgiving, Christmas or Easter.

Procedure

- 1 Cook noodles according to package instructions. Set aside.
- 2 Saute chopped onion and bell pepper in 1 Tbs butter for 5 minutes until onions are translucent.
- 3 Mix all ingredients together in a large bowl. Place in 2 casseroles (9x9 or 11x7) and bake at 325° for 30 minutes. Sprinkle with parmesan cheese.
- 4 Freezes well so you can make 1 pan for now and 1 for later.

Source

Source: Christy Ellwanger

Oven BBQ Chicken

2		3-1/2-lb. whole chickens	1/2	tsp	freshly ground black pepper
		Kosher salt and freshly ground pepper	2	cups	cold water
			1 1/4	cups	cider vinegar
1/2	cup	butter	1	cup	packed dark brown sugar
1	cup	finely chopped onion	2	Tbs	Worcestershire sauce
1	Tbs	chopped fresh garlic	1/4	cup	molasses
2	Tbs	kosher salt	1	cup	tomato paste
1 1/2	tsp	crushed red pepper			Peanut oil
1	Tbs	paprika			Water
1	Tbs	chili powder			



Be sure that the sauce used on the uncooked chicken is kept separate from sauce for serving. The ideal barbecue chicken ... is deceptively simple with a sense of occasion about it --- perfect for family dinners or serving a weekend crowd ... is beautifully glazed in an irresistibly spicy-tangy sauce and has flavor throughout.

Procedure

- 1 Cut up chicken, leaving drumsticks and thighs attached. Season chicken with salt and freshly ground black pepper. Refrigerate, covered, until ready to use (up to 24 hours).
- 2 For sauce: In large nonreactive saucepan, melt butter. Add onion, garlic, and salt. Cook over low heat until onion is tender. Add crushed red pepper, paprika, chili powder, and black pepper; cook and stir for 1 minute.
- 3 Add water, vinegar, brown sugar, and Worcestershire sauce; bring to a simmer. Stir in molasses. Whisk in tomato paste until smooth. Bring to a simmer over low heat. Cook, uncovered, for 10 to 15 minutes or until sauce is thickened, stirring occasionally. Taste for seasoning, adding additional salt if needed. Remove 1-1/2 cups of the sauce to prepare chicken. Store remaining in the refrigerator; reheat to serve.
- 4 For chicken: Preheat oven to 325°F. Heat 1/4 inch oil in a 12-inch skillet over medium heat. Working in batches, place chicken, skin side down, in skillet. Cook until well browned, turning once, about 5 minutes.
- 5 Transfer browned chicken to two 2- to 3-quart rectangular glass or nonreactive baking dishes. Place skin side up, adding breast portions to one dish and leg portions to the other. Add 2 tablespoons water to each baking dish.
- 6 Spoon reserved 1 1/2 cups barbecue sauce over chicken.* Cover chicken with parchment paper and then cover tightly with foil. (Refrigerate until ready to bake). Bake leg portions for 70 to 75 minutes and breast portions for 30 to 40 minutes (170°F).
- 7 Increase oven temperature to 450°F. Uncover chicken and spoon on additional sauce. Bake, uncovered, for 10 to 15 minutes or until well-glazed and meat is very tender. Serve with remaining barbecue sauce. Store any remaining barbecue sauce, covered, in the refrigerator for up to 1 week. Makes 12 servings.

Source

Source: Better Homes & Gardens - October 2009

Roast Turkey -Tender & Juicy

Recipe Scan



- | | | | |
|---|---|---|-------------------------------------|
| 1 | Turkey, 12-14 lbs, Diestel Free-Range Organic recommended | 4 | tsp sea salt, or to taste |
| 2 | Tbs melted butter | 2 | tsp paprika |
| 2 | Tbs extra virgin olive oil | 1 | cup white wine (NY Taylor Sauterne) |

Sample THANKSGIVING MENU using recipes from this cookbook, pick 'em: TURKEY: Turkey (main course of course), Turkey Gravy SIDES: Prep-Ahead Mashed Potatoes, Sweet Potato Casserole, Twice Baked Potato Casserole DESSERT SALADS: Cranberry Apple Orange Relish, Cherry Soda Jello Mold, Fluffy Lime Salad, Five Cup Salad. PIES: Creamy Pumpkin Pie, Chocolate Raspberry Pie, Mystery Pecan Pie, Old-Fashioned Pecan Pie, Perfect Apple Pie, Cranberry Apple Pie RECYCLE: Save the turkey bones for Turkey Soup recipe in this cookbook.

Procedure

- 1 Remove turkey from the bag. After removing neck and giblets from the body cavity, rinse the bird with cold water. Pat cavities lightly with a paper towel. Rub body and neck cavities with salt if desired. Rub entire turkey with paste made of the following: 2 T melted butter, 2 T extra virgin olive oil, 4 t sea salt, 2 t paprika.
- 2 Place bird in open pan, breast side up. Add two 8 oz. glasses of water. Place in oven.
- 3 ROASTING: unstuffed, use 325° oven. HEN WEIGHT: 12-14 lbs, roast 2 3/4 - 3 hours. Cooking time may vary as much as 30 minutes. Be careful not to "over-roast." Check your oven for correct temperature. There is no need to turn the bird while roasting as it will brown to a rich, golden color. However, a piece of foil should be placed loosely over the turkey approximately the last hour of roasting.

Roast Turkey -Tender & Juicy

- 4 OPTIONAL: When the turkey is half done, heat (do no boil) one cup white wine and pour over the turkey. This is the secret to a marvelous gravy.
- 5 When the turkey is done, the thickest part of the drumstick will feel soft. Remove from oven. Let stand 15 minutes before carving.

Simmered Chicken

Recipe Scan



1 whole chicken, 3-5 lbs.
2 cups water

1 teaspoon salt
1/4 teaspoon pepper

For salads, casseroles, creamed dishes or any recipe that calls for "cooked chicken," this is the usual method of preparation. As a rule of thumb, for cooking chicken, you will get 1 cup of cooked chicken per pound of raw chicken.

Procedure

- 1 In an 8 quart soup pot, place chicken. Add water, salt and pepper. Bring to a boil over high heat until boiling. Cover, reduce heat to simmer, and cook for about 30 minutes, turn the bird to other side, and cook covered an additional 30 minutes, or until fork can be inserted in chicken with ease. Remove chicken from pan and cool. Reserve broth for later use, if desired.
- 2 Separate meat from bones. Discard bones and skin. Cut chicken into bite-size pieces. A 3-pound broiler-fryer chicken yields about 3 cups diced cooked chicken and 2 to 2 1/2 cups broth.
- 3 VARIATION: For extra flavor, 1 small onion, sliced and the leaves from 3 ribs of celery may be added to water when cooking chicken.

Recipe Tips

Chicken broth is tasty and nutritious when used as seasoning. Keep it in a covered container in the refrigerator for up to 3 days or freeze it for later use.

Freeze chicken broth in ice trays and store the cubes in a plastic freezer bag. Add 1 or 2 cubes to water when cooking vegetables, stew, soup or other dishes which are enhanced by the flavor of chicken.

Source

Source: The Chicken Cookbook --- 36th National Chicken Cooking Contest Recipes, May 1985

Tandoori Style Chicken Thighs

1/2	cup	low-fat plain yogurt (not Greek)	1/4	tsp	ground turmeric
1 1/2	Tbsp	fresh lemon juice, plus lemon wedges for serving	1/4	tsp	ground cloves
1	Tbsp	fresh ginger root, 1 1/2" piece, peeled and finely grated	1/8	tsp	ground cayenne pepper
2		medium cloves garlic, minced	8		medium skinless, boneless chicken thighs (about 1 3/4 lbs)
1	tsp	ground coriander	1/2	tsp	salt
1	tsp	ground cumin			

The chicken needs to marinate at room temperature for at least 20 minutes or in the refrigerator for up to 4 hours.

Procedure

- 1 Whisk together the yogurt, lemon juice, ginger, garlic, coriander, cumin, turmeric, cloves and cayenne pepper in a medium bowl.
- 2 Arrange the chicken in a large, shallow dish, such as a 9x13" baking dish.
- 3 Make 4 shallow cuts across each piece of chicken, then season both sides of each piece with the salt. Pour the yogurt mixture on top of the chicken, then turn all the pieces so they are evenly coated. Marinate for 20 minutes at room temperature, or cover and refrigerate for up to 4 hours. (If you have refrigerated the chicken, let it come to room temperature for 20 to 30 minutes before broiling.)
- 4 Position an oven rack 4-6 inches from the broiler element. Preheat the broiler. Lightly grease a broiler pan with cooking oil spray.
- 5 Transfer the chicken from the marinade to the broiler pan, allowing some of the marinade to cling to each piece. Discard any remaining marinade. Broil for 5-6 minutes or until lightly charred on top, then use tongs to turn the chicken pieces over. Broil on the second side until charred and the chicken is cooked through, about 4 minutes.
- 6 Serve hot, with lemon wedges.

Source

Source: Dallas Morning News

Tequila Turkey Fettuccine

Recipe Scan



- | | |
|---|---|
| 2 Tbsp olive oil | 1 Tbsp fresh lemon juice |
| 1/4 cup of 1/8" strips of red onion | 1 Tbsp cilantro, chopped, plus extra for garnish |
| 1 Tbsp jalapeno, chopped | 1/4 tsp fine sea salt |
| 1/2 lb turkey breast (in deli department) | 2 Tbsp parmesan cheese, grated |
| 1/4 cup roasted red bell pepper strips | GARNISH |
| 1 Tbsp garlic, minced | 2 Tbsp Roma tomato, seeded & diced (about 1/2 Tomato) |
| 1/2 lb (box) fettuccini noodles (DeBoles Jerusalem Artichoke recommended) | black pepper, freshly cracked |
| 1 oz tequila, white or silver | lime wedges, roasted red bell pepper strips, cilantro |
| 1/2 cup heavy cream | |

Makes 4-5 servings.

Procedure

- 1 Bring a 3 or 4 quart saucepan of salted water to boil.
- 2 HEAT olive oil in a large skillet. Add onion and jalapeno and cook till onion is translucent, about 3 minutes. Add turkey and roasted red pepper. Add garlic and cook about 2 minutes.
- 3 COOK fettuccine according to package directions.
- 4 POUR tequila around edge of pan to deglaze it. Add the cream and let reduce 2 - 4 minutes. Add the lemon juice, cilantro, and salt and stir to combine. Add the fettuccine and toss. Add parmesan cheese and toss again.
- 5 NEST the pasta on a serving plate.

Tequila Turkey Fettuccine

- 6** GARNISH the pasta with sprigs of cilantro and a sprinkle of tomato and freshly cracked black pepper. Serve with lime wedges, and sprinkle top with Parmesan cheese.
- 7** HOW TO ROAST RED BELL PEPPER: Heat oven to 400° and place whole uncut pepper on baking sheet. Bake for 25-30 minutes, until pepper is soft and skin bubbling and beginning to brown. Turn pepper over halfway through baking time. After removing pepper from oven, immediately place whole pepper in ziploc bag and seal, allowing pepper to "steam" for 10 minutes in bag. Remove from bag. Skin should easily peel off using fingers. Discard skin. Remove stem and seeds and veins inside pepper, then cut into strips for use in recipe.

Recipe Tips

Recommend: Use Market Street House-Made Rosemary Garlic Roasted Turkey Breast. Request deli to slice into 1/2" thick slices.

Source

Source: Guy Fieri Food

Three Step Tetrizzini

Recipe Scan



2	Tbs	butter	1/4	tsp	paprika
1	Tbs	olive oil	1	cup	frozen peas, defrosted and drained
1/4	cup	minced shallots	3	Tbs	flour
1/2	lb	(about 2 1/4 cups) mushrooms, quartered (we used cremini, a dark-brown button mushroom)	1 1/2	cups	half-and-half
1	lb	boneless, skinless chicken breast tenders, cut crosswise into 1/2-inch strips and then into bite-size pieces	1	tsp	fresh lemon juice
			1/4	cup	grated Parmesan
			4	oz	(about 2 cups cooked) medium egg noodles, cooked according to the package directions
1 1/4	tsp	salt			
1/4	tsp	pepper			

Many Tetrizzini recipes require you to use every pot, pan, and chopping board in the house. But not this one, only one large 12" non-stick skillet. Makes 6-8 servings. If you want to make sure you have 8 servings, then use 1 1/4 pound chicken tenders.

Procedure

- 1 Melt the butter and olive oil in a 12" non-stick skillet set over medium-high heat. Add the shallots, mushrooms, chicken, salt, pepper, and paprika. Cook until the chicken pieces are cooked through, about 6 minutes, stirring frequently. Add the defrosted peas and cook for 1 minute more, stirring frequently.
- 2 Sprinkle the flour over the mixture and cook for about 1 minute, stirring continuously. Add the half-and-half and lemon juice. Bring the mixture to a boil, then reduce the heat to low. Cook for 1 minute more, stirring frequently.

Three Step Tetrazzini

- 3 Remove the skillet from the heat. Add the Parmesan and mix thoroughly. Stir in cooked noodles and serve hot.

Source

Source: Family Fun

Tortilla Chip-Crusted Chicken

Recipe Scan



1	lb	chicken breast tenders	1/2	tsp	ground cumin
1/2	tsp	salt	2		large eggs
1/4	tsp	pepper	2		garlic cloves, pressed
1/3	cup	all-purpose flour			Vegetable cooking spray
1	tsp	dried oregano	2	cups	crushed tortilla chips
1	tsp	chili powder			Pineapple-Kiwi Salsa (optional)

Prep: 15 min., Bake: 20 min. Use your favorite brand of chips in this dish.

Procedure

- 1 Preheat oven to 425°. Sprinkle chicken with salt and pepper.
- 2 Stir together 1/3 cup flour and next 3 ingredients.
- 3 Whisk eggs just until foamy, and stir in pressed garlic.
- 4 Place a wire rack coated with cooking spray in a 15 x 10" jelly-roll pan.
- 5 Dredge chicken tenders in flour mixture, shaking off excess; dip in egg mixture, and dredge in crushed tortilla chips. Lightly coat chicken on each side with cooking spray; arrange chicken on wire rack.
- 6 Bake at 425° for 18 to 20 minutes or until golden brown and done, turning once after 12 minutes. Serve with Pineapple-Kiwi Salsa, if desired.

Source

Source: Southern Living, JUNE 2008

Turkey Gravy

Recipe Scan



Fat	1	tsp	salt
Drippings	1/8	tsp	pepper
Milk			Kitchen Bouquet
1/2	cup	flour	

For extra smooth gravy, use a whisk while blending gravy in sauce pan, or alternatively use a blender.

Procedure

- 1 Pour drippings from roasting pan (from the Roast Turkey recipe in this cookbook) into large liquid measure. Spoon 4 Tbsp fat from top of drippings and return them to the sauce pan. Discard any remaining fat from drippings. To the drippings add enough milk to make 4 cups. Blend flour into fat in sauce pan and stir and heat until well-blended. Gradually add liquid, stirring to blend. Add a little Kitchen Bouquet to make darker. Stir and heat to make a smooth gravy. Season with salt and pepper. Bring to a boil. Stir and cook 5-10 minutes.

Turkey Meatloaf

Recipe Scan



- | | | | | |
|-----|-----|---|-----|---------------------------------|
| 2 | Tbs | butter | 1 | egg, large |
| 1 | cup | onions, chopped | 3/4 | cup catsup |
| 3 | | garlic cloves, minced | 2 | tsp worcestershire sauce |
| 1 | pkg | ground turkey (1 1/4 lbs.), Jennie-O lean | 3/4 | tsp salt |
| | | ground turkey, 93% lean | 1/2 | tsp freshly ground black pepper |
| 1/2 | cup | fresh bread crumbs | | |

This is a super easy and juicy meatloaf to make on a busy night and is wonderful with creamed potatoes (recipe also in this cookbook) and a steamed veggie and a salad.

Procedure

- 1 Heat oven to 350°. Melt butter in a small skillet over medium-high heat. Add onion and garlic. Cook 5 minutes, stirring occasionally. Transfer mixture to a large bowl. Cool 5 minutes.
- 2 Add turkey, bread crumbs, egg, 1/4 cup catsup, Worcestershire, salt and pepper to onion mixture. Mix well. Pack into a 8 x 4" loaf pan. Spread remaining 1/2 cup catsup over top. Bake for 50 to 55 minutes or until no longer pink in center and internal temperature of loaf reaches 165°. Let stand at room temperature 5 minutes before slicing.

Turkey Melt Loaded

Recipe Scan



2	ripe avocados, peeled and mashed	4	sliced red onion rings
2 Tbsp	mayonnaise	12	bacon slices, cooked
1 tsp	garlic powder	1/4 pound	smoked mozzarella (or smoked gouda) cheese slices
8	bread slices	3 Tbsp	butter, softened
1 pound	thinly sliced deli turkey		
4	tomato slices		

Alternate Cooking Method... OVEN-GRILLED: Place buttered sandwiches on a baking sheet. Place a second baking sheet on top of sandwiches. Bake at 400° for 20 minutes or until golden.

Procedure

- 1** STIR together avocado, mayonnaise, and garlic powder. Spread avocado mixture on 1 side of 4 bread slices. Top evenly with turkey, tomato, onion, bacon, cheese, and remaining bread slices.
- 2** SPREAD half of butter on 1 side of each sandwich. Place, buttered sides down, in a large hot nonstick skillet. Cook over medium heat 6 minutes or until golden.
- 3** SPREAD remaining butter on ungrilled sides. Turn and cook 6 more minutes or until golden. Repeat procedure, if necessary, for any remaining sandwiches.
- 4** MAKES 4 sandwiches.

Source

Source: Southern Living

Turkey Pot Pie

Recipe Scan



		PIECRUST		1 1/4	cups	chicken or turkey stock
1 1/4	cups	flour		1 1/4	cups	milk
1/4	tsp	salt		1	tsp	crumbled or powdered dried sage
4	Tbs	cold unsalted butter		3/4	tsp	dried thyme
3	Tbs	vegetable shortening, recommend Spectrum Organic non-hydrogenated				Salt and pepper, to taste
3	Tbs	cold water		2	cups	diced cooked turkey
		TURKEY AND VEGETABLE FILLING		2	cups	leftover vegetables (If you don't have enough, you can substitute frozen vegetables)
4	Tbs	butter				GLAZE
1		medium-size onion, chopped				egg yolk
1		stalk celery, chopped		1		
1/4	cup	flour		1	Tbs	milk

Procedure

- 1 Make the Piecrust Dough: In a large mixing bowl, whisk together the flour and salt. Cut the butter into 7 or 8 pieces and drop them into the flour. Add the vegetable shortening too.
- 2 With clean hands, lightly toss the mixture, breaking up the pieces of butter and vegetable shortening to about half their original size.
- 3 Now use a pastry blender to turn the mixture into coarse crumbs about the size of baby peas. When you're finished, the dough should be evenly moist.
- 4 Using a measuring spoon, sprinkle the cold water over the dough. With a big fork, stir the mixture, pressing down on it occasionally, until it packs together. If it continues to seem a little dry, add 1 or 2 more teaspoons of water.

Turkey Pot Pie

- 5** Gather up the dough and pack it like a snowball. On a lightly floured surface, gently knead the dough once or twice. Then put the dough on a long sheet of plastic wrap and press it into a disk about 1 inch thick. If the edges of the disk crack, just pinch them back together. Wrap the disk and refrigerate it for 1 hour while you make the filling.
- 6** Prepare the Filling : Melt the butter in a large sauté pan over medium-low heat. Stir in the onion and celery. Cover the pan and gently sweat the vegetables for about 8 minutes, stirring occasionally. Then stir in the flour. Increase the heat slightly and continue to cook and stir the mixture for 1 more minute.
- 7** Add the stock to the pan, whisking to evenly blend all of the ingredients. As the stock starts to thicken, whisk in the milk, sage, thyme, and salt and pepper. Depending on the saltiness of the stock you've used, you will likely need about 1/2 teaspoon of salt. Start with a little less, then taste the sauce and add more if needed.
- 8** Stir in the turkey and vegetables and simmer the mixture, stirring often, for 2 minutes. Remove the pan from the heat.
- 9** Generously butter a rectangular 2 1/2 quart, shallow casserole (about 9 x 12" with sloping sides). Transfer the filling to the casserole and smooth the top with a spoon. Let the filling cool for about 15 minutes. Meanwhile, heat the oven to 400 degrees.
- 10** Roll the Crust and Top the Pie: While the oven heats, roll the pastry for the top crust. Put a sheet of waxed paper (about 12 inches long) on your work counter and lightly flour it. Put the pastry on the waxed paper and dust it and your rolling pin with flour. Roll the dough into an 9 x 12" shape. Start in the middle and push the pin out toward the edge of the rectangle, turning the paper as needed to roll the dough evenly.
- 11** Invert the crust, with the paper, so it is centered atop the filling. Peel away the waxed paper and gently fit the edge of the crust into the dish. In a small bowl, whisk the egg yolk and milk for the glaze. Lightly brush the GLAZE onto the crust. Then use a fork to poke 2 or 3 steam vents in the pastry.
- 12** Bake the potpie on the center oven rack for 40 minutes, until well browned. Slide an aluminum foil-lined baking sheet onto the shelf below the pie, to catch any spills. Transfer the potpie to a cooling rack and cool for 10 minutes before serving. Serves 6.

Source

Source: familyfun.com

Turkey Spaghetti Bake

Recipe Scan



PREPARE SEASONED GROUND TURKEY:		TURKEY SPAGHETTI BAKE:	
1 lb	ground turkey	4 quarts	boiling water
1/2 tsp	Ground Turkey Seasoning Mix (below)	1/4 tsp	salt
1 Tbs	soy sauce, Kikkoman Less-Sodium	1 tsp	oil
2 Tbs	ketchup	1 pkg	(8 oz) DeBoles Jerusalem Artichoke spinach spaghetti noodles
.		-----	
GROUND TURKEY SEASONING MIX - (Blend & store in sealed container in cupboard):		1 lb	Seasoned Ground Turkey (above)
2 Tbs	nutmeg	2 cups	pasta or spaghetti sauce
2 Tbs	thyme	1 pint	(2 cups) lowfat cottage cheese
2 Tbs	garlic powder		cooked noodles
2 Tbs	sage		

Best served with garlic French Bread & salad. Recommended to use Bertolli Olive Oil & Garlic sauce.

Procedure

- 1 Prepare Seasoned Ground Turkey...blend together first 4 ingredients before browning.
- 2 To cook pasta, add noodles, salt, and oil to boiling water and cook just until barely tender, 7 to 10 minutes. Drain and rinse in cold water.
- 3 Brown the turkey and combine with the remaining ingredients.

Turkey Spaghetti Bake

- 4 Place in casserole, cool and freeze. To thaw and reheat, use either microwave or conventional oven. For conventional oven, cook at 350° for 30 minutes if thawed, 60 minutes if frozen.

Source

Source: Sue Gregg -- Casseroles Meals in Minutes for Busy Women

Turkey Tostados

Recipe Scan



	cooking spray	3/4	cup	prepared salsa
1	onion, medium, chopped	12		Tostada shells
1	green bell pepper, chopped	1 1/2	cups	cheddar cheese, shredded
3	garlic cloves, minced	1 1/2	cups	shredded lettuce
1	pkg (1 1/4 lbs) ground turkey breast 93% lean	1	cup	chopped tomato
1	Tbs chili powder			---OPTIONAL TOPPINGS---
1	tsp ground cumin			sour cream, chopped cilantro,
3/4	tsp salt, optional			additional salsa

Procedure

- 1 Coat a large nonstick skillet with cooking spray and place over medium-high heat. Add onion, green pepper and garlic. Cook 4 minutes, stirring occasionally. Crumble turkey into skillet. Sprinkle with chili powder, cumin and salt. Cook 5 minutes or until turkey is no longer pink, stirring frequently. Add salsa. Simmer 10 to 12 minutes or until sauce thickens. Spoon 1/3 cup mixture into each Tostada Shell. Top with cheese, lettuce and tomato. Serve with desired toppings.

Zesty Chicken Fajitas

Recipe Scan



1/2	cup	fresh orange juice	2	medium bell peppers (any color you like), cut into strips
2		chipotles (from a can of chipotles in adobo sauce), or use just 1 for a milder heat	4	(8") whole-wheat tortillas
2		garlic cloves, coarsely chopped	1	avacado, pitted, peeled, and finely chopped, for serving
3/4	tsp	salt, plus extra for the vegetables	1/4	cup fat-free Greek yogurt (or use low-fat; optional), for serving
1/2	tsp	freshly ground black pepper	1	lime, cut into 8 wedges, for serving
1/2	tsp	dried oregano		
1 1/4	lb	boneless, skinless chicken breasts, cut crosswise into 1/2" slices		
1		medium onion, cut into thin rounds		

All the components of these zesty fajitas sit on a single rimmed baking sheet and spend less than ten minutes under the broiler. So quick, y'all. The orange-chipotle marinade is packed with so much outstanding flavor that you don't really need to top these fajitas with anything. But, if you like, top them with some avocado and yogurt (a stand-in for sour cream) for a real Southwestern flavor. Let It Marinate: Marinades like the one in this recipe are a great way to pack a dish with flavor without adding a ton of fat and calories. You can marinate everything: chicken, meat, fish, and vegetables. Marinades build flavor into protein, allowing you to cook them simply and practically fat-free. A traditional Fajita recipe typically has 27g fat and 572 calories, while this recipe has 3g fat and 286 calories.

Zesty Chicken Fajitas

Procedure

- 1** Using a blender, food processor, or immersion blender, puree the orange juice, chipotles, garlic, salt, pepper, and oregano until smooth. In a large re-sealable plastic bag, combine the chicken and the marinade. Refrigerate for at least 30 minutes or overnight.
- 2** Preheat the broiler. Line a rimmed baking sheet with aluminum foil & spray with cooking spray.
- 3** Lift the chicken out of the marinade, letting any excess drip off. Arrange the chicken on one half of the prepared baking sheet. Place the onions and peppers on the other side of the baking sheet, season with extra salt, and spray lightly with cooking spray. Broil until the chicken is cooked through and the vegetables are browned in spots, 5-7 minutes.
- 4** Meanwhile, heat a medium cast-iron skillet over medium-high heat. Add the tortillas, one at a time, and warm on both sides, about 10 seconds per side. Serve the chicken and vegetables wrapped in the tortillas. If you like, top with avocado and yogurt and place lime wedges on the side.

Source

Source: Bobby Deen -- From Mama's Table to Mine, 2013

Dessert

Bars

Apple Pie Bars

Recipe Scan



- | | | | |
|--------|--|---------|----------------------|
| 4 cups | all-purpose flour | 2 cups | sugar |
| 1 tsp | salt | 1/4 cup | all-purpose flour |
| 1 tsp | baking powder | 2 tsp | ground cinnamon |
| 1 cup | Spectrum Organic All Vegetable Shortening (Non-Hydrogenated)) | dash | ground nutmeg |
| 4 | egg yolks | GLAZE: | |
| 2 Tbs | lemon juice | 1 cup | confectioners' sugar |
| 10 Tbs | cold water | 1 Tbs | 2% milk |
| | FILLING: | 1 Tbs | lemon juice |
| 7 cups | finely chopped peeled apples (1/2 Granny Smith & 1/2 Braeburn) | | |

Procedure

- 1 In a large bowl, combine flour, salt and baking powder. Cut in shortening until mixture resembles coarse crumbs. In a small bowl, whisk egg yolks, lemon juice and water; gradually add to flour mixture, tossing with a fork until dough forms a ball. Divide in half. Chill for 30 minutes.
- 2 Roll out one portion of dough between two large sheets of waxed paper into a 17-in. x 12-in. rectangle. Transfer to an ungreased 15-in. x 10-in. x 1-in. baking pan. Press pastry onto the bottom and up the sides of pan; trim pastry even with top edge.
- 3 In a large bowl, toss the apples, sugar, flour, cinnamon and nutmeg; spread over crust. Roll out remaining pastry to fit top of pan; place over filling. Trim edges; brush edges between pastry with water or milk; pinch to seal. Cut slits in top.

Apple Pie Bars

- 4 Bake at 375° for 45-50 minutes or until golden brown. Cool on a wire rack. Combine glaze ingredients until smooth; drizzle over bars before cutting. Yield: about 2 dozen.

Source

Source: Taste of Home

Apricot Bars

Recipe Scan



- | | | | |
|-----------|--|-----------|---|
| 1 1/2 cup | all purpose flour ... OR ... | 1 1/2 cup | quick cooking rolled oats |
| | ... equal portions of whole wheat pastry | 1 cup | brown sugar |
| | flour and all purpose flour | 3/4 cup | butter |
| 1 tsp | baking powder | 2 cans | (12 oz each) Solo Apricot Cake & Pastry filling |
| 1/2 tsp | salt | | |

These bars can be made with any Solo Fruit-Flavored filling, such as Apricot, Cherry, Blueberry, Raspberry, or Strawberry.

Procedure

- 1 Sift together flour, baking powder and salt. Stir in rolled oats and sugar. Cut in butter till crumbly. Pat 2/3 of crumb mixture into 13x9x2" pan. Spread with apricot filling. Cover with remaining crumb mixture. Bake in moderate oven 350° about 35 minutes, or till browned. Cool. Cut into 24 squares.

Blarney Stone Bars

Recipe Scan



1/2 cup	butter, softened	3/4 cup	English toffee bits
3/4 cup	packed brown sugar	1/3 cup	chopped pecans
2	eggs	--- FROSTING to make 3/4 cup ---	
1 Tbs	milk	3 Tbsp	butter, softened
1 tsp	vanilla extract	2 1/2 cups	powdered sugar
3/4 cup	all-purpose flour	2 Tbsp	milk
3/4 cup	quick-cooking oats	3/4 tsp	vanilla
1/2 tsp	baking powder	4 drops	green food coloring (optional to make Irish)
1/4 tsp	salt		

Procedure

- 1 In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs, milk and vanilla. Combine flour, oats, baking powder and salt; gradually add to creamed mixture. Fold in the toffee bits and pecans.
- 2 Spread into a greased 9-in. square baking pan. Bake at 350° for 20-24 minutes or until a toothpick comes out clean. Cool on a wire rack. Add food coloring to frosting; spread over the bars. Cut into diamond shapes. Yield: about 16 bars.
- 3 FROSTING: Cream the butter with an electric mixer until smooth. Add powdered sugar, milk and vanilla, and whip until creamy and smooth. Add food coloring if desired, mixing in well. Frost the cooled bars.

Source

Source: Taste of Home 2012

Blueberry Lattice Bars

Recipe Scan



--- CRUST ---

1 cup butter, softened
1/2 cup sugar
1 egg
2 3/4 cups flour
1/2 tsp vanilla
1/4 tsp salt

--- FILLING ---

3 cups fresh or frozen blueberries
1 cup sugar
3 Tbs cornstarch
1 tsp almond extract
. .

Recommended to use frozen organic wild blueberries.

Procedure

- 1 In mixing bowl, cream butter and sugar. Add egg, flour, vanilla and salt. Mix well. Cover and refrigerate for 1-2 hours.
- 2 Meanwhile, in a saucepan, bring the blueberries, sugar and cornstarch to a boil. Cook about 2 minutes until thickened. Add almond extract.
- 3 Roll 2/3 of dough between 2 pieces of wax paper to fit bottom of a greased 13x9x2" baking pan. Top with filling. Roll remaining dough between 2 pieces of wax paper to about 1/8" thickness. Cut in 1/2" x 2" strips. Place the strips in the form of an X over filling making 24 total X's. Bake 375° for 30-35 minutes until top golden brown. Cool on wire rack. Cut into bars.

Source

Source: Taste of Home

Blueberry Sour Cream Squares

Recipe Scan



CRUST -----		FILLING -----	
1	cup butter	4	egg yolks
1	cup packed brown sugar	16 oz	sour cream
2	cups flour	2 cups	blueberries, fresh
2	cups oats	1 cup	sugar
1	tsp baking powder	1 Tbs	cornstarch (or 2 T flour)
1	tsp baking soda		.
1/8	tsp salt		

Procedure

- 1** CRUST: Cream butter and brown sugar. Mix flour, oats, baking powder, soda and salt together. Then mix with butter and sugar mixture (will be crumbly). Set 2 cups aside. Pat remaining crumbs into a greased 13x9" baking pan. Bake at 350° for 15 minutes and cool. Meanwhile, prepare the filling.
- 2** FILLING: Whisk 1 cup sugar and corn starch in medium size sauce pan. Add egg yolks and sour cream and bring to a boil, stirring constantly over medium heat. Reduce heat to simmer and continue to cook, stirring constantly for 4 minutes. Add blueberries, stirring carefully for 1 additional minute. Pour over crust. Sprinkle with reserved crumbs. Return to oven for 15 - 17 minutes. Cool on wire rack for 1 hour, then refrigerate for 2 hours before cutting into 24 squares.

Butterscotch Brownies

Recipe Scan



1 1/2 sticks	unsalted butter	3	eggs, large
2 cups	packed light brown sugar	1 1/2 tsp	vanilla extract
1 1/2 cups	flour	1 cup	flaked, sweetened coconut
1 1/2 tsp	baking powder	1 cup	pecans, chopped
1/4 tsp	salt		Confectioner's sugar

Everyone loves the nutty, toasted flavor of butterscotch. True butterscotch, like caramel, results from cooking sugar on the stovetop until it is, essentially, burned -- a somewhat risky business if you're cooking with kids. Fortunately, there are ways to create that nutty butterscotch flavor using regular brown sugar and butter, as we do here with these luscious, chewy bars.

Procedure

- 1 Heat oven to 350°. Generously grease a 9x13" baking pan. Add a tablespoon or two of flour to the pan, then tilt and shake it from side to side until it's evenly dusted. Knock out the excess flour by patting the back of the pan.
- 2 Heat the butter in a medium saucepan over low heat. When it is almost melted, stir in the brown sugar. Increase the heat slightly and cook the mixture just until bubbly, then pour it into a medium mixing bowl. Cool the mixture for 5 minutes, but no longer. Meanwhile, sift the flour, baking powder, and salt into a separate bowl and set it aside.
- 3 With an electric mixer, beat the eggs into the sugar mixture one at a time, cracking them into a small bowl first to make sure they are fresh and free of eggshell. Beat well after each addition. Then blend in the vanilla extract.
- 4 Stir the dry ingredients into the sugar mixture until blended. Add the coconut and pecans and stir again until evenly blended. Spread the batter evenly in the prepared pan.

Butterscotch Brownies

- 5 Bake the brownies on the center oven rack for 22 - 25 minutes, until the surface is golden brown and firm to the touch and a toothpick inserted into the center comes out clean. Set the pan on a wire rack to cool.
- 6 While they are still warm, use a sieve to dust the brownies with confectioners' sugar. Cool the brownies completely before slicing them. Makes 20 or more bars.

Source

Source: Family Fun Magazine - May 2003

Caramel Chocolate Chip Bars

Recipe Scan



- | | |
|---------------------------------------|---|
| 1 cup flour, all-purpose, 1 cup + 2 T | 32 caramels (individually wrapped Milk Maid caramels) |
| 1/2 cup packed brown sugar | |
| 1/4 tsp baking soda | 2 Tbs 2% milk |
| 1/4 tsp salt | 1/2 cup semisweet chocolate chips |
| 1/2 cup cold butter | |

Purchase Milk Maid caramels where candy is sold in bulk. Some grocery stores carry candy in bulk, others not. Can be found typically in stores that specialize in bulk candy.

Procedure

- 1 In a small bowl, combine 1 cup flour, brown sugar, baking soda & salt. Cut in butter until mixture resembles coarse crumbs. Reserve 1 cup for topping.
- 2 Press remaining crumb mixture into an 8x8x2" baking pan coated with nonstick cooking spray. Bake @ 350° for 10-14 minutes or until set.
- 3 In a saucepan or microwave safe bowl, melt caramels with the milk. Stir in the remaining 2T flour until smooth. Pour over crust. Sprinkle with reserved crumb mixture and chocolate chips. Bake for 12-15 minutes or until topping is golden brown. Cool on a wire rack. Yield 16 bars.

Author Notes

This recipe does not use eggs. Note from person submitting recipe: "I like to bring these rich goodies to parties or my husband's workplace." says Julie Tambrini of Lansing, IL. "The combination of goey chocolate, caramel and a crumbly topping makes them irresistible."

Caramel Pecan Brownies

Recipe Scan



4 oz unsweetened chocolate baking bar,
chopped
3/4 cup butter
2 cups sugar
4 large eggs
1 cup all-purpose flour
1 tsp vanilla extract
1/2 tsp salt
.
.

CARAMEL FROSTING:
1 cup firmly-packed dark brown sugar
1/2 cup milk
2 Tbs butter
1/4 tsp salt
1 1/2 cups powdered sugar
1/2 tsp vanilla extract
TOP WITH:
1 cup coarsely chopped pecans

In Step 4, if you do not reduce heat to Medium-Low, you will wind up with powdered frosting.

Procedure

- 1 Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant. Alternatively, pecans can be toasted in a microwave arranged in a ring around a dinner plate, for 1-2 minutes on high.
- 2 In a 3 quart saucepan, melt chocolate and butter over low heat until smooth stirring constantly. Whisk in sugar and eggs until well blended. Stir in flour, vanilla and salt. Spread batter into a greased 13 x 9" inch pan.
- 3 Bake at 350° for 25 to 30 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.

Caramel Pecan Brownies

- 4 Cool 1 hour on a wire rack. Combine 1 cup firmly packed dark brown sugar, 1/2 cup milk, 2 Tbsp. butter, and 1/4 tsp. salt in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. REDUCE HEAT TO MEDIUM-LOW, and simmer, stirring occasionally, 5 minutes or until slightly thickened. Remove from heat. Let stand 5 minutes. Beat in 1 1/2 cups powdered sugar and 1/2 tsp vanilla extract at medium speed (approx. 3-5 minutes) with an electric mixer until smooth and just beginning to thicken, but still pour-able. Pour over brownies, spreading to edges. Sprinkle with toasted pecans and press them into the frosting. Cool 30 minutes. Cut into 24 bars.

Source

Source: Southern Living

Caramel-Nut Brownies

Recipe Scan



3/4 cup	butter (1 1/2 sticks)	1/2 cup	walnuts, coarsely chopped
4 squares	(1 oz. each) unsweetened chocolate	1 tsp	vanilla extract
1 cup	granulated sugar	1/2 tsp	salt
1 cup	light brown sugar, packed	1 cup	individually wrapped caramels (25 - 30 caramels, depending on brand), each cut in half
3	large eggs, lightly beaten		
1 cup	flour		

Procedure

- 1 Preheat oven to 350°. Grease 13 x 9" metal baking pan.
- 2 In 3-quart saucepan, heat butter and chocolate over medium-low heat until melted, stirring frequently. Remove saucepan from heat. Stir in both kinds of sugar, eggs (one at a time), flour, walnuts, vanilla, and salt just until blended. Spread batter in pan. Sprinkle with caramels.



- 3 Bake brownie 25 - 30 minutes or until toothpick inserted 2 inches from edge comes out almost clean.
- 4 When cool, cut brownie length-wise into 4 strips. Then cut each strip crosswise into 6 pieces.

Caramel-Nut Brownies

Author Notes

If you want the caramels in the baked brownie to be soft and gooey, buy a brand that lists sweetened condensed milk as is first ingredient. KROGER has Lancaster Caramel Soft Cream that comes in a 8 oz bag, which has sweetened condensed milk as the first ingredient.

Chocolate Bars - Crusts 1 and 2

Recipe Scan



--- CRUST #1 ---
3 cup flour
1 1/2 cup sugar
1 tsp baking powder
1 cup butter or margarine
2 eggs
1/2 tsp vanilla

--- CRUST #2 ---

3 cup quick cooking rolled oats
2 1/2 cup flour
1 tsp baking soda
1 cup butter or margarine
2 cup packed brown sugar
2 eggs
2 tsp vanilla

Pictured are Crust #1 and Filling #2.

Procedure

1 CRUST #1 Combine ingredients in a large mixing bowl. Blend well with mixer. Press 1/2 mixture in greased 13x9x2" pan. Spread with chocolate mixture. Dot with remaining crust mixture. Bake at 350° for 35-40 minutes or until golden brown. Cool. Cut into bars. CRUST #2 Stir together rolled oats, flour and baking soda. In a large mixer bowl, beat 1 cup butter or margarine on medium speed of electric mixer for 30 seconds. Add brown sugar and beat till fluffy. Add eggs and 2 tsp. vanilla. Beat well. Add dry ingredients and beat till well-combined. Press 2/3 of the oat mixture onto the bottom of an ungreased 13x9x2" baking pan. Spread chocolate mixture atop oat mixture. Dot with remaining oat mixture. Bake in a 350° oven for 25-30 minutes or until mixture is lightly browned. Cool. Cut into bars.

Author Notes

For FILLINGS, refer to the recipe "Chocolate Bars - Fillings #1 and #2."

Chocolate Bars - Filling 1 and 2

Recipe Scan



- | | | |
|--------------------|---------------------|---|
| --- FILLING #1 --- | | 1 1/2 cup chocolate chips |
| 2 cup | chocolate chips | 1 can (14 oz) Eagle Brand sweetened ... |
| 1 pkg | (8 oz) cream cheese | ...condensed milk |
| 2/3 cup | evaporated milk | 2 Tbs butter or margarine |
| 1/2 tsp | vanilla | 2 tsp vanilla |
| --- FILLING #2 --- | | |

Pictured are Crust #1 and Filling #2.

Procedure

- 1** FILLING #1 In a medium saucepan, combine chocolate chips, cream cheese and evaporated milk. Cook over low heat stirring constantly until chips are melted and mixture is smooth. Remove from heat and stir in 1/2 tsp vanilla. Blend well and set aside. FILLING #2 In a saucepan, combine chocolate chips, sweetened condensed milk and 2 tbsp butter or margarine. Cook and stir over low heat until chocolate and butter or margarine are melted. Remove from heat. Stir in 2 tsp vanilla.

Author Notes

FILLING #2 is our favorite. For the CRUSTS, refer to the recipe "Chocolate Bars - Crusts #1 and #2"

Chocolate Mint Brownies

Recipe Scan



--- BROWNIES ---

1/2 cup butter
4 oz unsweetened chocolate
1 1/2 cups sugar
3 eggs
1 1/2 tsp vanilla extract
1 cup flour
1/2 tsp salt
.

--- MINT FROSTING ---

1/4 cup butter, softened
2 1/2 cups confectioners sugar
1 1/2 Tbs milk (up to 3 tablespoons)
1/2 tsp peppermint extract
Green food coloring (optional)

--- CHOCOLATE TOPPING ---

3/4 cup semisweet chocolate chips
3 Tbs butter

Procedure

- 1 Heat oven to 350° and grease a 9" square baking pan. For the brownies, place the butter and chocolate in a microwave-safe bowl. Microwave on high for 1 minute, stir, and microwave for 1 minute more. Stir until smooth. In a separate bowl, whisk together the sugar and eggs. Stir in the chocolate and the vanilla extract. Finally, stir in the flour and salt until thoroughly combined. Pour into the prepared pan, then bake for 25 minutes or until a knife inserted in the middle comes out clean. Cool for at least 1 hour.
- 2 To make the mint frosting, cream the butter and confectioners sugar. Add the milk 1 tablespoon at a time, beating until it is smooth and spreadable. Beat in the peppermint extract and tint to the desired shade with green food coloring. Frost the cooled brownies, cover, and chill for 1 hour.
- 3 To make the chocolate topping, pour the chocolate chips into a microwave-safe bowl, add the butter, and microwave on high for 30 seconds or until the chocolate melts. Stir until smooth. Pour the

Chocolate Mint Brownies

chocolate over the brownies and smooth it with a knife. Refrigerate for 45 minutes or until the coating hardens. Cut into 32 brownies (8x4 grid).

Chocolate-Cherry Cheesecake Bars

Recipe Scan



- | | |
|---|--|
| 1 cup all-purpose flour | 1/3 cup baking cocoa |
| 1/2 cup packed brown sugar | 1 egg, lightly beaten |
| 1/3 cup cold butter, cubed | 1/4 cup 2% milk |
| 1/2 cup finely chopped walnuts | 1/2 tsp Spice Island® Pure Vanilla Extract |
| 1 package (8 ounces) cream cheese, softened | 1/2 cup chopped maraschino cherries |
| | Additional maraschino cherries, halved |
| 1/2 cup sugar | |

Procedure

- 1 Place the flour, brown sugar and butter in a food processor; cover and process until fine crumbs form. Stir in walnuts. Set aside 3/4 cup for topping.
- 2 Press remaining crumb mixture onto the bottom of an ungreased 8-in. square baking dish. Bake at 350° for 10 minutes or until set.
- 3 Meanwhile, in a small bowl, beat the cream cheese, sugar and cocoa until smooth. Add the egg, milk and vanilla; beat on low speed just until combined. Stir in chopped cherries. Pour over crust; sprinkle with reserved crumb mixture.
- 4 Bake for 20-25 minutes or until center is almost set. Cool on a wire rack for 1 hour. Refrigerate for at least 2 hours.
- 5 Cut into bars; top each with a cherry half. Store in the refrigerator. Yield: 15 bars.

Source

Source: TasteOfHome.com

Date Bars

Recipe Scan



CRUST:

- 1 cup flour (half all-purpose & half whole wheat pastry flour)
- 1/4 cup sugar
- 1/2 cup butter
- .
- .
- .
- .

DATE MIXTURE:

- 1/3 cup flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1 tsp vanilla extract
- 3/4 cup firmly packed brown sugar
- 1 cup dates, finely chopped or preferably ground with a meat grinder

Recommend Khadrawi Dates...Best Source for Organic Dates: Ehrlich's Date Garden 3420 West 12th St Yuma, AZ 85364 928-783-4778 This is a mom & pop operation, no website.

Procedure

- 1** Mix 1 cup flour & sugar in a bowl. Cut in the butter with a pastry blender until the particles formed are the size of small peas. Turn into a 9x9x2" baking pan and press firmly into an even layer over bottom of pan. Bake at 325° convection cook for 25 minutes.
- 2** Meanwhile, blend remaining 1/3 C flour, baking powder and salt. Set aside.
- 3** Beat eggs with extract. Add the brown sugar gradually beating until thick. Stir in the flour mixture and the dates.
- 4** Remove pan from oven. Turn the date mixture onto the layer in pan and spread evenly. Return to oven and continue baking 25-30 minutes. Cool completely on a wire rack before cutting into 16 bars.

Date Pecan Double Deckers

Recipe Scan



1 1/4	cups	flour	2	Tbs	flour
1/3	cup	sugar	1	tsp	baking powder
1/2	cup	unsalted butter, softened	1/2	tsp	salt
		-- DATE PECAN TOPPING --	1/4	tsp	ground nutmeg
1/3	cup	brown sugar	1	cup	toasted pecans, chopped
1/3	cup	sugar	8	oz	pitted chopped dates
2		eggs			--- ON TOP ---
1	tsp	vanilla			powdered sugar

Recommend Khadrawi Dates...Best Source for Organic Dates: Ehrlich's Date Garden 3420 West 12th St Yuma, AZ 85364 928-783-4778

Procedure

- 1 Heat oven to 350° F. Thoroughly grease bottom and up sides of a 9" square pan.
- 2 With pastry blender, combine flour, sugar and butter. Blend into crumbs. Pack into bottom of greased pan. Bake 15 - 20 minutes, until edges are lightly browned. Meanwhile, prepare date pecan topping.
- 3 Remove from oven, and while still hot, pour date pecan topping onto baked pastry. Bake for an additional 20 minutes. Cool in pan. Sprinkle top with powdered sugar, then cut into bars.
- 4 DATE PECAN TOPPING: Combine 1/3 cup light brown sugar, 1/3 cup sugar, 2 eggs and 1 teaspoon vanilla, and beat well. Sift together 2 Tbsp flour, 1 teaspoon baking powder, 1/2 teaspoon salt and 1/4 teaspoon ground nutmeg, and add to the sugar mixture. Stir in 1 cup chopped, toasted pecans and 8 oz of pitted chopped dates.

Double Chip Cheesecake Bars

Recipe Scan



- CRUST -

- 2 cups flour
- 1/2 cup confectioner's sugar
- 1/4 cup white sugar
- 1 cup cold butter
- .
- .
- .

- FILLING -

- 2 pkgs (8 oz each) cream cheese, softened
- 1/2 cup packed brown sugar
- 2 eggs
- 1 tsp almond extract
- 1 cup (6 oz.) chocolate chips, divided
- 1/2 cup butterscotch chips
- 1/2 cup walnuts, chopped

Procedure

- 1** In a medium bowl, combine flour & sugars. Cut in butter until the mixture resembles coarse crumbs. Press into 13x9x2" baking pan. Bake at 350° for 18-20 minutes or until lightly browned.
- 2** Meanwhile, in a mixing bowl, beat cream cheese and brown sugar until smooth. Add eggs and extract. Beat on low speed until combined. Stir in half chocolate chips, butterscotch chips and walnuts. Spread over crust. Sprinkle with the remaining chocolate chips.
- 3** Bake at 350° for 20-25 minutes or until center is almost set. Cool completely on wire rack before cutting.
- 4** Refrigerate leftovers. Yield: 3 dozen.

Source

Source: Alice Ellwanger

Double Chocolate Walnut Brownies

Recipe Scan



- | | | | | |
|-----------|-----------------------|-------|-----|------------------------------------|
| 1 cup | butter or margarine | 1 | tsp | vanilla |
| 4 squares | unsweetened chocolate | 1 | cup | all-purpose flour, sifted |
| 2 cup | sugar | 1 1/2 | cup | walnuts, coarsely chopped |
| 3 | eggs | 1 | pkg | (6 oz) semi-sweet chocolate pieces |

VARIATION: If you don't like nuts, replace the walnuts and chocolate chips with mini-M&Ms candy sprinkled on top for a very colorful and kid-friendly dessert.

Procedure

- 1 Melt butter and chocolate in a medium saucepan over moderate heat. Remove from heat. Beat in sugar gradually with a wooden spoon until thoroughly combined. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Stir in flour until thoroughly combined. Stir in 1 C of the walnuts. Spread into a greased 13x9x2" pan.
- 2 Combine remaining 1/2 C walnuts with chocolate pieces. Sprinkle over top of cookie mixture, pressing down lightly.
- 3 Bake in a moderate oven 350° for 35 minutes, or until top springs back when lightly pressed with fingertip. Cool completely in pan on wire rack. Cut into bars.

Fudgy Brownies

Recipe Scan



10 Tbs	(5 ounces) unsalted butter, at room temperature; more for the pan	2	large eggs, at room temperature
2 oz	unsweetened chocolate	1	large egg yolk, at room temperature
5 oz	bittersweet chocolate	2/3 cup	all-purpose flour
1 cup	sugar	2 oz	milk chocolate chunks
2 tsp	vanilla extract	2 oz	semi-sweet chocolate chips
pinch	salt	2 oz	bittersweet chocolate chips

Using both bittersweet and unsweetened chocolate gives these brownies deep, sophisticated chocolate flavor. The consistency is fudgy but not gooey or underdone. NOTE: All recipes can be doubled easily; use a 13x9-inch pan and increase the baking time slightly. The recipes give a range of baking times - use the shorter time for metal pans, the longer for Pyrex pans.

Procedure

- 1 Position an oven rack on the middle rung. Heat the oven to 350 degrees F. Butter an 8-inch square pan, line the pan bottom with parchment (or waxed paper), and then butter the parchment.
- 2 In a double boiler over simmering water, melt the butter and both chocolates. Remove the pan from the heat; cool slightly. Whisk in the sugar and then the vanilla and salt. The mixture will be somewhat grainy; this is okay.
- 3 Whisk in the eggs and egg yolk, one at a time, stirring each time until blended. Add the flour, beating until thickened and smooth, 30 to 60 seconds. Stir in 2 oz each of milk chocolate chunks, semi-sweet chocolate chips, and bittersweet chocolate chips.

Fudgy Brownies

- 4 Pour into the prepared pan and bake until a toothpick inserted in the middle comes out with moist crumbs (not wet batter) clinging to it, 35 to 45 minutes.
- 5 Set the pan on a rack until cool enough to handle. Run a paring knife around the inside edge of the pan and then invert the pan onto a flat surface and peel off the parchment. Flip the baked brownie back onto the rack to cool completely. Cut into squares with a sharp knife.

Source

Source: Cooking.com

Fudgy Mint Squares

10	Tbs	butter, divided	1	Tbs	cornstarch
3		squares (1 ounce each) unsweetened chocolate, chopped	1		can (14 ounces) sweetened condensed milk
3		eggs	1	tsp	peppermint extract
1-1/2	cups	sugar	4		drops green food coloring, optional
2	tsp	vanilla extract	1	cup	(6 ounces) semisweet chocolate chips
1	cup	all-purpose flour	1/2	cup	heavy whipping cream
1		package (8 ounces) cream cheese, softened			



I've had this recipe since I was in junior high school. No one can resist the fudgy brownie base, cool minty cheesecake filling and luscious chocolate glaze in these mouth-watering bars.

Procedure

- 1** In a microwave, melt 8 tablespoons butter and unsweetened chocolate; stir until smooth. Cool slightly. In a small mixing bowl, beat 2 eggs, sugar and vanilla. Beat in chocolate mixture until blended. Gradually add in flour.
- 2** Spread into a greased 13-in. x 9-in. baking pan. Bake at 350° for 15-20 minutes or until top is set.
- 3** In a large mixing bowl, beat cream cheese and remaining butter until smooth. Add cornstarch; beat until smooth. Gradually beat in milk and remaining egg. Beat in extract and food coloring if desired.
- 4** Pour over crust. Bake for 15-20 minutes or until center is almost set. Cool on a wire rack.
- 5** In a small heavy saucepan, combine chocolate chips and cream. Cook and stir over medium heat until chips are melted. Cool for 30 minutes or until lukewarm, stirring occasionally. Pour over cream cheese layer. Chill for 2 hours or until set before cutting. Yield: about 4 dozen.

Source

Source: Taste of Home

Glazed Milk Chocolate Brownies

Recipe Scan



--- BROWNIE ---

3/4 cup butter (1 1/2 sticks)
1 bar milk chocolate (7 oz.)
3 oz semisweet chocolate
1 1/2 cups sugar
2 tsp vanilla extract
1/2 tsp salt
5 eggs, large
1 1/4 cups flour

--- MILK CHOCOLATE GLAZE ---

1 cup milk chocolate chips (6 oz.)
4 Tbs butter
1 tsp vanilla extract
.
.
.
.

Procedure

- 1 Preheat oven to 350°F. Grease 13 x 9" metal baking pan.
- 2 Prepare Brownie: In 3-quart saucepan, heat butter and chocolates over medium-low heat until melted, stirring frequently. Meanwhile, in medium bowl, with wire whisk, mix sugar, vanilla, salt, and eggs until combined. Stir in flour. Stir egg mixture into chocolate mixture until well blended. Spread batter in pan.
- 3 Bake brownie 30 to 35 minutes or until toothpick inserted 2" from edge comes out almost clean. Cool in pan on wire rack.
- 4 When brownie is cool, prepare Milk Chocolate Glaze: In 1-quart saucepan, heat chocolate and butter over medium-low heat until melted, stirring frequently. Remove saucepan from heat. Stir in vanilla.
- 5 Spread glaze over brownie. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces.

Maple Pecan Bars

Recipe Scan



TOPPING

- 1/2 cup real maple syrup
- 1/2 cup packed light brown sugar
- 1/3 cup heavy cream
- 3 Tbs butter, cut into several pieces
- 1/2 tsp vanilla extract
- 2 cups coarsely chopped pecans

COOKIE BAR CRUST

- 3/4 cup (1 1/2 sticks) unsalted butter, softened but cool
- 1/3 cup sugar
- 1/2 tsp salt
- 1/2 cup oats, quick or old-fashioned
- 1 3/4 cups flour
- 1 Tbs cold water

This sweet oatmeal crust makes the perfect base for a variety of cookie bars. In New England this sort of sticky maple pecan cookie bar is a regular at bake sales. Not only are they absolutely delectable, but they also hold up well and are easy for buyers to transport home, although they seldom make it that far!

Procedure

- 1** CRUST: Heat the oven to 350°, then butter a 13- by 9-inch pan and set it aside.
- 2** Cream the softened butter, sugar, and salt in a large bowl with a wooden spoon. Stir in the oats, then stir in the flour a third at a time, rubbing in the last bit of it by hand to make coarse crumbs. Sprinkle on the water and rub briefly.
- 3** Press the dough into the pan, spreading it evenly into the bottom and very slightly up the sides. Chill the pan for 15-20 minutes. Then bake the pastry on the center oven rack for 15 minutes. Transfer the crust, in the pan, to a wire rack to cool thoroughly.

Maple Pecan Bars

- 4 TOPPING: Heat the oven to 350°. Combine the maple syrup, brown sugar, cream, and butter in a medium-size saucepan. Bring the mixture to a full boil. Boil for 30 seconds, then remove the pan from the heat and stir in the vanilla extract and pecans.
- 5 Immediately pour the maple pecan filling over the crust, spreading it evenly with a spoon.
- 6 Bake the bars on the center oven rack for 15 minutes. Transfer the bars, in the pan, to a wire rack to cool thoroughly. Cover and refrigerate the bars for 1 to 2 hours before slicing. Makes up to 24 bars.

Nanaimo Bars

Recipe Scan



- | | | | | |
|-------|--|-----|------|-------------------------------------|
| 2 | eggs, lightly beaten | 2 | cups | shredded coconut (bakers sweetened) |
| 1 1/3 | cups | 1 | cup | finely chopped walnuts |
| | butter, melted, plus 2 tablespoons
unmelted (divided use) | 1/4 | cup | milk |
| 2/3 | cup | 2 | tsp | vanilla |
| 1/2 | cup | 4 | cups | powdered sugar |
| 3 | cups | 8 | oz | semisweet chocolate, chopped |
| | graham cracker crumbs | | | |

These cookies get their name from a town called Nanaimo ---nuh-NIGH-moe--- on Vancouver Island, Canada. They are a sweet pleasure with a base of crushed graham crackers, nuts, cocoa, and coconut, topped with a buttery middle layer, then finished with a glossy semisweet chocolate. * Recipe traces its roots to the church ladies of Nanaimo dating back to the early 50s.

Procedure

- 1** Preheat the oven to 350 degrees. Grease a 9X13" cake pan. Line with parchment paper, leaving 1 inch extending over long edges; set aside.
- 2** Whisk together eggs, 1 cup of the melted butter, cocoa and sugar in large bowl; stir in crumbs, coconut and walnuts.
- 3** Press evenly into prepared pan. Bake 10 minutes. Cool in pan on rack.
- 4** Stir together remaining 1/3 cup of the melted butter, milk and vanilla in medium bowl; beat in powdered sugar until smooth.
- 5** Spread evenly over cooled base. Refrigerate until firm, about 45 minutes.
- 6** Place chocolate in a microwave-safe bowl with remaining 2 tablespoons of the butter. Heat 1 minute on high (100 percent power); stir. Heat 30 seconds; stir until melted and smooth.

Nanaimo Bars

- 7** Spread evenly over filling. Score the surface into serving-size pieces.
- 8** Refrigerate until set, about 1 hour. Use parchment paper to lift bars from pan; peel off paper.
- 9** Cut into 48 bars (6x8 grid).

Peppermint Chocolate Bars

1/2 cup	butter				FROSTING:
2 oz	unsweetened chocolate	1/4 cup	butter, softened		
2	eggs	2 cups	confectioners' sugar		
1 cup	sugar	1 tsp	peppermint extract		
2 tsp	Vanilla Extract	3 to 4 Tbs	heavy whipping cream		
1/2 cup	all-purpose flour		TOPPING:		
1/2 tsp	salt				
1/2 cup	chopped pecans or walnuts	1 oz	unsweetened chocolate		
		1 Tbs	butter		



Procedure

- 1 In a microwave, melt butter and chocolate; stir until smooth. Cool slightly. Meanwhile, in a large bowl, beat the eggs, sugar and vanilla. Add the chocolate mixture and mix well. Combine flour and salt; gradually add to chocolate mixture. Stir in nuts.
- 2 Spread into a greased 13 x 9". baking pan. Bake at 350° for 16-20 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.
- 3 In a small bowl, cream butter, sugar and extract until light and fluffy. Add enough cream until frosting reaches spreading consistency. Frost cooled bars. Melt chocolate and butter; drizzle over frosting. Cut into bars. Yield: 4 dozen.

Source

Source: TasteOfHome.com

Rhubarb Custard Bars

Recipe Scan



- | | | | |
|---------|--|---------|---|
| 2 cups | all-purpose flour | | |
| 1/4 cup | sugar | | |
| 1 cup | cold butter | 2 | packages (3 ounces each) cream cheese, softened |
| | FILLING: | | |
| 2 cups | sugar | 1/2 cup | sugar |
| 7 Tbs | all-purpose flour | 1/2 tsp | vanilla extract |
| 1 cup | heavy whipping cream | 1 cup | heavy whipping cream, whipped |
| 3 | eggs, beaten | | |
| 5 cups | (about 20 oz) finely chopped fresh or frozen rhubarb, thawed and drained | | |

Once I tried these rich gooey bars, I just had to have the recipe so I could make them for my family and friends. The shortbread-like crust and rhubarb and custard layers inspire people to find rhubarb they can use to fix a batch for themselves. -Shari Roach, South Milwaukee, Wisconsin If using frozen, chop Rhubarb while slightly frozen, then drain in colander.

Procedure

- 1 In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13-in. x 9-in. baking pan. Bake at 350° for 10 minutes.
- 2 Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° for 40-45 minutes or until custard is set. Cool.
- 3 For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator. Yield: 3 dozen.

Rhubarb Custard Bars

Source

Source: Taste Of Home

Smore Bars

Recipe Scan



- | | |
|--|---|
| 1/2 cup (1 stick) butter | 1 cup (6 oz) milk chocolate or semi-sweet chocolate chips |
| 1 1/2 cups Graham Cracker Crumbs, Whole Foods 365 Organic Honey Graham | 1 cup chopped nuts, optional |
| 1 can (14 oz) sweetened condensed milk, not evaporated milk | 1 cup miniature marshmallows |

It is important not to remove the bars from the pan until they are completely chilled. Otherwise, much of the graham cracker crust will be left behind in the pan.

Procedure

- 1 Preheat conventional oven to 325° or a convection oven to 300°. In 13x9" baking pan, melt butter in oven.
- 2 Sprinkle crumbs evenly over butter. Pour Sweetened Condensed Milk evenly over crumbs. Sprinkle with chocolate chips and nuts if desired. Press down gently with a fork.
- 3 Bake 25 minutes. Remove from oven and sprinkle with marshmallows. Press down gently with fingers if needed. Bake 2 minutes more. Cool on a wire rack for 30 minutes, then refrigerate for about an hour, and then cut into 24 bars.
- 4 Bars can be removed from pan and stored either in an air-tight container in the refrigerator or at room temperature as desired.

Source

Source: Eagle Brand Sweetened Condensed Milk

SnoBall Brownies

Recipe Scan



- | | | | | | |
|-----|-------|---|-----|------|--------------------------------|
| 1 | stick | salted butter, melted | 7 | oz | jar marshmallow fluff or creme |
| 1/2 | cup | unsweetened cocoa powder | 2/3 | cup | sweetened, shredded coconut |
| 1 | cup | granulated sugar | 1 | drop | pink food coloring (optional) |
| 2 | | large eggs | 1 | Tbs | cornstarch |
| 2 | tsp | vanilla extract | | | |
| 2/3 | cup | flour | | | |
| 3 | | (1.55 oz) Hershey's milk chocolate
candy bars, melted in the microwave | | | |

These are such a fun twist on the typical brownie — melted chocolate bars give them an extra fudgy consistency, and using milk chocolate keeps them from tasting super dark or bitter.

Procedure

- 1 Preheat oven to 350. Line an 8x8 square pan with foil and spray with nonstick baking spray. Set aside.
- 2 In a large bowl, whisk butter and cocoa powder together until cocoa is dissolved and mixture is thick. Stir in sugar until combined. Stir in eggs, mixing until combined. Add vanilla. Add flour, stirring just until no white streaks remain in batter. Fold in melted candy bars.
- 3 Pour batter in prepared pan and spread evenly. Bake for about 25 minutes, or until a toothpick inserted in the center comes out with fudgy crumbs, but not raw batter. Let cool slightly, about 20 minutes.
- 4 While you wait, combine coconut, cornstarch and pink coloring in a food processor or blender. Pulse several times until coconut is more finely shredded and pink.

SnoBall Brownies

- 5 Spoon marshmallow creme/fluff over the top of the warm brownies and let it sit for a few minutes -- the warm brownies will soften the marshmallow, making it easier to spread. Spread marshmallow evenly over the brownies, then sprinkle the coconut over the surface, pressing gently with your hands.
- 6 Refrigerate brownies until cool and firm. Keep uneaten brownies in the refrigerator so the marshmallow does not melt.

Source

Source: <http://www.confessionsofacookbookqueen.com/>

Streusel Topped Key Lime Squares

Recipe Scan



1/4 cup butter, softened
1/4 cup granulated sugar
1 tsp grated lime rind
1/8 tsp salt
1/8 tsp lemon extract
1 cup all-purpose flour
Cooking spray

2/3 cup granulated sugar
3 Tbs all-purpose flour
3/4 tsp baking powder
1/8 tsp salt
1/2 cup fresh key lime juice
3 large eggs
1 Tbs powdered sugar

Yield: 16 squares If you can't find key limes, you can use regular Persian limes, but the squares won't be quite as tart.

Procedure

- 1 Preheat oven to 350°.
- 2 Place first 5 ingredients in a medium bowl; beat with a mixer at medium speed until creamy (about 2 minutes). Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Gradually add 1 cup flour to butter mixture, beating at low speed until mixture resembles coarse meal. Gently press two-thirds of mixture (about 1 1/3 cups) into bottom of an 8-inch square baking pan coated with cooking spray; set remaining 2/3 cup flour mixture aside. Bake at 350° for 12 minutes or until just beginning to brown.
- 3 Combine 2/3 cup sugar, 3 tablespoons flour, baking powder, and 1/8 teaspoon salt in a medium bowl, stirring with a whisk. Add lime juice and eggs, stirring with a whisk until smooth. Pour mixture over crust. Bake at 350° for 12 minutes. Remove pan from oven (do not turn oven off); sprinkle remaining 2/3 cup flour mixture evenly over egg mixture. Bake an additional 8 to 10 minutes or until set. Remove from oven; cool in pan on a wire rack. Sprinkle evenly with powdered sugar.

Streusel Topped Key Lime Squares

Source

Source: Cooking Lite

Sugar-dusted Lemon Bars

Recipe Scan



CRUST			1/4	tsp	salt
3/4	cup	(1 1/2 sticks) unsalted butter, softened but cool	3		large eggs, at room temperature
3/4	cup	sugar	1		egg yolk
1/2	tsp	salt	4	Tbs	unsalted butter, melted
1/2	cup	oats, quick or old-fashioned	1/2	cup	milk
1 3/4	cup	flour	1/4	cup	fresh strained lemon juice
1	Tbs	cold water			Finely grated zest of 1 lemon
FILLING			1/2	tsp	vanilla extract
1 1/2	cups	sugar			Confectioners' sugar
1/3	cup	flour			

Procedure

- 1** CRUST: Heat oven to 350°, then butter a 13 x 9" pan and set it aside.
- 2** Cream the softened butter, sugar, and salt in a large bowl with a wooden spoon. Stir in the oats, then stir in the flour a third at a time, rubbing in the last bit of it by hand to make coarse crumbs. Sprinkle on the water and rub briefly.
- 3** Press the dough into the pan, spreading it evenly into the bottom and very slightly up the sides. Chill the pan for 15 minutes. Then bake the pastry on the center oven rack for 15 minutes. Transfer the crust, in the pan, to a wire rack to cool thoroughly.

Sugar-dusted Lemon Bars

- 4 FILLING: Heat the oven to 350°. Combine the sugar, flour, salt, eggs, and yolk in a large mixing bowl. Whisk until smooth. Whisk in the melted butter, then the milk. Stir in the lemon juice, lemon zest, and vanilla extract until evenly blended.
- 5 Pour the filling over the crust and tilt the pan gently from side to side to spread it evenly. Bake the bars on the center oven rack until the filling is set and just barely beginning to turn golden, 22 to 25 minutes; do not overbake.
- 6 Transfer the pan to a wire rack to cool. When the bars are barely warm, dust them lightly with confectioners' sugar using a sifter or fine sieve. Chill for at least 1 hour, then lightly dust them again with confectioners' sugar before slicing. Makes up to 24 bars.

Ultimate Turtle Brownies

Recipe Scan



--- CARMEL ---			
1/4	cup + 2T	heavy cream	
1/4	tsp	table salt	
1/4	cup	water	
2	Tbs	light corn syrup	
1 1/4	cups	(8 3/4 oz) sugar	
2	Tbsp	unsalted butter	
1	tsp	vanilla extract	
--- BROWNIES ---			
8	Tbsp	unsalted butter (1 stick), cut into 8 pieces	
4	oz	bittersweet chocolate chips, chopped	
2	oz	unsweetened chocolate squares, chopped	
3/4	cup	(3 3/4 oz) unbleached all-purpose flour	
1/2	tsp	baking powder	
2		large eggs, room temperature	
1	cup	(7 oz.) sugar	
1/4	tsp	sea salt	
2	tsp	vanilla extract	
2/3	cup	(2 3/4 oz.) chopped pecans	
1/3	cup	semisweet chocolate chips (optional)	
--- GARNISH ---			
25		pecan halves (about 1 1/2 ounces), toasted	

WHY THIS RECIPE WORKS: For our ultimate turtle brownie recipe, we wanted something reminiscent of a candy turtle: rich, chewy, and chocolatey, with a bittersweet, tooth-sinking caramel and an abundance of pecans. The real challenge was deciding on the right texture for the caramel sauce in our ultimate turtle brownie recipe. A mere 6 tablespoons of cream produced a caramel that was pleasantly chewy and gooey; 2 tablespoons of corn syrup kept the caramel from crystallizing or turning gritty; and 2 tablespoons of butter made it smooth and silky.

Procedure

- 1** TO MAKE THE CARAMEL: Combine cream and salt in small bowl; stir well to dissolve salt. Combine water and corn syrup in heavy-bottomed 2- to 3-quart saucepan; pour sugar into center of saucepan, taking care not to let sugar granules touch sides of pan. Gently stir with clean spatula to moisten sugar thoroughly. Cover and bring to boil over medium-high heat; cook, covered and without stirring, until sugar is completely dissolved and liquid is clear, 3 to 5 -minutes. Uncover and continue to cook, without stirring, until bubbles show faint golden color, 3 to 5 minutes more. Reduce heat to medium-low. Continue to cook (swirling occasionally) until caramel is light amber and registers about 360 degrees on candy or instant-read thermometer, 1 to 3 minutes longer. Remove saucepan from heat and carefully add cream to center of pan; stir with whisk or spatula (mixture will bubble and steam vigorously) until cream is fully incorporated and bubbling subsides. Stir in butter and vanilla until combined; transfer caramel to microwaveable measuring cup or bowl and set aside.
- 2** TO MAKE THE BROWNIES: Adjust oven rack to lower-middle position; heat oven to 325 degrees. Lightly spray 9-inch-square baking pan with nonstick cooking spray. Cut 14-inch length extra-wide heavy-duty foil; fold cut edges back to form 8 1/2-inch width. With folded sides face down, fit foil securely into bottom and up sides of baking pan, allowing excess to overhang pan sides. Spray foil with cooking spray.
- 3** Melt butter and bittersweet and unsweetened chocolates in medium heatproof bowl set over saucepan of barely simmering water, stirring occasionally, until smooth and combined; set aside to cool slightly. Meanwhile, whisk together flour and baking powder in small bowl; set aside. When chocolate has cooled slightly, whisk eggs in large bowl to combine; add sugar, salt, and vanilla and whisk until incorporated. Add melted chocolate mixture to egg mixture; whisk until homogenous. Add flour mixture; stir with rubber spatula until almost combined. Add chopped pecans and chocolate chips (if using); mix until incorporated and no flour streaks remain.
- 4** Following illustrations below, distribute half of brownie batter in prepared baking pan, spreading in even layer. Drizzle scant 1/4 cup caramel over batter. Drop remaining batter in large mounds over caramel layer; spread evenly and into corners of pan with rubber spatula. Drizzle additional scant 1/4 cup caramel over top. Using tip of butter knife, swirl caramel and batter. Bake brownies until toothpick inserted into center comes out with only a few moist crumbs attached, 35 to 40 minutes. Cool brownies in pan on wire rack to room temperature, about 1 1/2 hours. DRIZZLE NOTE: To drizzle the caramel, use a 1/4-cup dry measuring cup that has been sprayed with nonstick cooking spray. If the caramel is too cool to be fluid, reheat it in the microwave.
- 5** Heat remaining caramel (you should have about 3/4 cup) in microwave until warm and pourable but still thick (do not boil), 45 to 60 seconds, stirring once or twice; pour caramel over brownies. Using spatula, spread caramel to cover surface. Refrigerate brownies, uncovered, at least 2 hours.
- 6** Using foil extensions, lift brownies from baking pan, loosening sides with paring knife, if needed. Peel away and discard foil. Using chef's knife, cut brownies into 25 evenly sized squares. Press a pecan half onto surface of each brownie. Serve chilled or at room temperature.

Source

Source: CooksIllustrated.com - May 2006

Cakes

Boston Cream Cake

Recipe Scan



--- PASTRY CREAM ---				3/4	tsp	table salt
2	cups	half-and-half		3/4	cup	whole milk
6		large egg yolks		6	Tbs	(3/4 stick) unsalted butter
1/2	cup	(3 1/2 ounces) sugar		1 1/2	tsp	vanilla extract
	pinch	table salt		3		large eggs
1/4	cup	unbleached all-purpose flour		1 1/2	cups	(10 1/2 ounces) sugar
4	Tbs	cold unsalted butter, cut into four pieces		--- GLAZE ---		
1 1/2	tsp	vanilla extract		1/2	cup	heavy cream
--- CAKE ---				2	Tbs	light corn syrup
1 1/2	cups	(7 1/2 ounces) unbleached all-purpose flour		4	oz	bittersweet chocolate, chopped fine
1 1/2	tsp	baking powder				

Procedure

- 1** FOR THE PASTRY CREAM: Heat half-and-half in medium saucepan over medium heat until just simmering. Meanwhile, whisk yolks, sugar, and salt in medium bowl until smooth. Add flour to yolk mixture and whisk until incorporated. Remove half-and-half from heat and, whisking constantly, slowly add 1/2 cup to yolk mixture to temper. Whisking constantly, return tempered yolk mixture to half-and-half in saucepan.
- 2** Return saucepan to medium heat and cook, whisking constantly, until mixture thickens slightly, about 1 minute. Reduce heat to medium-low and continue to simmer, whisking constantly, 8 minutes.
- 3** Increase heat to medium and cook, whisking vigorously, until bubbles burst on surface, 1 to 2 minutes. Remove saucepan from heat; whisk in butter and vanilla until butter is melted and incorporated. Strain

Boston Cream Cake

pastry cream through fine-mesh strainer set over medium bowl. Press lightly greased parchment paper directly on surface and refrigerate until set, at least 2 hours and up to 24 hours.

- 4** FOR THE CAKE: Adjust oven rack to middle position and heat oven to 325 degrees. Lightly grease two 9-inch round cake pans with nonstick cooking spray and line with parchment. Whisk flour, baking powder, and salt together in medium bowl. Heat milk and butter in small saucepan over low heat until butter is melted. Remove from heat, add vanilla, and cover to keep warm.
- 5** In stand mixer fitted with whisk attachment, whip eggs and sugar at high speed until light and airy, about 5 minutes. Remove mixer bowl from stand. Add hot milk mixture and whisk by hand until incorporated. Add dry ingredients and whisk until incorporated.
- 6** Working quickly, divide batter evenly between prepared pans. Bake until tops are light brown and toothpick inserted in center of cakes comes out clean, 20 to 22 minutes.
- 7** Transfer cakes to wire rack and cool -completely in pan, about 2 hours. Run small plastic knife around edge of pans, then invert cakes onto wire rack. Carefully remove parchment, then reinvert cakes.
- 8** TO ASSEMBLE: Place one cake round on large plate. Whisk pastry cream briefly, then spoon onto center of cake. Using offset spatula, spread evenly to cake edge. Place second layer on pastry cream, bottom side up, making sure layers line up properly. Press lightly on top of cake to level. Refrigerate cake while preparing glaze.
- 9** FOR THE GLAZE: Bring cream and corn syrup to simmer in small saucepan over medium heat. Remove from heat and add chocolate. Whisk gently until smooth, 30 seconds. Let stand, whisking occasionally, until thickened slightly, about 5 minutes.
- 10** Pour glaze onto center of cake. Use offset spatula to spread glaze to edge of cake, letting excess drip decoratively down sides. Chill finished cake 3 hours before slicing. Cake may be made up to 24 hours before serving.

Source

Source: The Best of America's Test Kitchen - 2012

Cake Balls

Recipe Scan



--- INSIDE ---

- 1 pkg (8 oz.) Cream Cheese, softened
- 1 pkg (15.5 oz) OREO Cookies, finely crushed
(about 40 cookies, 3 cups when crushed)

--- COATING ---

- 2 pkgs (8 squares each) BAKER'S Semi-Sweet
Chocolate, or White Chocolate, or Almond
Bark (vanilla), melted

Any OREO cookie flavor, or any sandwich cookie, will work for this recipe. Also, any CAKE recipe will work for the inside balls using 1 cake recipe plus 1 frosting recipe.

Procedure

- 1** MIX cream cheese and cookie crumbs until well blended.
- 2** SHAPE into 48 (1-inch) balls. Freeze for about 1 hour on parchment-lined pan. Dip balls in melted chocolate. Return to the parchment-lined pan.
- 3** REFRIGERATE until completely set, about 20 minutes. STORE in a single layer in air-tight container(s) in refrigerator.

Recipe Tips

For Easier Dipping

Use a fork & spoon to gently roll the cookie ball into melted chocolate. Shake off excess chocolate then place on waxed-paper.

Caramel Apple Cake

Recipe Scan



BUTTERMILK CAKE LAYERS :

2 cups sugar
3/4 cup unsalted butter, room temperature, 1 1/2 sticks
5 egg whites, lightly blended
2 3/4 cups flour
1/2 tsp baking soda
1/2 tsp table salt
1 cup buttermilk
2 tsp vanilla extract

SPICED APPLE FILLING:

3 Granny Smith apples, peeled, thinly sliced
1/4 cup sugar
1 tsp ground cinnamon

Juice of 1/2 lemon

Pinch of Salt

3 Tbs apple juice or water

CARAMEL ICING:

2 cups sugar
1 cup unsalted butter, cubed (2 sticks)
1/2 cup buttermilk
1 tsp baking soda
1 tsp fresh lemon juice

Pinch of salt

GARNISH:

Chopped dry roasted peanuts

Homemade cake just may become a thing of the past. It's a shame, but with all sorts of cookbooks touting the magic of mixes, it's no surprise. But before you forever swear off baking a cake from scratch,

Caramel Apple Cake

give this one a try. Even though it has three components (cake, filling, icing), none are difficult to execute. A single taste just may convince you to ban cake mixes from your kitchen! Caramel cake is a Southern tradition consisting simply of white cake frosted with a super-sweet caramel icing. This is one cake that's invited to (and shows up at) nearly every party. Where there is food, there is caramel cake -- potlucks, picnics, church suppers, everywhere. The big difference between that traditional cake and this one is a layer of tart, spicy sauteed apples in the middle. It is a departure from tradition, but given how perfectly suited caramel and apples are to each other, it's not a big leap at all.

Procedure

- 1** --- CAKE LAYERS --- Preheat oven to 350° with rack in the center. Grease two 9" round cake pans with non-stick spray. Line with rounds of parchment paper, spray again, and dust with flour.
- 2** Cream sugar and butter in a large mixing bowl until light.
- 3** Gradually add egg whites, beating until well blended.
- 4** Sift flour baking soda and salt.
- 5** Combine buttermilk and vanilla. Add 1/3 of the flour mixture to the butter mixture. Mix just until blended. Add 1/2 the buttermilk mixture and blend just to incorporate. Scrape the bowl, add half the remaining flour, and blend. Scrape the bowl again, then add the remaining buttermilk. Fold in the last of the flour by hand, making sure no flour is at the bottom.
- 6** Divide batter among prepared pans, about 2 1/2 cups per pan. Bake for 40-45 minutes, or until a toothpick inserted in the center comes out clean. Cool cakes on a rack for 5 minutes, turn out onto a cooling rack, and peel off the parchment. Cool before filling and frosting.
- 7** --- SPICED APPLE FILLING --- Sauté apples in butter over medium-high heat with sugar, cinnamon, lemon juice, and salt. Cook until fruit begins to caramelize around the edges, about 15 minutes. Stir periodically, but not so much that the apples don't caramelize.
- 8** Deglaze with juice, stir, and cook another 2-3 minutes, or until liquid is nearly (but not totally) evaporated. Cool apples before filling cake.
- 9** --- CARAMEL ICING --- Boil all ingredients (except for the peanuts) in a tall, heavy saucepan over medium heat, stirring until butter melts and mixture starts to boil. Cook, stirring occasionally, until icing caramelizes, about 8 minutes. Remove from heat and cool 5 minutes. It will continue to caramelize off heat.
- 10** Beat icing with a hand mixer until lighter in color and thick, about 5 minutes. It should be liquid enough to drip down the sides of the cake.
- 11** --- ASSEMBLE THE CAKE --- Once the icing is beaten, you have to put the cake together quickly. If you wait, the icing will stiffen and make for problematic spreading. However if it does thicken a bit, just thin it out with a teaspoon or two of buttermilk or milk. Achieving the ideal consistency is tricky, but the perfect icing will flow from a spoon in a thick stream when poured.
- 12** To assemble, start by spreading about one cup of icing over one of the cake layers. Push the icing to the edges but don't force it to drip over. It will happen naturally when the apple filling and the second cake layer are positioned on top.
- 13** Now carefully arrange the apple filling on the icing. Get the apples as close to the edge as possible without spilling over. If there's any juice left in the sauté pan, drizzle it over the apples --- it'll soak into the top cake layer.
- 14** Place the second cake layer on the first, then pour the remaining icing on top. Working quickly, spread it to the edge and gently push it over so it drips down. Finally, press the nuts into the icing on top, don't just sprinkle them on. A thin, sugary crust keeps the nuts from sticking unless they're firmly pressed in.
- 15** For super-clean slices, use an electric knife to cut the cake. If you don't have one, use a sharp knife and clean the blade after each cut. That way, the icing won't stick so much.

Recipe Tips

--- Baking the Cake --- This cake is easy, but it does need more attention than a boxed mix. Here is what to look out for.

Caramel Apple Cake

CREAMING: Properly creaming the butter and sugar aerates the batter and gives the cake a finer texture. To do it right, the butter must be room temperature, not hard or squishy, and the creaming time long, 4-5 minutes.

ADDING INGREDIENTS: Add the egg whites a little at a time so they thoroughly blend into the butter. And by alternately adding dry and wet ingredients, the batter resists curdling (which is bad for the cake's flavor and texture).

OVERMIXING: Take care not to overmix the batter. It develops gluten (a protein), making the cake tough, and causes tunnel-like holes to form. To prevent it, add the last of the flour by hand.

BAKING AND COOLING: Bake the cakes until a toothpick comes out clean. Cool them in the pans a bit before turning out to cool completely --- do not assemble the cake with warm layers (they're not sturdy enough to support each other). Cooled, the layers may be frozen for up to a month.

Source

Author: www.CusineAtHome.com

Caramel Apple Cheesecake

Recipe Scan



1 1/2	cups	cinnamon graham cracker crumbs (about 8 whole crackers)	1/2	cup	chopped pecans, divided
3/4	cup	sugar, divided	2	pkgs	(8 oz each) cream cheese, softened
1/4	cup	butter, melted	2	Tbsp	all-purpose flour, divided
1	pkg	(14 oz) caramels	2		eggs, lightly beaten
2/3	cup	evaporated milk (5 oz can)	1 1/2	cups	chopped peeled apples, Granny Smith
			1/2	tsp	ground cinnamon

This recipe won the grand prize in an apple recipe contest. With caramel both on the bottom and over the top, this cheesecake is ooey-goey good.

Procedure

- 1 Place a greased 9" springform pan on a double thickness of heavy-duty foil (about 18" square). Securely wrap foil around pan.
- 2 In a small bowl, combine cracker crumbs, 1/4 cup sugar and butter. Press onto the bottom and 1" up the sides of prepared pan. Place on a baking sheet. Bake at 350° for 10 minutes or until lightly browned. Cool on a wire rack.
- 3 In a heavy saucepan over medium-low heat, cook and stir caramels and milk until melted and smooth. Pour 1 cup over crust. Sprinkle with 1/4 cup pecans. Set remaining caramel mixture aside.
- 4 In a large bowl, beat the cream cheese, 1 tablespoon flour and remaining sugar until smooth. Add eggs. Beat on low speed just until combined. Combine apples, cinnamon and remaining flour. Fold into cream cheese mixture. Pour into crust.

Caramel Apple Cheesecake

- 5 Place springform pan in a large baking pan. Add 1" of hot water to larger pan. Bake for 40 minutes. Reheat reserved caramel mixture if necessary. Gently spoon over cheesecake. Sprinkle with remaining pecans.
- 6 Bake 10-15 minutes longer or until center is just set. REmove pan from the water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen. Cool 1 hour longer. Refrigerate overnight.

Caramel Walnut Upside-Down Banana Cake

Recipe Scan



TOPPING			1/2	tsp	salt
Nonstick vegetable oil spray			1/2	cup	(1 stick) unsalted butter, room temperature
1/2	cup	(1 stick) unsalted butter	1/2	cup	sugar
1	cup	golden brown sugar (packed)	1/2	cup	golden brown sugar (packed)
3	Tbsp	dark corn syrup	2		large eggs
3/4	cup	walnut halves or pieces	1	cup	mashed very ripe bananas (2 to 3 large)
CAKE			3	Tbsp	sour cream
1 3/4	cups	cups cake flour ... OR ...	1	tsp	dark rum
		... 1 3/4 cups minus 3 Tbsp all purpose flour	1	tsp	vanilla extract
1	tsp	baking powder	Whipped cream or vanilla ice cream		
3/4	tsp	baking soda			

Procedure

- 1** TOPPING: Spray 8-inch round cake pan with 2-inch-high sides with nonstick spray. Bring butter, sugar, and corn syrup to boil in medium saucepan, stirring constantly until butter melts. Boil syrup 1 minute. Stir in nuts. Spread topping in prepared pan. Let topping cool completely.
- 2** CAKE: Preheat oven to 350°F. Sift first 4 ingredients into medium bowl. Using electric mixer, beat butter and both sugars in large bowl until blended. Beat in eggs 1 at a time, then mashed bananas, sour cream, rum, and vanilla. Beat in dry ingredients in 2 additions just until combined. Spoon batter into pan.
- 3** Bake for 30-40 minutes, until toothpick inserted into center comes out clean. Start testing for doneness at about 30 minutes. Cool 15 minutes. Cut around cake. Place platter over pan. Holding pan and platter together, turn over. Let stand 5 minutes, then gently lift off pan. Cool at least 15 minutes for topping to set. Serve warm or at room temperature with whipped cream or vanilla ice cream.

Caramel Walnut Upside-Down Banana Cake

Source

Source: bonappetit.com, March 2008

Cardamom-Date Snack Cake

Recipe Scan



-- CAKE --			1	cup	applesauce
		Cooking spray	1	tsp	vanilla extract
2	cups	all-purpose flour	3		large eggs
1	tsp	baking powder	3/4	cup	chopped pitted dates
1	tsp	baking soda	--TOPPING --		
1/2	tsp	salt	1/3	cup	sliced almonds
1/2	tsp	ground cardamom	3	Tbs	all-purpose flour
1/2	tsp	ground cinnamon	3	Tbs	brown sugar
5	Tbs	butter, softened	2	Tbs	butter, melted
1	cup	packed brown sugar			

This spicy little cake welcomes a glass of milk or cup of hot tea. The dates make this treat extremely moist and tender, so use a serrated knife to cut it. Use Khadrawi Dates...Best Source for Organic Dates: Ehrlich's Date Garden, 3420 West 12th St, Yuma, AZ 85364, 928-783-4778

Procedure

- 1 Preheat oven to 350°.
- 2 To prepare cake, coat a 9-inch square baking pan with cooking spray; set aside.
- 3 Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine 2 cups flour and next 5 ingredients (through cinnamon) in a large bowl; make a well in center of mixture. Combine 5 tablespoons butter and the next 4 ingredients (through eggs) in a medium bowl; beat with a mixer at

Cardamom-Date Snack Cake

medium speed until blended. Add to flour mixture; stir just until moist. Stir in dates. Spoon batter into prepared pan.

- 4 To prepare topping, combine sliced almonds and remaining ingredients, stirring with a fork until blended. Sprinkle evenly over batter. Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan.

Source

Source: Cooking Light Magazine

Carrot Cake

Recipe Scan



--- POWDERS ---			3	cups	organic carrots, peeled & finely shredded
2	cups	flour (1 white + 1 whole wheat pastry flour)	1	cup	canola oil, or vegetable oil
2	cups	Evaporated Cane Juice Organic Sugar	4		eggs
1	tsp	baking powder	--- CREAM CHEESE FROSTING ---		
1	tsp	baking soda	6	oz	cream cheese
1	tsp	salt	1/2	cup	butter
1	tsp	ground cinnamon	2	tsp	vanilla
		.	4	cups	sifted powdered sugar
--- OTHER INGREDIENTS ---					

Recommend using a 13x9" baking pan, since this cake is normally refrigerated, and it is much easier to find space in refrigerator with 13x9" pan.

Procedure

- 1 MIXING POWDERS** Grease and lightly flour baking pan(s). Use two 8 x 1.5" or 9 x 1.5" round baking pans or one 13x9x2". In a mixer bowl stir together flour, sugar, baking powder, baking soda, salt, and cinnamon.
- 2 CONTINUING TO ADD** Add carrot, canola oil, and eggs. Beat with electric mixer on low speed till combined. Beat on medium speed for 2 minutes. Turn into prepared pan(s). Bake in a 325° oven for 40 minutes till a toothpick comes out clean. (For 13 x 9" pans, bake 50-60 min.) Cool 10 minutes in pan(s) on wire rack(s). Remove if desired. Cool completely.
- 3 CREAM CHEESE FROSTING** In a mixer bowl, beat together the cream cheese, butter, and vanilla till light and fluffy. Gradually add the powdered sugar, beating till smooth.

Carrot Cake

Source

Source: Better Homes & Gardens - Creative Cake Decorating - 1983

Carrot Layer Cake

Recipe Scan



--- CAKE ---			2/3 cups dried currants (optional)		
1 3/4 cups	(8 3/4 ounces)	all-purpose flour	--- FROSTING ---		
2 tsp		baking powder	16 Tbs		unsalted butter, softened
1 tsp		baking soda	3 cups	(12 ounces)	confectioners' sugar
1 1/2 tsp		ground cinnamon	1/3 cup		buttermilk powder
3/4 tsp		ground nutmeg	2 tsp		vanilla extract
1/2 tsp		salt	1/4 tsp		salt
1/4 tsp		ground cloves	12 oz		cream cheese, chilled and cut into 12 equal pieces
1 1/4 cups	(8 3/4 ounces)	light brown sugar	2 cups	(8 ounces)	pecans, toasted and chopped coarse
3/4 cup		vegetable oil	.		.
3		large eggs	.		.
1 tsp		vanilla extract	.		.
2 2/3 cups		shredded carrots (4 carrots)			

WHY THIS RECIPE WORKS: Preparing this cake in a half sheet pan means that it bakes and cools in far less time than a conventional layer cake, and—cut into quarters—it produces four thin, level layers that do not require splitting or trimming before frosting. Adding extra baking soda raises the pH of the batter, ensuring that the coarsely shredded carrots will soften during the shortened baking time. Buttermilk powder in the frosting reinforces the tangy flavor of the cream cheese without making the frosting too soft. Shred the carrots on the large holes of a box grater or in a food processor fitted with the shredding disk. Do not substitute liquid buttermilk for the buttermilk powder. To ensure the proper

Carrot Layer Cake

spreading consistency for the frosting, use cold cream cheese. If your baked cake is of an uneven thickness, adjust the orientation of the layers as they are stacked to produce a level cake. Assembling this cake on a cardboard cake round trimmed to a 6 by 8" rectangle makes it easy to press the pecans onto the sides of the frosted cake. Serves 10 - 12

Procedure

- 1** FOR THE CAKE: Adjust oven rack to middle position and heat oven to 350 degrees. Grease 18 by 13-inch rimmed baking sheet, line with parchment paper, and grease parchment. Whisk flour, baking powder, baking soda, cinnamon, nutmeg, salt, and cloves together in large bowl.
- 2** Whisk sugar, oil, eggs, and vanilla together until mixture is smooth. Stir in carrots and currants. Add flour mixture and fold with rubber spatula until mixture is just combined.
- 3** Transfer batter to prepared baking sheet and smooth surface with offset spatula. Bake until center of cake is firm to touch, 15 to 18 minutes. Cool in pan on wire rack for 5 minutes. Invert cake onto wire rack (do not remove parchment) and then reinvert onto second wire rack. Cool cake completely, about 30 minutes.
- 4** FOR THE FROSTING: Using stand mixer fitted with paddle, beat butter, sugar, buttermilk powder, vanilla, and salt on low speed until smooth, about 2 minutes, scraping down bowl as needed. Increase speed to medium-low; add cream cheese, 1 piece at a time; and mix until smooth, about 2 minutes.
- 5** Transfer cooled cake to cutting board, parchment side down. Using sharp chef's knife, cut cake and parchment in half crosswise and then lengthwise to make 4 equal rectangles, about 6 by 8 inches each.
- 6** Place 6 by 8-inch cardboard rectangle on cake turntable or plate. Place 1 cake rectangle, parchment side up, on cardboard and carefully remove parchment. Using offset spatula, spread 2/3 cup frosting evenly over cake layer. Repeat with two more layers of cake, frosting each layer with 2/3 cup frosting and pressing gently on each layer to level. Place last rectangle of cake on top and frost top of cake with 1 cup frosting. Use remaining frosting to coat sides of cake. (It's fine if some crumbs show through frosting on sides, but if you go back to smooth top of cake, be sure that spatula is free of crumbs.)
- 7** Hold cake with 1 hand and gently press chopped pecans onto sides with other hand. Chill for at least 1 hour before serving.
- 8** To Make Ahead: The cake may be refrigerated for up to 24 hours before serving.

Source

Source: CooksIllustrated.com --- May 2012

Cheese Layer Cake (Medium Weight)

Recipe Scan



--- CRUST ---		--- CAKE BOTTOM LAYER ---	
	9" round pie plate	12 oz	cream cheese, softened
	or, 8 x 8" glass baking dish	1/2 cup	sugar
1 1/4 cup	graham cracker crumbs	2	eggs
1/4 cup	brown sugar	1/2 tsp	vanilla
1/4 cup	butter, melted	--- CAKE TOP LAYER ---	
.		1 cup	sour cream
.		2 Tbs	sugar
.		1/2 tsp	vanilla

Procedure

- 1 GRAHAM CRACKER CRUST** Crush graham crackers inside a ZipLock bag with rolling pin. Then pour into a measuring cup to measure 1 1/4 cups. Put the graham crackers into a medium size mixing bowl. Add sugar & butter and mix well with fork and/or fingers until well blended. Press crumbs firmly with fingers onto bottom of 8x8" baking dish. If using a 9" round, press crumbs evenly on the bottom and up sides.
- 2 CHEESE CAKE - BOTTOM LAYER** Blend together all the CAKE BOTTOM LAYER ingredients and mix well with wire whip attachment of an electric mixer and pour over crust. Bake 30 minutes at 350° and cool 15 minutes.
- 3 CHEESE CAKE - TOP LAYER** Mix together all the CAKE TOP LAYER ingredients in a small mixing bowl with a spoon and pour over the cake bottom layer. Spread evenly. Bake 15 minutes more at 350°. Cool at least 1 hour at room temperature, then chill for 2-4 hours before cutting.

Cheesecake Pie

Recipe Scan



- | | | | | | |
|-----|------|---------------------------------------|---|-----|---|
| 2 | pkgs | (8 oz each) of cream cheese, softened | 1 | tsp | lemon juice |
| 3/4 | cup | Organic Sugar | 1 | | Arrowhead Mills Graham Cracker Pie Crust, 9" size |
| 2 | | eggs | | | |
| 2 | tsp | vanilla | | | |

Procedure

- 1** Preheat oven to 350°. Beat cream cheese, sugar, eggs, vanilla and lemon juice together with an electric mixer until smooth. Pour into pie crust. Bake for 25 minutes. Cool on a wire rack for 1 hour at room temperature, then cool in refrigerator for 4 hours before serving.
- 2** Notes: 1. To give your no-bake recipes a golden crust, brush the crust with beaten egg whites and bake at 375° for 5 minutes before filling. 2. Place pie crust on baking sheet before filling to prevent spills. 3. To cover the pie, place the inverted plastic lid on open foil of pan and press the edges down to hold it in place.

Chocolate Chip Cheesecake

Recipe Scan



- | | | | | |
|-----|------|--|---|--|
| 3 | pkgs | (8 oz each) cream cheese, softened | 1 | graham cracker crumb crust (9 oz., extra-serving-size) |
| 3/4 | cup | sugar | | |
| 3 | | eggs | 2 | Tbs whipping cream |
| 1 | tsp | vanilla extract | | |
| 2 | cups | Hershey's Mini Chips Semi-Sweet Chocolate (12 oz package), divided | | |

Procedure

- 1 Heat oven to 450°F.
- 2 Beat cream cheese and sugar in large bowl with mixer until well blended. Add eggs and vanilla. Beat well. Stir in 1 2/3 cups small chocolate chips. Pour into crust.
- 3 Bake 10 minutes. Without opening oven door, reduce temperature to 250°F. Continue baking 20 minutes or just until set. Remove from oven to wire rack. Cool completely. Cover. Refrigerate until thoroughly chilled.
- 4 Place remaining 1/3 cup chips and whipping cream in small microwave-safe bowl. Microwave at HIGH (100%) 20 to 30 seconds or just until chips are melted and mixture is smooth when stirred. Cool slightly. Spread over top of cheesepie. Refrigerate 15 minutes or until topping is set. Cover. Refrigerate leftover cheesepie.

Chocolate Marble Chiffon Cake

Recipe Scan



1/4	cup	cocoa (unsweetened)	1/2	tsp	almond extract
2	Tbs	packed dark brown sugar	1/2	tsp	cream of tartar
3	Tbs	boiling water	--- VANILLA GLAZE ---		
1 1/2	cups	granulated sugar	2 1/2	Tbs	butter
1 1/3	cups	cake flour, plus 3 additional tablespoons (reserved)	1	cup	confectioner's sugar
2	tsp	baking powder	3/4	tsp	vanilla extract
1/2	tsp	sea salt	2 - 4	Tbs	water
7		large eggs, 2 left whole, 5 separated	--- CHOCOLATE GLAZE ---		
3/4	cup	water	2	Tbs	butter
1/2	cup	vegetable oil	2	oz	unsweetened chocolate
1	Tbs	vanilla extract	1	cup	confectioner's sugar
			2	Tbs	boiling water

WHY THIS RECIPE WORKS: For an improved chiffon cake recipe that was light but rich, with deep flavor, we made some adjustments to the original chiffon cake recipe, which tended to collapse or explode because the structure base of this cake—flour and eggs—is so sensitive. Rather than whipping all of the egg whites for this cake, we mixed some unbeaten egg whites into the dry ingredients along with the yolks, water, and oil. This provided the structure we were seeking to hold the cake together while also giving us the perfect chiffon cake: moist, tender, and flavorful. **EXCESS GLAZE:** If there is any extra glaze, keep in the ziplock bag, and you can use that over ice cream or fresh strawberries.

Procedure

- 1 Let eggs stand a room temperature for 30 minutes before proceeding.

Chocolate Marble Chiffon Cake

- 2 Combine cocoa and dark brown sugar in small bowl. Stir in boiling water and mix until smooth.
- 3 Adjust rack to lower-middle position and heat oven to 325 degrees. Whisk sugar, 1 1/3 cups flour, baking powder, and salt together in large bowl (at least 4-quart size). Whisk in two whole eggs, five egg yolks (reserve whites), water, oil, and extracts until batter is just smooth.
- 4 Pour reserved egg whites into large bowl; beat at medium speed with electric mixer until foamy, about 1 minute. Add cream of tartar, increase speed to medium-high, then beat whites until very thick and stiff, just short of dry, 9 to 10 minutes with hand-held mixer and 5 to 7 minutes in KitchenAid or other standing mixer. With large rubber spatula, fold whites into batter, smearing in any blobs of white that resist blending with flat side of spatula.
- 5 Equally divide batter into two separate bowls. Mix scant 1/2 cup of one batter portion into cocoa mixture, then partially fold this mixture back into the batter from which it came. Sieve or sift remaining cake flour over the now-chocolate batter and continue to fold until just mixed. Pour half the white, then half the chocolate, batter into large tube pan (9-inch diameter, 16-cup capacity); repeat. Do not rap pan against countertop. Wipe off any batter that may have dripped or splashed onto inside walls of pan with paper towel.
- 6 Bake cake until wire cake tester inserted in center comes out clean, 55 to 65 minutes. Immediately turn cake upside down to cool. If pan does not have prongs around rim for elevating cake, invert directly over wire rack. Cool for about 2 hours before frosting.
- 7 To unmold, turn pan upright. Run frosting spatula or thin knife around pan's circumference between cake and pan wall, always pressing against the pan. Use cake tester to loosen cake from tube. For one-piece pan, bang it on counter several times, then invert over serving plate. For two-piece pan, grasp tube and lift cake out of pan. If glazing the cake, use a fork or a paring knife to gently scrape all the crust off the cake. Loosen cake from pan bottom with spatula or knife, then invert cake onto plate. (Can be wrapped in plastic and stored at room temperature 2 days or refrigerated 4 days.)
- 8 VANILLA GLAZE: Melt butter. Stir in confectioner's sugar and vanilla. Add water 1 Tbs at a time, and mix until smooth and of desired consistency. Transfer to a snack-size ziplock bag, cut a small hole in corner of the bag, and drizzle as desired over the cake.
- 9 CHOCOLATE GLAZE: Melt butter and unsweetened chocolate together in a small sauce pan. Cook on low heat just until butter and chocolate are melted. Remove from heat. Add confectioner's sugar and 2 Tbs boiling water. Stir until smooth. Let cool slightly if necessary. Transfer to a snack-size ziploc bag, cut a small hole in corner of the bag, and drizzle as desired over the cake.

Source

Source: Cooks Illustrated - May 1996

Chocolate Sheet Cake

Recipe Scan



--- CAKE ---			
2	cups	unbleached white flour	
2	cups	sugar	
1/2	tsp	salt	
1/2	cup	buttermilk	
1	tsp	baking soda	
1	tsp	vanilla extract	
2		eggs (large)	
2		sticks butter (1 cup)	
1/3	cup	cocoa powder	
1	cup	boiling water	
1	tsp	instant coffee granules	
--- ICING ---			
1		stick butter (1/2 cup)	
1/3	cup	cocoa powder	
1/3	cup	milk	
2	tsp	vanilla extract	
3 1/4	cups	powdered sugar	
1/4	cup	toasted pecans, chopped (optional)	

Procedure

- 1** CAKE: Preheat oven to 350°
- 2** In large bowl, combine the flour, sugar and salt. Stir together and set aside.
- 3** In another bowl, mix buttermilk, baking soda, vanilla extract and eggs. Mix with a fork and set aside.
- 4** Meanwhile, bring 1 cup water to a boil. Add 1 tsp instant coffee granules, and stir until dissolved, and set aside.
- 5** In a medium sauce pan, melt the butter and add the cocoa. Whisk together to combine. When butter is melted, pour the boiling water/coffee mixture into the saucepan. Allow to bubble for a moment, then turn off the heat.
- 6** Pour the chocolate mixture into the flour mixture. Stir together until combined, to cool the chocolate, Then pour in the egg mixture. Stir together until smooth, and pour into a lightly buttered 15x10x1" jelly roll pan. Bake for 20 minutes until a toothpick comes out clean.
- 7** ICING: While cake is baking, make the icing:

Chocolate Sheet Cake

- 8 Melt the butter in medium saucepan over medium-low heat. Add the cocoa power and stir until smooth. Add the milk, vanilla extract, and powdered sugar. Stir together. Dump in the pecans and stir until well combined.
- 9 Immediately after removing the cake from the oven, pour the warm icing over the top. You will want to avoid doing much spreading, so try to distribute it as you pour.

Chocolate Velvet Dessert

Recipe Scan



1 1/2 cups	chocolate wafer crumbs	1	teaspoon	vanilla extract
2 Tablespoons	sugar			--- CHOCOLATE BUTTER
1/4 cup	butter, melted (no substitutes)			CREAM FROSTING ---
2 cups	(12 oz) semisweet chocolate chips	1/2 cup		butter, softened
6	egg yolks	3 cups		confectioner's sugar
1 3/4 cups	whipping cream	3 Tablespoons		baking cocoa
		3 - 4 Tablespoons		milk

For a gluten-free dessert, use Pamela's Simplebites Extreme Chocolate Mini Cookies for the crust...one 7 oz bag is plenty for 1 crust. These cookies are available at both Kroger and Sprouts.

Procedure

- 1 In a small bowl, combine wafer crumbs and sugar. Stir in butter. Press onto the bottom and 1 1/2" up the sides of a greased 9" spring form pan. Bake at 350° for 10 minutes. Cool on a wire rack.
- 2 In a glass bowl, microwave chocolate chips on high for 30 seconds, stir and repeat another 30 seconds, until smooth. Cool for 5-10 minutes. In a mixing bowl, combine egg yolks, cream and vanilla. Beat well. Gradually stir a third of the cream mixture into melted chocolate until blended. Gradually stir in remaining cream mixture. Pour into crust.
- 3 Place pan on a baking sheet lined with foil (the foil is to catch leakage from the pan while baking). Bake at 350° for 40-45 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen. Cool 1 hour longer. Refrigerate overnight.
- 4 For frosting, in a mixing bowl, cream butter. Combine confectioners sugar and cocoa. Add to butter with enough milk to achieve frosting consistency. Using a frosting bag with desired tip, pipe the frosting onto the entire top of dessert. Cut into 16 pieces. Refrigerate left-overs.

Chocolate Zucchini Cake

Recipe Scan



---CAKE ---			1/2 tsp	salt
1/2 cup	butter, softened		3/4 cup	buttermilk
1/2 cup	vegetable oil		2 cups	zucchini, grated
2 cups	sugar		3/4 cup	walnuts, chopped
4	eggs, large, at room temperature		3/4 cup	chocolate chips
1 1/2 tsp	vanilla extract		--- ICING ---	
2 1/2 cups	flour		1/2 cup	heavy or whipping cream
1/3 cup	unsweetened cocoa powder		4 oz	semisweet chocolate, coarsely chopped
1 tsp	baking powder		1 Tbs	light corn syrup
1 tsp	baking soda		1/2 tsp	vanilla extract

If you think of zucchini as a run-of-the-mill summer vegetable (technically, it's a fruit), it's time to squash that notion. For the best flavor, select medium-small zucchini, about 7-8" long, with smooth, shiny, firm skins. The larger zucchini are not as tender and have bigger seeds, which makes them less suited for cooking.

Procedure

- 1 Using a paper towel, grease a large bundt pan with soft butter, getting it into all the crevices. Or coat the pan well with cooking spray. Add several spoonfuls of flour to the pan. Shake the pan to dust the entire surface, then pat the back to knock out the excess flour. Heat the oven to 350°.
- 2 In a large mixing bowl, combine the butter, oil, sugar, and eggs and beat together with an electric mixer at medium-high speed for 2-3 minutes, until light and airy. Add the vanilla extract and blend briefly.
- 3 Sift the flour, cocoa, baking powder, baking soda, and salt into another large bowl. Then whisk to make sure the ingredients are well combined.

Chocolate Zucchini Cake

- 4 Stir about 1/3 of the dry ingredients into the creamed mixture, until evenly blended. Add half of the buttermilk and stir again until blended. Continue mixing in this fashion, adding another third of the dry ingredients, then the rest of the buttermilk, and finally the remaining dry mixture.
- 5 When the batter is evenly mixed, use a rubber spatula to fold in the grated zucchini, about half at a time, then the walnuts and chocolate chips.
- 6 Scoop the batter into the prepared pan, filling it evenly and smoothing the top with a spoon.
- 7 Bake the cake on the center oven rack for 50-55 minutes, until a toothpick inserted deep into the cake comes out clean. Set the pan on a cooling rack for 20 minutes. Then carefully run a knife around the sides of the cake to loosen it and invert it onto a large plate. Cool thoroughly.
- 8 For the ICING, heat the cream and chopped chocolate in the top of a double boiler until the chocolate melts. Remove the pan from the heat and whisk the icing until smooth. Whisk in the corn syrup and vanilla extract. Let the icing cool a few minutes so that it thickens just a little, then spoon it over the surface of the cake.

Source

Source: Family Fun Magazine

Cream Cheese Bourbon Pecan Pound Cake

Recipe Scan



--- CAKE ---			--- BROWN SUGAR-PRALINE GLAZE ---		
1	cup	chopped pecans			
1 1/2	cups	butter, softened	1/4	cup	butter
1	pkg	(8 oz) cream cheese, softened	1/2	cup	firmly packed brown sugar
3	cups	sugar	1	tsp	light corn syrup
6		eggs, large	1 1/2	cups	powdered sugar
3	cups	flour	2	tablespoons	milk
1/2	tsp	salt	1/2	tsp	vanilla extract
1/4	cup	bourbon			.
1/2	cup	sweetened shredded coconut			.
1 1/2	tsp	vanilla extract			.

This recipe is nice because the pound cake is so easy to make, and the whole package has such a WOW! factor with the brown sugar praline glaze. This cake is amazing. It transports with no problem, and still has that great impact and presentation of a decadent dessert.

Procedure

- 1 --- CAKE --- Preheat oven to 350°. Bake pecans in a single layer on a baking sheet 5 to 7 minutes or until lightly toasted and fragrant. Cool completely on a wire rack (about 15 minutes). Reduce oven temperature to 325°.
- 2 Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy. Add eggs, 1 at a time, beating just until yellow disappears after each addition.

Cream Cheese Bourbon Pecan Pound Cake

- 3** Sift together flour and salt. Add to butter mixture alternately with bourbon, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in coconut, vanilla, and pecans. Pour batter into a greased and floured 10" (12 cup) tube pan.
- 4** Bake at 325° for 1 hour and 30 minutes to 1 hour and 35 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes. Remove from pan to wire rack. Cool completely (about 1 hour).
- 5** --- GLAZE --- Melt butter in a 1-quart saucepan over medium heat. Whisk in brown sugar and corn syrup. Cook 1 minute. Add powdered sugar, milk, and vanilla. Whisk until creamy (about 2 minutes). Remove from heat, and use glaze immediately. NOTE: Pour all of the Brown Sugar Praline Glaze immediately over cooled cake in a circular motion.

Source

Source: Southern Living Cookbook

Double Chocolate Pudding Cake

Recipe Scan



1	cup	flour	1		large egg
2/3	cup	sugar	1/2	cup	milk
4	Tbs	unsweetened cocoa powder	1/4	cup	(4 tablespoons) butter, melted and slightly cooled
1 1/2	tsp	baking powder	1 1/2	tsp	vanilla extract
1/4	tsp	salt	3/4	cup	semisweet chocolate chips
2/3	cup	packed light brown sugar	1 1/2	cups	boiling water

Procedure

- 1 Generously grease a 9-inch square cake pan with butter. (You can also use a 9 1/2-inch deep-dish pie pan, provided that the sides measure at least 2 inches high.) Heat the oven to 350° F.
- 2 In a large bowl, sift together the flour, sugar, 2 tablespoons of the cocoa powder, the baking powder, and the salt.
- 3 In a medium-size bowl, stir the remaining 2 tablespoons of cocoa powder into the brown sugar. Rub the mixture with your fingers, breaking up any sugar lumps, until evenly combined. Set the bowl aside.
- 4 Make a well in the flour mixture. Add the egg, milk, melted butter, and vanilla extract. Whisk the liquids to blend them, then briskly stir the entire mixture, pulling the dry ingredients in from the sides to make a uniform batter.
- 5 Scrape the batter into the buttered pan and spread it evenly with a spoon. Sprinkle the chocolate chips over the batter. Then spread all of the brown sugar mixture evenly over the top.
- 6 Slowly pour the boiling water over the batter. Place the pan on the center rack and bake the cake for 30 minutes. When it's done, the cake will be baked through, but there will be a thick layer of chocolate

Double Chocolate Pudding Cake

pudding at the bottom. Because this is difficult to check with a toothpick, it's best to rely on time to determine when the cake is finished.

- 7** Transfer the cake to a wire rack and let it cool for about 10 minutes before serving. You can cut the cake into squares or slices, or simply spoon it out of the baking dish. Serve topped with whipped cream or ice cream. Makes 6 to 8 servings.

Source

Source: Family Fun Magazine - October 2005

Author Notes

Unlike cakes that go into the pan as a single batter, this one has two additional layers: a sugary cocoa topping, followed by a generous puddle of boiling water. As the cake bakes, the water heads south to form a chocolaty pudding at the bottom.

Fluffy Cheesecake

Recipe Scan



	Use 9" pie dish -or- 8 x 8" glass		
1	pkg (8 oz) cream cheese, softened	1	tsp vanilla
1/3	cup sugar		fresh strawberries for garnish
			-- CRUST --
1	cup (1/2 pt) sour cream	1 1/4	cup graham cracker crumbs
2	tsp vanilla	1/4	cup brown sugar
1	cup (8 oz) Heavy Whipping Cream	1/4	cup butter or margarine, melted
2	Tbsp confectioner's sugar		

Procedure

- 1 Crush graham crackers. Mix with sugar and butter until well blended. Press into pan. Refrigerate until topping is ready. In a pinch, use alternative crust: 1 Keebler Ready-Crust Graham Cracker pie crust.
- 2 Beat cream cheese until smooth. Gradually beat in sugar. Blend in sour cream and vanilla.
- 3 Whip the Heavy Cream, confectioner's sugar and 1 tsp vanilla together until peaks form. Then fold this whipped topping into the cream cheese mixture. Spoon into the crust.
- 4 Chill until set, at least 4 hours. Garnish with fresh strawberries if desired.

Fruit Tart Pizza

Recipe Scan



1 pkg lemon cake mix
2/3 cup graham cracker crumbs
1/2 cup nuts, chopped
1/2 cup butter or soft margarine
1 egg

--- TOPPING ---

1 pkg (8 oz) cream cheese

1/3 cup	sugar
1	Cool Whip®, small container
	assorted fresh fruit (sliced bananas, ...
	...peaches, strawberries, grapes, kiwi, ...
	...mandarine oranges, blueberries, ...
	...raspberries)
1/4 cup	apricot jelly, melted

Procedure

- 1 Combine cake mix, graham cracker crumbs, nuts, butter and egg. Press mixture into ungreased 12 x 14" pizza pan. Bake in a 350° oven for 10-12 minutes or until light brown. Don't overbake. Cool thoroughly.

Fruit Tart Pizza

- 2** In small bowl, beat cream cheese and sugar until fluffy. Beat in whipping cream until mixture forms soft peaks. Spread cream mixture on cooled crust. Arrange fresh fruit or canned fruit as desired on top. Brush with melted jelly. Cut into wedges and refrigerate until serving.
- 3** Put foil around pan. It will leak.

Lemon Blueberry Bundt Cake

Recipe Scan



1	Tbs	All-Purpose flour	1/2	tsp	baking soda
1 1/2	cups	Organic Blueberries, frozen, do not defrost	1/2	tsp	salt
2 1/2	cups	flour	4		eggs
2	cups	granulated sugar			LEMON GLAZE
1	cup	butter, softened	3/4	cup	powdered sugar
1	cup	buttermilk	1/2	tsp	grated lemon peel
1	Tbs	grated lemon peel	1	Tbs	(to 2 Tbs) lemon juice
1/4	cup	lemon juice			

Procedure

- 1 Heat oven to 325°F. Grease bottom and side of 12 cup bundt cake pan. Toss 1 T flour and the blueberries to coat. Set aside.
- 2 Beat remaining ingredients except the Lemon Glaze in a large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Stir in blueberry flour mixture. Pour into pan. Bake 1 hour 10 minutes to 1 hour 25 minutes or until toothpick inserted in center comes out clean and edge is deep golden brown. Cool 10 minutes. Remove from pan to wire rack. Cool completely about 2 hours. Drizzle with the Lemon Glaze.
- 3 LEMON GLAZE: Stir together all the ingredients until smooth and thin enough to drizzle.

Lemon Filled Coconut Cake

Recipe Scan



1 cup butter, softened
2 cups sugar
3 eggs
2 tsp vanilla extract
3-1/4 cups all-purpose flour
3-1/4 tsp baking powder
3/4 tsp salt
1-1/2 cups 2% milk

FILLING:

1 cup sugar
1/4 cup cornstarch

1 cup water
4 egg yolks, beaten
1/3 cup lemon juice
2 Tbs butter

FROSTING:

1-1/2 cups sugar
4 egg whites
1/3 cup water
1/2 tsp cream of tartar
1 tsp vanilla extract
3 cups flaked coconut

Procedure

- 1 In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk beating well after each addition.
- 2 Transfer to three greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- 3 For filling, in a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir 2 minutes longer or until thickened and bubbly. Remove from the heat.

Lemon Filled Coconut Cake

- 4** Stir a small amount of hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat; gently stir in lemon juice and butter. Cool to room temperature without stirring.
- 5** Place one cake on serving plate; spread with half of the filling. Repeat layers. Top with remaining cake.
- 6** For frosting, in a large heavy saucepan, combine the sugar, egg whites, water and cream of tartar. With a portable mixer, beat on low speed for 1 minute. Continue beating on low over low heat until frosting reaches 160°, about 10 minutes.
- 7** Transfer to a large bowl; add vanilla. Beat on high until stiff peaks form, about 7 minutes. Frost top and sides of cake. Sprinkle with coconut. Store in the refrigerator.
- 8** In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk beating well after each addition.
- 9** Transfer to three greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- 10** For filling, in a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir 2 minutes longer or until thickened and bubbly. Remove from the heat.
- 11** Stir a small amount of hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat; gently stir in lemon juice and butter. Cool to room temperature without stirring.
- 12** Place one cake on serving plate; spread with half of the filling. Repeat layers. Top with remaining cake.
- 13** For frosting, in a large heavy saucepan, combine the sugar, egg whites, water and cream of tartar. With a portable mixer, beat on low speed for 1 minute. Continue beating on low over low heat until frosting reaches 160°, about 10 minutes.
- 14** Transfer to a large bowl; add vanilla. Beat on high until stiff peaks form, about 7 minutes. Frost top and sides of cake. Sprinkle with coconut. Store in the refrigerator.

Source

Source: Taste of Home - January 2009

Lemon Sponge Cake

Recipe Scan



THE CAKE			
1 1/4 cups	flour	1/4 cup	orange juice
2 Tbs	cornstarch	1/4 cup	lemon juice
	Scant 1/2 teaspoon salt	1 1/2 tsp	vanilla extract
7	large eggs, at room temperature, separated (save the 7 yolks in one bowl and 6 of the whites in another)	1/2 tsp	cream of tartar
1 1/2 cups	sugar	CITRUS GLAZE	
2 tsp	finely grated lemon zest	3 cups	sifted confectioners' sugar
2 tsp	finely grated orange zest	2 Tbs	butter, extrasoft
		1 tsp	lemon juice
		1 tsp	finely grated lemon zest
		3 Tbs	orange juice (2 - 4 Tbs)

One bite of this classic American dessert, and your child will know just how it got its name. Made without shortening, sponge cake is especially light and tender. Typically, it's topped with a citrus glaze like the one we use here, but you can simply dust it with confectioners' sugar if you prefer.

Procedure

- 1 Set out a 9- or 10-inch-diameter tube pan with flat (not fluted) sides. Leave the pan ungreased; the cake will grip the sides as it bakes and rise higher than it otherwise would. Heat the oven to 325° F.
- 2 Sift the flour, cornstarch, and salt into a bowl. Sift the mixture a second time and then set it aside.
- 3 In a large mixing bowl, beat the egg yolks and 1 cup of the sugar with an electric mixer on medium-high speed for 5 minutes, scraping down the bowl once or twice. When you're done, the mixture should be thick, light, and greatly multiplied in volume. Then mix in the lemon and orange zests and juices and the vanilla extract on a very low speed for a few seconds, just until blended. Set aside.

Lemon Sponge Cake

- 4** In another large mixing bowl, with clean beaters, beat the egg whites and cream of tartar on medium-high speed until the whites are thick and quite foamy. Gradually add the remaining 1/2 cup of sugar while continuing to beat the egg whites on high speed until they are stiff and glossy but not dry, like a meringue (about 7 minutes).
- 5** Working quickly but gently, use a large rubber spatula to smoothly fold a third of the flour mixture into the beaten egg yolks. Next, fold in another third of the flour mixture along with a third of the beaten egg whites. Finally, fold in the rest of the flour, then the remaining egg whites, until the batter is evenly combined and no streaks of flour remain. Scrape the batter evenly into the tube pan and smooth the top with a spoon.
- 6** Bake the cake on the center oven rack, without opening the oven, for 50 minutes. When done, the cake will be a rich golden brown and a thin skewer or toothpick inserted into its center will come out clean.
- 7** Remove the cake from the oven and immediately invert the pan onto a wire rack (if you keep the cake right side up, it will compress). Leave the cake in the pan until it is completely cooled, at least 3 hours or overnight.
- 8** To remove the cake, run a thin-bladed knife up and down around the outside of the cake as well as around the center tube. Gently lift the cake from the pan by the tube. Then run a knife under the cake.
- 9** Invert the cake onto a plate and remove the tube. Gently rub your fingers around the side to remove any loose crumbs (it will make the finished cake look more attractive). Finally, invert the cake once more onto a serving plate so that it is right side up.
- 10** For the icing, combine the confectioners' sugar, butter, lemon juice, lemon zest in a medium mixing bowl. Starting adding 2 T OJ, and whisk well, gradually adding more OJ as needed, until the glaze is smooth and fluid. Generously spoon the glaze over the cake, letting it run down the center hole and sides. Slice the cake with a serrated knife (a parent's job) and serve. Makes 14 to 16 servings.

Marble Cheesecake

Recipe Scan



- | | | | | |
|-----|------|------------------------------------|-----|-----------------------------------|
| 3 | pkgs | (8 oz each) cream cheese, softened | | - CRUMB CRUST in 13 x 9" pan - |
| 3/4 | cup | sugar | 2 | cup graham cracker crumbs |
| 1/2 | cup | sour cream | 1/3 | cup brown sugar |
| 2 | tsp | vanilla | 1/2 | cup butter, melted |
| 3 | Tbs | unsifted flour | | - CRUMB CRUST in springform pan - |
| 3 | | eggs | 1 | cup graham cracker crumbs |
| 1/4 | cup | Hershey's® cocoa powder | 2 | Tbs brown sugar |
| 1/4 | cup | sugar | 1/4 | cup butter, melted |
| 2 | Tbs | oil | . | . |
| 1/2 | tsp | vanilla | . | . |

Procedure

- 1** CRUMB CRUST Combine crumbs, sugar and melted butter. Press mixture onto bottom of a 13x9" glass baking dish, or onto the bottom (and 1/2" up side) of 9" spring form pan. Bake at 350° for 10 minutes. Cool.
- 2** Combine cream cheese, sugar, sour cream and 2 tsp. vanilla in large mixer bowl; beat on medium speed until smooth. Add flour, a tablespoon at a time, blending well. Add eggs, one at a time, beating well after each addition; set aside. Combine cocoa and sugar in a small bowl. Add oil, 1/2 tsp. vanilla and 1 1/2 C batter; mix until well blended. Spoon plain and chocolate batters alternately into crust, ending with dollops of chocolate on top; gently swirl with spatula or knife for marbled effect. Bake at 450° for 10 minutes.
- 3** Without opening oven, reduce heat to 250° and continue baking 30 minutes. Turn off oven. Let stand in oven 30 minutes without opening oven door. Loosen cake from rim of pan. Cool completely. Chill thoroughly. 12 servings.

Marble Cheesecake

Author Notes

This cheesecake is rich & heavy. Use 13 x 9" baking disk -or- 9" spring form pan.

Mississippi Mud Cake

Recipe Scan



1	cup	butter	1 1/2	cups	chopped pecans
1/2	cup	cocoa	4	cups	miniature marshmallows
2	cups	sugar			CHOCOLATE FROSTING
4		large eggs, lightly beaten	1	pkg	(16 oz) powdered sugar, sifted
1 1/2	cups	all-purpose flour	1/2	cup	milk
		dash of salt	1/3	cup	cocoa
1	tsp	vanilla extract	1/4	cup	butter, softened

In the culinary world, Mississippi mud refers to a rich and gooey chocolaty dessert. This cake certainly lives up to the description

Procedure

- 1 Combine butter and cocoa in a medium saucepan. Cook over medium heat until butter melts. Remove from heat, transfer to a large mixing bowl. Add sugar and eggs. Beat at medium speed with an electric mixer until blended. Add flour, salt, and vanilla, beat until blended. Stir in pecans. Spoon batter into a lightly greased 13x9" pan.
- 2 Bake at 350° for 35 minutes. Remove from oven, and sprinkle marshmallows over hot cake. Immediately spread frosting over marshmallows on cake. Cool in a pan on a wire rack. Cut into squares to serve. (Chill before slicing for neater squares.) Yield: 15 servings.
- 3 CHOCOLATE FROSTING: Combine all ingredients in a large bowl. Beat at medium speed until smooth, adding 1 more tablespoon of milk if frosting is too stiff. Yield: 2 cups.

Source

Source: Southern Living

Peach Dump Cake

Recipe Scan



- | | |
|---|---------------------------------------|
| 1 can (29 oz) sliced peaches in heavy syrup | 1 cup walnuts, chopped or not |
| 3/4 cup pecans, chopped or not | 3/4 cup butter (1 1/2 sticks), melted |
| 1 box Duncan Hines Classic Yellow Cake Mix | |

This is the ONLY recipe in this cookbook that has boxed cake mix. My husband had this from his bachelor days, because it is VERY easy to make and it is kept here as a memory. It tastes so good, but has a lot of artificial ingredients in the store-bought cake mix.

Procedure

- 1 Pour peaches into bottom of 13x9" glass baking dish. Cut peach slices into smaller chunks to spread more evenly.
- 2 Sprinkle pecans evenly over peaches.
- 3 Pour cake mix (dry) out of box over pecans. Spread mix evenly to even out lumps. Do not mix.
- 4 Sprinkle entire surface with walnuts to form even layer.
- 5 Melt butter in microwave, then pour over top of mix and walnuts making sure all "powder" is moistened.
- 6 Bake at 350° for 45 minutes.

Pineapple Upsidedown Cake

Recipe Scan



--- PINEAPPLE TOPPING ---				1	Tbsp	maple syrup
9		canned pineapple rings		1/2	tsp	vanilla extract
4	Tbsp	butter		1 1/2	cups	all-purpose unbleached white flour
2	Tbsp	maple syrup		1/2	tsp	salt
3/4	cup	packed light brown sugar		1/2	tsp	baking powder
9		canned pitted cherries		1/2	tsp	baking soda
--- CAKE ---				1/4	tsp	cinnamon
1/2	cup	unsalted butter, softened		--- MAPLEY WHIPPED CREAM ---		
2/3	cup	sugar		1	cup	heavy cream, chilled
2		large eggs, at room temperature		1	Tbsp	maple syrup
2/3	cup	buttermilk, at room temperature				

A SLICE OF HISTORY: Who invented pineapple upside-down cake? Food historians think upside-down cakes have been around since at least the late 1800s. Some say the first ones were called "skillet cakes" because they were often cooked in pans on top of the stove instead of in ovens, which were heated by wood or coal and could be very unreliable. In 1925, skillet cakes were really catapulted to popularity when the Hawaiian Pineapple Company, today called Dole Food Company, sponsored a cooking contest for recipes that used their canned pineapple slices. When all the submissions were tallied, some 2,500 of them were recipes for pineapple upside-down cake.

Procedure

- 1 Line a plate with 2 layers of paper towels and place 9 pineapple rings on top to drain. Blot the tops with paper towels too, to remove excess juice.

Pineapple Upsidedown Cake

- 2** Lightly butter a 9" square cake pan and set it aside. In a small saucepan, heat the butter and maple syrup over medium-low heat. When the butter has melted, stir in the brown sugar with a long-handled wooden spoon. Increase the heat slightly. Stir the mixture until it comes to a gentle boil, then continue cooking it for 30 seconds.
- 3** Remove the pan from the heat and immediately scrape the mixture into the buttered cake pan. Using oven mitts (cooked sugar can get extremely hot), tilt the cake pan to evenly coat the bottom.
- 4** Using a fork, carefully place the 9 pineapple rings in the pan, creating 3 rows of 3. Place a cherry in the center of each ring, then set the pan aside.
- 5** Position one of your oven shelves in the center and heat the oven to 350° while you make the cake batter. In a mixing bowl, beat the butter with an electric mixer on high speed until fluffy. Gradually beat in the sugar. Add the eggs, one at a time, beating well after each addition.
- 6** Measure the buttermilk, then pour the maple syrup and vanilla extract into the same measuring cup. Blend the combined liquids with a spoon. Pour half of the liquid mixture into the creamed butter and sugar and beat well for 30 seconds.
- 7** Sift together the flour, salt, baking powder, baking soda, and cinnamon into a mixing bowl. Stir half of the dry mixture into the creamed ingredients. Beat briefly, until smooth. Stir in the remaining buttermilk mixture. Then add the rest of the dry mixture, beating on medium speed until the batter is evenly combined.
- 8** Drop heaping spoonfuls of the batter here and there over the pineapple, then smooth the batter with the back of the spoon until it is evenly spread. Bake the cake on the center oven rack for approximately 35 minutes, until the cake is springy to the touch and a wooden toothpick inserted in the center comes out clean. Transfer the cake to a wire rack and let it cool in the pan for 15 minutes.
- 9** Now it's time for the exciting part: flipping the cake. Run a spatula or a butter knife down the sides of the cake to loosen it. Then invert a large, flat serving dish (if you don't have one, you can use a baking sheet lined with aluminum foil) over the cake pan.
- 10** Wearing long sleeves and oven mitts to protect your arms from any hot drips, hold the dish and cake pan together and invert the cake in one quick motion (a parent's job if the chef is young). Tap the pan on the bottom if the cake doesn't drop right out. Then slowly lift the pan from the cake. If some of the fruit sticks to the pan, simply lift it from the pan with a fork and place it back on the cake. Cool the cake for at least 20 minutes before slicing and serving. Makes 9 servings.
- 11** **MAPLEY WHIPPED CREAM:** Chill a mixing bowl and beaters in the freezer for 15 minutes. Then beat the cream in the bowl with an electric mixer until it thickens into soft mounds. Add the maple syrup and continue beating until the cream forms soft peaks when you lift the beaters. Finish beating the cream by hand with a whisk until it is the consistency you like. This will prevent overbeating, which can turn the cream to butter. Makes 2 cups.

Source

Source: Family Fun Magazine - March 2003

Pumpkin Chip Cupcakes

Recipe Scan



--- CUPCAKES ---

1 cup flour
3/4 cup whole wheat pastry flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
2 eggs, lightly beaten
1 cup canned pumpkin
1/2 cup vegetable oil

1/2 cup honey
1/3 cup water
1/2 cup walnuts, chopped (optional)
1 cup miniature chocolate chips

--- FROSTING ---

1 pkg (8 oz) cream cheese, softened
1/4 cup butter, softened
1 tsp vanilla extract
2 cups confectioner's sugar

--- GARNISH ---

12 pecan halves (optional)

Makes 18 cupcakes.

Procedure

- 1 In a large bowl, combine the first seven ingredients. Combine the eggs, pumpkin, oil, honey and water. Mix well. Stir into dry ingredients just until combined. Fold in walnuts and chocolate chips.
- 2 Fill greased or foil-lined muffin cups 3/4 full. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- 3 For Frosting: In a small mixing bowl, beat the cream cheese, butter and vanilla until fluffy. Gradually beat in confectioners' sugar until smooth. Frost cooled cupcakes.

Pumpkin Cupcakes

Recipe Scan



CUPCAKES:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1/4 tsp salt
- 1/2 cup vegetable oil
- 1 1/4 cups sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 cup canned or fresh cooked pumkin

CREAM CHEESE FROSTING:

- 3 cups confectioners' sugar
- 1 8-ounce package cream cheese
- 4 Tbs butter
- 1 tsp lemon juice
- Yellow and red food coloring (optional to make orange frosting)
- Pretzel nuggets(optional for stems)
- Green gumdrops (leaves, optional)

Procedure

- 1** Heat the oven to 350 and line a 12-cup muffin tin with bake cups. In a large mixing bowl, stir together flour, baking powder, cinnamon, nutmeg, ginger, and salt. Set the mixture aside.
- 2** In a separate mixing bowl, stir together the oil and sugar. Whisk in the eggs and stir in the vanilla extract.
- 3** Pour the wet ingredients over the dry ingredients and gently stir the mixture until well combined. Stir only until you can no longer see any pockets or streaks of flour.

Pumpkin Cupcakes

- 4 Stir the pumpkin into the batter until it is thoroughly combined. Spoon the batter into the lined muffin tins. Bake for 20 minutes or until a knife inserted in the middle of one cupcake comes out clean. Let the cupcakes sit in the tin for 10 minutes and then remove to a rack to cool thoroughly.
- 5 Meanwhile, make the Cream Cheese Frosting. In a medium-size mixing bowl, beat together the confectioners' sugar, cream cheese, butter, and lemon juice until smooth. Add about 12 drops of yellow food coloring and 4 drops of red food coloring and beat until the frosting turns orange.

Raspberry Dessert Sauce

Recipe Scan



2 cups raspberries, fresh or frozen

8 Tbs sugar (4-8 Tbs to taste)

2 Tbs fresh lemon juice

The vivid color and naturally sweet taste of this sauce makes it perfect for spooning over Angel Cake as well as nonfat frozen yogurt or sorbet. It can be made ahead of time and stored in the refrigerator for up to 2 days and in the freezer for up to 2 months. You can also try substituting another berry or combination of berries for the raspberries.

Procedure

- 1 Puree the berries in a blender with the lemon juice. Blend in the sugar by the tablespoonful, tasting after each addition, until the desired degree of sweetness is reached. Strain through a fine strainer, pressing with a rubber spatula to release the juices. Makes 1 cup.

Source

Source: Family Fun Magazine -- July 2000

Red Velvet Cake

Recipe Scan



---CAKE ---				3/4 cup	1% buttermilk
1 1/4 cups	unbleached all-purpose flour			2 Tbsp	canola oil
1 Tbsp	unsweetened cocoa powder			1 tsp	pure vanilla extract
1/2 tsp	salt			1/2 tsp	apple cider vinegar
1/2 tsp	baking powder			2 tsp	red food coloring
1/2 tsp	baking soda			--- FROSTING ---	
1/2 cup	granulated sugar			6 oz	low-fat cream cheese (Neufchatel), softened
1/4 cup	unsweetened applesauce			1/3 cup	confectioners' sugar, sifted
1	large egg			1/2 tsp	pure vanilla extract
1	large egg white				

I know what you're thinking, "Red velvet cake, Bobby? Really? No, how did you make that lighter and healthier?" Well, first and foremost, I cut the serving size. Usually, you see red velvet cake all layered up in what I like to call too-big-to-eat slices. By making this a single-layer cake, I've cut calories and fat fast without losing any of the luscious flavor. Then I subbed in applesauce for the butter and trimmed down the eggs. It's about as skinny as red velvet cake gets and just as gorgeous looking, too. A typical Red Velvet cake (serving) has 16g fat and 311 calories. This recipe (serving) has 7g fat and 199 calories.

Procedure

- 1 TO MAKE THE CAKE:** Preheat the oven to 350°F. Lightly spray an 8 or 9" round cake pan with cooking spray.
- 2** In a large bowl, whisk together the flour, cocoa powder, salt, baking powder, and baking soda. In a separate large bowl, whisk together the granulated sugar, applesauce, egg, and egg white. Whisk in the buttermilk, oil, vanilla, and vinegar. Whisk the flour mixture into the batter, then whisk in the food coloring.
- 3** Scrape the batter into the prepared pan and bake for 25 - 30 minutes, until a toothpick inserted into the center comes out clean. Let the cake cool completely on a wire rack, then invert it onto a serving plate.

Red Velvet Cake

- 4** TO MAKE THE FROSTING: In the bowl of an electric mixer fitted with the paddle attachment, or using a handheld mixer, beat together the cream cheese, confectioners' sugar, and vanilla until light and fluffy, about 2 minutes. Spread the frosting over the cake, cut the cake into slices, and serve. Serves 8 - 10.

Source

Source: Bobby Deen - From Mama's Table to Mine - 2013

Sour Cream Coffee Cake

Recipe Scan



- | | |
|---------------------|-------------------------------|
| 1 cup butter | 1/2 tsp salt |
| 1 cup sugar | 1 cup sour cream |
| 1 tsp vanilla | --- FILLING --- |
| 2 eggs | 1/3 cup brown sugar |
| 2 cup flour, sifted | 1/2 cup granulated sugar |
| 1 tsp baking powder | 1 tsp cinnamon |
| 1 tsp baking soda | 1 cup walnuts, finely chopped |

This cake is both topped and filled with a sugared cinnamon and nut mixture, and can be baked in a tube or turk's head form pan. The sugar mixture is layered with the batter when filling the pan.

Procedure

- 1 Beat butter, sugar and vanilla until light and fluffy. Add eggs one at a time and beat thoroughly after each addition. Add sifted dry ingredients in thirds alternately with cream, beating until smooth after each addition.
- 2 FILLING Mix sugar, cinnamon, and nuts. Grease and flour a 9" tube pan. Sprinkle half of filling (about 1 cup) in pan. Spread half of the cake batter (about 2 cups) on top. Sprinkle remaining half of filling on top of cake batter. Finish with remaining 2 cups of cake batter. Bake at 350° for about 1 hour. Check for done- ness with tooth pick at about 45 minutes.

Source

Source: Alice Ellwanger

Strawberry Cake with White Chocolate-Cream Cheese Frosting

Recipe Scan



--- CAKE ---				1/4	tsp	salt
1	cup	halved fresh strawberries		1	cup	whole milk, room temperature
1	cup	butter, softened		--- FROSTING ---		
2	cups	sugar		1	cup	white chocolate morsels
1	pkg	(3 oz) strawberry-flavored gelatin		1	pkg	(8 oz) cream cheese, softened
4		eggs, large, room temperature		1	pkg	(3 oz) cream cheese, softened
1	tsp	vanilla extract		1/2	cup	butter, softened
3	cups	cake flour, recommend King Arthur Unbleached		1	tsp	vanilla extract
2 1/2	tsp	baking powder		1	pkg	(16 oz) confectioners' sugar

Procedure

- 1** CAKE: preheat oven to 350°. Spray 2 (8") round cake pans with non-stick baking spray with flour. Line bottoms with parchment paper rounds. Spray top of each parchment paper round with non-stick baking spray with flour.
- 2** In the container of a blender, place strawberry halves. Process until smooth. (You should have 1/2 cup strawberry purée.)

Strawberry Cake with White Chocolate-Cream Cheese Frosting

- 3** In a large bowl, beat butter at medium speed with a mixer until creamy. Gradually add sugar and gelatin. Beat for 5 minutes or until light and fluffy. Add eggs, one at a time, beating just until yellow disappears after each addition. Add strawberry purée and vanilla, beating just until blended.
- 4** In a medium bowl, sift together cake flour, baking powder, and salt. Gradually add to butter mixture alternately with milk, beginning and ending with flour mixture, beating at low speed just until blended after each addition.
- 5** Using a soup ladle, spoon batter evenly into prepared cake pans.
- 6** Bake for 30 - 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans, and cool completely on wire racks. Wrap cake layers in plastic wrap. Freeze layers until ready to frost.
- 7** To frost cake, unwrap cake layers. Spread White Chocolate-Cream Cheese Frosting between layers and on sides and top of cake. Garnish with fresh whole strawberries, if desired. Store cake, covered, in the refrigerator up to 3 days.
- 8** FROSTING: Melt chocolate according to package directions. Let stand for 5 minutes.
- 9** In a large bowl, beat cream cheese and butter at medium speed with a mixer until creamy. Beat in melted chocolate and vanilla. Gradually add confectioner's sugar, beating until light and fluffy.

Source

Source: Cooking with Paula Deen - August 2011

Strawberry-Glazed Cream Cheese Cake

CRUST			1 1/2	cup	sour cream
3/4	cup	walnuts (3 oz.), coarsely ground	1/2	cup	soft cream cheese
3/4	cup	graham crackers, finely crushed	1/4	cup	sugar
3	Tbs	butter, unsalted, melted	1	tsp	vanilla
FILLING			STRAWBERRY GLAZE		
4	pkgs	cream cheese (8 oz. each), room temperature	1	quart	medium strawberries (or frozen berries... ...put through food processor)
4		eggs			
1 1/4	cup	sugar	1	jar	red raspberry jelly (12 oz.)
1	Tbs	fresh lemon juice	1	Tbs	cornstarch
2	tsp	vanilla	1/4	cup	Cointreau (or white wine)
TOPPING			1/4	cup	water (optional)

Procedure

- 1 Position rack in center of oven and preheat to 350°. Lightly butter 9 or 10 inch springform pan.
- 2 CRUST: Combine walnuts, graham cracker crumbs and butter. Press compactly onto bottom of pan.
- 3 FILLING: Beat cream cheese in large bowl of electric mixer until smooth. Add eggs, sugar, lemon juice and vanilla and beat thoroughly. Spoon over crust.
- 4 Set pan on baking sheet to catch any butter that may drip out. Bake 10" cake 40-45 minutes of 9" cake 50-55 minutes. (Cake may rise slightly and crack in several areas; it will settle again, cracks will minimize and topping will cover it up.) Remove from oven and let stand at room temperature 15 minutes. Retain oven temperature at 350°.
- 5 TOPPING: Combine sour cream, sugar and vanilla and blend well. Cover and refrigerate. When cake has finished baking, spoon topping over, starting at center and extending to within 1/2" of edge. Return to oven and bake 5 minutes longer. Let cool, then refrigerate cheesecake for at least 24 hours or, preferably, 2 to 3 days.
- 6 GLAZE: Several hours before serving, wash and hull berries and let dry completely on paper towels. Combine a little jelly with cornstarch in saucepan and mix well. Add remaining jelly, Cointreau and water and cook over medium heat, stirring frequently, until thickened and clear, about 5 minutes. Cool to lukewarm, stirring occasionally.
- 7 Using knife, loosen cake from pan; remove spring form. Arrange berries pointed end up over top of cake. Spoon glaze over berries, allowing some to drip down sides of cake. Return to refrigerator until the glaze is set.

Source

Author: Savoy Restaurant, Beverly Hills, 1930

Tiramisu

Recipe Scan



2 1/2	cups	strong black coffee, room temperature	3/4	cup	cold heavy cream for whipping
1 1/2	Tbs	instant espresso powder	14	oz	ladyfingers (42 to 60, depending on size), recommend Italian imported
9	Tbs	dark rum	3 1/2	Tbs	cocoa, preferably Dutch-processed
6		large egg yolks	1/4	cup	semisweet or bittersweet chocolate, grated (optional)
2/3	cup	sugar			
1/4	tsp	table salt			
1 1/2	lbs	mascarpone cheese			
1/3	cup	cream for adding to yolks			

Brandy and even whiskey can stand in for the dark rum. The test kitchen prefers a tiramisù with a pronounced rum flavor; for a less potent rum flavor, halve the amount of rum added to the coffee mixture in step 1. Do not allow the mascarpone to warm to room temperature before using it; it has a tendency to break if allowed to do so. Be certain to use hard, not soft ladyfingers (see related Ask Cook's information on shopping for ladyfingers). **WHY THIS RECIPE WORKS:** For the perfect tiramisù recipe, we determined just the right proportions of the ingredients and perfected our dipping technique, so that the ladyfingers would be properly moistened but not saturated with a mixture of coffee and dark rum.

Procedure

- 1 Stir coffee, espresso, and 5 tablespoons rum in wide bowl or baking dish until espresso dissolves; set aside.
- 2 In bowl of standing mixer fitted with whisk attachment, beat yolks at low speed until just combined. Add sugar and salt and beat at medium-high speed until pale yellow, 1 1/2 to 2 minutes, scraping down bowl with rubber spatula once or twice. Add 1/3 cup cream to yolks and beat at medium speed until just

Tiramisu

combined, 20 to 30 seconds; scrape bowl. Set bowl with yolks over medium saucepan containing 1 inch gently simmering water; cook, constantly scraping along bottom and sides of bowl with heatproof rubber spatula, until mixture coats back of spoon and registers 160 degrees on instant-read thermometer, 4 to 7 minutes. Remove from heat and stir vigorously to cool slightly, then set aside to cool to room temperature, about 15 minutes. Whisk in remaining 4 tablespoons rum until combined. Transfer bowl to standing mixer fitted with whisk attachment, add mascarpone, and beat at medium speed until no lumps remain, 30 to 45 seconds. Transfer mixture to large bowl and set aside.

- 3** In now-empty mixer bowl (no need to clean bowl), beat the 3/4 cup cream at medium speed until frothy, 1 to 1 1/2 minutes. Increase speed to high and continue to beat until cream holds stiff peaks, 1 to 1 1/2 minutes longer. Using rubber spatula, fold one-third of whipped cream into mascarpone mixture to lighten, then gently fold in remaining whipped cream until no white streaks remain. Set mascarpone mixture aside.
- 4** Working one at a time, drop half of ladyfingers into coffee mixture, roll, remove, and transfer to 13 by 9-inch glass or ceramic baking dish. (Do not submerge ladyfingers in coffee mixture; entire process should take no longer than 2 to 3 seconds for each cookie.) Arrange soaked cookies in single layer in baking dish, breaking or trimming ladyfingers as needed to fit neatly into dish.
- 5** Spread half of mascarpone mixture over ladyfingers; use rubber spatula to spread mixture to sides and into corners of dish and smooth surface. Place 2 tablespoons cocoa in fine-mesh strainer and dust cocoa over mascarpone.
- 6** Repeat dipping and arrangement of ladyfingers; spread remaining mascarpone mixture over ladyfingers and dust with remaining 1 1/2 tablespoons cocoa. Wipe edges of dish with dry paper towel. Cover with plastic wrap and refrigerate 6 to 24 hours. Sprinkle with grated chocolate, if using; cut into pieces and serve chilled.

Source

Source: CooksIllustrated.com

White Cupcakes with Marshmallow-Coconut Frosting

Recipe Scan



5		egg whites, at room temperature	1	cup	milk
3/4	cup	solid white vegetable shortening, (Spectrum Organic)			FROSTING
1 1/2	cup	sugar	1/2	cup	sugar
1	tsp	vanilla extract	2		egg whites
2	cups	flour	2	Tbs	water
1	Tbs	baking powder	1	jar	(7 oz) marshmallow creme
1	tsp	salt	1/2	tsp	vanilla extract
			1	bag	(7 oz) flaked coconut

This recipe makes a fairly large batch of this all-time favorite comfort food, which is good, because you can freeze what you don't need and defrost, one at a time, whenever you're in need of a little stroking. Freeze cupcakes on a baking sheet, then transfer to a lightly covered container after they are frozen.

Procedure

- 1 Preheat oven to 375° (or 350° convection cook).
- 2 In the small bowl of an electric mixer, beat egg whites until stiff peaks form when beaters are lifted. Remove bowl from mixer stand and cover tightly with plastic wrap or foil. Set aside while mixing batter.
- 3 Place shortening, sugar, and vanilla extract in the large bowl of an electric mixer and beat until fluffy. (There's no need to wash the beaters.)
- 4 In a medium bowl, thoroughly combine flour, baking powder, and salt. Add to shortening mixture alternately with milk, beating on low speed after each addition.
- 5 Gently fold reserved egg whites into batter.

White Cupcakes with Marshmallow-Coconut Frosting

- 6** Spoon batter into 30 muffin cups that have been fitted with paper liners. Fill each cup half full. Be precise about this or you may have runover problems.
- 7** Bake for 18 - 20 minutes, or until a wooden pick inserted in the center of a few cupcakes comes out clean and the tops are a pale golden color.
- 8** Cool on wire racks before frosting.
- 9** To make frosting, combine sugar, egg whites, and water in the top of a double boiler. Beat with an electric mixer over boiling water until soft peaks form when beaters are lifted. Gradually add marshmallow creme, beating until stiff peaks form. Remove from heat and beat in vanilla.
- 10** Place coconut in a medium bowl. Frost cupcakes and, as each is finished, sprinkle coconut on top.

Source

Source: Parents Magazine - February 1987 Comfort Food Issue

Wickedly Delicious Chocolate Cake

Recipe Scan



--- CAKE ---				1	tsp	vanilla extract
1 3/4	cup	flour				--- DARK CHOCOLATE FROSTING ---
2	cup	sugar				
3/4	cup	unsweetened cocoa powder		4	squares	(1 oz each) unsweetened chocolate
2	tsp	baking soda		1/2	cup	(1 stick) butter
1	tsp	baking powder		1/2	cup	evaporated (not condensed) milk
1	tsp	salt		1	tsp	vanilla extract
2		eggs		1	box	(16 oz) confectioners sugar
1	cup	strong black coffee: 2 tsp instant coffee granules dissolved in 1 cup boiling water, then cooled				.
						.
1	cup	buttermilk				.
1/2	cup	melted butter				.

This moist, rich cake may be the best you've ever eaten --- a chocolate-lover's little piece of heaven. Because it is so moist, it is not always easy to remove from the cake pan, so be sure to grease and flour the pans thoroughly. Lining the bottom of the pans with parchment paper also helps.

Procedure

- 1 CAKE: Preheat oven to 350°. Combine flour, sugar, cocoa, baking soda, baking powder, and salt in large bowl of an electric mixer. Add eggs, coffee, buttermilk, butter, and vanilla. Beat 2 minutes at medium speed. Batter will be quite thin.

Wickedly Delicious Chocolate Cake

- 2 Divide batter between 2 well-greased and floured 9" layer-cake pans.
- 3 Bake 35 to 40 minutes, or until a wooden pick inserted in the center of each cake layer comes out clean and cakes are just starting to pull away from sides of the pans.
- 4 Cool in pans on wire racks for 10 minutes. Remove from pans to cool completely on wire racks.
- 5 FROSTING: Melt chocolate and butter together in the top of a double boiler over barely simmering water, stirring occasionally. Remove double boiler and set aside to cool.
- 6 Add milk and vanilla to confectioners sugar in a medium bowl. Mixture will be thin. Stir in melted chocolate and butter, and beat with a wooden spoon until mixture thickens to a spreading consistency. Fill and frost cake, making long swirls with an icing spatula.
- 7 GARNISH CAKE WITH STRAWBERRY FANS: Place firm, ripe berries with stem down on a cutting board. With a sharp knife, make cuts 1/8" apart through the strawberry to within 1/8" of the stem. With your fingers, gently spread apart the slices to form a fan. If it's available, fresh mint can add further appeal. After carefully removing the strawberry leaves with the knife point, replace them with a sprig of mint.



- 8 Serve with lightly sweetened whipped cream, if you like. Yield: One 9" layer cake.

Source

Source: Parents Magazine - February 1987 Comfort Food Issue

Zucchini Cake

--- CAKE ---			1/2	walnuts (optional), chopped
2 1/2	cups	flour	--- FROSTING ---	
2	cups	sugar	1	package (3 oz.) cream cheese, softened
1 1/2	tsp	ground cinnamon	1/4	cup butter, softened
1	tsp	salt	1	Tbs milk
1/2	tsp	baking powder	1	tsp vanilla extract
1/2	tsp	baking soda	2	cups confectioner's sugar
1	cup	vegetable oil	Additional chopped walnuts (optional)	
4		eggs	.	
2	cups	zucchini, shredded	.	

Procedure

- 1 In a mixing bowl, combine flour, sugar, cinnamon, salt, baking powder and baking soda. Combine oil and eggs. Add to dry ingredients and mix well. Add zucchini. Stir until thoroughly combined. Fold in walnuts if desired. Pour into a greased 13 x 9 x 2" baking pan. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool.



- 2 For frosting, in a small mixing bowl, beat cream cheese, butter, milk and vanilla until smooth. Add confectioner's sugar and mix well. Frost cake. Sprinkle with nuts if desired. Store in the refrigerator.
- 3 Yield: 20-24 servings.

Candy

Baked Caramel Corn

Recipe Scan



6	quarts	popped corn (using hot air popper)	1/2	tsp	salt
1	cup	butter	2	tsp	vanilla
2	cup	brown sugar	1	tsp	soda
1/2	cup	sorghum			nuts

Makes about 5 quarts caramel corn

Procedure

- 1 Pop the corn in a hot air popper. Divide the popcorn, putting 3 quarts of popcorn into each of 2 large size baking pans, about 13x18".
- 2 Melt butter, stir in brown sugar, sorghum, and salt. Mix well, then bring to boil without stirring. When mixture comes to a boil, continue to boil on medium to low heat for 5 minutes. Remove from heat. Stir in soda and vanilla. Gradually pour over popped corn, 1/2 over each pan, mixing well with large spoon. Turn into 2 large shallow baking pans. Bake at 250° for 1 hour, taking out to stir every 15 minutes. Remove from oven. Cool completely. Break apart and store in tightly covered container.

Author Notes

This recipe came from Eileen and Erwin Ruff, my mom's brother and his wife, who raised 8 children on a dairy farm in McGregor, Iowa. They live on over 200 acres of land, and either grow or raise or hunt almost everything that they eat. When we would go to visit my cousins for vacation every summer when growing up, this was definitely some of the BEST food you ever wanted to eat. Thanks for the memories!

Chocolate Fudge

Recipe Scan



- | | | | | | | |
|-----|------|--------------|-----------------------------|-------|------|------------------------------------|
| 2 | pkgs | (12 oz each) | semisweet chocolate morsels | 4 1/2 | cups | sugar |
| 1 | cup | | butter | 1 | can | (12 oz) evaporated milk |
| 1 | jar | (7 oz) | marshmallow cream | 2 | Tbs | vanilla extract |
| 1/4 | tsp | | sea salt | 2 | cups | chopped pecans or walnuts, toasted |

This recipe makes 5 pounds of chocolate fudge, which is about (117) 1" squares. This fudge has good keeping quality. So you can make a lot of it and store it easily in an airtight container either at room temperature or in freezer.

Procedure

- 1 Combine first 4 ingredients in a large mixing bowl. Set aside.
- 2 Combine sugar and evaporated milk in a non-stick Dutch oven.
- 3 Cook sugar mixture over medium heat, stirring constantly, until mixture comes to a boil. Continue boiling and stirring for 9 minutes. Pour over chocolate mixture. Beat at high speed with an electric mixer until mixture thickens and begins to lose its gloss. Stir in vanilla and chopped nuts.
- 4 Spread into a parchment paper lined 15 x 10" jellyroll pan. Use enough paper to hang over the long sides of the pan so as to act as handles to remove the fudge from pan prior to cutting. Cover and chill until firm. Cut into 1" squares. Store in an airtight container at room temperature.

Source

Source: Southern Living - June 2008

Chocolate Mint Polka Dots

Recipe Scan



4 1/2 cups confectioner's sugar
4 oz cream cheese, softened

1/2 tsp peppermint extract
1 cup semisweet chocolate chips

In STEP 2: Do the indent with each ball as you go. If you wait till all the balls are rolled, they will crack when indented. These are home-made After Dinner Mints.

Procedure

- 1 In a large bowl, use a hand or stand mixer to gradually blend the sugar into the cream cheese until smooth, scraping the sides as needed. Add the peppermint and blend to incorporate.
- 2 Line 2 baking sheets with waxed or parchment paper. Scoop a level teaspoon of dough, then roll it into a ball and place it on a prepared sheet. Dust a 1/4 tsp measuring spoon with confectioner's sugar, then use it to indent the center of each mint as you place each one on the baking sheet. If needed, dust the spoon again as you work. Space the balls 1/2" apart on the sheets.
- 3 Chill the mints in the refrigerator until firm, about 2 hours.
- 4 Melt the chocolate according to the package directions. Transfer it to a piping bag or a zip lock bag with one corner snipped off. Fill the center of each mint with chocolate, then return the mints to the refrigerator until the chocolate sets, about 45 minutes. Keep the mints refrigerated when not being served, because then contain cream cheese, they shouldn't sit out more than a couple of hours.

Source

Source: Family Fun Magazine - December 2014

Peanut Butter Balls

Recipe Scan



- | | |
|---|--|
| 1/2 cup honey | 1 tsp pure vanilla |
| 2 Tbs butter | 4 cup Nature's Path Organic Whole O's Gluten Free Cereal |
| 1 cup non-fat non-instant dry milk powder | |
| 1/2 cup peanut butter, creamy organic | |

The cereal is found in the gluten free section of Walmart. The recommended peanut butter is Kroger Simple Truth Organic Creamy No-Stir Peanut Butter. The texture of the balls is better if you use a couple of tablespoons shy of 1 cup of dry milk powder.

Procedure

- 1 Heat honey and butter in pan until butter is melted and mixture is hot and thinned. Add peanut butter and vanilla, mix well and remove from heat when mixture is smooth and creamy. Add powdered milk and mix until it looks mostly smooth.
- 2 NOTE: non-fat non-instant milk will not dissolve completely. There will be tiny little balls of milk that will make the peanut butter mixture look like crunchy peanut butter. This is as smooth as you can expect it to get. These little milk balls will dissolve or melt in when rolling or forming them into balls with your hands.
- 3 Form into balls about 1 1/2" in diameter. Add cereal, stir until well-coated. Form into small balls with your hands. Makes about 24 balls. Eat as snack or candy.

Peanut Butter Temptations

Recipe Scan



1/2 cup	butter	1/2 tsp	vanilla extract
1/2 cup	creamy organic no-stir peanut butter	1 1/4 cup	flour
1/2 cup	sugar	3/4 tsp	baking soda
1/2 cup	firmly packed brown sugar	48	miniature Reeses Peanut Butter cup candies
1	egg		

Procedure

- 1 Cream butter and peanut butter. Gradually add sugar, beating until light and fluffy. Add egg and vanilla, beating well. Combine flour, soda. Add to creamed mixture, mixing well. Chill dough 1 hour.
- 2 Shape into 48 (1") balls. Place in lightly greased 1 3/4" muffin pans, shaping each into a shell. Convection Cook at 325° for 8-10 minutes. Dough will rise during baking. Remove from oven, and immediately press a miniature peanut butter cup evenly into each hot crust. Cool before removing from pan. Makes 4 dozen.

Cookies

Adelaide Cookies

Recipe Scan



1 1/2 cup	brown sugar, packed	2 tsp	vanilla
1/2 cup	+3 tbsp butter	1 cup	dates, ground
2	eggs	1 cup	walnuts, finely chopped
2 1/4 cups	whole wheat pastry flour	1/2 cup	granulated white sugar for rolling balls, prior to baking
1 cup	unbleached white flour		
1 1/2 tsp	soda		
1/4 tsp	salt		

Dates can be ground using Kitchenaid Meat Grinder with small hole plate. Recommend Khadrawi Dates...Best Source for Organic Dates: Ehrlich's Date Garden 3420 West 12th St Yuma, AZ 85364 928-783-4778

Procedure

1 Cream butter and sugar. Then add eggs & vanilla. Beat well. Combine flour, soda and salt in a separate bowl. Then add to creamed mixture. Add dates and walnuts and mix until well combined. Roll dough into 1" balls in hands then roll in granulated white sugar and place on ungreased non-stick cookie sheet. Press down each cookie slightly with palm of hand. Bake at 350° for 11 minutes, or convection bake at 325° for 7 minutes 40 seconds.

Source

Source: Sturbridge Village

Author Notes

This recipe originally came as a Valentine present circa 1985 from my sister who had taken a trip to Old Sturbridge Village, Massachusetts, and sent me this "Hot from the Oven - Old Fashioned Baking Recipes" from the bake House of Old Sturbridge Village.

Buffalo Chip Cookies

Recipe Scan



- | | |
|---|--|
| 1 cup butter, room temperature | 2 tsp baking powder |
| 1 cup shortening, Spectrum Organic Non-hydrogenated all vegetable | 2 tsp baking soda |
| 2 cup brown sugar | 1 tsp sea salt |
| 2 cup sugar | 1 pkg (12 oz) butterscotch chips |
| 4 eggs | - or, peanut butter chips - |
| 2 tsp vanilla | 1 pkg (12 oz) semi-sweet chocolate chips |
| 3 cup whole wheat pastry flour | 2 cup Rice Krispies® |
| 2 cup unbleached white flour | 1 cup pecan pieces |
| 2 cup rolled oats | 1 cup flake coconut |

Makes about 50 cookies.

Procedure

- 1 In a very large electric mixing bowl, combine and mix until creamy the butter, shortening, sugar, eggs and vanilla.
- 2 Add to creamed mixture the flour, baking powder, baking soda and rolled oats. Stir until well blended.
- 3 Add both kinds of chips, pecans, and cocoanut, mixing well by hand. Add Rice Krispies last, mixing in by hand.
- 4 1/4 Cup batter per cookie -- roll into ball and press down to 1/2" thick and nicely rounded on ungreased cookie sheet.
- 5 Bake in a preheated 350° oven for 10-12 minutes, or 325° convection cook for 9 minutes. Let cool 5 minutes before removing.

Buffalo Chip Cookies

Author Notes

Decadent Cookie! Buffalo Chip Cookies! A Texas-sized kid-pleasing cookie! This recipe was given to me by a friend when I had my second baby. It's chock full of all the things kids love -- chocolate chips, butterscotch or peanut butter chips, Rice Krispies, and coconut flakes to name a few. To top it off, each cookie is made from 1/4 cup cookie dough. Now that's a Texas-sized cookie!

If making without nuts, substitute an extra cup of Rice Krispies or Corn Flakes in place of the nuts.

This recipe is easily cut in half (making about 24 cookies) if you don't wish to make a big batch.

Chewy Chocolate Cookies

Recipe Scan



1/3	cup	granulated sugar (about 2 1/2 ounces), plus 1/2 cup for coating	1	tsp	vanilla extract
1 1/2	cups	unbleached all-purpose flour (7 1/2 ounces)	12	Tbs	(1 1/2 sticks) unsalted butter , softened (70 degrees)
3/4	cup	Dutch-processed cocoa powder	1/3	cup	packed dark brown sugar (about 2 1/2 ounces, see note)
1/2	tsp	baking soda	4	oz	bittersweet chocolate , chopped into 1/2-inch pieces (see note)
1/4	tsp	table salt plus 1/8 teaspoon table salt			
1/2	cup	dark corn syrup (see note)			
1		large egg white			

Any high-quality dark, bittersweet, or semisweet chocolate will work. Light brown sugar can be substituted for the dark, as can light corn syrup for the dark, but with some sacrifice in flavor. A spring-loaded ice cream scoop (size #30) can be used to portion the dough. **TOO SMALL** - Tiny chocolate pieces will melt and disappear into the dough when baked. **JUST RIGHT** - Half-inch chunks contribute chocolate flavor while staying intact. **WHEN ARE COOKIES COOKED?** - When the cookies have cracked but still look wet between the fissures, take them out of the oven. This ensures a moist, chewy texture. Cook's Illustrated says: "Death-by-chocolate cookies usually claim texture as their first victim, but ours stay chewy."

Procedure

- 1 Adjust oven racks to upper- and lower-middle positions and heat oven to 350° bake, or 325° convection. Line 2 large (18- by 12-inch) baking sheets with parchment paper. Place ½ cup granulated sugar in shallow baking dish or pie plate. Whisk flour, cocoa powder, baking soda, and salt together in medium bowl. Whisk corn syrup, egg white, and vanilla together in small bowl.

Chewy Chocolate Cookies

- 2** In stand mixer fitted with paddle attachment, beat butter, brown sugar, and remaining 1/3 cup granulated sugar at medium-high speed until light and fluffy, about 2 minutes. Reduce speed to medium-low, add corn syrup mixture, and beat until fully incorporated, about 20 seconds, scraping bowl once with rubber spatula. With mixer running at low speed, add flour mixture and chopped chocolate; mix until just incorporated, about 30 seconds, scraping bowl once. Give dough final stir with rubber spatula to ensure that no pockets of flour remain at bottom. Chill dough 30 minutes to firm slightly (do not chill longer than 30 minutes).
- 3** Divide dough into 16 equal portions; roll between hands into balls about 1 1/2 inches in diameter. Working in batches, drop 8 dough balls into baking dish with sugar and toss to coat. Set dough balls on prepared baking sheet, spacing about 2 inches apart; repeat with second batch of 8. Bake, reversing position of the baking sheets halfway through baking (from top to bottom and front to back), until cookies are puffed and cracked and edges have begun to set but centers are still soft (cookies will look raw between cracks and seem underdone), 10 to 11 minutes. Do not overbake.
- 4** Cool cookies on baking sheet 5 minutes, then use wide metal spatula to transfer cookies to wire rack; cool cookies to room temperature.

Source

Source: Cooks Illustrated - May 2009

Chewy Peanut Butter & Apple Cookies

Recipe Scan



3/4 cup	peanut butter, all-natural, no-stir, creamy	2 Tbs	skim milk 2%, or whole milk
3 Tbs	butter	1/2 tsp	baking soda
1 cup	brown sugar, packed	3/4 cup	quick-cooking rolled oats
1/2 cup	whole wheat pastry flour	1	medium apple, peeled, cored (3/4 -1 cup), finely chopped
1/2 cup	unbleached all-purpose flour		
1	whole egg (or 2 egg whites)		

Recommend that after these cookies cool, if not eaten within a day or two, store the cookies in a moisture proof container in the freezer, because if left on the countertop, the apples will continue to add moisture to the cookies, making them too soft. These cookies can be eaten right out of the freezer, and still have the soft, chewy texture.

Procedure

- 1 In a small mixer bowl, beat the peanut butter and butter with an electric mixer on medium speed about 30 seconds or till softened. Add brown sugar, half of the flour, the egg (or egg whites), milk, and baking soda. Beat till well combined. Stir in the remaining flour, rolled oats, and apple.
- 2 Divide dough into 16-18 portions, approx. 2 Tbsp/cookie. Roll dough into balls, and placed on an ungreased cookie sheet. Flatten to about 1/2" thickness.
- 3 Bake in a 350° oven for 12 to 14 minutes (or in a convection cook oven 325° for 10 minutes) until cookies begin to crack around the outside, but still a bit soft in the center. Remove from the cookie sheet. Cool in pan for a few minutes, then transfer onto a wire rack. To store, place in a moisture- and vapor-proof container. Seal, label, and freeze up to 6 months. Makes 16 to 18 cookies.

Chocolate Mint Sugar Cookie Drops

Recipe Scan



2 1/2 cups	unbleached all-purpose flour	2	eggs
1 1/2 tsp	baking powder	1 tsp	vanilla extract
3/4 tsp	salt	8 drops	red or green food coloring (optional)
1 1/4 cups	sugar (divided use)	1 pkg	Nestle Toll House Mint-Flavored semisweet chocolate (10 oz.)
3/4 cup	vegetable oil		

If you cannot find "mint chocolate chips," you can make your own: Put 10 oz. semi-sweet chocolate chips and 1 tsp peppermint extract in a quart-size Ziplock baggie, shake vigorously, and leave sit overnight in bag. Makes about 5 1/2 dozen cookies.

Procedure

- 1** Preheat oven to 350°. In small bowl, combine flour, baking powder and salt. Set aside. In large bowl, combine 1 cup sugar and vegetable oil. Mix well. Beat in eggs and vanilla extract. If using food coloring, beat it in now. Gradually add flour mixture. Stir in chocolate morsels.
- 2** Shape into balls by rounded teaspoonfuls. Roll in remaining sugar. Place on ungreased cookie sheet. Bake 8 to 10 minutes. If using convection bake, then bake at 325° for 6 1/2 minutes.

Source

Author: Dallas Morning News 1st Place - Decadent Category

Cream Cheese Kolaskies

Recipe Scan



1/2 lb butter
8 oz cream cheese

2 cup flour
12 oz (can) ready-to-use SOLO filling, any
flavor.

Makes about 2 1/2 dozen. Recommend SOLO filling of Blueberry or Cherry or Apricot. Picture shown with Apricot filling. Best consumed within 5 days. For left-overs or storage, it is best to leave these exposed to the air rather than an air-tight container, as this allows the dough to remain flaky (although this seems counter-intuitive for normal food storage).

Procedure

- 1 Mix butter and cream cheese together. Then add flour and blend. Put in refrigerator 15 minutes.
- 2 Take out half of the dough and work, roll very thin, 1/4" thick, between 2 layers of wax paper (to prevent dough from sticking to rolling pin). Cut in 2" rounds with a juice glass as the cutter. Put 1 level teaspoon of filling in center.
- 3 Bake in 375° oven for 15 minutes. Remove and cool. Sprinkle with powdered sugar.

Cream Cheese Sugar Cookies

Recipe Scan



--- COOKIES ---

1	cup	butter
1	package	cream cheese (3 oz.)
1	cup	sugar
1		egg yolk
1	tsp	vanilla
1/4	tsp	almond extract
2 1/4	cups	flour (1 1/4 C white + 1 C whole wheat pastry flour)
1/2		salt
1/4	tsp	soda

--- FROSTING ---

3/4	cup	confectioner's sugar
1	Tbsp	butter
1	Tbsp	milk
1/2	tsp	vanilla
1/4	tsp	lemon juice
		.
		.
		.

Cream cheese contributes to the rich taste of these melt-in-your-mouth cookies. They have such nice flavor, you can skip the frosting and sprinkle them with colored sugar for a change. YIELD: 4 dozen

Procedure

- 1 COOKIES:** Cream butter, cream cheese and sugar. Add egg yolk and vanilla and almond extract. Combine flour, salt and baking soda. Gradually add to creamed mixture. Refrigerate about 3 hours or until easy to roll.
- 2** On a lightly floured surface, roll out dough to 1/8" thickness. Cut with cookie cutter dipped in flour (make sure each cookie is not bigger than 2 1/2"). Place 1" apart on ungreased cookie sheet. Bake 350° for 8 - 10 minutes if standard oven, or 7 minutes convection cook 325°. Cool for 2 minutes before removing from cookie sheet. Place on wire rack. Decorate as desired.

Cream Cheese Sugar Cookies

- 3 FROSTING:** Melt butter. Combine all ingredients. Beat until smooth. Yield: 1/3 cup. Frost the cookies with a butter knife and sprinkle with colored sugar. Optional: Add a few drops of food coloring to frosting before spreading on the cookies.

Eggnog Snickerdoodle Cookies

Recipe Scan



3	cups	all-purpose flour	1/4	cup	plain eggnog
2	tsp	cream of tartar	1	Tbsp	dark rum or brandy
1	tsp	baking soda	1	tsp	vanilla extract
1/2	tsp	salt	2		large eggs
3/4	cup	butter (1 1/2 sticks)	2	tsp	cinnamon
2	cups	sugar, divided	1/2	tsp	grated nutmeg (or ground nutmeg)

Makes 60 cookies. Store in an airtight container at room temperature for up to a week. Eggnog Snickerdoodles combine two favorites to create a cookie that's sure to be a hit during the holidays.

Procedure

- 1 In a medium bowl, whisk together the flour, cream of tartar, baking soda and salt. Set aside.
- 2 In a large bowl, use an electric mixer on high to beat the butter and 1 1/2 cups of the sugar until light and fluffy. Reduce the mixer speed to low and slowly drizzle in the eggnog, rum and vanilla, mixing until completely incorporated. Add the eggs, then beat until well mixed.
- 3 Add the dry ingredients and mix thoroughly. Cover the bowl and refrigerate for 1 hour.
- 4 When ready to bake, heat the oven to 350°F. Line a baking sheet with parchment paper.
- 5 In a small bowl, mix together the remaining 1/2 cup of sugar, the cinnamon and nutmeg.
- 6 Working with 1 tablespoon of dough at a time, roll the dough between your hands to form balls. Roll each ball in the sugar mixture to coat evenly, then arrange on the prepared baking sheet. Leaving 2" between the cookies on all sides. Bake for 8 to 10 minutes, or until lightly golden, but still soft at the center. Transfer to a rack to cool.

Eggnog Snickerdoodle Cookies

Source

Source: Dallas Morning News - November 2012

Five Chip Cookies

Recipe Scan



1	cup	butter, softened	2	teaspoons	baking soda
1	cup	peanut butter	1/2	teaspoon	salt
1	cup	sugar	2/3	cup	milk chocolate chips (6 oz.)
2/3	cup	packed brown sugar	2/3	cup	semisweet chocolate chips
2		eggs	2/3	cup	peanut butter chips
1	teaspoon	vanilla extract	2/3	cup	vanilla or white chips
2	cups	flour (1 white + 1 whole wheat pastry flour)	2/3	cup	butterscotch chips
1	cup	old-fashioned oats			

Makes approx. 55 cookies. Editor's Note: Reduced fat or generic peanut butter are not recommended for this recipe.

Procedure

- 1 In a large mixing bowl, cream butter, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine flour, oats, baking soda and salt. Gradually add to the creamed mixture. Stir in chips
- 2 Drop by rounded tablespoonfuls 2 inches apart onto ungreased baking sheets. Bake at 350° for 10-12 minutes or until lightly browned. Cool for 1 minute before removing to wire racks.

Source

Source: Taste of Home

Gingerbread Cookies

Recipe Scan



--- COOKIES ---			
1	cup	brown sugar	
1	cup	butter	
1	cup	Grandma's molasses	
1		egg	
1	tsp	baking soda	
1	tsp	allspice	
1	tsp	cloves	
1	tsp	ginger	
3	tsp	cinnamon	
2	cup	whole wheat pastry flour	
2 1/2	cup	unbleached white flour	
--- FROSTING ---			
3	Tbsp	butter	
1/2	box	sifted powdered sugar (2 1/4 - 2 1/2 cups)	
2	Tbsp	milk	
3/4	tsp	vanilla	
1/8	tsp	cinnamon	

Procedure

- 1 COOKIES:** Cream together butter and brown sugar. Add molasses and an egg and blend until smooth. Add dry ingredients and mix until well combined. Shape the dough into a large ball. Place dough in a bowl, cover and put in refrigerator for 2 to 3 hours.
- 2** Spread dough into 3 equal lumps. Sprinkle flour lightly onto counter top. Using rolling pin, roll out dough balls until approximately 1/8" thick. Using a gingerperson cookie cutter, cut out the cookies. Place about an inch apart on a greased cookie sheet.
- 3** Bake at 350° for 5 minutes. Let cool in pan before removing. Makes about 108 cookies.
- 4 FROSTING:** In small mixer bowl, beat butter till light and fluffy. Gradually add about half of the powdered sugar, beating well. Beat in milk and vanilla. Gradually beat in remaining powdered sugar & cinnamon. Beat in additional milk, if necessary, to make frosting of spreading consistency. Put frosting in pastry bag and squeeze on as desired.

Gingerbread Cookies

Author Notes

I have always admired pretty decorated cookies at Holiday Time, but what looks pretty doesn't always taste very good. That was my feeling exactly about Gingerbread cookies ... until I found this recipe in 1987 in Parent's Magazine. The spices are just right and they are the only chewy gingerbread cookie I've ever found. It has become a family favorite. Also, whenever I have taken this cookie to a cookie swap, I am always asked for the recipe because it is sooo good.

Gingersnaps

Recipe Scan



2 1/2	cups	flour	1/4	cup	vegetable shortening
2	tsp	ginger	1	cup	sugar
1	tsp	cinnamon	1		large egg, at room temperature
1/2	tsp	ground cloves	1/3	cup	unsulphured molasses
1	tsp	baking powder	1	tsp	finely grated lemon zest
1	tsp	baking soda	1/2	tsp	vanilla extract
1/2	tsp	salt			Sugar for topping the cookies
1/2	cup	unsalted butter, softened			

Can use 1 cup whole wheat pastry flour in place of 1 of the cups of all purpose flour. If using convection oven, bake for 8 minutes.

Procedure

- 1 Heat the oven to 375°. Lightly grease 2 large, shiny, aluminum baking sheets and set them aside.
- 2 Sift the flour, ginger, cinnamon, ground cloves, baking powder, baking soda, and salt into a large mixing bowl.
- 3 In a separate large bowl, combine the butter, shortening, sugar, egg, and molasses. Using an electric mixer on medium-high speed, beat the ingredients for about 2 minutes, until well blended and fluffy. Add the lemon zest and vanilla extract and beat briefly.
- 4 Using a wooden spoon, stir the dry ingredients into the creamed mixture a third at a time. The dough should be solid and hold together but still soft enough to be shaped.

Gingersnaps

- 5 Measure slightly rounded tablespoonfuls of dough and roll them into balls. Roll the balls in sugar, then arrange them on the baking sheets, evenly spaced about 2 1/2 inches apart.
- 6 Bake the cookies on the center oven rack, 1 sheet at a time. If you like a soft, slightly chewy ginger cookie, bake them for 9 to 10 minutes. The tops will feel soft and squishy under gentle finger pressure. If you like a crisp, crunchy gingersnap, bake for 12 to 13 minutes, until the tops feel slightly firm and crusty. The longer they bake, the crunchier they'll be.
- 7 Cool the cookies on the baking sheet for 2 to 3 minutes, then transfer them to a wire rack to cool completely. Store the cookies in an airtight tin. Makes about 3 dozen.

Malted-Milk Cookies

Recipe Scan



2 1/2	cup	all purpose flour ... OR ...	1/2	cup	firmly packed light brown sugar
		... 1 cup whole pastry flour + 1 1/2 cups	1	cup	butter, at room temperature
		all purpose flour	2		large eggs
3/4	cup	plain malted-milk powder	2	tsp	vanilla extract
1/2	tsp	baking soda	2	Tbs	sweetened condensed milk
1/4	tsp	salt	2	cup	(12 oz) milk-chocolate chips
1	cup	sugar			

Per cookie: 158 cal, 2 g pro, 21 g car, 8 g fat, 24 mg chol, 108 mg sod.

Procedure

- 1 Heat oven to 300*, or 275° convection cook oven. Have ungreased cookie sheet(s) ready.
- 2 In a medium-size bowl, thoroughly mix flour, malted-milk powder, baking soda and salt.
- 3 In a large bowl, mix sugars with an electric mixer. Add butter and beat just until blended. Scrape down sides of bowl. Add eggs, vanilla and condensed milk. Beat at medium speed until pale and fluffy, about 2 minutes.
- 4 Add flour mixture and chocolate chips. Mix at low speed just until blended. Do not over-mix. Drop rounded tablespoonfuls 2 inches apart on ungreased cookie sheet(s).
- 5 Bake 20-25 minutes (or 17-18 minutes convection cook) until cookies are slightly brown around edges. Immediately transfer with a spatula to a cool, flat surface. Makes 42.

Nieman-Marcus \$250. Chocolate Chip Cookies

Recipe Scan



1	cup	butter			...a fine powder in a blender)
1	cup	white sugar	1/2	tsp	salt
1	cup	brown sugar	1/2	tsp	baking powder
2		eggs	1	tsp	baking soda
1	Tbs	vanilla	12	oz	chocolate chips
3	cup	flour	4	oz	Hershey chocolate bar, grated
1 1/2	cup	blended oatmeal (measure and blend to...	1 1/2	cup	nuts, chopped

URBAN LEGEND, November 1997 --- Where This Recipe Came From: My daughter and I had just finished a salad at Neiman-Marcus Cafe in Dallas & decided to have a small dessert. Because both of us are such cookie lovers, we decided to try the "Neiman-Marcus Cookie". It was so excellent that I asked if they would give me the recipe and the waitress said with a small frown "I'm afraid not." Well" I said, "would you let me buy the recipe?" With a cute smile, she said YES". I asked how much and she responded, "Only two fifty, it's a great deal!" I said with approval, "just add it to my tab".. Thirty days later, I received my VISA statement from Neiman-Marcus and it was \$285.00. I looked again and remembered I had only spent \$9.95 for two salads and about \$20.00 for a scarf. As I glanced at the bottom of the statement, it said, "Cookie Recipe - \$250.00". That's outrageous!!! I called Neiman's Accounting Dept. and told them that the waitress said it was "two-fifty," which clearly does not mean "two hundred and fifty dollars" by any POSSIBLE interpretation of the phrase. Neiman-Marcus refused to budge.. They would not refund my money, because according to them, "What the waitress told you is not our problem. You have already seen the recipe - we absolutely will not refund your money at this point." I explained to her

Nieman-Marcus \$250. Chocolate Chip Cookies

the criminal statutes which govern fraud in Texas. I threatened to refer them to the Better Business Bureau and the State's Attorney General for engaging in fraud. I was basically told, "Do what you want, we don't give a damn, and we're not refunding your money." I waited a moment, thinking of how I could get even, or even try to get any of my money back. I just said, "Okay, you folks got my \$250.00, and now I'm going to have \$250.00 worth of fun." I told her that I was going to see to it that every cookie lover in the United States with an e-mail account has a \$250.00 cookie recipe from Neiman-Marcus... for free..She replied, "I wish you wouldn't do this" I said, "Well you should have thought of that before you ripped me off", and slammed down the phone on her.. So, here it is!!! I paid \$250.00 dollars for this. I don't want Neiman-Marcus to ever get another penny off of this recipe.

Procedure

- 1** Cream butter and both sugars. Add eggs and vanilla. Mix together the flour, oatmeal, salt, baking powder and baking soda. Add chips, grated Hershey bar and nuts.
- 2** Roll into balls and place 2" apart on a cookie sheet.
- 3** Bake for 6 minutes at 375°. Makes about 60 cookies.

Oatmeal Cocoa Chippers

Recipe Scan



- | | | | |
|-----------|------------------------------|-------|--|
| 1 1/4 cup | unbleached all-purpose flour | 1 tsp | vanilla extract |
| 1/2 cup | unsweetened cocoa powder | 2 | eggs |
| 2 tsp | baking soda | 1 pkg | Semi-Sweet Choc. Morsels |
| 1/2 tsp | salt (optional) | | (12 oz = 2 cups) |
| 1 cup | (2 sticks) butter, softened | 2 cup | Quaker Oats (quick or old-fashioned), uncooked |
| 1 cup | firmly packed brown sugar | 1 cup | walnuts, chopped |
| 1/2 cup | granulated sugar | | |

For the flour, alternatively use 1/2 cup whole wheat pastry flour, and 3/4 cup unbleached white flour.

Procedure

- 1 Preheat oven to 350°, or 325° convection cook.
- 2 In small bowl, combine flour, Cocoa powder, baking soda and salt. Set aside.
- 3 In large mixer bowl, combine butter, brown sugar, granulated sugar and vanilla extract. Beat until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in 1 package (12 oz) Semi-Sweet Chocolate Morsels, and Quaker Oats and walnuts.
- 4 Drop by slightly rounded measuring tablespoonfuls onto ungreased cookie sheet.
- 5 Bake 9 to 11 minutes for chewy cookies, or if convection cook for 8 minutes. Let stand 2 minutes before removing from cookie sheet. Cool completely. Makes 3.5 - 4 dozen cookies.

Oatmeal Raisin Bites

Recipe Scan



5	Tbs	butter, softened	1/4	cup	(plus 2 tablespoons) flour
3	Tbs	cream cheese	1/2	tsp	baking soda
1/2	cup	packed brown sugar	1/2	tsp	salt
1/4	cup	white sugar	2	tsp	vanilla extract
1		egg, large	1	cup	raisins
1/4	cup	(plus 2 tablespoons) whole wheat flour	1	cup	quick-cooking oats

Makes approx. 4 dozen

Procedure

- 1 Heat the oven to 375°.
- 2 In a mixing bowl, cream together the butter, cream cheese, and sugars. Add the egg and beat well. Add the flours, baking soda, salt, and vanilla extract to the mixture and beat until well blended. Stir in the raisins and oats and blend thoroughly.
- 3 Drop rounded teaspoons of dough onto a cookie sheet coated with cooking spray (about 20 per sheet).
- 4 Bake the cookies in the center of the oven for about 6 minutes or until they are lightly browned but still soft. Transfer them to a wire rack to cool.

Source

Source: Family Fun Magazine

Peanut Butter Chocolate Chip Cookies

Recipe Scan



1/2 cup butter
1/2 cup peanut butter
1/2 cup brown sugar
1/4 cup sugar
1 egg
1 Tbs milk

1 tsp vanilla
1 cup flour
1/2 tsp baking powder
1/2 tsp salt
1 cup chocolate chips

Procedure

- 1** Preheat oven to 350° (or 325° if using convection bake).
- 2** Cream together butter, peanut butter, brown sugar & sugar until smooth. Add egg, milk & vanilla, mixing well. Stir in flour, baking powder and salt. Add chocolate chips, stirring until combined.
- 3** Drop by teaspoon fulls on cookie sheet. Bake 9-11 minutes.

Perfect Chocolate Chip Cookies

Recipe Scan



1 3/4	cups	unbleached all-purpose flour (8 3/4 ounces)	2	tsp	vanilla extract
1/2	tsp	baking soda	1		large egg
14	Tbs	unsalted butter (1 3/4 sticks)	1		large egg yolk
1/2	cup	granulated sugar (3 1/2 ounces)	1 1/4	cups	semisweet chocolate chips or chunks (see note)
3/4	cups	packed dark brown sugar (5 1/4 ounces) (see note)	3/4	cup	chopped pecans or walnuts, toasted (optional)
1	tsp	sea salt (fine grain)			coarse Celtic Sea Salt (for sprinkling on top)

Avoid using a nonstick skillet to brown the butter; the dark color of the nonstick coating makes it difficult to gauge when the butter is browned. Use fresh, moist brown sugar instead of hardened brown sugar, which will make the cookies dry. This recipe works with light brown sugar, but the cookies will be less full-flavored. Cooks Illustrated says: "We set out to perfect the back-of-the-bag classic with a cookie that is crisp at the edges, chewy in the middle, and full of rich toffee flavor."

Procedure

- 1 Adjust oven rack to middle position and heat oven to 350° (or 325° convection cook). Use 2 non-stick large (18 x12") baking sheets (or alternatively line 2 regular large baking sheets with parchment paper). Whisk flour and baking soda together in medium bowl; set aside.
- 2 Heat 10 tablespoons butter in 10-inch skillet over medium-high heat until melted, about 2 minutes. Continue cooking, swirling pan constantly until butter is dark golden brown and has nutty aroma, about 5 to 6 minutes. Remove skillet from heat and, using heat-proof spatula, transfer browned butter to large heatproof bowl. Stir remaining 4 tablespoons butter into hot butter until completely melted.

Perfect Chocolate Chip Cookies

- 3** Add both sugars, salt, and vanilla to bowl with butter and whisk until fully incorporated. Add egg and yolk and whisk until mixture is smooth with no sugar lumps remaining, about 30 seconds. Let mixture stand 3 minutes, then whisk for 30 seconds. Repeat process of resting and whisking 2 more times until mixture is thick, smooth, and shiny. Using rubber spatula or wooden spoon, stir in flour mixture until just combined, about 1 minute. Stir in chocolate chips and nuts (if using), giving dough final stir to ensure no flour pockets remain.
- 4** Divide dough into 13 portions, each about 3-4 tablespoons. Arrange 2 inches apart on prepared baking sheets, 6-7 dough balls per sheet. (Smaller baking sheets can be used, but will require 3 batches.) Press dough balls to be about 1/2" thickness, and sprinkle with coarse Celtic Sea Salt. (If making cookies without nuts, then divide into 12 portions, instead of 13).
- 5** Bake until cookies are golden brown and still puffy, and edges have begun to set but centers are still soft, 9 minutes convection cook, rotating baking sheet halfway through baking. Transfer baking sheet to wire rack; cool cookies completely before serving.

Source

Source: Cooks Illustrated - May 2009

Pot of Gold Cookies

Recipe Scan



- | | | | |
|---------|-------------------|---------|---------------------------------|
| 1 cup | butter, softened | 1/2 cup | finely chopped almonds, toasted |
| 1/2 cup | sugar | dash | salt |
| 1 Tbs | 2% milk | | ICING: |
| 1/2 tsp | vanilla extract | 2 cups | confectioner's sugar |
| 1/8 tsp | almond extract | 2 Tbs | plus 2 teaspoons 2% milk |
| 2 cups | all-purpose flour | | Green food coloring |

These are diabetic friendly cookies, with each cookie =1 starch 1 fat.

Procedure

- 1 In a large bowl, cream butter and sugar until light and fluffy. Beat in milk and extracts.
- 2 Combine the flour, almonds and salt; gradually add to creamed mixture and mix well. Shape into a 10-in. roll; wrap in plastic wrap. Refrigerate overnight.
- 3 Unwrap and cut into 1/4" slices. Place 2" apart on ungreased baking sheets. Bake at 325° for 14-16 minutes or until set. Or Convection Cook at 300° for 12 minutes. Cool completely on the baking sheets and then transfer to wire racks in preparation for frosting.
- 4 Combine the icing ingredients; decorate cookies as desired. Let stand until set. Store in an airtight container.
- 5 Yield: about 3 dozen.

Source

Source: Taste of Home - Feb/Mar 2008

Pumpkin Whoopie Pies

Recipe Scan



	PUMPKIN COOKIES				
2	eggs	1	tsp	baking powder	
2 cups	light brown sugar	1	tsp	baking soda	
1 cup	vegetable oil	1	tsp	salt	
1 tsp	vanilla extract			FILLING/CREAM CHEESE	
1	(15-ounce) can pumpkin			FROSTING	
3 cups	flour	4	oz	cream cheese, softened	
1 Tbs	pumpkin pie spice	1/2	cup	butter, softened	
		2	tsp	vanilla extract	
		4 to 5	cups	confectioners' sugar	

If you think good old whoopie pies just can't be improved upon, just wait until you try these: pumpkin cookies filled with fluffy cream cheese frosting. They're guaranteed to be a popular new addition to your standard Thanksgiving dessert offerings.

Procedure

- 1 Heat the oven to 350 degrees. Beat the eggs, brown sugar, oil, and vanilla extract in a mixing bowl until smooth. Stir in the pumpkin. In a separate bowl, combine the flour, pumpkin spice, baking powder, baking soda, and salt. Add the dry ingredients to the egg mixture a half cup at a time, blending each time until smooth.
- 2 Drop a heaping tablespoon of batter onto an ungreased cookie sheet, using a moist finger or the back of a spoon to slightly flatten each mound. Bake the cookies for 12 minutes, then transfer them to a wire rack to cool completely.
- 3 Meanwhile, make the frosting. Beat together the cream cheese, butter, and vanilla extract in a bowl until light and fluffy. Mix in the confectioners' sugar a half cup at a time, until the frosting is spreadable.
- 4 To assemble the pies, turn half of the cookies bottom side up and spread a generous amount of cream cheese frosting on each one. Top them with the remaining cookies (turned right side up). Makes 10 to 14 Pumpkin Pies.

Pumpkin Whoopie Pies

Source

Source: Family Fun Magazine - September 2005

Rollout Sugar Cookies

Recipe Scan



--- COOKIES ---		--- FROSTING ---	
2 1/2	cup unbleached white flour	3	Tbsp butter
1/4	tsp salt	1/2	box sifted powdered sugar (2 1/4 - 2 1/2 cups)
1	cup butter (1/8 c less with honey), softened	2	Tbsp milk
1	cup sugar (or 3/4 c honey)	3/4	tsp vanilla
1	large egg	--- PAINT FROSTING (ALTERNATIVE) ---	
1 1/2	tsp lemon peel, grated	2	cups confectioner's sugar
1/2	tsp vanilla	1/4	cup ice water
.	.	3	Tbsp meringue powder
.	.	Food Coloring - as desired	
.	.		

Procedure

- 1 COOKIES:** Combine flour and salt. Beat butter and sugar (or honey) in mixer bowl until light and fluffy. Beat in egg, lemon peel and vanilla. Beat in dry ingredients until combined. Cover and refrigerate overnight. Preheat oven to 350°. Grease cookie sheets. Divide dough into quarters. Roll 1 quarter between 2 sheets of wax paper to slightly less than 1/4". Keep other dough in refrigerator. Cut into shapes. Bake 8-9 minutes.
- 2 FROSTING:** In small mixer bowl, beat butter till light and fluffy. Gradually add about half of the powdered sugar, beating well. Beat in milk and vanilla. Gradually beat in remaining powdered sugar. Beat in additional milk, if necessary, to make frosting of spreading consistency. Spread frosting on cookies with a butter knife, or pipe on with a pastry bag. Sprinkle with colored sugar sprinkles if desired.

Rollout Sugar Cookies

- 3** PAINT FROSTING (ALTERNATIVE - SHOWN IN PICTURE ABOVE): Stir sugar, ice water and meringue powder, until smooth. Transfer to a snack size ziplock bag. Snip a tiny hole in the corner, and decorate as desired.
- 4** ANY SHAPE YOU DESIRE FOR WHATEVER THE OCCASION MAY BE. Makes about 21 of 3" cookies. The count will vary depending on the shape.

Source

Author: McCall's December 1989

Special Oatmeal Chip Cookies

Recipe Scan



1 cup	butter, softened	2	tsp	ground cinnamon
1 cup	peanut butter	1	tsp	baking soda
1 cup	sugar	1/4	tsp	ground nutmeg
1 cup	packed brown sugar	1-1 1/2	cups	semisweet chocolate chips
2	eggs			-- DRIZZLE --
1 tsp	vanilla extract	1	cup	white chocolate candy coating, melted
3 cups	old-fashioned oats	1	cup	dark chocolate candy coating, melted
1 cup	flour			

Makes approx 6 dozen.

Procedure

- 1 In a mixing bowl, cream butter, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine oats, flour, cinnamon, baking soda and nutmeg. Gradually add to the creamed mixture. Stir in chocolate chips.
- 2 Roll into 1" balls. Place 2" apart on greased baking sheets. Flatten into 1/2" thickness. Bake at 350° for 10-12 minutes or until golden brown, or convection cook at 325° for 7 minutes 40 seconds. Remove to wire racks to cool.
- 3 Drizzle with white coating in one direction, then with dark coating in the opposite direction to form a crisscross pattern.

Special Oatmeal Chip Cookies

Recipe Tips

Use a natural creamy peanut butter with no stirring needed. Reduced fat peanut butter is not recommended for this recipe.

EASY METHOD TO DRIZZLE: Melt chocolate in microwave safe bowl for 20 seconds. Stir & heat for an additional 20 seconds, just enough to melt. Pour into snack size zip-lock baggie & snip a very small opening in one of the corners to drizzle as desired.

TO RE-HARDEN CHOCOLATE: After drizzling, place cookies in a single layer cookie sheet and put into freezer for 10 minutes.

FLOUR: Can use equal amounts of unbleached white flour & whole wheat pastry flour.

Source

Source: Taste of Home --- the Ultimate Cookie Collection Cookbook

Sturbridge Chocolate Chip Cookies

Recipe Scan



1 1/3 cup brown sugar
10 Tbs butter (1 stick + 2 tbsp)
2 eggs
2 cup whole wheat pastry flour
1 cup white flour

1 tsp soda
1/2 tsp salt
1 1/2 tsp vanilla
1 1/2 cups chocolate chips

The secret for soft & chewy cookies is to not overbake. Cookies should be removed from oven when they begin to crack on the top around the edges, with the center still soft. Cool completely on the cookie pan before removing.

Procedure

- 1 Cream butter and sugar. Then add eggs. Combine flours, soda and salt in a separate bowl. Then add to creamed mixture. Add vanilla and chocolate chips. Mix until well combined.
- 2 Roll cookie dough into 1" balls with hands and place on greased cookie sheet. Press down slightly with two fingers. Bake at 350° for 10-12 minutes.
- 3 IF CONVECTION OVEN: Bake using Convection Cook at 325° for 7 minutes 40 seconds.

Source

Author: Sturbridge Village

Sturbridge Oatmeal Cookies

Recipe Scan



1 1/2	cup	brown sugar	1/2	tsp	salt
1/2	cup	+3 tbsp butter	1 1/2	tsp	baking soda
2		eggs	1/2	tsp	vanilla
2	cup	unbleached all-purpose white flour	1	tsp	cinnamon
3	cup	oatmeal	1/2	cup	raisins

For the 2 cups of flour, it is recommended to use 1 cup whole wheat pastry flour, and 1 cup white flour.

Procedure

- 1 Cream sugar and butter together. Then add eggs. Beat well. Combine flour, oatmeal, baking soda, salt and cinnamon in a separate bowl. Add to creamed mixture. Then add vanilla and raisins. When mixture is well combined, roll dough into 1" balls with hands.
- 2 Place on a greased cookie sheet and press down slightly with two fingers. Bake at 350° for 10-12 minutes.

Source

Author: Sturbridge Village

The State Cookie of Texas

Recipe Scan



1/4 cup	butter, softened	1	cup	flour
1/4 cup	Spectrum Organic All Vegetable Shortening (Non-Hydrogenated)	1/2	tsp	baking powder
1/2 cup	dark brown sugar	1/2	tsp	baking soda
1/2 cup	sugar	1/2	tsp	salt
1	large egg	1 1/4	cup	3-Minute Brand Old Fashioned Oats
1	Tbs milk	1/2	cup	semi-sweet chocolate chunks
1	tsp vanilla	1	cup	pecans, toasted (see step 4), coarsely chopped
		1	cup	flaked coconut

Alternative, can be made in a 12" pizza pan.

Procedure

- 1 In large mixer bowl, cream butter, shortening and sugars. Add egg, milk and vanilla and beat till light and fluffy. In medium bowl, stir together flour, baking powder, baking soda, salt and oats. Add to creamed mixture and mix till blended. Stir in chocolate chunks, pecans and coconut.
- 2 Line Texas-shaped cookie pan with aluminum foil, spread cookie dough over whole pan, pressing to flatten. Bake in a 350° oven for 22-28 minutes. (The top of the cookie will still be slightly soft and moist, but will finish baking while still in the pan). Allow to set in pan for 10-15 minutes. Remove from pan, lifting out with help of foil.
- 3 Remove to wire rack to cool completely. Decorate as desired. Makes 1 Texas cookie. (If you want thinner cookies, divide cookie dough in half and bake for 14-18 minutes).

The State Cookie of Texas

- 4 To toast pecans, place on a microwave-safe dinner plate in a ring, leaving center open, and heat on High for 1-2 minutes, stirring every minute. Or toast in oven for 10-15 minutes at 350°.

Thick 'N' Chewy Cookies

Recipe Scan



- | | |
|----------------------------|---|
| 1/2 cup butter | 4 1/2 cup quick cooking oats mixed with ... |
| 1 cup brown sugar | ... 2 tsp baking soda |
| 1 cup granulated sugar | 1 cup M&Ms candy (plain) |
| 3 eggs | 1 cup raisins |
| 1 tsp vanilla | 1 cup semisweet chocolate chips |
| 2 cup (1 lb) peanut butter | |

For the peanut butter, we recommend Creamy Organic No-Stir Peanut Butter. Since these cookies contain no wheat, they are gluten-free.

Procedure

- 1 Beat butter and sugars in large bowl with electric mixer until pale and fluffy. Beat in eggs, vanilla and peanut butter until blended. Stir in oats mixture until stiff dough forms. Stir in candies, raisins and chocolate.
- 2 Shape dough in 1" balls. Place 3" apart on lightly greased cookie sheet. Flatten to 2" diameter.
- 3 Convection bake at 325° for 8 minutes. For non-Convection, bake at 350° for 8-10 minutes. Makes 72 cookies.

Triple Chocolate Cookies

Recipe Scan



3	oz	unsweetened chocolate squares	2	tsp	instant coffee granules (or Espresso Powder)
1 1/2	cups	bittersweet chocolate chips	2	tsp	vanilla extract
7	Tbs	unsalted butter			-----
1	cup	sugar	1/2	cup	all purpose flour
3		large eggs	1/2	tsp	baking powder
		-----	1/2	tsp	salt
		.			-----
			1 1/2	cups	semi-sweet chocolate chips

These cookies are like brownies that are shaped into cookies. Makes about 30 cookies.

Procedure

- 1 In a double boiler, melt unsweetened chocolate, bittersweet chocolate chips and unsalted butter until smooth. Set aside to cool.
- 2 Meanwhile, in a mixing bowl, beat sugar and eggs on med-high for 4 minutes. Mixture should be very pale and thick.
- 3 In a small bowl, mix together coffee powder and vanilla extract. Add to sugar/egg mixture and beat for 20 seconds.
- 4 Add cooled chocolate mixture.
- 5 Whisk together all purpose flour, baking powder and salt in a separate bowl, then fold into sugar/egg/chocolate mixture along with 1 1/2 cups semi-sweet chocolate chips.
- 6 Cover batter and let sit at room temperature for 30 minutes.

Triple Chocolate Cookies

- 7** Line baking sheets with parchment paper. Scoop heaping Tablespoon for each cookie.
- 8** Bake in a 325° convection cook oven for 9 minutes ... or 350° regular bake for 11-16 minutes. Cookies should be gooey in the center, do not overbake.
- 9** Cool completely on baking sheet, about 1/2 hour.

Source

Source: America's Test Kitchen

Welcome-to-the-Neighborhood Cookies

Recipe Scan



1	cup	butter, softened	1	tsp	ground cinnamon
1/2	cup	sugar	3/4	tsp	baking soda
1/2	cup	packed brown sugar	1/2	tsp	salt
1		egg	1/8	tsp	ground nutmeg and cloves
2 1/4	cups	all-purpose unbleached white flour	1	pkg	(10 to 12 oz) vanilla or white chocolate chips
2	tsp	(2 to 3) grated orange peel			

For the flour, can use 1 cup whole wheat pastry flour and 1 1/4 cups all purpose flour. Makes about 3 - 3 1/2 dozen cookies.

Procedure

- 1 In a mixing bowl, cream butter and sugars. Beat in egg. Combine flour, orange peel, cinnamon, baking soda, salt, nutmeg and cloves. Add to creamed mixture. Stir in chips.
- 2 Drop by rounded tablespoonfuls onto ungreased baking sheets. Bake at 350° for 12-14 minutes (or convection cook at 325° for 8-9 minutes) or until lightly browned. Remove to wire racks to cool.

Whole Wheat Snickerdoodles

Recipe Scan



1 1/2 cups	sugar, organic	1	tsp	baking soda
1 cup	butter, softened	1/4	tsp	salt
1	egg plus 1 egg white			--- TOPPING ---
1 1/2 cups	whole wheat pastry flour	2 1/2	Tbs	sugar
1 1/4 cups	unbleached all-purpose white flour	2 1/2	tsp	ground cinnamon

Makes approximately 52 cookies.

Procedure

- 1 In a mixing bowl, cream sugar and butter until fluffy. Add egg and egg white. Beat well. Combine the dry ingredients. Add to creamed mixture and beat well. In a small bowl, combine topping ingredients. Shape dough into walnut-sized balls. Roll in cinnamon-sugar. Place 2" apart on ungreased baking sheets. Convection cook at 375° for 6-7 minutes. Cookies will puff up and flatten as they bake.

Dessert Salads

Cherry Soda Jello Mold - 2 Layers

Recipe Scan



BOTTOM LAYER:

- 1 pkg (3 oz) black cherry Jello
- 1 cup boiling water to dissolve Jello
- 1 can (15 oz) Oregon Pitted, Dark Sweet cherries, drained
- 1 cup cherry soda

TOP LAYER:

- 1 pkg (3 oz) black cherry Jello
- 1 cup boiling water to dissolve Jello
- 1 pkg (8 oz) cream cheese
- 1 cup cherry soda

Make in an 8x8" or 9x9" glass baking dish. Either Black Cherry or Cherry Jello works in this recipe, but Black Cherry gives a better flavor. Originally this recipe was made with Cherry Coke, but much experimentation showed that Virgil's Black Cherry Cream Soda produced the best cherry flavor, and is made with all-natural flavors with no preservatives. Virgil's is sold in a 4 pack of 12 oz bottles at Kroger or Whole Foods.

Procedure

- 1** BOTTOM LAYER: Dissolve one 3 oz package of Jello in 1 cup boiling water. Cool to lukewarm. Add 1 cup cherry soda. Place drained cherries in the bottom of an 8x8" or 9x9" glass baking dish. Pour the Jello mixture over the cherries. Place into refrigerator till set, about 2-3 hours.
- 2** TOP LAYER: Dissolve one 3 oz package of Jello in 1 cup boiling water. Cool to lukewarm. Put the Jello (now still liquid) and 8 oz cream cheese in blender, and blend until smooth. Add 1 cup cherry soda, and give blender a few short bursts, just enough to mix it in, so as to keep as much carbonation in the soda as possible. Pour over the bottom layer. Put in refrigerator till set, about 2 hours additional.

Cranberry Apple Orange Relish

Recipe Scan



- | | | | | |
|---|--|-----|-----|---------------|
| 2 | organic honeycrisp apples, peeled or un-peeled, core removed | 1 | cup | organic sugar |
| | | 1/4 | tsp | sea salt |
| 4 | cups | | | cranberries |
| 2 | organic naval orange, cut into quarters including rind | | | |

Alternatively, if you don't have food processor, run apple, orange, cranberries thru the large-whole blade of a Kitchenaid meat grinder, then stir in sugar, and salt until blended, and refrigerate as above.

Procedure

- 1 Pulse all ingredients in a food processor until mixture resembles coarse meal. Refrigerate for 1 to 2 days for flavors to fully develop. Serve.

Source

Source: CooksCountry.com

Eggnog Molded Salad

Recipe Scan



1 tsp Knox unflavored gelatin
1/4 cup water
1 can (16 oz) sliced pears
1 pkg (6 oz) lemon gelatin
8 oz sour cream
3/4 cup eggnog

1 can (11 oz) mandarin oranges, drained
GARNISH OPTIONAL:
Orange slices, maraschino cherries and
mint leaves

Although the name of this recipe says "eggnog," the flavor of this jello mold leans more toward the lemon flavor than eggnog flavor.

Procedure

- 1 In a small bowl, combine gelatin and water; set aside. Drain pears, reserving juice; set pears aside. Add enough water to the juice to measure 2 cups. Pour into a saucepan; bring to a boil. Remove from the heat; stir in gelatin mixture and lemon gelatin until completely dissolved. Cool for about 15 minutes.
- 2 Stir in sour cream and eggnog until well blended. Chill until partially set. Cut the oranges and pears into chunks; add to eggnog mixture. Pour into an oiled 6-cup mold. Chill until firm.
- 3 Garnish with oranges, cherries and mint if desired. Yield: 10-12 servings.

Source

Source: Taste of Home

Five Cup Salad

Recipe Scan



1 can (11 oz) Mandarin Orange Sections, drained	1 cup	tiny Marshmallows
1 can (8 oz) pineapple chunks, drained	1 container	(8 oz) sour cream
1 cup Angel Flake Coconut		

Makes 6 - 8 servings.

Procedure

- 1 In a bowl, combine mandarin oranges, pineapple chunks, coconut, marshmallows and sour cream.
- 2 Cover and chill for several hours or overnight

Source

Source: Better Homes and Gardens - New Cookbook

Fluffy Lime Salad

Recipe Scan



- | | |
|---|-------------------------------------|
| 1 can (8 oz) crushed pineapple | 1 cup chopped walnuts |
| 1 pkg (3 oz) lime gelatin | 1 cup miniature marshmallows |
| 3 Tbs water | 1 cup heavy whipping cream, whipped |
| 2 pkgs (3 oz each) cream cheese, softened | |

Procedure

- 1 Drain pineapple, reserving juice; set the pineapple aside. In a saucepan, combine gelatin, water and reserved juice. Cook and stir over low heat until gelatin is dissolved. Refrigerate until syrupy, about 30 minutes.
- 2 In a small bowl, beat cream cheese until fluffy. Stir in gelatin mixture, walnuts, marshmallows and reserved pineapple. Fold in the whipped cream.
- 3 Transfer to a 1-qt. serving bowl. Cover and refrigerate for 2 hours or until set. Yield: 9 servings.

Source

Source: TasteOfHome.com

Frozen Banana on a Stick

Recipe Scan



3 bananas
6 Popsicle sticks

3 (1.5 oz) chocolate bars

Procedure

- 1** Peel bananas and remove any stringy fibers. Cut them in half, width-wise, and push a Popsicle stick through the cut end of each half. Put them in a freezer gallon-size Ziplock bag and freeze for about 3 hours.
- 2** Place the chocolate bars in a microwave-proof bowl and cook on high for about 2 minutes, or until the chocolate melts (check after 1 minute). Using a butter knife, spread the chocolate mixture over the frozen bananas to coat them completely. Rest the pops on a plate covered with waxed paper until chocolate is set, return to the gallon-size Ziplock bag and freeze until ready to serve. These keep in the freezer for 1 to 2 weeks. Makes 6.

Author Notes

You can make them without sticks -- eating with your fingers is OK. Just plain frozed bananas are also good eating.

Fruit Salad Dressing

1/4 cup sugar or honey
2 Tbs flour
1/4 tsp salt
1/2 cup water

1 egg, beaten
1 cup hot pineapple juice
3 Tbs lemon juice
1 cup whipped cream

Procedure

- 1 Mix sugar or honey, flour and salt; add water and blend. Pour into pineapple juice and cook for 10 minutes in double boiler or in a sauce pan on low heat, stirring constantly. Stir in beaten egg and stir rapidly. Remove from heat. Add lemon juice. Cool.
- 2 Before ready to serve, fold in fresh strawberries (2 c) or peaches or bananas and fold in 1 c whipped cream.

Summer's Dream Jello Mold

Recipe Scan



2 pkgs (3 oz each) orange or strawberry Jello
2 cups boiling water

2 pints Vanilla Ice Cream - Walgreen's Brand preferred, but will work with any

Layers separate as it cools. In the picture shown above using orange jello, Walgreen's Brand was used, and the shiny layer is on top with the dull layer on the bottom. For other brands of ice cream, it is likely that the layers (shiny & dull layer) will be reversed, as in the smaller strawberry picture shown. Bluebell ice cream was used in the strawberry jello mold.

Procedure

- 1 In a 3 quart saucepan, boil water.
- 2 Turn burner off and dissolve both packages of Jello in the hot water.
- 3 Add 1 pint Vanilla Ice Cream, and stir until completely dissolved. Add the 2nd pint and do same thing.
- 4 Pour into a Tupperware 3 piece bundt jello mold and refrigerate overnight.
- 5 Flip the jello mold over onto serving plate.
- 6 See Comment about Layer Reversal...



Pies

Apple Crisp

Recipe Scan



3/4 cup quick-cooking rolled oats
3/4 cup packed brown sugar
1/4 cup plus 2 Tbs all purpose flour
3/4 tsp ground cinnamon
6 Tbs butter

3 lbs apples, Granny Smith or Jonagold
3 Tbs granulated sugar
TOPPING
vanilla ice cream, or
freshly whipped cream

Procedure

- 1 Combine oats, brown sugar, flour, cinnamon & dash of salt. Cut in butter until mixture resembles coarse crumbs. Set aside.
- 2 Peel, core & slice apples arranging them in a 13x9x2" baking dish. Sprinkle with granulated sugar and toss to coat.
- 3 Sprinkle crumb mixture over all. Bake in a 350° oven for 40 - 45 minutes.

Source

Source: Better Homes & Gardens - New Cook Book

Banana Cream Pie

Recipe Scan



		GRAHAM CRACKER CRUST	3	cups	milk or half and half
1 3/4	cups	fine graham cracker crumbs	3		egg yolks
1/2	tsp	cinnamon	2	Tbs	butter, cut into pieces
		Big pinch of salt	2	tsp	vanilla extract
6	Tbs	melted butter			WHIPPED CREAM AND GARNISH
1	tsp	water	1 1/4	cups	very cold heavy cream
		VANILLA PUDDING FILLING	2	Tbs	confectioner's sugar, sifted
3/4	cup	plus 2 tablespoons sugar	2		large ripe bananas (not too ripe)
1/4	cup	plus 2 tablespoons cornstarch			Chocolate for garnish
1/8	tsp	salt			

Sweet graham cracker crust piled with layers of vanilla pudding, sliced bananas, and whipped cream -- the very sight of one of these homemade pies can tickle a kid's taste buds. Plus, making one is practically a rite of passage for young pie chefs. The only challenging part can be waiting for the pudding filling to chill (it takes a few hours) so that you can pile on the bananas and whipped cream and dig in.

Procedure

- 1 TO PREPARE THE PIECRUST:** Heat the oven to 325°. Lightly butter a deep 9- or 10-inch pie pan. In a large mixing bowl, combine the graham cracker crumbs, cinnamon, and salt and mix the ingredients briefly with your fingers. Stir in the melted butter and water with a fork. Then use your fingers to rub together the mixture until the crumbs are uniformly moistened.
- 2** Empty the crumbs into the prepared pie pan. Press them evenly into the bottom and about three quarters of the way up the sides of the pan. Bake the piecrust on the center oven rack for 8 minutes, then cool it in the pan on a rack while you make the filling.

Banana Cream Pie

- 3** TO COOK THE PUDDING FILLING: Combine the sugar, cornstarch, and salt in a nonstick medium-size saucepan and whisk them until evenly blended. Then whisk in the milk and the egg yolks.
- 4** Heat the pudding over medium heat, stirring continuously until it thickens and bubbles, about 5 minutes. Continue cooking the mixture for 1 minute more, whisking all the while to keep it from boiling.
- 5** Remove the pan from the heat and whisk in the butter one piece at a time. Add the vanilla extract and whisk several more times. Immediately pour the filling into the piecrust, spreading and smoothing it with a wooden spoon.
- 6** Gently press a piece of plastic wrap against the filling to keep a skin from forming. Put the pie on a cooling rack and cool to room temperature. Then chill it for at least 6 hours, or overnight.
- 7** TO MAKE THE WHIPPED CREAM: Ten minutes before you're ready to assemble the pie, chill a mixing bowl and the beaters you'll use to make the whipped cream. Beat the heavy cream in the cold bowl until soft peaks form. Add the confectioners' sugar and continue to beat the whipped cream with a whisk until it is stiff but still smooth. Avoid overbeating it, or the cream will separate, much as it does when you churn butter.
- 8** Remove the plastic covering from the pie and use a rubber spatula to spread a thin layer of whipped cream over the pudding. Using a butter knife, quarter the bananas lengthwise, then cut them crosswise into small chunks, letting them fall over the pie in a single layer.
- 9** Mound the remaining whipped cream on top of the sliced bananas. Then garnish with shaved chocolate, if you like, and refrigerate the pie until serving time. Makes 8 to 10 servings.

Source

Source: Family Fun Magazine

Blackberry Cobbler

Recipe Scan



4 cups fresh blackberries (or frozen)
1 Tbs lemon juice
1 large egg
1 cup sugar

1 cup all-purpose flour
6 Tbs butter, melted
GARNISH: Whipped Cream
GARNISH: fresh mint sprig (optional)

Procedure

- 1 Preheat oven to 375°. If a sweeter cobbler is desired, stir 1/4 cup sugar into the blackberries before placing in the baking dish. Place blackberries in a lightly greased 8" square, or 9" square, or 11x7" baking dish. Sprinkle with lemon juice. Stir together egg, sugar, and flour with a fork in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping.
- 2 IF USING FRESH BLACKBERRIES: Bake at 375° for 35 minutes or until lightly browned and bubbly.
- 3 IF USING FROZEN BLACKBERRIES: Bake at 375° for 45-50 minutes or until lightly browned and bubbly.
- 4 Let stand 10 minutes. Serve warm with whipped cream, if desired. Garnish with fresh mint sprig, if desired.

Source

Source: Southern Living -- July 2008

Blueberry Cobbler

Recipe Scan



FILLING			BISCUIT TOPPING		
1/2	cup	granulated sugar (3 1/2 ounces)	1	cup	unbleached all-purpose flour (5 ounces)
1	Tbs	cornstarch	2	Tbs	cornmeal , stone-ground
	pinch	ground cinnamon	1/4	cup	granulated sugar , plus 2 teaspoons for sprinkling
	pinch	table salt	2	tsp	baking powder
6	cups	fresh blueberries (30 ounces), picked over	1/4	tsp	baking soda
		... If using frozen blueberries, 36 oz or 6 cups, preferably wild	1/4	tsp	table salt
1 1/2	tsp	grated lemon zest	4	Tbs	unsalted butter (1/2 stick), melted
1	Tbs	lemon juice	1/3	cup	buttermilk
	.		1/2	tsp	vanilla extract
	.		1/8	tsp	ground cinnamon

While the blueberries are baking, prepare the ingredients for the biscuit topping, but do not stir the wet into the dry ingredients until just before the berries come out of the oven. A standard or deep-dish 9-inch pie pan works well; an 8-inch-square baking dish can also be used. Vanilla ice cream or lightly sweetened whipped cream is the perfect accompaniment. To reheat leftovers, put the cobbler in a 350-degree oven for 10 to 15 minutes, until heated through.

Procedure

- 1 Adjust oven rack to lower-middle position and heat oven to 375°.
- 2 FOR THE FILLING: Stir sugar, cornstarch, cinnamon, and salt together in large bowl. Add berries and mix gently with rubber spatula until evenly coated; add lemon zest and juice and mix to combine.

Blueberry Cobbler

Transfer berry mixture to 9-inch glass pie pan, place pie pan on rimmed baking sheet, and bake until filling is hot and bubbling around edges, about 25 minutes. IF USING FROZEN BLUEBERRIES: Thaw frozen blueberries in colander set over bowl to catch juices. Transfer juices (you should have about 1 cup) to small saucepan; simmer over medium heat until syrupy and thick enough to coat back of spoon, about 10 minutes. For frozen blueberries, increase baking time to 30 minutes.

- 3 FOR THE BISCUIT TOPPING:** Whisk flour, cornmeal, 1/4 cup sugar, baking powder, baking soda, and salt in large bowl to combine. Whisk melted butter, buttermilk, and vanilla in small bowl. Mix remaining 2 teaspoons sugar and cinnamon in second small bowl and set aside. One minute before berries come out of the oven, add wet ingredients to dry ingredients; stir with rubber spatula until just combined and no dry pockets remain.

- 4 TO ASSEMBLE AND BAKE COBBLER:** Remove berries from oven; increase oven temperature to 425 degrees. Pinch off 8 equal-sized pieces biscuit dough and place on hot berry filling, spacing them at least 1/2 inch apart (they should not touch). Sprinkle each mound of dough with cinnamon-sugar. Bake until filling is bubbling and biscuits are golden brown on top and cooked through, 15 to 18 minutes. Cool cobbler on wire rack 20 minutes and serve.

- 5 STEP-BY-STEP ASSEMBLING THE COBBLER:** Place fruit mixture in pie plate, set plate on rimmed baking sheet, and bake until hot and bubbling around edges, about 25 minutes.



- 6** Pinch off eight equal-sized pieces biscuit dough and place on hot berry filling, spacing them at least 1/2 inch apart.



- 7** Sprinkle each mound of dough with cinnamon-sugar. Bake until biscuits are golden brown on top and cooked through, 15 to 18 minutes. IF USING FROZEN BLUEBERRIES: Increase baking time to 20 to 22 minutes.



Source

Source: Cooks Illustrated

Blueberry Cream Cheese Pie

Recipe Scan



--- CRUST ---		--- BLUEBERRY TOPPING ---	
1 1/4	cups	graham cracker crumbs (about 18	2 cup
		crackers)	blueberries (or cherries)
1/4	cup	brown sugar	1/4 cup
			honey
6	Tbs	butter, melted	1/4 cup
			water
--- CREAM CHEESE FILLING ---		2 Tbs	cornstarch
2		1/2 tsp	fresh squeezed lemon juice
			-- or, for above 5, use 1 can blueberry
1/4	cup		pie filling --
1	tsp		--- IF CHERRY TOPPING ---
1	pkg	1/2 tsp	almond extract (in place of above lemon
			juice)

Procedure

- 1 CRUST:** Crush graham crackers. Mix with sugar and butter until well blended. Press into 9" glass pie plate pan.
- 2 CREAM CHEESE FILLING:** "Cream" (stir or mix well) the honey or sugar and cream cheese. Add eggs and cream some more. Add vanilla and pour into pie plate that has been lined with graham cracker crust. Bake 20 minutes at 350°. Cool on a wire rack to room temperature, about 1 hour.
- 3 BLUEBERRY TOPPING:** For blueberry topping, whisk together honey, water and corn starch in a medium saucepan until smooth. Stir in blueberries and cook over medium heat, stirring constantly until mixture thickens. Remove from heat, then stir in 1/2 tsp fresh squeezed lemon juice. Cover and allow to cool to room temperature. Pour over cream cheese layer and refrigerate at least 4 hours, or overnight.
- 4 CHERRY TOPPING:** If cherry topping is desired, follow same instructions as for Blueberry Topping, except add 1/2 tsp almond extract instead of lemon juice after filling thickens.

Source

Source: Alice Ellwanger

Blueberry Pie

Recipe Scan



FOOLPROOF PIE DOUGH - 9" PIE				6	cups	fresh blueberries (about 30 ounces)
2 1/2	cups	unbleached all-purpose flour (12 1/2 ounces), plus more for work surface		1		(see note)
1	tsp	table salt		1		Granny Smith apple , peeled and grated on large holes of box grater
2	Tbs	sugar		2	tsp	grated zest and 2 teaspoons juice from 1 lemon
12	Tbs	cold unsalted butter (1 1/2 sticks), cut into 1/4-inch slices		3/4	cup	sugar (5 1/4 ounces)
1/2	cup	vegetable shortening , cold, cut into 4 pieces		2	Tbs	quick-cooking tapioca , ground (see note)
1/4	cup	vodka , cold (see note)			pinch	table salt
1/4	cup	cold water		2	Tbs	unsalted butter , cut into 1/4-inch pieces
BLUEBERRY FILLING				1		large egg , lightly beaten with 1 teaspoon water

Procedure

- 1 For The Pie Dough: Process 1 1/2 cups flour, salt, and sugar in food processor until combined, about two 1-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 15 seconds; dough will resemble cottage cheese curds and there should be no uncoated flour. Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.
- 2 Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Divide dough into 2 even balls and flatten each into 4-inch disk. Wrap each in plastic wrap and refrigerate at least 45 minutes or up to 2 days.

Blueberry Pie

- 3** Remove 1 disk of dough from refrigerator and roll out on generously floured (up to 1/4 cup) work surface to 12-inch circle, about 1/8 inch thick. Roll dough loosely around rolling pin and unroll into pie plate, leaving at least 1-inch overhang on each side. Working around circumference, ease dough into plate by gently lifting edge of dough with one hand while pressing into plate bottom with other hand. Leave dough that overhangs plate in place; refrigerate while preparing filling until dough is firm, about 30 minutes.
- 4** For The Filling: Adjust oven rack to lowest position, place rimmed baking sheet on oven rack, and heat oven to 400 degrees. Place 3 cups berries in medium saucepan and set over medium heat. Using potato masher, mash berries several times to release juices. Continue to cook, stirring frequently and mashing occasionally, until about half of berries have broken down and mixture is thickened and reduced to 1 1/2 cups, about 8 minutes. Let cool slightly.
- 5** Place grated apple in clean kitchen towel and wring dry. Transfer apple to large bowl. Add cooked berries, remaining 3 cups uncooked berries, lemon zest, juice, sugar, tapioca, and salt; toss to combine. Transfer mixture to dough-lined pie plate and scatter butter pieces over filling.
- 6** Roll out second disk of dough on generously floured (up to 1/4 cup) work surface to 11-inch circle, about 1/8 inch thick. Using 1 1/4-inch round biscuit cutter, cut round from center of dough. Cut another 6 rounds from dough, 1 1/2 inches from edge of center hole and equally spaced around center hole. Roll dough loosely around rolling pin and unroll over pie, leaving at least 1/2-inch overhang on each side.
- 7** Using kitchen shears, trim bottom layer of overhanging dough, leaving 1/2-inch overhang. Fold dough under itself so that edge of fold is flush with outer rim of pie plate. Flute edges using thumb and forefinger or press with tines of fork to seal. Brush top and edges of pie with egg mixture. If dough is very soft, chill in freezer for 10 minutes.
- 8** Place pie on heated baking sheet and bake 30 minutes. Reduce oven temperature to 350 degrees and continue to bake until juices bubble and crust is deep golden brown, 30 to 40 minutes longer. Transfer pie to wire rack; cool to room temperature, at least 4 hours. Cut into wedges and serve.

Source

Source: Americas Test Kitchen

Author Notes

This recipe was developed using fresh blueberries, but unthawed frozen blueberries (our favorite brands are Wyman's and Cascadian Farm) will work as well. In step 4, cook half the frozen berries over medium-high heat, without mashing, until reduced to 1 1/4 cups, 12 to 15 minutes. Grind the tapioca to a powder in a spice grinder or mini food processor. If using pearl tapioca, reduce the amount to 5 teaspoons. Vodka is essential to the texture of the crust and imparts no flavor; do not substitute.

Buttermilk Pumpkin Pie

Recipe Scan



--- PIE CRUST ---

- | | | |
|-------|------|---|
| 1 1/4 | cups | all-purpose unbleached white flour |
| 2 | tsp | sugar |
| 1 | | rounded 1/2 teaspoon salt |
| 1/4 | cup | chilled unsalted butter, cut into pieces |
| 1/3 | cup | vegetable shortening, Spectrum Organic Non-Hydrogenated |
| 2 | Tbs | (or 3) Ice Water |
| 1 | tsp | apple cider vinegar |
| | | . |

--- FILLING ---

- | | | |
|-------|------|---------------------------------|
| 3 | | eggs |
| 1 | | egg yolk |
| 3/4 | cup | firmly packed light brown sugar |
| 2 | Tbs | all-purpose flour |
| 1 | tsp | pumpkin pie spice |
| 1 | tsp | vanilla extract |
| 3/4 | cup | canned pumpkin puree |
| 3 | Tbs | melted butter |
| 1 1/4 | cups | buttermilk |

If desired, serve with Whipped Cream.

Procedure

- 1** --- PIE CRUST --- Combine flour, sugar and salt in food processor; pulse to blend. Add butter and shortening and cut into flour mixture using on/off turns. When mixture resemble coarse meal, transfer to large bowl. Combine 2 tablespoons ice water and the cider vinegar in small bowl; pour over flour mixture. Stir with fork until moist clumps form, adding additional 1 tablespoon ice water if necessary.
- 2** Gather dough into a ball and flatten ball into a disk. Wrap in plastic and chill 30 minutes or up to 4 days. Well-wrapped dough can be frozen up to 2 weeks. Allow dough to soften slightly at room temperature before continuing.
- 3** Roll out dough on lightly floured surface to 12 inch round. Carefully transfer to 9-inch pie pan. Press into pan. Trim and decoratively crimp edges if desired. With the excess pie crust, use leaf shaped

Buttermilk Pumpkin Pie

cookie cutter to make decorative pieces and put them in another pie plate to bake separately. Let pie crust and decorative pieces stand in refrigerator for 2 hours or over night. Freeze until firm, about 15 minutes. Preheat oven to 400 degrees F. Whip together 1 egg white plus 1 Tbsp water, and brush the mixture on both the pie crust & decorative pieces. Sprinkle a mixture of white sugar & cinnamon onto the decorative pieces. Bake both pie plates until just golden, about 15 minutes. Reduce oven temperature to 350 degrees F.

- 4** --- FILLING --- Meanwhile, whisk eggs, egg yolk and sugar in large bowl until blended. Mix in flour, pumpkin pie spice and vanilla. Stir in pumpkin and butter, then buttermilk. Pour filling into crust. Bake until set (center will puff slightly) about 45 minutes. Cool approx. 15-20 minutes, then arrange the decorative pieces as desired on top. Cool completely.

Source

Source: Cooking.com

Author Notes

This pie is lighter in texture than traditional pumpkin pie. The buttermilk flavor is wonderful. This pie is great served room temperature or chilled.

Butternut Squash Souffle

Recipe Scan



- | | | | | | |
|-----|------|----------------------------------|-----|-----|-----------------|
| 2 | cups | butternut squash, cooked, mashed | 1 | tsp | cinnamon |
| 3 | Tbs | butter, softened | 1/2 | tsp | nutmeg |
| 1 | cup | sugar | 3 | | eggs |
| 1/3 | cup | milk | 1 | tsp | vanilla extract |
| 1/2 | tsp | salt | | | |

One of the easiest desserts to prepare ... ever!

Procedure

- 1 Heat oven to 325°. Grease a 1 1/2 quart casserole dish. Combine all ingredients in a blender and blend until smooth. Pour the mixture into the casserole dish and bake for 75 minutes or until set.

Caramel Apple Pie

Recipe Scan



- PIE -			1/2 cup	brown sugar
7 cups	sliced peeled tart apples (recommend Jonagold)		1/2 cup	all-purpose flour
1 tsp	lemon juice		1/2 cup	quick oats
1 tsp	vanilla extract		5 Tbsp	butter
1/3 cup	packed brown sugar		.	.
3 Tbs	sugar		- CRUNCHY CARAMEL TOPPING -	
1 Tbsp	ground cinnamon		1/2 cup	pecans, toasted & chopped
1 Tbs	cornstarch		1/3 cup	butterscotch caramel ice-cream topping (recommend Mrs. Richardson's brand)
1/4 cup	butterscotch caramel ice cream topping, room temperature (Mrs. Richardson's)		.	.
1	unbaked pastry shell (9"), recommend Fool-Proof Pie Crust recipe in this cookbook		.	.
3 Tbsp	butter, melted		.	.
- CRUMB TOPPING -				

This recipe combines the best of 2 different Caramel Apple Pie recipes, one from Taste of Home and other from Family Fun.

Procedure

- 1 In a large bowl, toss apples with lemon juice and vanilla. Combine the sugars, cinnamon and cornstarch; add to apple mixture and toss to coat. Pour caramel topping over bottom of pastry shell; top with apple mixture (shell will be full). Drizzle with butter.

Caramel Apple Pie

- 2** With a pastry blender, thoroughly combine the crumb topping ingredients. Sprinkle the topping over the apple mixture. Bake at 350° for 55-65 minutes. (If necessary, cover pie with foil for the last 20 minutes if pie browns too quickly).
- 3** Remove pie from oven, and immediately sprinkle on the pecans, then drizzle with the butterscotch caramel sauce. Cool on a wire rack, and serve with ice cream.

Chocolate Raspberry Pie

Recipe Scan



- | | | | |
|-----------|--|-----------|----------------------------------|
| 1 | Pastry Shell - use recipe for Classic Pie Crust | 1/3 cup | sugar |
| | | 1/2 tsp | vanilla extract |
| 3 Tbs | sugar | 1/2 cup | whipping cream, whipped |
| 1 Tbs | cornstarch (heaping Tbs) | | --- TOPPING --- |
| 2 cups | fresh or frozen (10 oz. bag) unsweetened raspberries, thawed | 2 squares | (1 oz. each) semisweet chocolate |
| | --- FILLING --- | 3 Tbs | butter |
| 1 package | (8 oz.) cream cheese, softened | | |

Procedure

- 1 Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil and brush with egg-white mixture. Bake 5 minutes longer. Cool on a wire rack.
- 2 In a saucepan, combine sugar and cornstarch. Stir in the raspberries. Bring to a boil over medium heat. Boil and stir for 2 minutes. Remove from the heat. Cool for 15 minutes. Spread into shell. Refrigerate.
- 3 In a mixing bowl, beat cream cheese, sugar and vanilla until fluffy. Fold in whipped cream. Carefully spread over raspberry layer. Cover and refrigerate for at least 1 hour. Melt chocolate and butter. Cool for 4-5 minutes. Pour over filling. Cover and chill for at least 2 hours. Store in refrigerator.

Source

Source: Taste of Home

Chocolate Silk Pie

Recipe Scan



- | | | | |
|-----|--|----------|-------------------------------|
| 1 | unbaked pastry shell (9 inches) using Classic or Fool-Proof Pie Crust recipe | 2 Tbs | strong brewed coffee |
| 1 | jar (7 ounces) marshmallow creme | 1 cup | heavy whipping cream, whipped |
| 1 | cup (6 ounces) semisweet chocolate chips | TOPPING: | |
| 1/4 | cup butter, cubed | 1 cup | heavy whipping cream |
| 2 | oz unsweetened chocolate | 2 Tbs | confectioners' sugar |
| | | | Chocolate curls, optional |

Procedure

- 1 Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.
- 2 Meanwhile, in a heavy saucepan, combine the marshmallow creme, chocolate chips, butter, unsweetened chocolate and coffee; cook and stir over low heat until chocolate is melted and mixture is smooth. Cool. Fold in whipped cream; pour into crust.
- 3 For topping, in a large bowl, beat cream until it begins to thicken. Add confectioners' sugar; beat until stiff peaks form. Spread over filling. Refrigerate for at least 3 hours before serving. Garnish with chocolate curls if desired.

Source

Source: Taste of Home

Cinnamon Apple Burritos

Recipe Scan



2	large Granny Smith apples	4	(7- to 8-inch) flour tortillas
1/2 cup	orange juice	---	GLAZE ---
1 Tbs	lemon juice	1 Tbs	melted butter
1/3 cup	packed light brown sugar		Sugar
1/2 tsp	cinnamon	---	FROSTING ---
	A pinch of ground cloves	1/4 cup	butter
1 Tbs	cornstarch	1 1/2 cups	confectioner's sugar
2 Tbs	cold water	3/4 tsp	vanilla
1/2 cup	chopped walnuts or pecans		

Procedure

- 1 Peel, core, and quarter the apples. Then cut the quarters crosswise into thin slices and combine them with the orange and lemon juices in a medium-size saucepan. With the pan partially covered, bring the mixture to a boil. Then reduce the heat slightly and cook the fruit at a gentle boil for 5 minutes.
- 2 Stir in the brown sugar, cinnamon, and cloves and continue cooking the filling uncovered, stirring occasionally, for 2 to 3 minutes.
- 3 Blend the cornstarch and water in a small bowl and pour it into the apple mixture. Bring the mixture back to a boil, stirring continuously. Let the filling cook for 1 minute and then remove it from the heat and stir in the nuts. Transfer the mixture to a bowl to cool.
- 4 Heat the oven to 375°. Line a medium-size baking sheet with parchment paper or lightly greased aluminum foil.

Cinnamon Apple Burritos

- 5 Working with 1 tortilla at a time, spoon a quarter of the apple filling down the center, leaving a generous 1-inch border at each end. Fold the ends over the filling, then fold over one of the sides to enclose the filling. Moisten the other edge of the tortilla with a pastry brush dipped in water, then continue to fold the tortilla so it rests on the moistened section. Place it on the baking sheet, seam down. Repeat for the other tortillas.
- 6 Brush each tortilla with melted butter, then sprinkle on sugar. Bake for 20 to 25 minutes, until the tortillas turn a rich golden brown. Transfer the baking sheet to a wire rack and let the burritos cool for at least 20 minutes before serving. Cut each one diagonally into halves to serve. Makes 4 to 8 servings.
- 7 FROSTING While warm, frost with browned butter frosting: Lightly brown 1/4 c butter or margarine over medium heat. Remove from heat. Gradually beat in 1 1/2 c confectioner's sugar, 3/4 tsp vanilla and enough water to make spreading consistency.

Classic Pie Crust

Recipe Scan



2	cups	flour	1/4	cup	butter (1/2 stick, in pieces)
1/2	tsp	salt			water
1/2	cup	non-Hydrogenated, Spectrum Organic All Vegetable Shortening		-----	
			1		egg white + 1 tablespoon water

Light, flaky, tender yet crisp, this easy dough is suitable for any kind of pie. You can make it ahead of time, and it's great to have in the freezer for a last-minute treat. This recipe makes enough for an 8" or 9" double-crust pie.

Procedure

- 1 Place 2 cups flour and 1/2 teaspoon salt in food processor, or use a pastry cutter to hand mix. Pulse to mix.
- 2 Add 1/2 cup vegetable shortening (in pieces) and 1/4 cup butter (in pieces) and pulse until mixture resembles coarse crumbs.
- 3 With machine running, slowly add 5 tablespoons ice water. Process just until dough clumps together. (If it seems dry, add up to 1 tablespoon more water.)
- 4 Divide in half. Shape into 2 disks. Wrap and refrigerate at least 1 hour.
- 5 Roll out 1 disk (use other for top crust or another pie) on a lightly floured surface to form a circle about 1/8 inch thick and 2 inches larger than the pie plate. Fold in half, then in quarters, and transfer to pie plate. Unfold, press into plate and trim edges.
- 6 IF recipe calls for an unbaked piecrust prior to filling, brush piecrust with 1 tablespoon water and the white of 1 large egg before filling and baking.
- 7 IF recipe calls for prebaking the piecrust, line unpricked pastry shell with a double thickness of heavy duty foil. Bake at 450° for 8 minutes. Remove foil and brush with egg-white mixture. Bake 5 minutes longer. Cool on wire rack.

Cobbler (Any Fruit)

Recipe Scan



--- CRUST ---

- 1 cup pastry whole wheat flour
- 1/4 cup honey
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1/4 cup soft butter
- .

--- FRUIT FILLER ---

- 2 cup fresh peaches (or any fruit in season)
- 1 cup blueberries
- 1 Tbs butter
- 1 Tbs lemon juice
- 2 Tbs cornstarch
- 1/4 cup honey
- 1/2 cup water

The picture shown was made with fresh peaches and blueberries.

Procedure

- 1** PREPARING THE FRUIT FILLER Mix cornstarch, honey and water. Add fruits. Cook until mixture thickens. Add 1 Tbsp butter and lemon juice. Pour into 9x9" baking dish. Pour crust over top. Bake 30 minutes at 350°. Serve with whipped cream or yogurt ice cream.
- 2** Sift dry ingredients. Add milk and butter all at once. Beat smooth. Pour over fruit that you already have in a 9x9" baking dish.

Coconut Cream Pie

Recipe Scan



--- CRUST ---					
6	oz	animal crackers, Stauffer's Original animal crackers	1	Tbs	granulated sugar
2	Tbs	unsweetened shredded coconut, organic finely shredded for baking	3/8	tsp	table salt
1	Tbs	granulated sugar	5		large egg yolks
4	Tbs	unsalted butter, melted and cooled	1/4	cup	cornstarch
--- FILLING ---					
1	can	(13.5 oz) coconut milk, unsweetened organic	2	Tbs	unsalted butter, cut into 2 pieces
1	cup	whole milk	1	tsp	vanilla extract
1/2	cup	organic finely-shredded, unsweetened coconut	--- WHIPPED CREAM & GARNISH ---		
1/2	cup + 3T	granulated sugar	1 1/2	cups	heavy cream (cold)
			2	Tbs	granulated sugar
			1/2	tsp	vanilla extract
			1	Tbs	unsweetened shredded coconut, toasted in a small dry skillet until golden brown

Light coconut milk lacks rich coconut flavor, so skip it in favor of regular coconut milk. A great coconut cream pie recipe ought to highlight the exotic and elusive flavor of tropical coconut. We used not-too-sweet animal crackers to create a delicate crust that wouldn't overshadow the coconut filling. For added coconut flavor, we ground a couple of tablespoons of shredded coconut in the food processor along with the crackers. For the filling itself, we used a combination of coconut milk, whole milk, and unsweetened coconut, which softened up as it cooked.

Coconut Cream Pie

Procedure

- 1** FOR THE CRUST: Adjust oven rack to lower-middle position and heat oven to 325 degrees. In food processor, pulse animal crackers, coconut, and sugar to fine crumbs, eighteen to twenty 1-second pulses; then process until powdery, about 5 seconds. Transfer crumbs to medium bowl and add butter; stir to combine until crumbs are evenly moistened. Empty crumbs into 9-inch glass pie plate; using bottom of ramekin or 1/2 cup dry measuring cup, press crumbs evenly into bottom and up sides of pie plate. Bake until fragrant and medium brown, about 15 minutes, rotating pie shell halfway through baking time. Set on wire rack and cool to room temperature, about 30 minutes.
- 2** FOR THE FILLING: Bring coconut milk, whole milk, shredded coconut, 1/2 cup +3T sugar, and salt to simmer over medium-high heat, stirring occasionally to ensure that sugar dissolves. Whisk yolks, cornstarch, and remaining 1 tablespoon sugar in medium bowl until thoroughly combined. Whisking constantly, gradually ladle about 1 cup hot milk mixture over yolk mixture; whisk well to combine. Whisking constantly, gradually add remaining milk mixture to yolk mixture in 3 or 4 additions; whisk well to combine. Return mixture to saucepan and cook until thickened and mixture reaches boil, whisking constantly, about 1 minute; filling must boil in order to fully thicken. (To determine whether filling has reached boil, stop whisking; large bubbles should quickly burst on surface.) Off heat, whisk in butter and vanilla until butter is fully incorporated. Pour hot filling into cooled pie shell and smooth surface with rubber spatula; press plastic wrap directly against surface of filling and refrigerate until firm, at least 3 hours and up to 12 hours.
- 3** FOR THE WHIPPED CREAM: Just before serving, beat cream, sugar, and vanilla with electric mixer until soft peaks form, 1 1/2 to 2 minutes. Top pie with whipped cream and then sprinkle with coconut. Cut pie into wedges and serve.

Source

Source: Cooks Illustrated --- May 2004

Creamy Pumpkin Pie

Recipe Scan



--- PIE SHELL ---

1 3/4	cups	flour
1	Tbs	sugar
1/2	tsp	salt
1/2	cup	butter, unsalted, cold
1		egg yolk, large
3	Tbs	ice-cold water (or more)
1/2	tsp	cream cheese, softened
		.
		.
		.
		.

--- FILLING ---

6	oz	cream cheese, softened
3/4	cup	(plus 2 tablespoons) sugar
2		eggs, large, plus 1 egg yolk
1	tsp	vanilla extract
1	Tbs	flour
1/2	tsp	ground cinnamon
1/2	tsp	ground ginger
1/4	tsp	ground cloves
1/4	tsp	ground nutmeg
1	cup	canned pumpkin
1/2	cup	half & half cream

Procedure

- 1** SHELL: Combine the flour, sugar, and salt in a food processor and pulse several times to mix. Cut the butter into 1/4" thick pieces and scatter them over the dry ingredients. Pulse again in 6 or 7 one-second bursts, until the butter is in very small pieces.
- 2** Place the egg yolk in a liquid measuring cup and add enough ice-cold water to equal 1/4 cup. Using a fork, blend the water and yolk. Drizzle the liquid over the dry ingredients and pulse in short bursts just until the pastry forms large clumps.
- 3** Empty the mixture into a large bowl. Pack the dough as you would a snowball, then knead it once or twice right in the bowl. Set the dough on a large piece of plastic wrap and flatten it into a disk about 3/4" thick. Wrap the disk well and refrigerate it for 45 to 50 minutes.
- 4** On lightly floured waxed paper, roll the pastry into a 13" circle with a floured rolling pin. Invert the pastry over a 9" pie pan. Peel off the paper and press the pastry into the pan, sculpting the edge so it is just slightly higher than the pan rim. Place the pie shell in the freezer for 30 minutes and heat the oven to 400°.

Creamy Pumpkin Pie

- 5** Press a 14" long sheet of aluminum foil into the pastry so it fits like a second skin. Let the excess foil stick out like wings. Pour into 1 1/2 pounds of dry beans to weigh down the pastry.
- 6** Bake the shell on the center oven rack for 20 minutes. Remove the pan from the oven and, using pot holders, lift out the foil and beans. Poke the bottom of the pastry 6 or 7 times with a fork so steam can escape. Bake the pastry without the weighted foil for 8 minutes more, until it is slightly golden. Cool it on a rack for at least 30 minutes before filling. (TIP: Right before filling the shell, dab cream cheese into the fork holes to keep the pumpkin from running out.) Reduce oven temperature to 350°.
- 7** FOR THE FILLING: Combine the cream cheese, 3/4 cup of sugar, the eggs and egg yolk, and the vanilla extract in the bowl of a food processor. Puree the mixture until smooth, scraping down the sides once or twice, as needed.
- 8** In a small bowl, mix the flour, spices, and remaining 2 tablespoons of sugar. Add them to the puree and blend. Add the pumpkin and half & half cream and blend the mixture once more.
- 9** Slowly pour the filling into the pie shell. Bake the pie on the center oven rack for 45 to 50 minutes. When done, the filling will be firm or "set" except for a 2" circle in the center that may be a tad wobbly (not wet). Transfer the pie to a wire rack and cool it to room temperature. Chill the pie uncovered for at least 4 hours before serving. If you plan to chill the pie overnight, cover it with loosely tented foil.

Eggnog Chiffon Pie

Recipe Scan



--- CRUST ---				3	egg yolks, lightly beaten
1 1/3	cups	graham cracker crumbs (1 package, 10 boards)		2	Tbs white rum
1	cup	pecans, shelled, finely ground		2	Tbs brandy
1/2	cup	butter (1 stick), melted		1	tsp vanilla extract
1/8	tsp	ground nutmeg		1/2	tsp ground nutmeg
1/8	tsp	ground cloves		1/8	tsp ground cloves
1/8	tsp	salt		2	Tbs powdered egg whites, dissolved in 6 T warm water
--- FILLING ---				1	cup heavy cream
2/3	cup	sugar		--- GARNISH ---	
1	packet	unflavored gelatin		1/2	cup shelled pecan halves (about 26 halves)
1/8	tsp	salt		2	oz semisweet chocolate, melted
1/2	cup	water			

A particularly nutty crust, packed with pecans cradles our Eggnog Chiffon Pie; a touch of brandy accents the light-as-air filling.

Procedure

- 1** Heat oven to 375°.
- 2** CRUST: In large bowl, stir together crumbs, pecans, butter, nutmeg, cloves and salt until mixture is evenly moistened. Press mixture over bottom and up sides of 9" glass pie plate.
- 3** Bake in 375° oven for 12 to 13 minutes or until lightly browned. Transfer pie plate to wire rack. Let cool completely.
- 4** FILLING: In medium-size heavy-bottomed saucepan, stir together 1/3 cup of the sugar, gelatin and salt. Stir in the water and egg yolks. Cook over medium heat, stirring constantly to prevent eggs cooking on bottom and side of pan, until slightly thickened and temperature registers 160° on instant-read thermometer, about 8 minutes. Immediately strain through fine-mesh sieve into large bowl. Stir in rum, brandy, vanilla, nutmeg and cloves. Set aside.
- 5** In clean bowl with clean beaters, beat powdered egg white mixture on medium speed until foamy. Gradually beat in remaining 1/3 cup sugar on medium-high. Continue to beat until stiff but glossy peaks form. Set aside.
- 6** In large bowl, beat the heavy cream on medium-high speed until soft peaks form.
- 7** Place bowl containing gelatin mixture in larger bowl filled with ice water. Stir with whisk until mixture mounds slightly, about 2 minutes. Quickly stir one-quarter of egg whites into gelatin mixture to lighten. Gently fold in remaining beaten whites, then fold in whipped cream. Pour into cooled pie shell. Cover with inverted large bowl. Refrigerate for at least 3 hours or overnight.
- 8** GARNISH: Dip one end of each pecan into melted chocolate. Place on waxed paper-lined baking pan. Let dry.
- 9** Reserve 16 dipped pecans. Place remaining dipped pecans in food processor. Pulse until coarsely ground.
- 10** To serve, sprinkle ground pecans around edge of pie. Decorate with reserved dipped pecans.

Foolproof Pie Dough

2 1/2	cups	unbleached all-purpose flour (12 1/2 ounces)	1/2	cup	vegetable shortening, Spectrum Organic Non-Hydrogenated
		...plus more for work surface	1/4	cup	Vodka
1	tsp	salt	1/4	cup	cold water
2	Tbsp	sugar			
12	Tbsp	unsalted butter (cold), cut into 1/4-inch slices			

Vodka is essential to the texture of the crust, and imparts no flavor. This recipe is for a 2 crust pie (i.e. top and bottom). If making this recipe for a single crust pie, then half all ingredients.

Procedure

- 1** For The Pie Dough: Process 1 1/2 cups flour, salt, and sugar in food processor until combined, about two 1-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 15 seconds; dough will resemble cottage cheese curds and there should be no uncoated flour. Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.
- 2** Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Divide dough into 2 even balls and flatten each into 4-inch disk. Wrap each in plastic wrap and refrigerate at least 45 minutes or up to 2 days.
- 3** Remove 1 disk of dough from refrigerator and roll out on generously floured (up to 1/4 cup) work surface to 12-inch circle, about 1/8 inch thick. Roll dough loosely around rolling pin and unroll into pie plate, leaving at least 1-inch overhang on each side. Working around circumference, ease dough into plate by gently lifting edge of dough with one hand while pressing into plate bottom with other hand. Leave dough that overhangs plate in place; refrigerate while preparing filling until dough is firm, about 30 minutes.
- 4** IF A RECIPE CALLS FOR A PRE-BAKED PIE SHELL: Line un-pricked pastry shell with double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil and brush with an egg white mixture (1 egg white mixed with 1 Tbsp water). Bake 5 minutes longer. Cool on a wire rack, and fill as desired.
- 5** IF A RECIPE CALLS FOR AN UN-BAKED PIE SHELL: Brush pastry with mixture of 1 egg white mixed with 1 Tbsp water just prior to adding the filling.

French CranApple Pie

Recipe Scan



		--- CRUST ---	1/4 tsp nutmeg		
1		Classic or Fool-Proof Pie Crust from this cookbook, 1/2 recipe		--- TOPPING ---	
		--- FILLING ---	1/2 cup flour		
4	cups	apples (sweet like Golden Delicious or Cortland), peeled & sliced	1/3 cup firmly packed brown sugar		
2	cups	cranberries, fresh or frozen (thawed)	1/4 tsp ground cinnamon		
1/2	cup	sugar	dash nutmeg		
1/4	cup	flour	1/4 cup firm butter		
1/4	cup	firmly packed brown sugar	1/3 cup pecans		
1/2	tsp	ground cinnamon	.		
			.		
			.		

Procedure

- 1 Heat oven to 375°. Place cookie sheet in oven to preheat. In large bowl, stir together apples and cranberries. In small bowl, stir together remaining filling ingredients. Add dry ingredients to fruit. Toss to coat. Pour into crust-lined pan.
- 2 In a small bowl, stir together all topping ingredients except butter and pecans. Using pastry blender or fork, cut in butter until crumbly. Stir in pecans. Sprinkle evenly over top of pie. Place pie on cookie sheet in oven. Bake 45 - 55 minutes or until apples are tender and crust and topping are golden brown. Cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning. Serve warm with whipped cream or ice cream, if desired.

Green Slime Pie

Recipe Scan



8 oz	cream cheese, softened	16 drops	green food coloring
1 can	(14 oz) sweetened condensed milk	8 oz	heavy cream, whipped & sweetened to taste
	juice of 1 lemon		
	juice of 1 lime	1	graham cracker pie shell (9")

Procedure

- 1 Beat cream cheese and condensed milk in mixer bowl until smooth. Stir in fruit juices and food coloring. Fold in whipped topping. Spoon into pie shell. Chill until serving time.

Source

Author: Texas Girl Scouts

Author Notes

Approx Per Serving: Cal 556, Prot 8 g, Carbo 61 g, Fiber 1 g, T Fat 32 g, Chol 48 mg, Sod 393 mg.

Key Lime Pie

Recipe Scan



CRUST		1	can (14 oz) sweetened condensed milk		
1 1/4	cups	graham cracker crumbs	1/2	cup	fresh or bottled Key Lime juice
		...(about eleven 5 x 2 1/2" crackers)	TOPPING		
1/4	cup	sugar	1	cup	heavy whipping cream
1/3	cup	unsalted butter (5 T + 1 tsp.), melted	1/4	cup	confectioner's sugar
FILLING		Garnish: thin slices lime			
Yolks from 4 large eggs					

Used 16 walnut size Key Limes to make 1/2 cup of juice. This was 1/2 of a 1 pound bag of Key Limes.

Procedure

- 1 Heat oven to 350°.
- 2 CRUST: Mix cracker crumbs, sugar and melted butter in a small bowl until crumbs are evenly moistened. Press mixture evenly over bottom and up sides of a 9" pie plate. Bake in center of oven 8 minutes. Place on a wire rack to cool completely.
- 3 FILLING: Beat egg yolks in a medium bowl with electric mixer on medium speed until pale. Beat in condensed milk and lime juice until well-blended. Pour into crust. Bake in center of oven 25 to 30 minutes until filling is set. Cool pie on a wire rack, then refrigerate at least 4 hours until cold.
- 4 TOPPING: Shortly before serving, beat cream with confectioner's sugar until stiff peaks form when beaters are lifted. Spread on pie, then create swirls using a rubber spatula, or use a pastry bag to pipe cream.
- 5 Garnish with lime slices. Refrigerate until ready to serve.

Lemon Meringue Pie

Recipe Scan



--- PIE FILLING ---				6	Tbs	butter
2	cups	sugar		2	tsp	vanilla extract
1/2	cup	cornstarch		1		pre-baked 9" pie shell, using Fool-Proof Pie Crust recipe
1/2	tsp	salt		--- SWISS MERINGUE ---		
2	cups	cold water		1 1/2	cups	sugar
8		egg yolks		6		egg whites
1	Tbs	lemon zest				
2/3	cup	fresh lemon juice				

Recommend "Foolproof Pie Dough (crust)" recipe in this cookbook. Rising up over this pie's tart, smooth lemon filling is a no-fail meringue that's the silkiest cloud of confection I have ever tasted. It's almost buttery or like creamy divinity. I've made --- and eaten --- many meringues in my day, and this Swiss Meringue is a force to be reckoned with. Luckily, it's simple to make. You'll need a double boiler, a candy thermometer, and my easy instructions. The meringue is snow white, but if you want it lightly browned like a conventional meringue, pop it under the broiler for a minute or two. -- Paula Deen.

Procedure

- 1** **PIE FILLING:** In a large saucepan, combine sugar, cornstarch, and salt. Gradually whisk in 2 cups water. Bring to a boil over medium-high heat. Boil for 1 minute, whisking constantly. Remove from heat.
- 2** In a medium bowl, lightly beat egg yolks. Slowly add 1 cup hot sugar mixture to egg yolks, whisking constantly. Add egg mixture to remaining hot sugar mixture in saucepan, whisking constantly. Cook over medium heat for 2 to 3 minutes, whisking constantly, or until mixture is thickened. Whisk in lemon

Lemon Meringue Pie

zest, lemon juice, butter, and vanilla. Cook for 1 to 2 minutes, whisking constantly, or until mixture is thick and smooth. Spoon mixture into pie crust. Cover with plastic wrap, and chill for at least 4 hours.

- 3** SWISS MERINGUE (Makes about 4 cups): In the top of a double boiler, whisk together sugar and egg whites. Cook over simmering water, whisking constantly, 3 to 4 minutes or until mixture reaches 140° on a candy thermometer and sugar dissolves. Remove from heat, and pour into a large bowl. Beat mixture at high speed with a heavy-duty stand mixer for 10 minutes. Use immediately.
- 4** Spread Swiss Meringue over chilled lemon mixture. Serve immediately, or chill for up to 2 days. Note: Broil pie for 1 to 2 minutes to brown meringue, if desired.

Source

Source: Cooking with Paula Deen

Mystery Pecan Pie

Recipe Scan



- | | | | | | |
|-----|---|------------------------|-----|------------------|------------------|
| 2 | pie crusts, "Classic Pie Crust" recipe in this cookbook | 2 | tsp | vanilla, divided | |
| | | 1/4 | tsp | salt | |
| 8 | oz | cream cheese, softened | | | |
| 4 | | large eggs, divided | 1 | cup | pecans, chopped |
| 3/4 | cup | sugar, divided | 1 | cup | light corn syrup |

Use at least a 10" pie plate with this recipe. If you use a 9" pie plate you will have about 1/4 cup pie filling which you will have to throw away, or the pie will overflow.

Procedure

- 1 UNFOLD & stack 2 pie crusts. Gently roll or press together. Fit into a 10" pie plate according to package directions. Fold edges under, & crimp.
- 2 PUT cream cheese, 1 egg, 1/2 cup sugar, 1 tsp vanilla, and salt in an electric blender and blend until smooth. Pour into piecrust. Sprinkle with pecans.
- 3 WHISK together in a medium bowl, the corn syrup, remaining eggs, remaining 1/4 cup sugar, and remaining 1 tsp vanilla. Pour mixture over pecans.
- 4 BAKE at 350° for 50 - 55 min. or until set.
- 5 COOL completely at room temperature, then cover with plastic wrap and refrigerate for at least 2 hours before serving. Serve cold or at room temperature.

Source

Source: Southern Living - November 2002

Old-Fashioned Apple Pie

--- PIE CRUST ---		1 1/2	Tbs	cornstarch
Classic Pie Crust recipe in this cookbook		1	tsp	cinnamon
--- FILLING ---				pinch of nutmeg
5	large apples (5-6), Granny Smith, Pippin, need 5 cups sliced			white of 1 large egg, lightly beaten
		1	Tbs	water
1	Tbs fresh lemon juice	1	Tbs	unsalted butter, cut in small pieces
3/4	cup sugar			

Procedure

- 1** Prepare CLASSIC PIE CRUST RECIPE. Roll out bottom on 9" pie plate. Roll out top crust and fold into quarters. Beginning 3/4" from center point, cut 3 slits, 1/2" apart, on both straight sides to allow steam to escape during baking.
- 2** Heat oven to 450°.
- 3** FILLING Peel, halve, core and thickly slice apples. Place in a large bowl, add lemon juice and toss gently to coat. Add remaining Filling ingredients and toss to mix.
- 4** Brush bottom and sides of pie shell with some of the egg-white mixture to prevent gogginess. Spoon in apple filling, then dot with butter.
- 5** Unfold top crust over filling. Trim overhang to 1". Moisten edges of crusts where they meet with water, then press together lightly and turn under. Crimp or flute edge decoratively. Decorate top crust, if you wish, by cutting any dough scraps into an apple shape with a stem and leaf. Moisten undersides and press gently onto top crust. Brush entire top crust lightly with remaining egg-white mixture.
- 6** Place on center oven rack and immediately reduce heat to 350°. Bake 1 to 1 1/4 hours, until apples are tender, juices are bubbly, and crust is golden brown. Cool pie on a wire rack until slightly warm or room temperature before serving.

Old-Fashioned Pecan Pie

Recipe Scan



- | | | | |
|---------|---|------------|--|
| 1 cup | maple syrup | 6 | large egg yolks, lightly beaten |
| 1 cup | packed light brown sugar | 1 1/2 cups | toasted and chopped pecans |
| 1/2 cup | heavy cream | 1 | (9-inch) unbaked pie shell, chilled in pie plate for 30 minutes...recommend 1/2 Fool Proof Pie Crust Recipe in this Cookbook |
| 1 Tbs | molasses | | |
| 4 Tbs | unsalted butter, cut into 1/2-inch pieces | | |
| 1/2 tsp | Salt | | |

Why this recipe works: The pecan pies of today bear little resemblance to their 19th-century inspiration. Could we recreate Old-Fashioned Pecan Pie without using modern-day processed corn syrup? Many traditional syrups (cane, sorghum) produced a great pie, but we had to mail away for those ingredients. In the end, combining maple syrup with brown sugar and molasses replicated the old-fashioned versions perfectly. We started the pie at a high oven temperature and then dropped the temperature to ensure the bottom crust was crisp and golden brown. **PIE FILLING RUNETH OVER.** This pie needs to be baked on a pizza pan or baking sheet covered with foil to catch the drippings which will overflow the pie pan.

Procedure

- 1 Make Filling:** Adjust oven rack to lowest position and heat oven to 450 degrees. Heat sugar, syrup, cream, and molasses in saucepan over medium heat, stirring occasionally, until sugar dissolves, about 3 minutes. Remove from heat and let cool 5 minutes. Whisk butter and salt into syrup mixture until combined. Whisk in egg yolks until incorporated.
- 2 Bake Pie:** Scatter pecans in pie shell. Carefully pour filling over. Place pie in hot oven and immediately reduce oven temperature to 325 degrees. Bake until filling is set and center jiggles slightly when pie is gently shaken, 45 to 60 minutes. Cool pie on rack for 1 hour, then refrigerate until set, about 3 hours and up to 1 day. Bring to room temperature before serving.

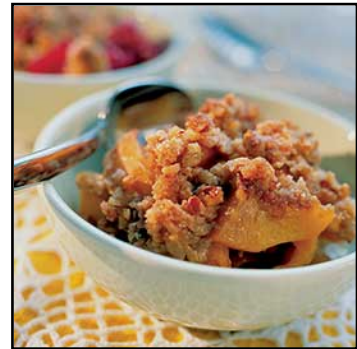
Old-Fashioned Pecan Pie

Source

Source: Cook's Country

Peach Cobbler 1

		FILLING			
2 1/2	lbs	peaches, ripe but firm (6 to 7 medium)	3	Tbs	granulated sugar
			3/4	tsp	baking powder
			1/4	tsp	baking soda
1/4	cup	granulated sugar (1 3/4 ounces)	1/4	tsp	table salt
1	tsp	cornstarch	5	Tbs	unsalted butter (cold), cut into 1/4-inch cubes
1	Tbs	lemon juice from 1 lemon	1/3	cup	plain whole-milk yogurt
	pinch	table salt	1	tsp	granulated sugar
		BISCUIT TOPPING			
1	cup	unbleached all-purpose flour (5 ounces)			



If your peaches are firm, you should be able to peel them with a vegetable peeler. If they are too soft and ripe to withstand the pressure of a peeler, you'll need to blanch and shock them before peeling. In the biscuit topping, low-fat or nonfat plain yogurt can be used in place of whole milk yogurt, but the biscuits will be a little less rich. If you live in an arid climate, the biscuit dough may require up to an additional tablespoon of yogurt for it to form a cohesive dough. Do not prepare the biscuit dough any sooner than the recipe indicates; if the unbaked dough is left to stand too long, the leavener will expire and the biscuits will not rise properly in the oven. This recipe can be doubled to serve a crowd. Use a 13 by 9-inch baking dish and increase the baking times in steps 2 and 4 by about 5 minutes. Serve the warm cobbler with vanilla ice cream or whipped cream. Leftovers can be reheated in a 350-degree oven until warmed through.

Procedure

- 1 Adjust oven rack to lower-middle position and heat oven to 425 degrees.
- 2 For the filling: Peel peaches (see note), then halve and pit each. Using small spoon, scoop out and discard dark flesh from pit area. Cut each half into 4 wedges. Gently toss peaches and sugar together in large bowl; let stand for 30 minutes, tossing several times. Drain peaches in colander set over large bowl. Whisk 1/4 cup of drained juice (discard extra), cornstarch, lemon juice, and salt together in small bowl. Toss peach juice mixture with peach slices and transfer to 8-inch-square glass baking dish. Bake until peaches begin to bubble around edges, about 10 minutes.
- 3 For the topping: While peaches are baking, in food processor, pulse flour, 3 tablespoons sugar, baking powder, baking soda, and salt to combine. Scatter butter over and pulse until mixture resembles coarse meal, about ten 1-second pulses. Transfer to medium bowl; add yogurt and toss with rubber spatula until cohesive dough is formed. (Don't overmix dough or biscuits will be tough.) Break dough into 6 evenly sized but roughly shaped mounds and set aside.
- 4 To assemble and bake: After peaches have baked 10 minutes, remove peaches from oven and place dough mounds on top, spacing them at least 1/2 inch apart (they should not touch). Sprinkle each mound with portion of remaining 1 teaspoon sugar. Bake until topping is golden brown and fruit is bubbling, 16 to 18 minutes. Cool cobbler on wire rack until warm, about 20 minutes; serve.

Source

Source: Cooks Illustrated

Peach Cobbler 2

Recipe Scan



--- BATTER ---

1/2	cup	(1 stick) unsalted butter
1 1/4	cups	unbleached, all-purpose flour
3/4	cup	sugar
1/2	tsp	baking powder
1/2	tsp	baking soda
1/8	tsp	salt
1	cup	buttermilk
1	tsp	vanilla extract

--- FILLING ---

3	lbs	(to 3 1/2) ripe juicy peaches (about 12 medium), peeled, pitted & sliced thickly
1/4	cup + 2T	sugar
1	Tbsp	fresh lemon juice
1/2	tsp	ground ginger
1/2	tsp	ground nutmeg
1/8	tsp	salt

Procedure

- 1 Preheat oven to 350°F.
- 2 FILLING: Mix together in a bowl 3 to 3 1/2 pounds ripe, juicy peaches (about 12 medium), peeled, pitted and sliced thickly, with 1/4 cup plus 2 tablespoons sugar, 1 tablespoon fresh lemon juice, 1/2 teaspoon ground ginger, 1/2 teaspoon ground nutmeg and a pinch of salt. Set Filling aside.
- 3 BATTER: Melt the butter in a 9x13" baking dish, either in the oven or on the stove over low heat.
- 4 In a medium bowl, stir together flour, sugar, baking powder, baking soda and salt. Mix in the buttermilk and vanilla, and pour the batter over the butter in the baking dish. Pour it throughout the dish, but don't worry if you have a few holes or a bit of unevenness. (Once it's in the dish, don't stir the batter, which would reduce its ability to form the desirable crunchy edges.) Spoon the peach filling over the batter.
- 5 Bake the cobbler about 45 minutes, until the crust has oozed up through the fruit and is golden brown, lightly raised and still moist. Serve the cobbler warm. Makes 8 servings.

Source

Source: Dallas Morning News - June 2010

Perfect Apple Pie

Recipe Scan



- | | | | |
|---------|---|---------|--------------------------|
| 1 | Classic Pie Crust (1/2) recipe - in this cookbook | 1/8 tsp | nutmeg |
| 6 cups | apples, peeled, thinly sliced, 1/2 Granny Smith, 1/2 Braeburn | 1 Tbs | lemon juice |
| 3/4 cup | sugar | | CRUMB PIE TOPPING |
| 2 Tbs | flour | 1/2 cup | sugar, brown |
| 3/4 tsp | cinnamon | 1/3 cup | flour |
| 1/4 tsp | salt | 1/3 cup | Quick Oats |
| | | 3 Tbs | butter |

Procedure

- 1 Prepare bottom pie crust according to the unbaked version of "Classic Pie Crust" recipe in this cookbook.
- 2 Heat oven to 425°. In large bowl, combine 6 cups apples, sugar, flour, cinnamon, salt, nutmeg, and lemon juice. Mix well. Brush unbaked pie crust with egg-white/water mixture, and fill immediately with the apple filling. Cover with aluminum foil tent while pie is baking (This takes the place of a top piecrust). Bake at 425° for 40-45 minutes or till apples are tender and crust is golden brown.
- 3 **CRUMB PIE TOPPING** - Meanwhile, while pie is baking ... Combine brown sugar, flour, rolled oats. Add slightly melted butter, mixing well with a fork or pastry cutter. Bake at 350° in pie plate for 10-12 minutes or till lightly brown. Sprinkle on top of apple pie immediately after pie is finished baking.

Pumpkin Pecan Pie

Recipe Scan



- | | | | | |
|-----|-----------------------------|-----|-----|-------------------------|
| 3 | eggs, slightly beaten | 3/4 | tsp | ground cinnamon |
| 1 | can pumpkin, 15 oz. | 1 | | piecrust, 9", unbaked |
| 3/4 | cup sugar | 1 | cup | chopped pecans |
| 1/2 | cup dark-colored corn syrup | | | whipped cream, optional |
| 1 | tsp vanilla | | | |

It is recommended to use 1/2 recipe of "Foolproof Pie Crust" recipe, also in this cookbook.

Procedure

- 1 In a medium mixing bowl, combine the eggs, pumpkin, sugar, corn syrup, vanilla, and cinnamon. Mix well. Pour into the piecrust. Sprinkle with the pecans.
- 2 Bake in 350° oven for 50 to 55 minutes or until knife inserted off center comes out clean. Cool on wire rack. Refrigerate within 2 hours. Cover for longer storage. If desired, serve with whipped cream.

Pumpkin Pie

1	lb	fresh pumpkin (2 cups)	1/4	tsp	cloves
3/4	cup	brown sugar	1 1/2	tsp	vanilla
1 1/2	tsp	cinnamon	3		eggs
3/4	tsp	ginger	1	can	evaporated milk (5 1/3 oz. = 2/3 cup)
3/4	tsp	nutmeg	1/2	cup	half and half
1/4	tsp	salt			

Use 1/2 recipe of CLASSIC or FOOL-PROOF PIE CRUST recipe in this cookbook.

Procedure

- 1** Put all ingredients in blender until well-blended. Pour into 9" pastry-lined pie shell. Cover edge with foil.
- 2** Bake in 375° oven for 25 minutes. Remove foil and bake for 25-30 minutes more or till a knife inserted off-center comes out clean. Cool, cover and chill to store.

Pumpkin Torte

Recipe Scan



1-1/2	cups	graham cracker crumbs	3/4	cup	sugar, divided
1/3	cup	sugar	1/2	cup	milk
1	tsp	ground cinnamon	2	tsp	ground cinnamon
1/3	cup	butter, melted	1/2	tsp	salt
		CREAM CHEESE FILLING:	1		envelope unflavored gelatin
12	oz	cream cheese, softened	1/4	cup	cold water
1	cup	sugar			TOPPING:
3		eggs	1	cup	heavy whipping cream
		PUMPKIN FILLING:	3	Tbs	sugar
1		can (15 ounces) solid-pack pumpkin	1/4	tsp	vanilla extract
3		eggs, separated			

Procedure

- 1 In a large bowl, combine the crumbs, sugar and cinnamon; stir in butter. Press into an ungreased 13-in. x 9-in. baking dish. In a large bowl, beat cream cheese until smooth. Beat in sugar and eggs until fluffy. Pour over crust. Bake at 350° for 15-20 minutes or until set. Cool on a wire rack.
- 2 In a large saucepan, combine the pumpkin, egg yolks, 1/2 cup sugar, milk, cinnamon and salt. Cook and stir over low heat for 10-12 minutes or until mixture is thickened and reaches 160°; or is thick enough to coat the back of a metal spoon. Remove from the heat.
- 3 In a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved. Stir into pumpkin mixture; cool.
- 4 In a large heavy saucepan, combine egg whites and remaining sugar. With a portable mixer, beat on low speed for 1 minute. Continue beating over low heat until mixture reaches 160°, about 12 minutes.
- 5 Remove from the heat; beat until stiff glossy peaks form and sugar is dissolved. Fold into pumpkin mixture. Pour over cream cheese layer. Cover and refrigerate for at least 4 hours or until set.

Pumpkin Torte

- 6 Just before serving, in a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until stiff peaks form. Spread over pumpkin layer. Yield: 15 servings.

Source

Source: Taste of Home

Raspberry Patch Cream Pie

Recipe Scan



1	cup	graham cracker crumbs			TOPPING
1/2	cup	sugar	3/4	cup	sugar
5	Tbs	butter, melted	3	Tbs	cornstarch
		FILLING	1 1/3	cups	cold water
1	pkg	(8 oz) cream cheese, softened	1/4	cup	raspberry gelatin powder
1/4	cup	confectioners' sugar	3	cups	fresh raspberries
2	tsp	milk			.
1	tsp	vanilla extract			

This pie keeps the flavor and firmness of the berries intact. The combination of the berry-gelatin and cream cheese layers keeps everyone coming back for seconds

Procedure

- 1 In a small bowl, combine the cracker crumbs, sugar and butter. Press onto the bottom and up the sides of an ungreased 9-in. pie plate. Bake at 350° for 9-11 minutes or until set. Cool on a wire rack.
- 2 For filling, in a small bowl, combine the cream cheese, confectioners' sugar, milk and vanilla. Carefully spread over crust.
- 3 For topping, in a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in gelatin until dissolved. Cool to room temperature. Refrigerate until slightly thickened.
- 4 Arrange raspberries over filling. Spoon gelatin mixture over berries. Refrigerate until set. Yield: 6-8 servings.

Raspberry Patch Cream Pie

Source

Source: TasteOfHome.com

Strawberry Pie

Recipe Scan



- | | | | |
|--------|--|----------|----------------------|
| 4 cups | fresh strawberries, cut into thirds lengthwise | 2 Tbs | cornstarch (rounded) |
| 3 Tbs | strawberry jello (powdered) | 1 cup | sugar |
| 1 cup | water | 1/2 pint | whipping cream |

This strawberry pie filling is just as good when made without a piecrust by just putting the strawberries directly into a 8x8" baking dish, chilling for a couple of hours, and topping with whipped cream.

Procedure

- 1 Make 1/2 recipe of "CLASSIC PIE CRUST." Line unpricked pastry shell with double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil. Brush piecrust with mixture of 1 egg white & 1 tablespoon water that has been whipped together using a fork. Bake 5 minutes longer. Cool completely on a wire rack before filling.
- 2 Wash, drain berries. Blot off excess moisture before cutting. Cut berries in thirds. Set aside in refrigerator until ready to fill pie crust.
- 3 In a 2 qt saucepan, mix cornstarch and sugar thoroughly. Then add water. Heat to boiling. Simmer 5 minutes until thickened.
- 4 Add jello. Mix well. Cover with Saran Wrap and cool to room temperature.
- 5 Arrange berries in baked pie shell. Pour cooked and cooled jello mixture over the berries. Chill for a couple of hours and top with whipped cream that has been sweetened to taste (3 Tbs powdered sugar & 1 tsp vanilla).

Source

Source: Sarah Harrison

Triple Berry Medley Pie

Recipe Scan



--- FILLING ---

- 1 cup sugar
- 1/4 cup quick-cooking tapioca , ground (see note)
- 2 Tbs fresh lemon juice
- 1 pkg (16 oz) Private Selection Triple Berry Medley, thawed
- .
- .

--- TOPPING ---

- 1/4 cup brown sugar, packed
- 1/4 cup whole almonds
- 6 Tbs (3/4 stick) butter, chilled and cut into 1/2" cubes
- 4 1/2 Tbs old-fashioned oats
- 4 1/2 Tbs unbleached white flour
- 1 Fool Proof Pie Dough (in this cookbook), 1/2 batch

Yield: 8 Servings.

Procedure

- 1** FILLING: Mix sugar, tapioca, and lemon juice in large bowl. Add berries and toss gently to combine. Let stand until tapioca softens slightly, stirring occasionally (about 45 minutes).
- 2** TOPPING: Combine all ingredients in food processor. Process until moist clumps form. If you don't have a food processor, chop the almonds finely with a knife, mix all remaining topping ingredients with a pastry cutter until well blended.
- 3** Preheat oven to 400°F.
- 4** Roll out pre-made pie crust on lightly floured surface to 15" round. Transfer to 9" diameter glass pie dish and trim dough overhang to 1". Fold overhang under and crimp.
- 5** Spoon filling into crust, crumble topping over filling. Bake pie until crust and topping are golden brown and filling is bubbling, covering loosely with sheet of foil if edges brown too quickly, about 45-55 minutes. Transfer pie to rack and cool at least 3 hours. Cut pie into wedges and serve.

Triple Berry Medley Pie

Source

Source: Kroger's Private Selection Triple Berry Medley Frozen Fruit Bag

Upside-Down Apple Pie

CRUST:				1/2	cup	chopped pecans
2	cups	all-purpose flour		1	cup	sugar
1/2	tsp	salt		1/3	cup	all-purpose flour
6	Tbs	shortening, Spectrum		3/4	tsp	ground cinnamon
		Non-hydrogenated		1/4	tsp	ground nutmeg
2	Tbs	cold butter		8	cups	thinly sliced peeled tart
5 - 7	Tbs	orange juice				apple (about 1/8 inch
FILLING:						thick)
6	Tbs	butter, melted, divided		GLAZE:		
1/2	cup	packed brown sugar		1/2	cup	confectioner's sugar
				2 - 3	tsp	orange juice



This pie has won eight ribbons at area fairs. People say it looks and tastes like a giant apple-cinnamon bun.

Procedure

- 1 In a large bowl, combine flour and salt; cut in shortening and butter until crumbly. Gradually add orange juice, tossing with a fork until dough forms a ball. Divide dough into two balls. Wrap in plastic wrap; refrigerate for at least 30 minutes.
- 2 Line a 9-in. deep-dish pie plate with heavy-duty foil, leaving 1-1/2 in. beyond edge; coat the foil with cooking spray. Combine 4 tablespoons butter, brown sugar and pecans; spoon into prepared pie plate.
- 3 In a large bowl, combine the sugar, flour, cinnamon, nutmeg, apples and remaining butter; toss gently.
- 4 On waxed paper, roll out one ball of pastry to fit pie plate. Place pastry over nut mixture, pressing firmly against mixture and sides of plate; trim to 1 in. beyond plate edge. Fill with apple mixture.
- 5 Roll out remaining pastry to fit top of pie; place over filling. Trim to 1/4 in. beyond plate edge. Fold bottom pastry over top pastry; seal and flute edges. Cut four 1-in. slits in top pastry.
- 6 Bake at 375° for 20 minutes. Bake 30 minutes longer or until apples are tender and crust is golden brown. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary.
- 7 Cool for 15 minutes on a wire rack. Invert onto a serving platter; carefully remove foil. Combine glaze ingredients; drizzle over pie. Yield: 6-8 servings.

Source

Source: Taste of Home

Pudding

Butterscotch Pudding

Recipe Scan



- | | | | | | |
|-----|------|------------------------------------|-----|------|-------------------------|
| 2 | Tbsp | sugar | | | pinch of salt |
| 1/4 | cup | cornstarch | 4 | Tbsp | butter, unsalted |
| 3 | cups | half and half ... or milk, divided | 1/2 | cup | packed dark brown sugar |
| 3 | | large egg yolks | 1/2 | tsp | vanilla extract |

Makes 6 servings. Old-fashioned cornstarch pudding like this one are perennial crowd-pleasers and deserve to be in every family's recipe file. This pudding has a great butterscotch flavor, which is enriched by using dark brown sugar instead of light. It also calls for egg yolks rather than whole eggs, which makes for a richer and creamier pudding.

Procedure

- 1 In a medium mixing bowl, stir together the sugar and cornstarch until evenly blended. Be sure to break up any clumps of cornstarch to ensure that the finished pudding will be smooth. Add 1 1/2 cups of the half and half (or milk), the egg yolks, and the salt, then whisk until everything is well-blended. Set the bowl aside.
- 2 Melt the butter in a medium saucepan over moderate heat. Add the brown sugar to the pan. Continue heating the mixture, stirring all the while, until it begins to bubble.
- 3 Gradually whisk the remaining 1 1/2 cups of half and half (or milk) into the pan. When the liquid is not, not boiling, and the brown sugar has dissolved, remove it from the heat.
- 4 Using a ladle or half-cup measure, add the hot liquid to the reserved liquid in the mixing bowl one scoop at a time, gently whisking all the while.
- 5 Now pour all of the liquid back into the saucepan and put it on the burner over moderate heat. Gradually bring the mixture to a boil, stirring nonstop.
- 6 Once the pudding becomes thick and bubbly, continue to cook it for 1 minute, whisking almost nonstop. Then remove it from the heat and whisk in the vanilla extract.

Butterscotch Pudding

- 7 Pour the pudding into a dessert bowl or 6 individual custard cups. Cover with plastic wrap, pressing the plastic directly against the pudding (this will prevent a skin from forming as the pudding cools). Allow the pudding to come to room temperature, then chill it for at least 3 hours before serving.

Chocolate and Malt Pudding

Recipe Scan



2/3 cup malted milk powder
1/3 cup sugar
1/3 cup cornstarch
1/8 tsp salt
4 cups low-fat milk (1 or 2%)

1/3 cup semisweet chocolate chips
1 tsp vanilla extract
8 malted milk ball candies (such as Whoppers), crushed

Puddings are good sources of potassium because their main ingredient, milk, is potassium-rich. Both the malted milk powder and the chocolate add small amounts of the mineral to this creamy dessert, which has 539 milligrams of potassium in each serving. If you like strong malt flavor, you can increase the malt powder to one cup

Procedure

- 1 Combine first 4 ingredients in a medium, heavy saucepan, stirring well with a whisk. Gradually add milk to sugar mixture, stirring constantly with a whisk until well blended. Place pan over medium heat, and bring to a boil. Cook for 1 minute or until thick, stirring constantly with a whisk. Remove from heat. Add chocolate chips, and stir until smooth. Stir in vanilla.
- 2 Pour pudding into a bowl; cover surface of pudding with plastic wrap. Chill. Remove plastic wrap; spoon 2/3 cup pudding into each of 6 bowls. Sprinkle each serving with 2 teaspoons crushed malted milk balls.

Clafouti

Recipe Scan



- | | | | |
|---------|--|---------|-----------------------------------|
| 3 cups | pitted black cherries (frozen or canned cherries can be used but should be drained well) | 1 cup | milk |
| 1/4 cup | kirsch or cognac or brandy | 3 | large eggs |
| 2/3 cup | granulated sugar, divided | 1 Tbs | vanilla extract |
| 2/3 cup | all-purpose flour | 1/8 tsp | salt |
| | | | Confectioner's sugar, for garnish |

Clafouti is a French Pastry, a cross between Yorkshire Pudding and Custard. Left-overs should be refrigerated.

Procedure

- 1 In a nonreactive bowl, macerate the cherries with the kirsch and 1/3 cup of the sugar for one hour.
- 2 Preheat the oven to 425°F. Butter a 10" pie plate.
- 3 Place the flour in a medium bowl. Make a well in the center and set aside.
- 4 Drain the fruit and reserve the liquid. Pour the liquid into a blender and add the remaining 1/3 cup sugar, the milk, eggs, vanilla, and salt. Blend until smooth. Pour the mixture into the well in the flour and whisk gently until smooth and well blended.
- 5 Spread the fruit evenly over the bottom of the prepared pie plate. Pour the batter over the fruit. Bake for 5 minutes. Lower the heat to 350°F and bake until the clafouti is puffy and golden brown, 45 to 50 minutes. A sharp knife should come clean when inserted in the middle. Cool on a wire rack.
- 6 The clafouti should be warm, but not necessarily hot, when served. It will sink as it cools. Sprinkle the top with confectioners' sugar just before serving.

Custard

1 pint half and half
4 eggs
1/4 cup honey

1 tsp vanilla
1/4 tsp almond extract
nutmeg to sprinkle on top of final custard

Procedure

- 1 Blend all ingredients together in blender. Pour into custard cups. Bake 25 minutes at 300-350°, till a plain tableknife comes out clean. No milk or other ingredients should be clinging to knife.

Maple Pumpkin Custard

Recipe Scan



1/3 cup	sugar	1/8 tsp	salt
6	egg yolks	1 cup	light cream
1 tsp	vanilla extract	1 cup	heavy cream
1/4 tsp	cinnamon	2/3 cup	solidly packed pumpkin mash or canned pumpkin
1/8 tsp	ground nutmeg	1/2 cup	pure maple syrup
	A pinch of ground cloves		

We'll be very surprised if this isn't the creamiest custard you've ever eaten. It's so good, it might even upstage your holiday pumpkin pie.

Procedure

- 1 Heat the oven to 300° F. In a large mixing bowl, whisk together the sugar, yolks, vanilla extract, spices, and salt. Set the mixture aside.
- 2 In a medium-size saucepan, whisk together the light and heavy creams, pumpkin, and maple syrup, then bring the mixture to a simmer over medium-low heat, stirring occasionally. Do not let the mixture boil.
- 3 Remove the pan from the heat once the pumpkin mixture is hot, about 5 minutes. Add it by the ladleful to the yolk mixture, stirring continuously. Don't pour it all in at once or it will cook the yolks too quickly.
- 4 Once the mixtures are blended, divide the custard evenly among 6 standard custard cups. Pour 3/4 inch of hot water into a large, shallow casserole dish, then arrange the cups, evenly spaced, in the dish. Bake the custards, uncovered, on the center oven rack until their centers are jiggly but no longer soupy, about 45 to 50 minutes. Carefully transfer the cups to a wire rack to cool.

Maple Pumpkin Custard

- 5 When the custards reach room temperature, cover the dishes individually with plastic wrap and refrigerate them for at least 6 hours. Makes 6 servings.

Pumpkin Mousse

Recipe Scan



1 1/2	tsp	unflavored gelatin	1/4	tsp	ground ginger
4 1/2	tsp	cold water	1/8	tsp	ground cloves
3		egg yolks	1 1/2	cups	heavy whipping cream
3/4	cup	sugar	1 1/2	tsp	vanilla extract
1 1/2	cups	canned pumpkin	18		gingersnap cookies, divided
3/4	tsp	ground cinnamon			

Kids love to dip into this pumpkin mousse! Gingersnaps add crunch to this creamy, smooth-as-silk mousse that's spiced just right. This is the ONE time that a hard, crunchy cookie is preferred over soft & chewy.

Procedure

- 1** In a small saucepan, sprinkle gelatin over water; let stand for 1 minute or until softened. Beat in egg yolks and sugar. Cook and stir over medium heat until a thermometer reads 160° and mixture has thickened, about 5 minutes.
- 2** Transfer to a small bowl; beat until cool and thickened, about 3 minutes. Beat in pumpkin and spices. Refrigerate for 1 hour or until set.
- 3** In a small bowl, beat cream and vanilla until stiff peaks form. Fold into pumpkin mixture.
- 4** Coarsely crumble 12 gingersnaps; sprinkle into six parfait or dessert dishes. Spoon or pipe mousse over the top. Cover and refrigerate for 1 hour or until set. Just before serving, garnish with remaining gingersnaps. Yield: 6 servings.

Pumpkin Mousse

Source

Source: TasteOfHome.com

Toasted Almond Creme Brulee

Recipe Scan



1	qt	heavy whipping cream	1	tsp	vanilla extract
1	cup + 2T	Granulated sugar, divided	1/8	tsp	salt
1 1/2	cups	toasted sliced almonds, divided	12		egg yolks, Egglands Best if available

Most Crème Brûlée recipes require a torch to brown and crystallize the sugar on top. This recipe uses the broiler for the same browning effect, making it much easier for the average cook.

Procedure

- 1 Preheat oven to 250°.
- 2 In a medium saucepan, combine cream, 1 cup sugar, 1 cup sliced almonds, vanilla, and salt. Cook over medium-low heat until bubbles form around edges of pan. Remove from heat.
- 3 In a large bowl, whisk egg yolks until combined. Using a ladle, pour 1 cup hot cream mixture into beaten yolks in a slow steady stream, whisking constantly. Add an additional 1 cup hot cream mixture to egg mixture, whisking constantly. Add egg mixture to remaining hot cream mixture, whisking constantly until smooth.
- 4 Strain mixture through a fine-mesh sieve into a medium bowl.
- 5 Place 8 (6 oz) ramekins in a large baking dish. Add hot water to baking dish to a depth of 1/2". Pour mixture into prepared ramekins. Bake for 1 hour or until custards slightly jiggles when shaken. Remove baking dish from oven, and let stand for 30 minutes.
- 6 Carefully remove ramekins from baking dish. Cover and chill for at least 8 hours.
- 7 Preheat oven to broil. Sprinkle custards with remaining 2 tablespoons sugar (3/4 tsp per ramekin). Broil 5 1/2" from heat for 3 to 5 minutes or until sugar melts. Sprinkle with remaining 1/2 cup almonds, or as desired to taste. Serve immediately.

Toasted Almond Creme Brulee

Source

Source: Cooking with Paula Deen - July/Aug 2011

Drinks

Cappuccino Punch

- | | |
|---------------------------------|---------------------------------------|
| 1/2 cup sugar | 8 cups milk |
| 1/4 cup instant coffee granules | 1 quart vanilla ice cream, softened |
| 1 cup boiling water | 1 quart chocolate ice cream, softened |



When I tried this punch at a friend's wedding shower, I had to have the recipe. Guests will eagerly gather around the punch bowl when you ladle out this frothy mocha ice cream drink.

Procedure

- 1 In a small bowl, combine the sugar and coffee; stir in boiling water until dissolved. Cover and refrigerate until chilled.
- 2 Just before serving, pour coffee mixture into a 1-gal. punch bowl. Stir in milk. Add scoops of ice cream; stir until melted. Yield: about 1 gallon.

Source

Source: Taste of Home

Classic Lemonade

10	- 12 medium lemons , scrubbed well, halved pole to pole, all halves sliced thin	1 1/4	cups	granulated sugar
			pinch	table salt (optional)
		5	cups	water (cold)



If you like, scrape the pulp from a couple of mashed lemon slices into the pitcher to make a more pulpy lemonade. Adding one tablespoon of grenadine turns the lemonade pink and imparts extra sweetness.

Procedure

- 1 Mash lemons and sugar (and salt, if using) in large, deep bowl or saucepan with potato masher or wooden spoon until lemon slices give up their juice, sugar is dissolved, and juice is thickened to syrup consistency, about 4 minutes. Pour half the lemon slices and syrup through large sieve over bowl or saucepan; press on solids with masher or back of wooden spoon to release as much liquid as possible. Discard solids; transfer liquid to serving pitcher. Repeat process with remaining lemon slices. Stir in water until blended. Chill well and stir to blend before serving, over ice if desired.

Recipe Tips

1. Slicing the Lemons: For uniformly thin slices, halve the lemons from pole to pole before slicing horizontally.
2. Mashing the Lemons: Mashing the sliced lemons with sugar not only dissolves the sugar but also releases some of the flavorful and aromatic oils from the peel. If you don't have a potato masher, use a wooden spoon.

Source

Source: Cooks Illustrated

Healthy Holiday Frosty Drink

Recipe Scan



1/2 cup frozen cranberries

1/2 cup frozen strawberries (unsweetened)

1 ripe banana

2 cups apple juice

Procedure

1 Blend until smooth in a blender. Makes 2 large glasses.

Hot Cider

1	stick	cinnamon	1/2	tsp	ground orange or lemon peel (opt.)
1		whole nutmeg			-or- slice of fresh peel (opt.)
4		whole cloves (qty 3-4)			-or- 1 tbsp lemon juice (opt.)
4		whole allspice (qty 3-4)			

Procedure

- 1 Boil 1 qt. apple juice or cider with spices for 1 minute. Then simmer 5-15 minutes depending on amount of juice or taste.

Lemon-Limeade

3/4 cup honey	3 lemons, peeled & seeded
1 cup hot water	3 limes, peeled & seeded
3 cup water (room temperature or cold)	

Procedure

1 Mix 1st 2 ingredients and cool. Then put those into blender with remaining ingredients.

Author Notes

Serve over crushed ice to be an official member of the Southern elite.

Mock Champagne Punch

1 bottle Apple Juice, large bottle

2 bottles gingerale, large bottles

It is so pretty, tastes good and looks like champagne.

Procedure

- 1 Mix together. Chill and then serve in punch bowl. Serve by pouring punch into plastic champagne glasses (or glass champagne glasses if you want) and then dropping one strawberry in each glass.

Punch

Punch

8 oz Grenadine (6 - 8 oz) ...mix with water = 48 oz
42 oz unsweetened grapefruit juice (32-42 oz) 1 bottle (2 liter) Ginger Ale
1 can (12 oz) frozen orange juice...

Procedure

1 Make ice cubes out of grapefruit juice or orange juice...to prevent dilution.

Tangy Party Punch

- | | | | |
|---|--|---|---|
| 1 | can (46 ounces) pineapple juice, chilled | 1 | can (12 ounces) frozen lemonade concentrate, thawed |
| 1 | can (46 ounces) orange juice, chilled | 3 | liters ginger ale, chilled |
| 1 | can (12 ounces) frozen limeade concentrate, thawed | 1 | pint each orange, lemon and lime sherbet |



As social chair one year during college, I tried to come up with a more interesting beverage than the usual cranberry juice and lemon-lime soda. This pastel punch was always a hit at receptions and parties.

Procedure

- 1 In a large punch bowl, combine the first four ingredients. Stir in ginger ale. Add scoops of sherbet. Serve immediately. Yield: 8 quarts.

Source

Source: Taste of Home

Eggs & Cheese

Breakfast Burritos

Recipe Scan



1/2 lb	hot or mild ground pork sausage	1/2 cup	shredded Mexican four-cheese blend
1 Tbs	taco seasoning mix	4	burrito-size flour tortillas
6	large eggs		salsa

Procedure

- 1 Brown 1/2 pound hot or mild ground pork sausage and 1 tablespoon taco seasoning mix in a nonstick skillet.
- 2 Add 6 lightly beaten large eggs, and cook, without stirring, until eggs begin to set on bottom. Draw a spatula across bottom of pan to form large curds. Continue to cook until eggs are thickened but still moist, about 5 minutes.
- 3 Sprinkle evenly with 1/2 cup shredded Mexican four-cheese blend. Turn off heat, and cover. Let stand 5 minutes or until cheese melts.
- 4 Spoon mixture evenly into 4 burrito-size flour tortillas, roll up tightly, and serve with salsa.

Recipe Tips

Use the remaining 1/2 pound of port sausage and leftover taco seasoning mix from the "Tex-Mex Salisbury Steak" recipe to make these Burritos.

Source

Source: Southern Living - Sept 2005

Ham and Cheese Omelet Roll

Recipe Scan



3	eggs	1/8	tsp	pepper	
1/2	cup	milk	1/2	cup	diced fully cooked ham
1/4	cup	all-purpose flour	3/4	cup	shredded Colby-Monterey Jack cheese, divided
1/8	tsp	salt	2		bacon strips (nitrate-free), cooked and crumbled

"I'd always had trouble making omelets until a friend gave me this recipe," writes Christa Lee of Omaha, Nebraska. "It's simple and versatile. You can use any combination of meats, veggies and cheeses you wish."

Procedure

- 1 In a small bowl, whisk the eggs, milk, flour, salt and pepper. Pour into an 8" square baking dish coated with cooking spray.
- 2 Bake, uncovered, at 450° for 7-9 minutes or until eggs are set. Sprinkle with ham and 1/2 cup cheese. Bake 3-5 minutes longer or until cheese is melted.
- 3 Loosen edges of omelet from baking dish with a knife. Using two small spatulas, carefully roll up tightly, jelly-roll style, leaving it in the dish. Sprinkle bacon and remaining cheese over omelet roll. Bake for 3-4 minutes or until cheese is melted. YIELD: 2 servings.

Source

Source: Cooking for 2 --- Spring 2008

Southwest Breakfast Strata

Recipe Scan



- | | | | | | |
|-----|----|---|-----|------|--|
| 1 | lb | mild ground pork sausage | 3 | cups | (12 ounces) shredded colby-Jack cheese blend |
| 1 | | small onion, chopped | | | |
| 1/2 | | green bell pepper, chopped | 6 | | large eggs |
| 2 | | (10-ounce) cans diced tomatoes and green chiles | 2 | cups | milk |
| | | | 1 | tsp | salt |
| 8 | | (10-inch) flour tortillas, torn into bite-size pieces, recommend Rudi's Organic Spelt Tortillas | 1/2 | tsp | pepper |

Prep: 15 min., Cook: 25 min., Bake: 45 min. This recipe received our highest rating. You can prepare it the night before and pop it in the oven just before breakfast. Let stand at room temperature 30 minutes before baking.

Procedure

- 1 Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink. Drain and return to skillet.
- 2 Add chopped onion and bell pepper to sausage in skillet, and sauté over medium-high heat 5 minutes or until vegetables are tender. Stir in tomatoes and green chiles; reduce heat and simmer 10 minutes.
- 3 Layer half each of tortilla pieces, sausage mixture, and cheese in a lightly greased 13- x 9-inch baking dish. Repeat layers.
- 4 Whisk together eggs, milk, salt, and pepper; pour over layers in baking dish. Cover and chill up to 8 hours, if desired.

Southwest Breakfast Strata

- 5 Bake, lightly covered with aluminum foil, at 350° for 30 minutes. Remove foil and bake and additional 15 minutes or until golden and bubbly.

Source

Source: Southern Living - May 2005

Lamb

Roasted Seasoned Leg of Lamb

1	Leg of Lamb, 4-5 lb.	1/4	tsp	pepper
3	garlic cloves, cut in slivers	1/2	cup	white wine
1	Tbs Olive Oil	2	Tbs	parmesan cheese, grated
1	tsp dried Rosemary, crushed	1	Tbs	snipped parsley
1/4	tsp salt			

Procedure

- 1** Cut small slits in lamb leg and insert garlic slivers. Brush with olive oil, then rub with seasoning mixture. Place meat on rack in roasting pan. Insert meat thermometer into thickest portion of the leg. Roast uncovered at 325° for 1 1/2 to 2 hours, or until thermometer registers 150° for medium. Remove meat from pan. Cover to keep warm while preparing sauce.
- 2** Add wine to pan juices, stirring to scrape browned meat bits. Transfer juice to saucepan, gently boil uncovered for 5 minutes or until slightly thickened. Skim off fat. Combine cheese and parsley, sprinkle over leg of lamb. Serve sauce with meat.

Meatless

Baked Ziti - Meatless

Recipe Scan



- | | | | |
|--------|---|---------|---|
| 1 lb | whole milk cottage cheese or 2 percent cottage cheese | 1 can | (14.5 oz) Muir Glen Organic diced tomatoes |
| 2 | large eggs, lightly beaten | 1 tsp | dried oregano |
| 3 oz | grated Parmesan cheese (about 1 1/2 cups) | 1/2 cup | plus 2 Tbsp chopped fresh basil leaves |
| | Table salt | 1 tsp | sugar |
| 1 lb | ziti or other short, tubular pasta | | Ground black pepper |
| 2 Tbs | extra virgin olive oil | 3/4 tsp | cornstarch |
| 5 | medium garlic cloves, minced or pressed through garlic press (about 5 tsp.) | 1 cup | heavy cream (see note) |
| 2 cans | (15 oz each) Muir Glen tomato sauce | 8 oz | low-moisture whole-milk mozzarella cheese, cut into 1/4-inch pieces (about 1 1/2 cups) (see note) |

The test kitchen prefers baked ziti made with heavy cream, but whole milk can be substituted by increasing the amount of cornstarch to 2 teaspoons and increasing the cooking time in step 3 by 1 to 2 minutes. Our preferred brand of mozzarella is Dragone Whole Milk Mozzarella. Part-skim mozzarella can also be used, but avoid preshredded cheese, as it does not melt well

Procedure

- 1 Adjust oven rack to middle position and heat oven to 350°. Whisk cottage cheese, eggs, and 1 cup Parmesan together in medium bowl; set aside. Bring 4 quarts of water to boil in large Dutch oven over high heat. Stir in 1 tablespoon salt and pasta; cook, stirring occasionally, until pasta begins to soften but is not yet cooked through, 5 to 7 minutes. Drain pasta and leave in colander (do not wash Dutch oven).

Baked Ziti - Meatless

- 2** Meanwhile, heat oil and garlic in 12-inch skillet over medium heat until garlic is fragrant but not brown, about 2 minutes. Stir in tomato sauce, diced tomatoes, and oregano; simmer until thickened, about 10 minutes. Off heat, stir in ½ cup basil and sugar, then season with salt and pepper.
- 3** Stir cornstarch into heavy cream in small bowl; transfer mixture to now-empty Dutch oven set over medium heat. Bring to simmer and cook until thickened, 3 to 4 minutes. Remove pot from heat and add cottage cheese mixture, 1 cup tomato sauce, and ¾ cup mozzarella, then stir to combine. Add pasta and stir to coat thoroughly with sauce.
- 4** Transfer pasta mixture to 13- by 9-inch baking dish and spread remaining tomato sauce evenly over pasta. Sprinkle remaining ¾ cup mozzarella and remaining 1/2 cup Parmesan over top. Cover baking dish tightly with foil and bake for 30 minutes.
- 5** Remove foil and continue to cook until cheese is bubbling and beginning to brown, about 30 minutes longer. Cool for 20 minutes. Sprinkle with remaining 2 tablespoons basil and serve.

Source

Source: CookIllustrated.com

Cheesey Spinach Crepes

Recipe Scan



BLENDER CREPES:

2 eggs
 1/4 cup + 2 Tbsp non-fat non-instant dry milk powder
 1 1/2 cups water
 1 Tbs oil, canola preferred
 1/4 tsp salt
 1 cup whole wheat pastry flour, or 2/3 cup whole grain uncooked of either kamut, whole wheat pastry, spelt, or other grain

 1/2 tsp olive oil, or non-stick cooking spray

SPINACH FILLING:

10 oz (bag) fresh baby spinach
 4 large eggs
 1 1/2 cups lowfat cottage cheese
 1/3 cup cheddar cheese, shredded
 1/4 tsp salt
 1/2 tsp pepper

 3 Tbs unsalted butter, melted
 1/3 cup Parmesan or Romano cheese

Makes 11-12 crepes. Recommended to serve with corn or steamed carrots, and a salad. Recommended for dry milk to use: 12 oz bag of Organic Valley Organic Nonfat Dry Milk (for cooking and baking), available at Sprouts or Whole Foods Market, or health food stores.

Procedure

- 1 Place 1st 6 ingredients in blender and blend 30 seconds if using flour, or 3-5 minutes if using grain.
- 2 To a moderately hot frypan, put 1/2 tsp olive oil before baking each 2 crepes, or spray generously with olive oil non-stick cooking spray.

Cheesey Spinach Crepes

- 3** Fill 1/4 cup measuring cup with crepe batter and pour into hot pan, quickly tilting pan to spread to edges of pan. Cook crepe to brown on edges, about 1-2 minutes, loosen with spatula and flip over. Cook lightly on reverse side. Stack on plate until ready to fill and roll. TIP: The flour in the batter tends to settle to bottom quickly, so briefly re-blend before making each crepe, by turning on blender and pour batter into a mixing bowl and stirring.
- 4** PREPARE SPINACH FILLING: Steam the spinach, drain well, press out water, and chop. Blend next 5 ingredients in mixing bowl in order given, then stir in the spinach with a fork. Place about 3-4 Tbs filling on the side of each crepe and roll up. Place seam side down in lightly greased or sprayed 9 x 13" baking pan (usually takes 2 baking pans). Combine 3 Tbs melted, unsalted butter and 1/3 C Parmesan or Romano cheese, and spread over top of crepes. Bake uncovered at 350° for 20 minutes or until hot through and egg lightly cooked. To serve, spoon SALSA over the top of each crepe.

Source

Author: Sue Gregg

Italian Zucchini Pie

Recipe Scan



4	cups	zucchini, unpeeled, thinly sliced	1/4	tsp	sweet basil
1	cup	onion, chopped	1/4	tsp	oregano leaves
6	Tbsp	butter	2		eggs
1/2	cup	parsley (-or- 2 tbsp dried), chopped	8	oz	munster cheese, shredded
1/2	tsp	salt	1	can	(8 oz) crescent dinner rolls
1/2	tsp	pepper	2	tsp	dijon mustard, prepared type
1/4	tsp	garlic powder			

Procedure

- 1 Cook zucchini and onions in butter until tender. Stir in parsley and seasoning. In large bowl, blend eggs and cheese. Stir in vegetable mixture. Separate dough and line pan. Spread mustard on crust. Pour mixture into crust. Bake 375° for 20 - 25 minutes or until knife comes out clean. If crust gets too brown, cover with foil last 10 minutes.

Source

Source: Sue Ryan (family friend)

Lasagna Primavera

Recipe Scan



8	oz	(about 9) lasagna noodles			--- WHITE SAUCE ---
2	Tbs	butter	4	Tbs	butter
3	cups	(about 2 medium) sliced zucchini, cut into 1/4" rounds	1		garlic clove, crushed
2	cups	(1/2 bunch) coarsely chopped broccoli	1/2	cup	flour
1	cup	chopped onion	1/2	tsp	salt
4		garlic cloves, minced	4	cups	milk
1 1/2	tsp	crushed dried oregano	1/2	cup	freshly grated Parmesan cheese
1/2	tsp	salt	4	oz	Monterey Jack cheese, thinly sliced
3	cups	(4 oz) fresh spinach leaves	4	oz	Mozzarella cheese, thinly sliced
			1	cup	roasted red peppers, puréed

Primavera, the Italian word for "spring like," describes this variation of a popular pasta dish. Three cheeses compliment the sautéed fresh vegetables. The roasted red pepper puree not only adds a flavor dimension but colorful eye appeal.

Procedure

- 1 Oven: Convection Mode at 325° (do not preheat) Convection Cook Time: 35-45 minutes Utensil: 13x9x2" glass baking dish
- 2 Cook lasagna noodles according to package directions. Rinse and drain. Set aside. In a large skillet, melt 2 Tbs butter. Sauté zucchini, broccoli, onion, garlic, oregano and salt until crisp tender, about 5 minutes. Add fresh spinach and toss until wilted. Remove from heat. Set aside.

Lasagna Primavera

- 3** For WHITE SAUCE, melt 4 Tbs butter in a saucepan over medium high heat. Add garlic and sauté for 30 seconds. Stir in flour and salt. Gradually pour in milk. Stirring constantly, cook over medium heat until bubbly and thick. Stir in Parmesan cheese. Set aside.
- 4** In baking dish, layer lasagna ingredients in order listed: (1) 1/2 cup white sauce (2) 3 cooked noodles (3) 1/2 of the vegetables (4) 1/2 of the Monterey Jack and mozzarella cheese slices (5) 1 cup white sauce (6) 1/3 of the red pepper puree (7) 3 cooked noodles (8) remaining vegetables (9) remaining cheese slices (10) 1 cup white sauce (11) 1/3 of the red pepper puree (12) remaining 3 cooked noodles (13) remaining 1 1/2 cup white sauce
- 5** Dot remaining 1/3 red pepper puree over white sauce. Run knife gently through pepper puree to create swirl pattern in white sauce. Bake in non-preheated oven.

Source

Source: Thermador Cookbook

Lasagna Shells

Recipe Scan



- | | | |
|----------|---|--|
| 1/2 box | shells (1/2 of box of 40 = 20) American Beauty Jumbo Shells | Classico Tomato & Basil Sauce, -or- Regular Chunky Gardenstyle Sauce |
| 1 carton | (16 oz) small curd cottage cheese | mozzarella cheese, shredded |
| 1 pkg | (5 oz) fresh baby spinach | |

Makes 5 - 6 servings.

Procedure

- 1 Gently boil all the shells about 20 minutes until they are large. Steam the spinach 10 minutes, then blot it with paper towels and chop. Mix spinach with cottage cheese, salt & pepper to taste. Fill shells with cheese mixture and place in 2 (8x8") glass casserole dishes. Top each shell with approx. 1 rounded teaspoon sauce and shredded mozzarella cheese. Heat, covered, in microwave just enough to melt mozzarella but not filling, approx. 5 minutes on power level 5.

Macaroni & Cheese

Recipe Scan



2 cups dry macaroni, cooked

2 Tbs butter

2 Tbs flour

1 tsp dried mustard

1 tsp salt

2 1/2 cups milk

2 cups sharp cheddar cheese

This recipe can easily be cut in half.

Procedure

- 1** Cook macaroni until tender in boiling water. Drain and set aside.
- 2** In a 2 quart saucepan, melt butter, stir in flour, mustard and salt. Then add milk, and stir constantly over medium heat until mixture boils and thickens slightly (mixture will be thin). Turn burner to low, add shredded cheese and stir until melted. Remove from heat .
- 3** Sitr in noodles, put in a buttered 2 quart casserole dish and bake about 25-30 minutes in 350° oven.

Macaroni & Cheese Supreme

Recipe Scan



2 Tbs	butter	pinch	freshly grated nutmeg
1 cup	cottage cheese (not lowfat)	½ tsp	salt
2 cups	milk (not skim)	¼ tsp	freshly ground black pepper
1 tsp	dry mustard	½ lb	sharp or extra-sharp cheddar cheese, grated
pinch	cayenne	½ lb	elbow pasta, uncooked

Procedure

- 1 Heat oven to 375° and position an oven rack in upper third of oven. Use 1 tablespoon butter to butter a 9-inch round or square baking pan.
- 2 In a blender, purée cottage cheese, milk, mustard, cayenne, nutmeg and salt and pepper together. Reserve ¼ cup grated cheese for topping. In a large bowl, combine remaining grated cheese, milk mixture and uncooked pasta. Pour into prepared pan, cover tightly with foil and bake 30 minutes.
- 3 Uncover pan, stir gently, sprinkle with reserved cheese and dot with remaining tablespoon butter. Bake, uncovered, 30 minutes more, until browned. Let cool at least 15 minutes before serving.

Source

Source: NY Times

Mexican Vegetarian Casserole

Recipe Scan



- | | |
|---|--|
| 1 can whole corn (15 1/4 oz.), drained | 2 cups cooked brown rice (or long grain) |
| 1 can black beans (15 oz.), rinsed and drained | 1/4 tsp pepper |
| 1 can Rotel diced tomatoes w/green chilies (10 oz.) | ----- |
| 8 oz sour cream, may use lite | 1 bunch green onions, chopped |
| 8 oz picante sauce | 1 can ripe sliced olives (2 1/4 oz.) |
| 8 oz cheddar cheese (2 cups), shredded | 8 oz Monterey jack cheese, shredded |

Procedure

- 1 Combine 1st 8 ingredients and spoon into greased 13 x 9" baking dish. Sprinkle with remaining ingredients. Bake at 350° for 50 minutes.
- 2 Yield 6-8 servings. Can be frozen.

One Pan Mexican Quinoa

Recipe Scan



- | | | | |
|-------|--|---------|---|
| 1 Tbs | olive oil | 1 tsp | chili powder |
| 2 | cloves garlic, minced | 1/2 tsp | cumin |
| 1 | jalapeno, minced | | Kosher salt and freshly ground black pepper, to taste |
| 1 cup | quinoa | 1 | avocado, halved, seeded, peeled and diced |
| 1 cup | vegetable broth | | Juice of 1 lime |
| 1 | (15-ounce) can black beans, drained and rinsed | 2 Tbs | chopped fresh cilantro leaves |
| 1 | (14.5 oz) can fire-roasted diced tomatoes | | |
| 1 cup | corn kernels | | |

Makes 4 main course servings, or 5-6 side dish servings.

Procedure

- 1 Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
- 2 Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in lime juice and cilantro.
- 3 Cut avocado into pieces, and put on top of each serving.
- 4 Serve immediately.

Pasta with Pesto Cream Sauce

Recipe Scan



3/4 cup	fresh basil leaves	1/3 cup	extra-virgin olive oil, a little more if needed
3/4 cup	Parmesan cheese, grated	1/2 cup	heavy cream
3 Tbsp	pine nuts	2 Tbsp	butter
2	garlic cloves, peeled	12 oz	pasta, such as fusilli or cavatappi
	salt & black pepper	1	Roma Tomato, seeded & diced

This recipe is best as a side dish, not a main dish. Variations: Serve with grilled shrimp or chicken.

Procedure

- 1** Make the PESTO in a blender or food processor: ADD the basil, 1/2 cup of grated Parmesan, pine nuts, peeled garlic cloves, salt and pepper to taste. Turn on the machine and slowly drizzle in the olive oil to make a nice puree. Stop when it's beautiful and bright green and all mixed together nicely.
- 2** Heat the heavy cream in a saucepan and drop in a couple tablespoons of butter. Then pour the pesto right in. Stir this together and just simmer it slowly for a few minutes. At the end, dump in the remaining 1/4 cup grated Parmesan and stir it together.
- 3** Cook the pasta according to package directions. Drain the pasta and put it in a large serving bowl. Pour on the pesto cream. Then throw in the diced tomatoes. Toss it all together and serve it right away. The hot pasta and sauce will heat the tomatoes just perfectly.

Source

Source: The Pioneer Woman Cooks

Spinach & Cheese Lasagna

Recipe Scan



1	pkg	DeBoles Artichoke Lasagna Noodles, 10 oz. box	1	lb	mozzarella cheese, grated
			8	oz	cheddar cheese, grated
1	jar	(24 oz.) Classico Traditional Sweet Basil Pasta Sauce	1	bunch	(10 oz.) fresh baby spinach, steamed, drained & chopped
16	oz	small curd cottage cheese			parmesan cheese, sprinkled over each layer
2		eggs			

Procedure

- 1** Cook noodles according to package directions. Drain and rinse with cold water. Mix mozzarella and cheddar cheeses together and set aside in a bowl. Beat eggs in medium size bowl. Add cottage cheese and drained and chopped spinach. Mix thoroughly. Sprinkle with salt and pepper, and optional 1/2 teaspoon of oregano.
- 2** In 13 x 9" baking pan, start with layer of marinara sauce on bottom, followed by noodles, marinara sauce, 1/2 cottage cheese mixture, mozzarella & cheddar cheese, and parmesan cheese sprinkled.
- 3** Layer #2: noodles, marinara sauce, remaining cottage cheese mixture, mozzarella & cheddar cheese, and parmesan cheese sprinkled.
- 4** Layer #3 & #4: noodles, marinara sauce, mozzarella & cheddar cheese, and parmesan cheese sprinkled.
- 5** Cover dish with foil. Convection bake at 350° for 40 minutes with foil on. Remove foil, bake for 20 minutes more. Let sit for 15 minutes before cutting and serving.

Vegetable Lasagna

Recipe Scan



--- NO-COOK TOMATO SAUCE ---

- 1 can (28 oz) crushed tomatoes
- 1/4 cup chopped fresh basil
- 2 Tbs extra-virgin olive oil
- 2 garlic cloves, minced
- 1 tsp kosher salt
- 1/4 tsp red pepper flakes

--- NO-COOK CREAM SAUCE ---

- 4 oz Parmesan cheese, grated (2 cups)
- 1 cup whole-milk cottage cheese
- 1 cup heavy cream
- 2 garlic cloves, minced
- 1 tsp cornstarch
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- .
- .

--- VEGETABLE FILLING ---

- 1 1/2 lbs eggplant, peeled and cut into 1/2-inch cubes (about 7 cups)
- Kosher salt and ground black pepper
- 1 lb zucchini, cut into 1/2-inch pieces (about 4 cups)
- 1 lb yellow squash, cut into 1/2-inch pieces (about 4 cups)
- 5 Tbs +1 tsp extra virgin olive oil
- 4 garlic cloves, minced
- 1 Tbs minced fresh thyme
- 12 oz baby spinach (about 12 cups)
- 12 no-boil lasagna noodles
- 1/2 cup minced pitted kalamata olives
- 12 oz low-moisture whole-milk mozzarella cheese, shredded (about 3 cups)
- 2 Tbs chopped fresh basil

We prefer the lasagna made with our favorite whole milk, block-style mozzarella from Sorrento, but Kraft part-skim pre-shredded mozzarella is also fine. Our preferred brands of crushed tomato are Tuttorosso and Muir Glen. Even though the recipe calls for 1 1/2 lbs of eggplant, 1 lb eggplant works out just fine. Even though the recipe calls for 1 lb yellow squash, using a bit less (3 cups) works out just fine. WHY

Vegetable Lasagna

THIS RECIPE WORKS: Many problems plague vegetable lasagna—soggy vegetables, grainy ricotta, and dull tomato sauce. We began by fixing the vegetables. Precooking eggplant, zucchini, summer squash, and spinach not only reduced their juices but also concentrated their flavor. To add richness to the lasagna, we made a no-cook cream sauce consisting of tangy cottage cheese (not grainy like ricotta), heavy cream, Parmesan, and garlic. And to add brightness, we made a quick, no-cook tomato sauce with crushed tomatoes, basil, and olive oil. These two sauces, along with our improved vegetables, sandwiched between no-boil lasagna noodles and topped with melt-y mozzarella cheese, created an unbeatable lasagna. ...

Procedure

- 1** FOR THE TOMATO SAUCE: Whisk all ingredients together in bowl; set aside.
- 2** FOR THE CREAM SAUCE: Whisk all ingredients together in bowl; set aside.
- 3** FOR THE FILLING: Adjust oven rack to middle position and heat oven to 375 degrees. Toss eggplant with 1 teaspoon salt in large bowl. Line surface of large plate with double layer of coffee filters and lightly spray with vegetable oil spray. Spread eggplant in even layer over filters. Wipe out and reserve now-empty bowl. Microwave eggplant, uncovered, until dry to touch and slightly shriveled, about 10 minutes, tossing once halfway through to ensure that eggplant cooks evenly. Let cool slightly. Return eggplant to bowl and toss with zucchini and squash.
- 4** Combine 1 tablespoon oil, garlic, and thyme in small bowl. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add half eggplant mixture, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper; cook, stirring occasionally, until vegetables are lightly browned, about 7 minutes. Push vegetables to sides of skillet; add half of garlic mixture to clearing and cook, mashing with spatula, until fragrant, about 30 seconds. Stir to combine garlic mixture with vegetables and transfer to medium bowl. Repeat with remaining eggplant mixture, 2 tablespoons oil, and remaining garlic mixture.
- 5** Return skillet to medium-high heat, add remaining teaspoon oil, and heat until shimmering. Add spinach and cook, stirring frequently, until wilted, about 3 minutes. Transfer spinach to paper towel-lined plate and drain 2 minutes. Stir into eggplant mixture.
- 6** TO ASSEMBLE: Spray 13 by 9-inch baking dish with vegetable oil spray. Spread 1 cup tomato sauce in bottom of baking dish; shingle 4 noodles on top of sauce. Spread half of vegetable mixture over noodles, followed by half of olives, half of cream sauce, and 1 cup of mozzarella. Repeat layering with 4 noodles, 1 cup tomato sauce, remaining vegetables, remaining olives, remaining cream sauce, and 1 cup mozzarella. Place remaining 4 noodles on top layer of cheese. Spread remaining 1 cup tomato sauce over noodles and sprinkle with remaining 1 cup mozzarella. Lightly spray large sheet of aluminum foil with vegetable oil spray and cover lasagna. Bake until -bubbling, about 35 minutes. Cool on wire rack 25 minutes. Cut into pieces, sprinkle with basil, and serve.

Source

Source: Cooks Illustrated --- September 2011

Zucchini Pasta Marinara

Recipe Scan



8	oz	Hodgson Mill Veggie Rotini Pasta	1/2	cup	water
1/4	cup	olive oil	2	tsp	fresh parsley, chopped
1/4	cup	onions, diced	1/2	tsp	oregano
4		garlic cloves, crushed	1/4	cup	parmesan cheese
2	cups	zucchini, chopped			fresh black pepper
1	cup	tomatoes, diced			salt to taste

This recipe is best complemented when served with Garlic French Bread.

Procedure

- 1 Cook pasta according to package directions.
- 2 As pasta is cooking, heat oil in a medium skillet. Add onion and garlic, saute until soft. Add zucchini and continue to saute over low heat until almost soft. Mix in tomatoes, cook for 30 seconds. Then add water, parsley and oregano. Stir well, cover and simmer for 5 minutes.
- 3 Remove from heat and add to pasta in a serving bowl. Sprinkle parmesan cheese on top and season with black pepper and salt. Mix well and serve hot.

Miscellaneous

Bearnaise Sauce

	BRING TO A BOIL --- REDUCE	4	egg yolks
1/4 cup	white wine vinegar		GRADUALLY DRIZZLE IN
1/4 cup	dry white wine	1 cup	(2 sticks) unsalted butter, melted
3 Tbs	shallots, minced		STRAIN --- SEASON WITH
1 Tbs	fresh tarragon, chopped		juice of half a lemon, salt, white pepper, &
	OFF HEAT --- ADD		cayenne to taste
2-3 Tbs	water		

This classy French sauce is typically served over beef tenderloin filets. It is also a perfect pair with fish or served over vegetables. Makes: 1 1/2 cups.

Procedure

- 1 BRING vinegar, wine, shallots and tarragon to a boil in a small saucepan over medium high heat. Boil until liquid is evaporated, about 5 minutes.
- 2 OFF heat, add water, then whisk in egg yolks until frothy.
- 3 GRADUALLY drizzle in butter, whisking constantly to incorporate. Sauce should be thick, but thin it with a little water if needed. If it is too thin, return to heat and whisk constantly until thickened.
- 4 STRAIN sauce through a medium mesh strainer into a heat proof cup. Season with lemon juice, salt, white pepper and cayenne.

Source

Source: CuisineAtHome.com

Buttery Bread Dressing

6	cup	bread crumbs, from Foolproof Bread Recipe in this cookbook	3/4	tsp	salt
1/2	tsp	poultry seasoning	1/2	cup	butter
		-or- 1/2 tsp dried thyme, majoram or sage	1/4	cup	onion, minced
1	tsp	celery seed	3	Tbs	parsley, snipped
1/8	tsp	black pepper	1	can	(4 oz) mushrooms, sliced
					chicken broth to taste

Procedure

- 1 Combine bread crumbs, poultry seasoning, celery seed, pepper and salt. In large skillet, melt butter. Add onion and simmer until tender but not brown. Add mushrooms also. Add bread crumb mixture and parsley to butter, onion, and mushrooms. Heat well. Add enough chicken broth to make desired consistency. Bake in 350° oven for about 30 minutes.

Fruit & Yogurt Parfait

Recipe Scan



Stonyfield Organic French Vanilla Lowfat Yogurt

French Vanilla Almond Granola

Fresh or Frozen Blueberries

Fresh or Frozen Strawberries

32 oz. yogurt container makes about 5 parfaits. You can buy the yogurt at WalMart or Kroger. In Texas, you can buy the granola at Whole Foods, Sprouts, or Central Market.

Procedure

- 1 Begin by putting about ½" of yogurt in the bottom of the glass. Next, sprinkle enough granola to cover yogurt, about ½" or less. Then sprinkle 1 layer of blueberries enough to cover granola followed by chopped strawberry pieces.
- 2 Repeat one more time for two full complete layers and then top with smaller amount of yogurt and granola.
- 3 Start at the bottom of the list below, and build up from there. 10. Granola 9. Yogurt 8. Strawberries 7. Blueberries 6. Granola 5. Yogurt 4. Strawberries 3. Blueberries 2. Granola 1. Yogurt

Garlic & Herb Steak Butter

Recipe Scan



1/4 lb salted butter, softened
1 Tbs Worcestershire Sauce
1/2 Tbs basil, freshly chopped
1/2 tsp Kosher salt

1 Tbs garlic, freshly chopped
1 tsp lemon juice, freshly squeezed
1/2 Tbs parsley, freshly chopped
1/4 tsp black pepper

Procedure

- 1** WHIP butter with a mixer until smooth and creamy. Add remaining ingredients to butter and mix well.
- 2** TRANSFER butter mixture to a sheet of parchment paper. Roll into a tube about 1 1/2" in diameter and twist the paper at the ends. Refrigerate for 4-6 hours. Butter can be stored in refrigerator for up to 1 week. For longer storage, the butter can be frozen.
- 3** TO SERVE: Place a slice of butter on top of the steak immediately after removing it from the cooking surface while the steak is resting. Butter will be soft and slightly melted when the steak is served.

Source

Source: Omaha Steaks Private Reserve Preparation Guide

Grilled Cheese Sandwiches for Grown Ups

7 oz	aged cheddar cheese, cut into 24 equal pieces, room temperature	4 tsp	minced shallot
		3 Tbs	unsalted butter, softened
2 oz	Brie cheese, rind removed	1 tsp	Dijon mustard
2 Tbs	dry white wine or vermouth	8	slices hearty white sandwich bread



The grilled cheese conundrum: Young cheeses have no taste but melt perfectly, while aged cheeses have sophisticated flavor but turn grainy. We wanted the best of both worlds. Look for a cheddar aged for about one year (avoid cheddar aged for longer; it won't melt well). To quickly bring the cheddar to room temperature, microwave the pieces until warm, about 30 seconds. The first two sandwiches can be held in a 200-degree oven on a wire rack set in a baking sheet. In an attempt to liven up grilled cheese, some add so many ingredients that the cheese is an afterthought. Our grown-up grilled cheese sandwiches start with flavorful aged cheddar to which we add a small amount of wine and Brie. These two ingredients help the aged cheddar melt evenly without becoming greasy. A little bit of shallot increases the sandwiches' complexity without detracting from the cheese, and a smear of mustard butter livens up the bread.

Procedure

- 1** Process cheddar, Brie, and wine in food processor until smooth paste is formed, 20 to 30 seconds. Add shallot and pulse to combine, 3 to 5 pulses. Combine butter and mustard in small bowl.
- 2** Working on parchment paper-lined counter, spread mustard butter evenly over 1 side of slices of bread. Flip 4 slices of bread over and spread cheese mixture evenly over slices. Top with remaining 4 slices of bread, buttered sides up.
- 3** Preheat 12-inch nonstick skillet over medium heat for 2 minutes. (Droplets of water should just sizzle when flicked onto pan.) Place 2 sandwiches in skillet; reduce heat to medium-low; and cook until both sides are crispy and golden brown, 6 to 9 minutes per side, moving sandwiches to ensure even browning. Remove sandwiches from skillet and let stand for 2 minutes before serving. Repeat with remaining 2 sandwiches.

Source

Author: America's Test Kitchen - September 2014

Homemade Brown Sugar

Recipe Scan



5 pounds granulated white sugar

1 cup Grandma's molasses

The color will be that of light-brown sugar, and gives any recipe calling for brown sugar an extra rich flavor. The molasses adds vitamins and minerals to the nutritional content of the sugar.

Procedure

- 1 Pour sugar into a large mixing bowl. Pour molasses over the top and cut into the sugar with a pastry cutter until sugar is completely coated and no white crystals remain.
- 2 Store in an airtight container in pantry.

Source

Source: Switchover Cookbook for Good Nutrition --by Ruth Yale Long, PhD, 1983

Hot Grape Nuts

1/3 cup POST Grape Nuts Cereal
1/3 cup milk

1 tsp granulated or brown sugar or honey (opt.)
1 tsp butter or margarine

Procedure

- 1 Combine cereal, milk, sugar and butter in saucepan. Bring to a boil, reduce heat and simmer 1 minute, stirring occasionally. Serve hot with additional milk and sprinkle with additional cereal, if desired. Makes 1 serving (1/2 cup). FLAVOR ADDITIONS: For each serving add 1 tbsp of any of the following: - Raisins, chopped dates or diced dried apricots. - BAKER'S ANGEL FLAKE Coconut - Diced peeled apple, diced banana or strawberries. Microwave: For 1 serving, combine 1/4 c cereal, 1/4 c milk and 1 tsp. each honey and butter in a microwave bowl. Cook at HIGH power for 1 minute.

Source

Author: POST Cereal Box

Mansion Barbecue Spice Mix

8 Tbs	paprika	2 tsp	curry powder
4 Tbs	chili powder	2 tsp	dry mustard
4 Tbs	ground coriander	2 tsp	black pepper
4 tsp	sugar	2 tsp	dried thyme leaves
4 tsp	salt	2 tsp	cayenne pepper
4 tsp	ground cumin		

Procedure

- 1 Mix all ingredients together and rub on beef cuts such as T-bones, tenderloin, top sirloin and top loin (strip). Grill or broil 3 to 4 inches from heat for 10 to 15 minutes for medium rare.

Source

Author: Dean Fearing, Chef, Mansion on Turtle Creek, Dallas, TX

PlayDough (NON-FOOD DO NOT EAT)

A collection of PlayDough tools and creations on a wooden surface. Tools include a white extruder, orange flower cutters, a yellow circle cutter, a red heart cutter, a blue leaf cutter, and a rolling pin. Creations include a white cat, a red star, a yellow heart, a blue leaf, a white pumpkin, a yellow flower, a red heart, a blue leaf, and the word 'PlayDough' spelled out in large letters.

1 1/2 cup flour

433

Three Bears Porridge

Recipe Scan



- | | |
|-----------------------|--|
| 3 cups water, boiling | 1/2 cup old-fashioned oats |
| . | 1/4 cup nonfat, noninstant dry milk powder |
| ADD MIXTURE OF: | 1/4 cup raisins |
| 1/2 cup cracked wheat | 1/2 tsp cinnamon |

Serve with desired amount of half & half cream, or milk.

Procedure

- 1** Stir the mixture into boiling water mixing well. Reduce heat to simmer, cover pot and cook for 15-20 minutes, stirring periodically so it doesn't boil over.
- 2** After mixture has been cooked for 15-20 minutes until desired consistency is achieved. Then, turn off burner.
- 3** Add 2 Tbsp brown sugar. Stir well.
- 4** Divide into 3 bowls and let cool 5-10 minutes before eating.

Source

Source: Whole Foods for the Whole Family Cookbook

Muffins

Applesauce Oatmeal Muffins

Recipe Scan



1/2	cup	butter + 3T butter	4	tsp	baking powder
2/3	cup	brown sugar	1/2	tsp	sea salt
4		eggs			--- TOPPING ---
1 1/2	cup	applesauce	6	Tbs	butter, melted
2	cup	3 "Minute Brand" Quick Oats + Toasted Oat	3/4	cup	brown sugar
1 1/2	cup	whole wheat pastry flour or combination whole wheat & all- purpose flour	1/2	tsp	ground cinnamon (1/2 - 3/4 tsp)

Makes 20 regular size muffins.

Procedure

- 1 In mixer bowl, cream butter. Gradually add sugar and beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in applesauce. In small bowl combine oats, flour, baking powder and salt. Add to creamed mixture and stir just until moistened.
- 2 Spoon batter into greased muffin tins, filling two-thirds full. Bake in a 425° over for 15 minutes. Remove muffins from pan immediately and brush tops with melted butter. Combine sugar and cinnamon and sprinkle mixture over each muffin.

Banana Chocolate-Chip Mini Muffins

Recipe Scan



1 1/2 cups	flour	1	egg, large
2/3 cup	sugar	1/4 cup	butter (1/2 stick), melted
1 1/2 tsp	baking powder	1/4 cup	sour cream
1/4 tsp	salt	2 tsp	vanilla extract
1 cup	very ripe bananas (about 2 to 3 large bananas), mashed	1/4	milk
		1/2 cup	mini semisweet chocolate chips

Procedure

- 1 Heat the oven to 350°. Line a mini muffin pan with bake cups or lightly coat the muffin cups with cooking spray. In a medium-size bowl, combine the flour, sugar, baking powder, and salt and stir with a fork to blend. In a mixing bowl, combine the mashed bananas, egg, melted butter, sour cream, vanilla extract, and milk. Beat on medium until well blended. Reduce the speed to low and blend in the dry ingredients (do not overmix). Stir in the mini chocolate chips. Fill each muffin cup with 1 level tablespoon of batter. Bake the muffins for about 20 minutes or until the tops are golden and a toothpick comes out with some melted chocolate but no crumbs. Transfer the muffins to a rack to cool. Repeat with the remaining batter.

Banana-Oatmeal Muffins

Recipe Scan



- | | |
|----------------------------|------------------------------|
| 1 cup + 1 Tbsp rolled oats | 1/2 cup butter, softened |
| 1 cup all-purpose flour | 1 cup white sugar |
| 1/2 cup chopped walnuts | 2 eggs |
| 1 tsp baking soda | 1 cup mashed ripe banana |
| 1 tsp baking powder | 1 tsp vanilla extract |
| 1/4 tsp ground cinnamon | 1/2 cup low-fat plain yogurt |
| 1/2 tsp salt | |

Just like the rest of the body, the brain needs fuel. And because it can't store fuel, you need to recharge it every morning. These Banana-Oatmeal Muffins can give your kids the boost they need to do their very best thinking. These moist, tender muffins freeze very well.

Procedure

- 1 Preheat oven to 350°. Line 18 muffin cups with paper liners.
- 2 Grind 1 cup rolled oats in a food processor. In a large bowl, combine ground oats with flour, 1 Tbsp rolled oats, chopped walnuts, baking soda, baking powder, cinnamon, and salt.
- 3 In a separate bowl, combine the butter and sugar, and beat with an electric mixer until fluffy. Beat in eggs one at a time, then stir in the banana and vanilla. Stir in yogurt. Add the oats/flour mixture to egg mixture and stir to combine. Spoon batter into prepared muffin pans.
- 4 Bake in preheated oven for 25 to 30 minutes, or until golden brown.

Best Blueberry Muffins

Recipe Scan



--- LEMON-SUGAR TOPPING ---			
1/3 cup	sugar (2 1/3 ounces)	1	tsp table salt
1 1/2 tsp	finely grated zest from 1 lemon	2	eggs, large
--- MUFFINS ---			
2 cups	fresh blueberries (about 10 ounces), picked over	4	Tbs (1/2 stick) unsalted butter, melted and cooled slightly
1 1/8 cups	sugar (8 ounces) plus 1 teaspoon	1/4	cup vegetable oil
2 1/2 cups	unbleached all-purpose flour (12 1/2 ounces)	1	cup buttermilk (see note)
2 1/2 tsp	baking powder	1 1/2	tsp vanilla extract Instructions

When More Isn't BetterTo boost berry flavor in a muffin, simply adding more blueberries isn't the answer. With too many in the mix, the berries sink to the bottom, weighing the muffin down.

Procedure

- 1** FOR THE TOPPING: Stir together sugar and lemon zest in small bowl until combined; set aside.
- 2** FOR THE MUFFINS: Adjust oven rack to upper-middle position and heat oven to 425 degrees. Spray standard muffin tin with nonstick cooking spray. Bring 1 cup blueberries and 1 teaspoon sugar to simmer in small saucepan over medium heat. Cook, mashing berries with spoon several times and stirring frequently, until berries have broken down and mixture is thickened and reduced to ¼ cup, about 6 minutes. Transfer to small bowl and cool to room temperature, 10 to 15 minutes.

Best Blueberry Muffins

- 3** Whisk flour, baking powder, and salt together in large bowl. Whisk remaining 1 1/8 cups sugar and eggs together in medium bowl until thick and homogeneous, about 45 seconds. Slowly whisk in butter and oil until combined. Whisk in buttermilk and vanilla until combined. Using rubber spatula, fold egg mixture and remaining cup blueberries into flour mixture until just moistened. (Batter will be very lumpy with few spots of dry flour; do not overmix.)
- 4** Following photos below, use ice cream scoop or large spoon to divide batter equally among prepared muffin cups (batter should completely fill cups and mound slightly). Spoon teaspoon of cooked berry mixture into center of each mound of batter. Using chopstick or skewer, gently swirl berry filling into batter using figure-eight motion. Sprinkle lemon sugar evenly over muffins.
- 5** Bake until muffin tops are golden and just firm, 17 to 19 minutes, rotating muffin tin from front to back halfway through baking time. Cool muffins in muffin tin for 5 minutes, then transfer to wire rack and cool 5 minutes before serving.
- 6** TECHNIQUE
- 7** 1. MAKE BERRY JAM - Cook half of fresh blueberries into thick jam to concentrate their flavor and eliminate excess moisture.
- 8** 2. ADD FRESH BERRIES - Stir 1 cup of fresh blueberries into batter to provide juicy bursts in every bite.
- 9** 3. PORTION BATTER - Scoop batter into muffin pans, completely filling cups.
- 10** 4. ADD JAM TO BATTER - Place 1 teaspoon of cooled berry jam in center of each batter-filled cup, pushing it below surface.
- 11** 5. SWIRL INTO BATTER - Using chopstick or skewer, swirl jam to spread berry flavor throughout.

Source

Source: America's Test Kitchen

Blueberry Buckle Muffins

Recipe Scan



--- BATTER ---				1/4	tsp	salt
1/4	cup	butter, room temperature		2	cups	blueberries, stemmed & rinsed
3/4	cup	sugar		--- TOPPING ---		
2		eggs		1/3	cup	sugar
1/2	cup	milk		1/2	cup	flour
1	tsp	vanilla extract		1 1/2	tsp	cinnamon
2	cups	flour		1/4	cup	butter, room temperature
2	tsp	baking powder				

Procedure

- 1 Heat oven to 350° and line a 12 cup muffin tin with bake cups. In a large mixing bowl, use an electric mixer to cream the butter and the sugar. Beat in the eggs, then the milk and vanilla extract.
- 2 Sift the flour, baking powder, and salt into a medium-size mixing bowl. pour the dry ingredients over the wet ingredients and stir well, being careful not to over mix the batter. Use a spatula to fold in the berries. Spoon the batter into the muffin tin, filling each cup about 3/4 full.
- 3 To make the crumb topping, stir together the sugar, flour, and cinnamon in a small mixing bowl. Using your fingers, work the butter into the dry ingredients until the mixture is crumbly. Your child can then sprinkle the topping over each muffin.
- 4 Bake for 20 to 25 minutes or until they are lightly browned and a knife inserted in the middle of one comes out clean. Cool in the tin for 15 to 30 minutes before serving.

Source

Source: Family Fun Magazine

Bran Flax Muffins

Recipe Scan



1 1/2	cup	Bob's Red Mill Unbleached White Flour	1 1/2	cup	carrots, shredded
3/4	cup	Bob's Red Mill Flaxseed Meal	2		apples, peeled and shredded
3/4	cup	oat bran	1/2	cup	raisins (optional)
1	cup	brown sugar	1	cup	nuts, chopped
2	tsp	baking soda	3/4	cup	milk
1	tsp	baking powder	2		eggs, beaten
1/2	tsp	salt	1	tsp	vanilla
2	tsp	cinnamon			

Even though these muffins have no added fat, they are quite moist and they freeze well. Suggested serving with Apple Butter.

Procedure

- 1 Mix together flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl.
- 2 Stir in carrots, apples, and raisins if desired, and nuts.
- 3 Combine milk, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do not over-mix.
- 4 Fill muffin cups 3/4 full. Bake at 350° for 15-20 minutes. Makes 18 muffins.

Source

Source: Bob's Red Mill

Caramel-Apple Muffins

Recipe Scan



- | | |
|---|--|
| 1 bag (3 lb) small apples (12 to 14 apples) | 1/2 tsp salt |
| 2 cups sugar | 2 1/2 cups chopped pecans, toasted and divided |
| 1 cup vegetable oil | -- QUICK CARAMEL FROSTING -- |
| 3 large eggs, lightly beaten | 2 cans (14 oz) sweetened condensed milk |
| 2 tsp vanilla extract | 1/2 cup firmly packed light brown sugar |
| 3 cups all-purpose flour | 1/2 cup butter |
| 2 tsp ground cinnamon | 1 tsp vanilla extract |
| 1 tsp baking soda | |

This special muffin recipe is recommended serving with Southwest Breakfast Strata (recipe in this cookbook) and fresh fruit, for a special Mother's Day Brunch.

Procedure

- 1 Peel, core, and cut 4 apples into 24 (1/4-inch-thick) rings. Sauté apple rings, in batches, in a lightly greased skillet over medium heat 1 to 2 minutes on each side or until lightly browned. Remove from skillet, and place 1 apple ring in the bottom of each of 24 lightly greased muffin pan cups.
- 2 Peel and finely chop enough remaining apples to equal 3 cups. Set aside.
- 3 Stir together sugar and next 3 ingredients in a large bowl.
- 4 Stir together flour and next 3 ingredients; add to sugar mixture, stirring just until blended. (Batter will be stiff.) Fold in finely chopped apples and 1 cup pecans.
- 5 Spoon batter evenly over apple rings in muffin pan cups, filling cups three-quarters full.
- 6 Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Remove muffins from pan, and cool, apple rings up, on a wire rack.

Caramel-Apple Muffins

- 7** Press the handle of a wooden spoon gently into the center of each apple ring, forming a 1-inch-deep indentation in the muffins. Spoon warm Quick Caramel Frosting evenly over muffins, filling indentations. Sprinkle evenly with remaining 1 1/2 cups chopped pecans.
- 8** Caramel-Apple Coffee Cakes: Omit apple rings, and prepare apple muffin batter as directed. Divide batter evenly between 2 greased and floured 8-inch round baking pans. Bake at 350° for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Remove from pans, and cool on wire racks. Spoon warm Quick Caramel Frosting evenly over coffee cakes; sprinkle evenly with remaining 1 1/2 cups pecans. Makes 16 servings. Prep: 20 min., Bake: 50 min.
- 9** FROSTING: Place all ingredients in a heavy 3-quart saucepan; bring to a boil, stirring constantly, over medium-low heat. Cook, stirring constantly, 3 to 5 minutes or until mixture reaches a pudding-like thickness. Remove from heat.
- 10** Quick Caramel-Pecan Frosting: Prepare Quick Caramel Frosting as directed; remove from heat, and stir in 1 1/2 cups chopped toasted pecans.
- 11** Quick Caramel-Coconut-Pecan Frosting: Prepare Quick Caramel Frosting as directed; stir in 1 1/2 cups sweetened flaked coconut and 1 1/2 cups chopped toasted pecans.

Source

Source: Southern Living - September 2005

Carrot Spice Muffins

Recipe Scan



1 1/2 cup whole wheat pastry flour
1 tsp baking soda
1 tsp baking powder
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp ground allspice
1/2 cup brown sugar

1 egg
2/3 cup yogurt (or buttermilk)
1/3 cup oil or melted butter
1/2 tsp vanilla
1 1/2 cup carrots, grated
1/2 cup raisins (optional)
1/2 cup chopped nuts (optional)

Suggested serving with Apple Butter on top.

Procedure

1 Measure dry ingredients into a large bowl. Mix wet ingredients in another bowl with carrots, raisins and nuts. Add to dry mix, stirring only until flour is moistened. Place in greased muffin tins and bake for 15 minutes at 400°. This makes delicious, moist muffins.

Source

Source: Whole Foods for the Whole Family Cookbook

Cranberry Pecan Muffins

Recipe Scan



--- STREUSEL TOPPING ---				1 1/2	tsp	baking powder
3	Tbs	all-purpose flour		1	tsp	salt, divided
4	tsp	granulated sugar		1 1/4	cups	pecan halves , toasted and cooled
1	Tbs	packed light brown sugar		1	cup	plus 1 tablespoon (7 1/2 ounces)
2	Tbs	unsalted butter , cut into 1/2-inch pieces, softened				granulated sugar
	pinch	salt		2		large eggs
1/2	cup	pecan halves		6	Tbs	unsalted butter , melted and cooled slightly
--- MUFFINS ---				1/2	cup	whole milk
1 1/3	cups	(6 2/3 ounces) all-purpose flour		2	cups	fresh cranberries
				1	Tbs	confectioners' sugar

Makes 13 muffins.

Procedure

- 1** FOR THE STREUSEL: Adjust oven rack to upper-middle position and heat oven to 425 degrees. Process flour, granulated sugar, brown sugar, butter, and salt in food processor until mixture resembles coarse sand, 4 to 5 pulses. Add pecans and process until pecans are coarsely chopped, about 4 pulses. Transfer to small bowl; set aside.
- 2** FOR THE MUFFINS: Spray 12-cup muffin tin with baking spray with flour. Whisk flour, baking powder, $\frac{3}{4}$ teaspoon salt together in bowl; set aside.

Cranberry Pecan Muffins

- 3 Process toasted pecans and granulated sugar until mixture resembles coarse sand, 10 to 15 seconds. Transfer to large bowl and whisk in eggs, butter, and milk until combined. Whisk flour mixture into egg mixture until just moistened and no streaks of flour remain. Set batter aside 30 minutes to thicken.
- 4 Pulse cranberries, remaining $\frac{1}{4}$ teaspoon salt, and confectioners' sugar in food processor until very coarsely chopped, 4 to 5 pulses. Using rubber spatula, fold cranberries into batter. Use ice cream scoop or large spoon to divide batter equally among prepared muffin cups, slightly mounding in middle. Evenly sprinkle streusel topping over muffins, gently pressing into batter to adhere. Bake until muffin tops are golden and just firm, 17 to 18 minutes, rotating muffin tin from front to back halfway through baking time. Cool muffins in muffin tin on wire rack, 10 minutes. Remove muffins from tin and cool for at least 10 minutes before serving.

Recipe Tips

WHY THIS RECIPE WORKS: To tame the harsh bite of the cranberries found in most cranberry-nut muffins, we chopped the cranberries in a food processor and tossed them with confectioners' sugar and a little salt (which we often use to tame the bitterness in eggplant). As for the nuts, we took a cue from cakes made with nut flour and augmented some of the all-purpose flour with pecan flour (made by grinding pecans in a food processor). But because we were working with less flour, our muffins spread rather than baking up tall and self-contained. We fixed the problem by letting the batter rest for 30 minutes. Resting allowed what flour there was to become more hydrated, resulting in a properly thickened batter that baked up perfectly domed. To replace the missing crunch of the nuts, we simply topped the muffins with a pecan streusel.

Source

Source: Cooks Illustrated - September 2011

Nutritious Muffins

Recipe Scan



3/4 cup	Whole Wheat Pastry Flour	1/2 cup	low fat yogurt, plain or vanilla
3/4 cup	Bobs Red Mill Oat Bran Cereal	2	egg whites or 1 whole egg
1/2 cup	brown sugar	2 Tbsp	cooking oil
1 tsp	cinnamon	1/2 tsp	vanilla
1 tsp	baking powder	1/2 cup	dates, chopped
1/2 tsp	baking soda	1/2 cup	walnuts, chopped
1/3 cup	banana, mashed		

These are deliciously moist. These freeze well. Recommend Khadrawi Dates...Best Source for Organic Dates: Ehrlich's Date Garden 3420 West 12th St Yuma, AZ 85364 928-783-4778

Procedure

- 1 Mix together dry ingredients.
- 2 Mix liquid ingredients in separate bowl.
- 3 Combine the two mixtures and stir until moistened.
- 4 Lightly grease or line muffin tin with paper cups. Fill 2/3 full.
- 5 Bake at 400°F for 18-20 minutes. Makes 12 muffins.

Source

Source: Bob's Red Mill Oat Bran Cereal Bag

Oatmeal Cranberry Breakfast Bake

Recipe Scan



- | | | | |
|---------|--|---------|---|
| 3 cups | old-fashioned oats | 3 cups | fat-free milk (3/4 cup non-fat non-instant milk powder in 3 cups water) |
| 1 cup | dried cranberries | | |
| 3/4 cup | packed brown sugar | 1/4 cup | canola oil |
| 2 tsp | ground cinnamon | 1 Tbs | vanilla extract |
| 1 tsp | salt | | Additional milk, optional |
| 4 | egg whites, lightly beaten, or optionally 2 whole eggs | | |

Recommended to use cranberries infused with cherry, blueberry & pomegranate. Angela Higinbotham of Willis, California says: "I like to prepare this baked oatmeal on weekend mornings when I have a little extra time. Even guests who typically don't like oatmeal fill their bowls with this hearty version, flavored with dried cranberries, brown sugar and cinnamon." NUTRITIONAL FACTS: 1 piece (calculated without additional milk) equals 230 calories, 6g fat (1g saturated fat), 1mg cholesterol, 253mg sodium, 36g carbohydrate, 3g fiber, 7g protein.

Procedure

- 1 OAT MIXTURE:** In a large bowl, combine the first five ingredients.
- 2 LIQUIDS:** In a blender, mix together the egg whites, milk powder, water, oil and vanilla until well-blended. Pour over the oat mixture and stir just until moistened.
- 3 POUR** entire mixture into a 13 x 9" baking dish coated with cooking spray. Bake at 350° for 50 minutes or until oats are tender and liquid is absorbed. Cut into bars. Serve in bowls with milk if desired. Yield: 12 servings.

Oatmeal Cranberry Breakfast Bake

Source

Source: Taste of Home 2011

Oatmeal Pumpkin Muffins

Recipe Scan



- | | |
|--|---------------------------------------|
| 1 cup 3-Minute Brand
Quickoats+ToastedOatBran | 1/4 tsp salt |
| 3/4 cup flour | 3/4 cup buttermilk |
| 1/2 cup whole wheat pastry flour | 1/4 cup pumpkin (1/4 - 1/2 cup) |
| 1/2 cup packed brown sugar | 1/4 cup vegetable oil (or canola oil) |
| 1/2 tsp baking powder | 1 egg |
| 1/2 tsp baking soda | 1/4 cup raisins |
| 1/2 tsp pumpkin pie spice | |

Quickoats+ToastedOatBran is no longer sold. To make your own, put 1 Tbsp Oat Bran in bottom of a 1 cup measuring cup, and fill with Quick Oats. Makes 12 muffins.

Procedure

- 1 In large bowl combine oats, flours, brown sugar, baking powder, baking soda, pumpkin pie spice and salt. Stir in buttermilk, pumpkin, oil and egg. Mix well. Fold in raisins.
- 2 Grease muffin cups or line with paper baking cups. Fill 3/4 full.
- 3 Bake in a 400°F oven for 18 to 20 minutes (or 375° convection cook for 16 minutes).

Solo-Almond Kringle

Recipe Scan



- | | | | | | |
|-----|-------------------------------------|---------------------|------------------|-------------|----------------------|
| 1 | can (12 oz) Solo Almond Filling ... | 1/4 | cup | warm water | |
| | ... (or other flavor) | 1/4 | cup | cold milk | |
| 2 | cup | flour | 1 | egg, beaten | |
| 1/2 | tsp | salt | --- FROSTING --- | | |
| 1 | Tbs | sugar | 1/4 | cup | butter |
| 1/2 | cup | butter or margarine | 1 1/2 | cup | confectioner's sugar |
| 1 | pkg | active dry yeast | 3/4 | tsp | vanilla |

Breakfast Pastry

Procedure

- 1 Sift together flour, salt and sugar. Cut in the butter. Soften the yeast in warm water. Combine milk and egg. Stir yeast and egg mixture into the flour mixture, mixing enough to dampen the flour. Cover and refrigerate overnight.
- 2 Divide dough into 2 parts. Roll half into a 9x13" rectangle for same size pan. Spread with Solo Filling, leaving 1/4" space around edges. Make another 9x13" rectangle to lay over Solo Filling and pinch the 2 dough edges together. Bake at 375° for 25 minutes or until golden brown.
- 3 FROSTING While warm, frost with browned butter frosting: Lightly brown 1/4 c butter over medium heat. Remove from heat. Gradually beat in 1 1/2 c confectioner's sugar, 3/4 tsp vanilla and enough water to make spreading consistency.

Pancakes & Waffles

Blender Waffles

Recipe Scan



1 3/4	cups	buttermilk	1/2	cup	oats (rolled or whole)
1		egg	2	Tbs	organic sugar
2	Tbs	olive oil (or canola oil)	1/2	tsp	sea salt (or to taste)
1	tsp	vanilla extract	1/2	tsp	baking soda
1	cup	kamut grain	2	tsp	baking powder

Most blenders work well for batter recipes, but I recommend one that will crush ice cubes. Suggest cautious use of an old or dull-bladed blender. Turn it off if the motor begins to smell hot and give it a rest. If your blender is not up to the job, then a new heavy-duty blender should be gotten, such as a Bosch or Vita-Mix blender. GLUTEN-FREE GRAIN VARIATIONS: In place of the grain listed above: (1) Brown Rice Waffles - substitute 1 1/2 cups brown rice, (2) Millet Waffles - substitute 1 1/3 cups millet plus 1 extra Tbsp oil, (3) Quinoa Waffles - get prewashed Quinoa (to remove the bitter coating), substitute 1 cup + 2T. For these 3 variations, the batter will be very thin, so the waffle iron should be filled to the edges. SUBSTITUTE: If you substitute flour for grain, then use 2 cups flour, blending briefly, just to mix thoroughly.

Procedure

- 1 Preheat waffle iron. Place buttermilk, egg, oil, vanilla and grain in blender, and blend on high speed for 3-5 minutes until smooth.
- 2 Blend in the sugar, salt, baking soda and baking powder for 5-10 seconds just before baking.
- 3 Pour batter from blender into seasoned or sprayed hot waffle iron to within 1 1/2" from the edge, and bake for 1 1/2 - 3 minutes until desired doneness. Timing is dependent on your waffle iron.
- 4 Serve immediately with a touch of butter and pure maple syrup.

Source

Source: Sue Gregg - Eating Better Cookbook

Blueberry Pancakes

Recipe Scan



2	cups	buttermilk	1/2	tsp	salt
2	cups	(10 oz.) unbleached flour	1		egg, large
2	Tbs	sugar	3	Tbs	butter, unsalted, melted and cooled slightly
2	tsp	baking powder	2	tsp	vegetable oil
1/2	tsp	baking soda	1	cup	wild blueberries, fresh or frozen

For the flour, better to use 1 cup freshly milled whole wheat pastry flour and 1 cup unbleached white flour.

Procedure

- 1 When fresh blueberries are not in season, frozen blueberries are a good alternative. To make sure that frozen berries do not bleed, rinse them under cool water in a mesh strainer until the water runs clear, then spread them on a paper towel-lined plate to dry. If you have buttermilk on hand, use 2 cups instead of the milk and lemon juice.
- 2 Whisk lemon juice and milk in medium bowl or large measuring cup. Set aside to thicken while preparing other ingredients. Whisk flour, sugar, baking powder, baking soda, and salt in medium bowl to combine.
- 3 Whisk egg and melted butter into milk until combined. Make well in center of dry ingredients in bowl. Pour in milk mixture and whisk very gently until just combined (a few lumps should remain). Do not overmix.
- 4 Heat 12" nonstick skillet over medium heat for 3 to 5 minutes. Add 1 teaspoon oil and brush to coat skillet bottom evenly. Pour 1/4 cup batter onto 3 spots on skillet. Sprinkle 1 tablespoon blueberries over each pancake. Cook pancakes until large bubbles begin to appear, 1 1/2 to 2 minutes. Using thin, wide spatula, flip pancakes and cook until golden brown on second side, 1 to 1 1/2 minutes longer. Serve immediately, and repeat with remaining batter, using remaining vegetable oil only if necessary.

Blueberry Pancakes

- 5 LEMON-CORNMEAL BLUEBERRY PANCAKES...Follow above recipe, adding 2 teaspoons grated lemon zest to milk along with lemon juice and substituting 1 1/2 cups stone-ground yellow cornmeal for 1 cup flour.

Cinnamon N' Applesauce Pancakes

Recipe Scan



- | | | | | | |
|---|------|---|-----|------------------|-----------------------------------|
| 2 | eggs | 2 | Tbs | granulated sugar | |
| 1 | cup | 3-Minute Brand Quick Oats +
ToastedOatBran | 2 | Tbs | baking powder |
| 1 | cup | whole wheat pastry flour | 1 | tsp | salt |
| 1 | cup | milk | 1/2 | tsp | ground cinnamon |
| 1 | cup | applesauce | 1 | cup | walnuts, finely chopped & toasted |
| 4 | Tbs | canola oil | | | |

Makes (20) 3" pancakes.

Procedure

- 1** MAKE YOUR OWN QUICK OATS + TOASTED OAT BRAN: Measure 1 Tbsp Oat Bran Hot Cereal in a one cup dry measuring cup. Fill with Quick Oats to make 1 cup.
- 2** TO TOAST WALNUTS: Finely chop walnuts and place in a ring around a dinner plate, leaving the center of the plate empty. Microwave on high for 1 minute. Slightly toss the walnuts and redistribute into ring again, and microwave for 1 minute additional. Set aside to cool.
- 3** In large bowl beat egg until fluffy. Beat in remaining ingredients except for nuts just until smooth. Stir in nuts. Pour about 3 Tbsp batter onto a hot, lightly greased griddle or heavy skillet. Cook pancakes until puffed and dry around edges. Turn and cook other side until golden brown.

Source

Source: 3 Minute Brand 80th Anniversary Cookbook, 1990

Crepe Souzette

--- CREPES ---

1 cup flour
1 cup milk
1 egg
2 Tbs sugar
1 tsp vanilla
1/8 tsp salt

--- CREAM CHEESE FILLING ---

1/2 lemon rind, grated
1 pkg (3 oz) Philadelphia cream cheese
1 1/2 Tbs sugar
.
.

Procedure

- 1** CREPES Put all CREPE Ingredients into a blender until well blended, 20-30 seconds. Heat a non-stick, 8" frypan. Wipe with a paper towel coated with cooking oil. Pour 1/4 cup crepe batter into frypan, swirling to cover the bottom of the pan. Cook for about 30 seconds - 1 minute per side. Turn pancake only once.
- 2** FILLING Grate 1/2 lemon rind. Mix all filling ingredients well until mixture is smooth. Fill each crepe with desired amount of filling, roll up and serve.

Eggnog French Toast

8	eggs	20 to 26	slices English muffin bread
2	cups eggnog		
1/4	cup sugar		Confectioners' sugar, optional
1/2	tsp vanilla or rum extract		Maple syrup



Procedure

- 1 In a bowl, beat eggs, eggnog, sugar and extract; soak bread for 2 minutes per side. Cook on a greased hot griddle until golden brown on both sides and cooked through. Dust with confectioners' sugar if desired. Serve with syrup. Yield: 8-10 servings.

Source

Source: Taste of Home 2011

German Baked Pancake

Recipe Scan



6 eggs
1 cup milk
1 cup flour
1/2 tsp salt
2 Tbs butter, melted
.
.
.
.

BUTTERMILK SYRUP

1 1/2 cups sugar
3/4 cup buttermilk
1/2 cup butter
2 Tbs corn syrup
1 tsp baking soda
2 tsp vanilla extract
Confectioner's sugar

Suggest serving with Sauteed Cinnamon Apples, also found in this cookbook.

Procedure

- 1 Place the eggs, milk, flour and salt in a blender. Cover and process until smooth. Pour the butter into a 13 x 9 x 2" baking dish. Add the batter. Bake, uncovered, at 400° for 20 minutes.
- 2 Meanwhile, in a saucepan, combine the first 5 syrup ingredients in a 3 to 4 quart saucepan. Bring to a boil. Boil for 7 minutes.
- 3 Remove from the heat. Stir in vanilla. Serve immediately with the syrup. Dust pancake with confectioner's sugar.

Source

Source: Taste of Home

Gingerbread Pancakes

Recipe Scan



1	cup + 2T	flour	2		large eggs
1/3	cup	fine yellow cornmeal (such as Quaker)	3/4	cup	sour cream (regular or low-fat)
1	tsp	baking powder	3/4	cup	milk (whole or 2%)
1/2	tsp	baking soda	1/4	cup	vegetable oil, plus more for pan
1	tsp	ginger	1 1/2	Tbsp	molasses
1/2	tsp	(each) nutmeg, cinnamon, ground cloves	1/2	tsp	vanilla extract
1/4	tsp	salt			Fresh Apple Sauce

These gingery hotcakes will remind your family of a classic holiday cookie.

Procedure

- 1 Sift the flour, cornmeal, baking powder, baking soda, spices, and salt into a large bowl. Set it aside. In a separate bowl, whisk the eggs until frothy. Then whisk in the sour cream, milk, oil, molasses, and vanilla extract. Make a well in the dry ingredients and add the liquid, whisking the batter just until smooth. Set it aside for 5 minutes.
- 2 Heat a large, heavy skillet or griddle, then coat the surface with a thin layer of cooking oil. Ladle the batter (1/3 cup per pancake) into the pan and cook for about 2 minutes, or until golden, on the first side. Flip the pancake and cook until golden on the other side, about 1 1/2 minutes.
- 3 Serve immediately with soft butter, warm maple syrup and fresh applesauce.

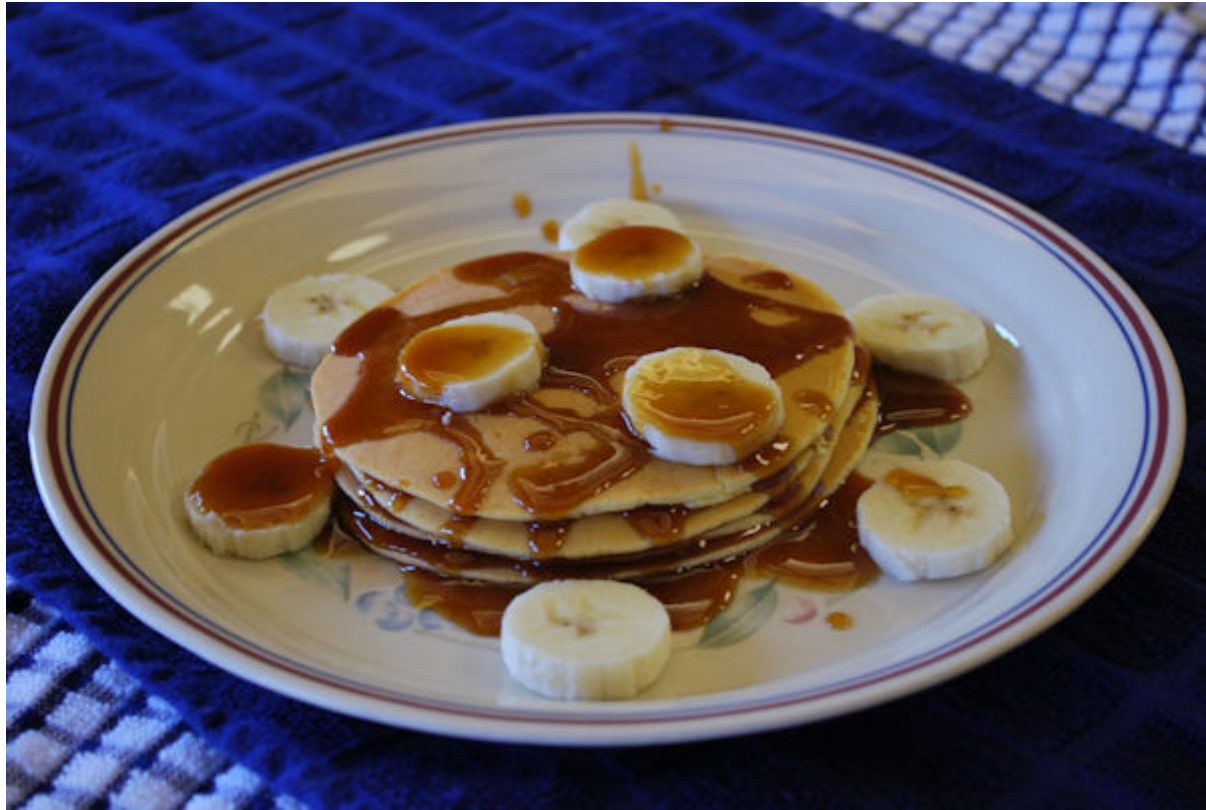
Gingerbread Pancakes

Source

Source: Family Fun Magazine

Golden Delight Pancakes

Recipe Scan



1 cup cottage cheese (2% or 4%)
6 eggs
1/2 cup flour
1/4 tsp salt
1/4 cup oil
1/4 cup milk
1/2 tsp vanilla

BUTTERMILK SYRUP

1 1/2 cups sugar
3/4 cup buttermilk
1/2 cup butter
2 Tbs corn syrup
1 tsp baking soda
2 tsp vanilla

Makes 16 pancakes.

Procedure

- 1 Put all ingredients into blender. Cover and blend at high speed for 1 minute, stopping to stir down once. Bake on greased griddle, using 1/4 C batter for each pancake. Makes 20 x 4" pancakes. Also excellent for waffles. Extra can be made and frozen.
- 2 SYRUP: In a saucepan, combine the first 5 syrup ingredients. Bring to a boil. Boil for 7 minutes in a 3 or 4 quart saucepan (as it will rise high during the cooking process). Remove from the heat. Stir in vanilla. Serve immediately with the syrup. Any remaining syrup can be stored in refrigerator and reheated as needed for pancakes or waffles.

Source

Source: Pancake Recipe: Rita Turner ---- Syrup Recipe: Taste of Home

Oatmeal Pancakes

--- DRY INGREDIENTS ---

1 cup oatmeal
1 cup whole wheat pastry flour
1/4 cup wheat germ
1/4 cup dry milk powder
...or...replace 3 above ingredients with
.....1 1/2 c flour
1 Tbs brown sugar
1 tsp baking soda
1/4 tsp salt

--- LIQUIDS ---

2 eggs
2 cup buttermilk
1/4 cup butter, melted
.
.
.
.
.

Procedure

- 1 Preheat griddle.
- 2 Combine dry ingredients. Combine slightly beaten eggs, buttermilk and butter and add to dry ingredients. Stir. Spread batter on griddle.

Potato Pancakes

Recipe Scan



- | | | | |
|-------|---------------|---------|--|
| 4 | eggs | 1/2 cup | small onion, coarsely chopped |
| 2/3 | cup flour | 2 | cup potatoes, raw and finely shredded in food processor or hand grater |
| 1 1/2 | tsp salt | | |
| 2 | Tbs salad oil | | |
| 1/2 | cup milk | | |

Suggested serving with Apple Sauce, Bratwurst Sausage and Steamed Carrots (as pictured above).
Makes 12 pancakes. Serving Size 2 pancakes per person.

Procedure

- 1 Put all ingredients EXCEPT POTATOES in electric blender and blend about 30 seconds, or until well-blended. Put shredded potatoes into a medium size mixing bowl. Pour blender mixture over the top and stir until blended.
- 2 Preheat a griddle and reduce to medium temperature. Use 1/4 cup batter for each pancake, making sure there is both liquid and shredded potatoes in each pancake. Bake each side, checking for desired degree of brown.

Source

Source: Alice Ellwanger

Sauteed Cinnamon Apples

Recipe Scan



- | | | | | |
|---------|---|------------|--------------------|-------------|
| 1/4 cup | butter | 1/2 cup | water | |
| 4 | large tart (Granny Smith) apples, peeled and cut into 1/4" slices | 1/2 cup | packed brown sugar | |
| 2 | tsp | cornstarch | 1/2 tsp | cinnamon |
| | | 1 | tsp | lemon juice |

On a chilly morning, this fruity side dish warms you up. It complements just about anything you'd choose to serve for breakfast or brunch, such as the German Pancake or an egg dish or slices of warmed Canadian bacon. Alternative: add 1/4 cup raisins, if desired.

Procedure

- 1 In a large skillet, melt butter; add apples. Cook and stir over medium heat for 6-7 minutes or until almost tender. Dissolve cornstarch in water; add to skillet. Add brown sugar and raisins; bring to a boil. Boil for 2 minutes, stirring constantly. Remove from the heat; stir in lemon juice. Serve warm. Yield: 4 cups.

Whole Grain Pancakes

2	cup	milk	...rolled oats, wheat or rye, bran,...
3		eggs	...wheat germ, or cornmeal
2	tsp	baking powder	--- OPTIONAL, USE UP TO ---
1/2	tsp	salt	1/4 cup honey, maple syrup, molasses, brown sugar
2	cup	flour, any combination of whole wheat,...	1/4 cup oil, melted butter, or other fat
		...rye, soy, oat, millet or buckwheat,...	

Procedure

- 1** In a large bowl, place milk, eggs, baking powder, salt and optional honey and oil. Mix well. Add flour and/or grain, beating only until large lumps disappear. Batter may also be mixed in blender and poured onto griddle directly from the blender. Batter may be made the night before. Store in a covered container in the refrigerator.
- 2** Cook on a lightly greased skillet or griddle over medium-high heat, 375°. Turn when small bubbles appear. Remove when they stop steaming. Freeze extras and heat in toaster for snacks or busy mornings. Makes about (16) 4" pancakes.
- 3** BUTTERMILK PANCAKES Omit milk and baking powder. Add 2 c buttermilk and 1 tsp baking soda. BANANA NUT PANCAKES Use 1 1/2 T brown sugar, 1 1/4 tsp vanilla, 1/4 tsp lemon juice, 3/4 c mashed banana and 3/4 c chopped pecans.

Source

Source: Whole Foods for the Whole Family

Yogurt Blintz Pancakes

Recipe Scan



1 cup flour
1 Tbs sugar
1/2 tsp salt

1 cup plain yogurt (low fat)
1 cup cottage cheese (2% or 4%)
4 eggs

Yield 12 - 14 pancakes.

Procedure

- 1 Pour all ingredients into blender. Mix well. Spoon 1/4 cup onto hot griddle. Turn when edges are set. Cook second side until golden brown. Serve with maple syrup & strawberries.

Pork

Pork

Alan's Barbecued Ribs

Recipe Scan



-- SAUCE --				1/2 Tbsp	ground coriander
1/2 cup	+2 Tbsp	dark molasses		1/2 Tbsp	salt
1/2 cup		cider vinegar		3/4 tsp	cayenne
1/4 cup	+ 2 Tbsp	apple juice		1 tsp	ground ginger
3 oz		beer		-- RUB --	
3 oz		tomato paste		4	garlic cloves, crushed
2 Tbsp		prepared mustard		1/2 Tbsp	sugar
1/2 Tbsp		brown sugar		3/4 tsp	salt
1/2 Tbsp		chili powder		5 lbs	pork baby-back ribs

This recipe is 1/4 of what was given in the Thermador cookbook, since that published one serves 20 people. The portions above better match a family of 5. SOURCE: Thermador Cookbook.

Procedure

- 1** PREHEAT OVEN: Convection Roast at 300°F. CONVECTION COOK TIME: 2 1/2 - 3 hours
- 2** UTENSIL: 3 Commercial Half-sheet Pans (12x17x1")
- 3** Line pans with foil. Place oven racks on rack positions 1, 3, 5
- 4** In a large bowl, whisk all sauce ingredients together. Measure out 1 cup sauce. Set aside.
- 5** In a small bowl, mash together crushed garlic, sugar and salt. Rub on both sides of ribs.
- 6** Place one rib slab, meaty side up, on each pan, folding ends under if necessary. Set one pan of ribs on each rack in both ovens and roast in preheated ovens for 1 hour.
- 7** Turn ribs. Brush generously with sauce (about 1/3 cup). Continue roasting ribs for 30 minutes.

Alan's Barbecued Ribs

- 8** Turn ribs meaty side up and brush with 1/3 cup of the sauce. Cook 30 minutes longer.
- 9** Baste with another 1/3 cup of sauce. Continue roasting 30 min to 1 hour or until ribs very tender.
- 10** Remove from oven. Heat reserved sauce to boiling and lightly coat ribs. Cut between ribs and serve with heated reserved sauce.

Breaded Pork Chops

Recipe Scan



8 pork chops
2 eggs, beaten
3 Tbs oil
1/3 cup water
1 tsp worcestershire sauce
.
.

BREADCRUMB MIXTURE:

1 cup bread crumbs
1/4 cup parmesan cheese
1 tsp seasoned salt
1/4 tsp garlic powder
1/4 tsp pepper
2 Tbs parsley, chopped

Procedure

- 1 In a 13 x 9 x 2" baking pan, add water and worcestershire sauce. Dip chops into egg and then into BREAD CRUMB MIXTURE. Heat oil in fry pan, and brown chops on both sides. Place chops in baking pan. Cover and bake at 350° for 50 minutes, then uncovered for the last 10 minutes, for 1 hour total.

Broiled Pork Tenderloin

Recipe Scan



PORK

- 1 lb pork tenderloin, trimmed
- 1 tsp kosher salt
- 3/4 tsp vegetable oil
- 1/4 tsp pepper
- 1/8 tsp baking soda
- 1 (13 x9") disposable aluminum roasting pan, deep dish

SUN DRIED SALSA

- 2 Tbs oil-packed sun-dried tomatoes, rinsed and chopped fine
- 2 Tbs chopped fresh basil
- 2 Tbs chopped fresh parsley
- 2 Tbs extra-virgin olive oil
- 1 Tbs balsamic vinegar
- 1/2 small shallot, minced
- Salt and pepper

MUSTARD-CREME FRAICHE SAUCE

- 1/4 cup crème fraîche
- 1 1/2 Tbs Dijon mustard
- 1 1/2 Tbs chopped fresh parsley
- Salt and pepper

We prefer natural pork, but if you use enhanced pork (injected with a salt solution) reduce salt in step 2 to 3/4 teaspoon. A 3-inch-deep aluminum roasting pan is essential. Do not attempt this recipe with a drawer broiler. If you like, serve the pork with our Sun-Dried Tomato and Basil Salsa for Two or our Mustard-Crème Fraîche Sauce for Two (see related content). Serves 2-3, but easily doubled to serve 4-6 by using 2 x 1 lb pork tenderloins in the same pan, and cooking as above. Also double the Rub and Salsa recipes. You can mix and match Salsa Recipes above, making one or both, according to individual tastes.

Broiled Pork Tenderloin

Procedure

- 1** Adjust oven rack 4 to 5 inches from broiler element and heat oven to 325 degrees. Fold thin tip of tenderloin under about 2 inches to create uniformly shaped roast. Tie tenderloin crosswise with kitchen twine at 2-inch intervals, making sure folded tip is secured underneath. Trim any excess twine close to meat to prevent it from scorching under the broiler.
- 2** Mix salt, oil, and pepper in small bowl until salt is evenly coated with oil. Add baking soda and stir until well combined. Rub mixture evenly over pork. Place tenderloin in disposable pan.
- 3** Turn oven to broil. Immediately place meat in oven and broil tenderloin for 5 minutes. Flip tenderloin and continue to broil until golden brown and meat registers 125 to 130 degrees, 8 to 14 minutes. Remove disposable pan from oven, tent loosely with aluminum foil, and let rest for 10 minutes. Remove twine, slice tenderloin into ½-inch-thick slices, and serve.
- 4** SUN DRIED SALSA: Combine all ingredients in bowl and season with salt and pepper to taste.
- 5** MUSTARD CREME FRAICHE SAUCE: Whisk crème fraîche, mustard, and parsley together in bowl. Season with salt and pepper to taste.

Slow Cooker Pulled Pork

Recipe Scan



2 lbs pork tenderloin
12 oz root beer (Virgil's recommended)

1 bottle (18 oz) your favorite barbecue sauce
8 Ciabatta rolls, split and lightly toasted

Recommend: Cole Slaw (recipe in this cookbook) is an excellent topping for this sandwich. With only three ingredients, this pulled pork recipe, from AllRecipes.com, is the top rated pulled pork recipe on the site and a perfect example of less is more. Sure, people have opinions about which brand of BBQ sauce to use, and there are some lively debates about the cut of pork, but by and large the community loves this simple supper.

Procedure

- 1** Place the pork tenderloin in a slow cooker. Pour the root beer over the meat. Cover and cook on low until well cooked and shreds easily, 6-7 hours. Note: The actual length of time may vary according to individual slow cooker.
- 2** Remove from crock pot. Discard the liquid. Shred with 2 forks and transfer into a non-stick frypan.
- 3** Pour barbecue sauce over the meat and heat until barbecue sauce is warm. Serve over buns.

Source

Source: AllRecipes.com

Tomato & Spinach Pasta Toss

Recipe Scan



- | | | | |
|--------|---|--------|---|
| 2 cups | penne pasta (7 oz), uncooked | 1 cup | shredded low-moisture part-skim
Mozarella Cheese |
| 1/2 lb | hot or mild Italian sausage, casing
removed | 2 Tbsp | grated Parmesan Cheese |
| 1 pkg | (6 oz) baby spinach leaves (7 cups) | | |
| 1 can | (14 1/2 oz) diced tomatoes with basil,
garlic and oregano, undrained | | |

Procedure

- 1** COOK pasta as directed on package. Meanwhile, crumble meat into large deep skillet. Cook on medium-high heat until cooked through, stirring occasionally. Drain.
- 2** ADD spinach, tomatoes and dressing. Cook 2 minutes or until spinach is wilted, stirring occasionally. Remove from heat. Cover to keep warm.
- 3** DRAIN pasta. Place in large serving bowl. Add meat mixture and cheeses. Mix lightly. Makes 6 servings, 1 cup each.

Source

Source: Food & Family - Winter 2007

Salads

Brown Rice Salad with Jalapenos, Tomatoes, and Avocado

Recipe Scan



--- RICE ---				1/2	tsp	ground cumin
3	qts	water		1/2	tsp	salt (or to taste)
1 1/2	cups	long-grain brown rice (uncooked)		1/2	tsp	pepper (or to taste)
2	tsp	salt		10	oz	cherry tomatoes, halved
2	tsp	lime juice		1		avocado, halved, pitted, and cut into 1/2-inch pieces
--- SALAD ---				1		jalapeño chile, stemmed, seeds reserved, and minced
2 1/2		tablespoons extra-virgin olive oil		5		scallions, sliced thin
2	tsp	honey		1/4	cup	minced fresh cilantro
2		garlic cloves, minced				
1	tsp	grated lime zest plus 2 tablespoons juice				

ABSORPTION APPROACH Simmer rice, covered, in small amount of water. **COOK TIME:** 50 minutes
RESULTS: Uneven. A small amount of water can't penetrate all of the grains at the same rate. **BOILING METHOD** Cook rice in lots of boiling water; drain. **COOK TIME:** 25 minutes **RESULTS:** Every grain absorbs the same amount of water, so the whole pot cooks evenly. Makes approx 8 servings.

Procedure

- 1 Bring 3 quarts water to boil in large pot. Add rice and salt; cook, stirring occasionally, until rice is tender, 25 to 30 minutes. Drain rice, transfer to parchment paper-lined rimmed baking sheet, and spread into even layer. Drizzle rice with vinegar or citrus juice and let cool completely, about 15 minutes.

Brown Rice Salad with Jalapenos, Tomatoes, and Avocado

- 2 Whisk olive oil, honey, garlic, lime zest and juice, cumin, 1/2 teaspoon salt, and 1/2 teaspoon pepper together in bowl. Transfer cooled rice to large bowl. Add tomatoes, avocado, jalapeño, and dressing; toss to combine. Let stand for 10 minutes.
- 3 Add ¼ cup scallions and cilantro; toss to combine. Season with salt and pepper to taste. Sprinkle with remaining scallions and serve.

Source

Source: Cooks Illustrated - July 2013

Caprese Salad

Recipe Scan



- | | | |
|--------|--|---|
| 2 cups | balsamic vinegar | fresh basil leaves |
| 3 | ripe tomatoes (3 to 4 large), sliced 1/2 | olive oil, for drizzling |
| 12 oz | fresh mozzarella cheese, thickly sliced | Kosher salt and freshly ground black pepper |

Makes 8 - 12 servings.

Procedure

- 1** POUR 2 cups balsamic vinegar into a saucepan, and bring it to a gentle boil over low heat. Cook it for about 15 minutes, or until the balsamic has reduced to a nice, thick (but still pourable) glaze. Allow the reduction to cool to room temperature before you serve it.
- 2** ARRANGE THE SALAD: Cut the tomatoes into thick slices. Arrange them on a platter, alternating them with the mozzarella slices. Tuck whole basil leaves in between the tomato and cheese slices.

Caprese Salad

Drizzle olive oil in a thin stream over the top. Then drizzle on the gorgeous, almost-black balsamic reduction. Sprinkle salt and pepper on top.

Source

Source: The Pioneer Woman Cooks

Carrot Apple Raisin Salad

Recipe Scan



1-2 carrots, peeled & shredded w/medium blade 1-2 Tbs raisins
1/4 apple, peeled, cored and chopped Stonyfield Organic French Vanilla Lowfat Yogurt

This recipe was concocted as an alternative to traditional Carrot-Raisin Salads, typically made with mayonnaise and pineapple. Either eat immediately, or refrigerate till ready to eat (up to 1 day).

Procedure

- 1 Shred carrots. Put into small mixing bowl. Add apples, raisins, and enough yogurt to coat the carrots when thoroughly mixed with a spoon.

Classic Potato Salad

Recipe Scan



- | | | | | | |
|-------|-----|--------------------------------------|-----|-----|--|
| 1 | cup | Hellmann's Mayonnaise with Olive Oil | 4 | cup | red potatoes, cooked, peeled, cubed (5-6 med.) |
| 2 | Tbs | vinegar | 1 | cup | celery, sliced |
| 1 1/2 | tsp | salt | 1/2 | cup | onion, chopped |
| 1 | tsp | sugar | 2 | | hard-boiled eggs, chopped |
| 1/4 | tsp | pepper | | | |

Makes 5 cups, approx. 10 servings. If you have fewer people eating, this recipe can be easily halved.

Procedure

- 1 Peel potatoes. Cut into bite-sized pieces. Cook for 10-12 minutes in a steamer basket. Test with a fork for doneness, tender but not too tender which would have them fall apart. Let cool on countertop.
- 2 Place 2 large eggs in a small sauce pan with enough water to cover the eggs. Boil on high until water begins to boil, then reduce to medium-low and cook for 10 minutes. Drain water and run cold tap water in the pan to help cool the eggs enough to be handled. Remove the shell and cut eggs with a paring knife into bite-sized pieces.
- 3 In a medium bowl, stir together the first 5 ingredients until smooth. Add remaining ingredients. Toss to coat well. Cover. Chill.

Coleslaw

Recipe Scan



1 lb cabbage, chopped fine
1/8 cup onions, chopped fine
1/8 cup carrots, grated
1/4 cup sugar
.

--- DRESSING ---

1 Tbs tarragon vinegar
1/4 cup Miracle Whip®
1/2 tsp dry mustard
1/2 tsp salt

Makes approx. 6 servings. As we very much like the Kentucky Fried Chicken "coleslaw," Joan & Bobby Lyons developed this recipe as the closest thing to their secret recipe.

Procedure

- 1 Mix first 4 ingredients well and let sit for 1 hour. Drain if you do not like juicy slaw. (I don't drain because it is better with the natural juices). Combine dressing ingredients and pour over cabbage mixture. Mix well. Cover and refrigerate for 24 hours before serving. Keeps well for 7 days.

Creamy Blue Cheese Dressing

3/4	cup	Stilton cheese, crumbled	1 1/2	Tbs	cider vinegar
3/4	cup	mayonnaise	1/4	tsp	pepper
6	Tbs	sour cream	1/8	tsp	garlic powder



Stilton is an English blue cheese with a pungent, slightly sweet flavor. You will need 3 ounces of Stilton for this recipe.

Procedure

1 Combine all ingredients in food processor and process until smooth, scraping down sides as necessary. Serve. (Dressing can be refrigerated in airtight container for 1 week.)

Source

Source: Cooks Illustrated

Author Notes

Blue cheese can boost flavors or bully them. How do you make this ingredient your friend? Here's what we discovered:

Test Kitchen Discoveries

Because a dressing seemed like a poor use of pricey artisanal cheese, we relied on supermarket blue cheese. Tasters settled on Stilton for its sweet nuttiness.

To make the dressing thicker and creamier, we reduced the amount of sour cream and omitted a traditional liquid ingredient: buttermilk. Buzzing everything in the food processor made for quick, easy incorporation.

For a final touch of seasoning, a few grinds of pepper, a smidgen of garlic powder (which adds garlic punch without the harshness of fresh), and a splash of cider vinegar were just enough to complement, but not overwhelm, the assertive blue cheese.

Italian Dressing

1/4 cup olive oil
1/4 cup vinegar
2 tsp chives
1 tsp Lawry's Salt
1 tsp parsley

1/8 tsp black pepper
1/8 tsp cayenne pepper
1/8 tsp dill weed
1 garlic clove

Procedure

1 Combine all ingredients in jar. Blend in blender and shake vigorously. Server over greens.

Italian Tossed Salad

Recipe Scan



- | | |
|--|---------------------------|
| 1 bag (5 oz) mixed salad greens | 8 baby carrots, quartered |
| 1/2 cup (2 oz) shredded mozzarella cheese | 1 green onion, sliced |
| 1 can (2.25 oz) drained sliced ripe black olives | |

Great served with One Pot Pasta and Basil Garlic Bread, in this cookbook.

Procedure

- 1 Toss together all the ingredients. Drizzle with bottled balsamic vinaigrette or your favorite Italian salad dressing.

Source

Source: Southern Living - Sept 2005

Peppery Salad Dressing

1		medium onion	2/3	tsp	pepper (or less)
1 1/2	tsp	garlic salt	1 1/2	tsp	paprika
		juice of 1 lemon			dash of hot sauce
2	Tbs	water	1/3	cup	salad oil
1	Tbs	worcestershire sauce	1	cup	mayonnaise

Procedure

- 1 Combine all ingredients in blender. Mix well. Serve over greens. Makes about 2 1/3 cups.

Seven Layer Salad

1	head	lettuce, shredded	1 1/2	cup	sour cream
1/2	cup	celery, chopped	2	Tbs	sugar
1/2	cup	green pepper	6	oz	cheddar cheese, shredded
1/2	cup	Spanish onion	8		bacon strips, fried until crisp, ...
1	pkg	(10 oz) frozen peas, cooked, cooled, drained			...then crumbled
1/2	cup	mayonnaise			

Procedure

- 1 Place shredded lettuce in a large salad bowl. Add in layers the chopped celery, green pepper, onion and peas. Mix together mayonnaise and sour cream and spread over peas. Do not mix. Sprinkle sugar over the sour cream mixture and top with shredded cheese. Sprinkle bacon over cheese. Cover with plastic wrap and refrigerate 8 hours or longer. Gently toss before serving, mixing ingredients well.

Southwestern Rice and Beans Salad

Recipe Scan



- | | | | |
|---------|--------------------------------------|---------|------------------------|
| 2 cups | cooked brown rice, cooled | 2 Tbsp | cilantro, chopped |
| 1 can | (15 oz) black beans, drained, rinsed | 2 Tbsp | lime juice |
| 1 | tomato, large, chopped | 1 Tbsp | extra virgin olive oil |
| 3/4 cup | (3 oz) cubed Mild Cheddar Cheese | 2 tsp | ground cumin |
| 1/4 cup | green onions, sliced | 1/8 tsp | ground red pepper |

Recommend: Use "Basic Brown Rice" recipe in this cookbook. Make this salad the night before, and next day stir in the cheese chunks. This salad can be eaten cold, or slightly warmed in the microwave, 15 - 25 seconds per serving.

Procedure

- 1 Mix all Ingredients. Refrigerate. Makes 4 Servings.

Source

Source: KRAFT Official U.S. Olympic Training Table Cookbook, 1992

Spinach Hater Salad

1	lb	fresh spinach	1 1/4	Tbs	brown sugar
6		green onions	1 1/4	Tbs	vinegar
1/2		garlic clove	1/4	Tbs	red wine vinegar (cooking Sherry)
1 1/4	Tbs	oil		dash	salt and pepper
3		bacon slices	1		egg

Procedure

- 1** Crush garlic into oil. Let stand while preparing other ingredients. Wash spinach and set aside. Fry bacon until crisp. Remove bacon and blot grease. Keep bacon fat in pan.
- 2** Beat together sugar and vinegar. Add egg and mix. Stir this mixture into bacon fat along with chopped onions and heat until slightly thickened. Now remove garlic from oil and pour the oil over spinach. Then pour hot bacon fat and vinegar mixture over spinach. Crumble bacon over spinach and sprinkle with salt and pepper. Serve immediately.

Author Notes

1/4 tbs = 3/4 tsp

Spinach Salad

fresh spinach	mushrooms, sliced
1 can mandarine oranges (small can), drained	Gerard's Italian Dressing
toasted almonds, slivered or sliced	

Procedure

1 Toast almonds for 5-7 minutes at 375°. Mix all ingredients to make the salad.

Author Notes

Recommend Gerard's Italian Dressing (in triangle shaped bottle), but any Vinegarette or Italian will do. Can use the sliced left-over mushrooms from Quiche recipe if you have some.

Seafood

Baked Tilapia

Recipe Scan



- | | |
|--|--|
| 1 lb Tilapia fish (serves about 4 people) | garlic powder |
| 1/2 cup seasoned Italian Style croutons, crushed | sea salt |
| 1/4 cup parmesan cheese, grated | melted butter (approx 1 tsp per serving) |

Any excess crumb mixture can be put into a Ziplock baggie and then into freezer for future use. Recommended Crouton brand is Rothbury Farms, which can be found at Walmart.

Procedure

- 1 If Tilapia is frozen, thaw first in a Ziplock Baggie in a large bowl of cold water, approx 20 minutes. Blot any excess moisture off fish with paper towel.
- 2 Mix together croutons and parmesan cheese, and put on a plate for dipping fish.
- 3 Sprinkle each fish lightly with sea salt and garlic powder (both sides). Brush melted butter on the top side of each piece, then dip into the crouton/parmesan cheese mixture, coating both sides. Put on a foil-lined baking sheet sprayed with non-stick cooking spray.
- 4 Bake approx 10-11 minutes at 400° or until fish flakes easily with a fork.

Firecracker Grilled Alaska Salmon

8	(4 oz) filets salmon	2	garlic cloves, minced
1/2 cup	peanut oil	1 1/2 tsp	ground ginger
4 Tbsp	soy sauce	2 tsp	crushed red pepper flakes
4 Tbsp	balsamic vinegar	1 tsp	sesame oil
4 Tbsp	green onions, chopped	1/2 tsp	salt
3 tsp	brown sugar		

Some people use Olive Oil instead of Peanut Oil. These are salmon fillets in a tasty, tangy sauce with a little heat! Serve with rice and a simple stir-fry of baby corn, shiitake mushrooms and snow peas.

Procedure

- 1 Place salmon filets in a medium, nonporous glass dish. In a separate medium bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil and salt. Whisk together well. Put fish & marinade into a gallon size Ziplock bag and marinate 24 hours.



- 2 Preheat oven to 400° convection. Brush fish with the marinade, which gives the fish a glaze. Bake fish for 15 minutes.
- 3 While baking, put the marinade in a saucepan with 2 Tbsp dry white wine and simmer for about 5 minutes. Drizzle on the salmon after it comes out of the oven.

Source

Source: AllRecipes.com

Shrimp in Lemon Butter Sauce

1	lb	shrimp, peeled & deveined	1/2	tsp	dry mustard
1 1/2	cups	milk	1/8	tsp	red pepper, ground
		--- MIX TOGETHER ---	1/2	cup	butter, melted
2		egg yolks			-----
1 1/2	Tbs	lemon juice	1	cup	vegetable oil
1	Tbs	fresh parsley, finely chopped	1	cup	flour
3		garlic cloves, crushed	1/2	tsp	salt
2	tsp	chives, chopped	1/8	tsp	pepper

Procedure

- 1 Place shrimp in shallow pan, cover with milk. Let stand in refrigerator for 20 minutes. Blend next 7 ingredients for 30 seconds or until well mixed. Add butter and process until sauce is thickened (1 minute). Set aside.
- 2 Heat oil in skillet to 375°. Combine flour, salt and pepper. Drain shrimp and dredge in flour mixture. Fry shrimp until golden brown, turning once; drain. Arrange shrimp in 4 or 5 baking dishes and top with sauce. Broil shrimp 30-45 seconds. Serve in baking dishes.

Soups

Beef Barley Lentil Soup

Recipe Scan



1	lb	lean ground beef (90% lean)	8	cups	water
1		medium onion, chopped	3	Tbsp	Better Than Bouillon Beef Base
2	cups	cubed red potatoes (1/4" pieces)	1	tsp	salt
1	cup	chopped celery	1/2	tsp	lemon-pepper seasoning
1	cup	chopped carrot	2		cans (14-1/2 ounces each) stewed tomatoes
1	cup	dried lentils, rinsed			
1/2	cup	medium pearl barley			

Procedure

- 1 In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- 2 Transfer beef mixture to a 8-qt. soup pot. Add the potatoes, celery, carrots, lentils and barley. Combine the water, Beef Base, salt and lemon-pepper in a 4 quart pot heating until Beef Base is dissolved. Pour over the meat & vegetable mixture. Bring to a boil, then cover and cook on low for 1 1/2 hours or until barley is tender.
- 3 Cut the stewed tomatoes into smaller pieces. Add the tomatoes and tomato juice from can to soup. Cook for up to an additional 30 minutes longer. Yield: 10 servings.

Source

Source: Taste of Home

Beef Stew

Recipe Scan



2 lbs	beef chuck (stew meat)	1/2 tsp	pepper
2 Tbs	butter	1/2 tsp	paprika
4 cups	boiling water	1/8 tsp	allspice
1 tsp	lemon juice	1	tsp sugar
1 tsp	Worcestershire sauce	2 lbs	red potatoes, peeled & quartered
1	garlic clove	6	carrots, peeled and cut into 1" pieces
1	onion, medium	1 lb	small pearl onions (3/4 - 1 lb), boiled separately for 1 min, then remove skins
2	bay leaves		
2 tsp	salt		

Procedure

- 1 Cut meat into bite size pieces. Brown meat in butter, add water, lemon juice, Worcestershire sauce, garlic, onion, bay leaves & seasonings. Simmer 1 1/2 - 2 hours with lid in 8 quart pot, until beef is tender. Stir to keep from sticking.
- 2 While the beef is simmering: In a 2 or 3 quart pot, boil enough water to cover the pearl onions. Put the onions, skin on, into the boiling water for about 30 seconds - 1 minute. Drain the water and set the onions aside until cool enough to handle. Remove onion skins with paring knife.
- 3 When beef is tender, add carrots, potatoes, and pearl onions, and simmer for 20 to 30 minutes more until the potatoes and carrots are tender.
- 4 IF NECESSARY: Thicken liquid with flour and water after removing meat and vegetables.

Beef Stew

Source

Source: Sarah Harrison

Beef Vegetable Soup

Recipe Scan



2	Tbs	vegetable oil	1	Tbs	Worcestershire sauce
1		(2 1/2 - 3 lb.) boneless chuck roast, cut into 1" cubes	1	tsp	garlic powder
4	qts	water	1	tsp	celery salt
1	can	(28 oz) diced tomatoes	1/2	tsp	ground black pepper
1 1/2	cups	chopped onion	1	cup	thinly sliced carrot
3	Tbs	parsley flakes	1	cup	diced celery
1	Tbs	Italian seasoning	1	cup	fresh green beans, trimmed and cut into 1" pieces
1	Tbs	Better Than Bouillon Beef Base	1	cup	frozen black-eyed peas
1	Tbs	Paula Deen House Seasoning	1	cup	frozen butter beans
1	Tbs	Paula Deen Seasoned Salt (or substitute 2 1/2 tsp Lawry's Seasoned Salt mixed with 1/2 tsp celery salt)	1	cup	frozen cut okra
			1	cup	frozen corn kernels
			1	cup	(1/2") diced potato
			1/2	cup	elbow macaroni

Procedure

- 1 In a large Dutch oven, heat oil over medium-high heat. Add roast, in batches if necessary, and cook until beef is browned, about 6 minutes.
- 2 Return all beef to pot. Add water, tomato, onion, parsley, Italian seasoning, bouillon, House Seasoning, Seasoned Salt, Worcestershire sauce, garlic powder, celery salt, and pepper. Bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 1 1/2 to 2 hours, or until beef is tender.

Beef Vegetable Soup

- 3** Add carrot, celery, green beans, black-eyed peas, butter beans, okra, corn, potato, and macaroni. Bring to a boil over medium-high heat. Reduce heat, and simmer, uncovered, for 45 minutes. Makes 12-15 Servings.

Source

Source: Cooking with Paula Deen Magazine - Sept/Oct 2009 - from The Lady & Sons Restaurant, Savannah, GA

Black Bean Soup with Cheese Quesadillas

Recipe Scan



-- BLACK BEAN SOUP --

- 5 slices bacon, finely chopped
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 4 cans (15 1/4 oz each) black beans, drained
- 2 cans (14 oz each) chicken broth
- 1 tsp ground cumin
- 1 tsp chili powder

Garnish: sour cream, minced chives

-- CHEESE QUESADILLAS --

- 1 pkg (8 oz) shredded Colby-Jack cheese blend
- 4 oz cream cheese, softened
- 1/4 cup prepared salsa
- 8 (8") flour tortillas
- 1/4 cup butter, softened
- Garnish: chopped onion, chopped tomato, chopped fresh jalapeño

Procedure

- 1** **BLACK BEAN SOUP:** In a medium Dutch oven, cook bacon over medium-high heat for 3 minutes, or until just beginning to brown. Add onion and garlic. Cook for 3 to 4 minutes, or until onion is tender.
- 2** Add beans, broth, cumin, and chili powder. Bring to a boil. Reduce heat, and simmer for 30 minutes.
- 3** In the container of a blender, spoon half of soup. Process until almost smooth. Return processed mixture to the Dutch oven, stirring to combine. Garnish with sour cream and chives, if desired. Serve immediately.
- 4** **CHEESE QUESADILLAS:** In a medium bowl, combine cheese, cream cheese, and salsa. Spread mixture evenly over 4 tortillas. Cover each with remaining tortillas. Spread softened butter evenly over both sides of quesadillas.
- 5** Heat a large non-stick skillet over medium-high heat. Add 1 quesadilla, and cook for 1 to 2 minutes, or until golden brown. Turn quesadilla, and cook for 1 to 2 minutes longer, or until golden brown. Repeat

Black Bean Soup with Cheese Quesadillas

procedure with remaining quesadillas. Cut into wedges to serve. Garnish with onion, tomato, and jalapeño, if desired.

Source

Source: Cooking with Paula Dean magazine

Chicken Avocado Lime Soup

Recipe Scan



1 1/2 lbs	boneless skinless chicken breasts	2	Roma tomatoes, seeded and diced
1 Tbsp	olive oil	1/2 tsp	ground cumin
1 cup	chopped green onions (including whites, mince the whites)		Salt and freshly ground black pepper
2	jalapenos, seeded and minced (leave seeds if you want soup spicy, omit if you don't like heat)	1/3 cup	chopped cilantro
2	garlic cloves, minced	3 Tbsp	fresh lime juice
7 1/4 cups	low-sodium chicken broth	3	medium avocados, peeled, cored and diced
			Tortilla chips, Monterrey Jack Cheese, Sour Cream for serving (optional)

Procedure

- 1 In a large pot, heat 1 Tbsp olive oil over medium heat. Once hot, add green onions and jalapenos and sauté until tender, about 2 minutes, adding garlic during last 30 seconds of sauteing.
- 2 Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts.
- 3 Bring mixture to a boil over medium-high heat. Then reduce heat to medium, cover with lid and allow to cook, stirring occasionally, until chicken has cooked through 10-15 minutes (cook time will vary based on thickness of chicken breasts).

Chicken Avocado Lime Soup

- 4 Reduce burner to warm heat, remove chicken from pan and let rest on a cutting board 5 minutes, then shred chicken and return to soup. Stir in cilantro and lime juice.
- 5 Add avocados to soup just before serving (if you don't plan on serving the soup right away, add the avocados to each bowl individually, about 1/2 an avocado per serving).
- 6 Serve with tortilla chips, cheese and sour cream if desired.

Chicken Chipotle Chowder

Recipe Scan



- | | | | | |
|-------|------|---|-----|---|
| 1 | can | 7 oz. chipotle chiles in adobo sauce | 2 | medium red potatoes (about 12 oz.) cut into 1/2" pieces |
| 1 | Tbs | extravirgin olive oil | | |
| 2 | cups | onion, chopped | 1 | can 15.5 oz white or golden hominy, rinsed and drained |
| 1 | cup | carrot, chopped | | |
| 1/2 | cup | celery, chopped | 1/4 | cup whipping cream |
| 1 | tsp | ground cumin | 1 | cup plum tomato, seeded & chopped |
| 1/2 | tsp | dried oregano | 1/4 | cup fresh cilantro, chopped |
| 1/2 | tsp | dried thyme | 1/2 | tsp salt |
| 6 | | garlic cloves, crushed | 8 | lime wedges |
| 6 | cups | chicken broth (low sodium) * see note below | | |
| 1 1/2 | lbs | skinless boneless chicken breast | | |

* Recommend Organic Better Than Bouillon Reduced Sodium Chicken Base. Serve with "Yeasted Cornbread" recipe in this cookbook. Makes approximately 8 servings.

Procedure

- 1 Remove 1 chile and 1 teaspoon adobo sauce from can, reserve remaining chiles and sauce for another use. Finely chop chile. Set chile and sauce aside separately.
- 2 Heat oil in a large Dutch oven over medium heat. Add chopped chile, onion, and next 6 ingredients (through garlic). Cook 7 minutes or until onion is tender, stirring frequently. Stir in broth. Bring to a boil. Add chicken, cover, reduce heat to medium-low, and simmer 30 minutes or until chicken is tender.

Chicken Chipotle Chowder

Remove chicken with a slotted spoon, and cool slightly. Shred chicken with 2 forks, cover and keep warm.

- 3 Remove pan from heat. Let stand 5 minutes. Place one-third of broth mixture in a blender, process until smooth. Pour pureed broth mixture into a large bowl. Repeat procedure in two more batches with remaining broth mixture. Return pureed broth mixture to pan. Stir in potatoes and hominy. Bring to a simmer over medium heat. Cook, uncovered, 20 minutes or until potatoes are tender. Stir in chicken and cream. Simmer 5 minutes. Remove from heat, and stir in reserved adobo sauce, tomato, cilantro, and salt. Server with lime wedges.

Chicken Lima Bean Soup

Recipe Scan



1 lb	dried large lima beans	2 1/2	tsp	salt
1	broiler/fryer chicken (3 to 3-1/2 pounds)	1/2	tsp	pepper
3 qts	water	3		medium carrots, chopped
2	celery ribs with leaves, sliced	1	container	(5 oz) fresh spinach, snipped into pot with sheers
4 tsp	Organic Better Than Bouillon Chicken Base	2	Tbs	minced fresh parsley

Procedure

- 1** In a Dutch oven or soup pot, bring 1 lb dried lima beans with 6 cups water to a boil. Boil for 2 minutes, then turn burner off and cover for 1 hour. Drain water, leaving beans in the pot.
- 2** Combine the beans, chicken, water, celery, chicken base, salt and pepper. Bring to a boil. Reduce heat. Cover and simmer for 2 hours or until beans are tender.
- 3** Remove chicken. When cool enough to handle, remove meat from bones. Discard bones. Cut meat into bite-size pieces. Return to pan. Add carrots. Simmer for 30 minutes or until tender. Stir in spinach and parsley. Heat through.

Source

Source: Taste of Home - September 2008

Chicken Marsala Stew

Recipe Scan



2	Tbs	extra virgin olive oil, divided	1	cup	frozen baby peas
1	lb	boneless, skinless chicken breast, cut into 1" chunks	1		large sweet onion, chopped
1/2	tsp	salt	3	Tbs	flour
1/2	tsp	ground black pepper	2		garlic cloves, finely chopped
8	oz	cremini mushrooms, sliced	1/2	cup	Marsala wine
8	oz	baby carrots	1 1/2	cups	chicken broth
			1	Tbs	balsamic vinegar

A stew for spring isn't as counterintuitive as it sounds. The intermittently cool and rainy then sunny and warm weather is perfect for a simple stew. The difference is the timing. Unlike a stew meant for the dead of winter, a spring stew should be a relatively speedy affair. This recipe compensates for the flavor typical stews develop during long simmers by drawing on potent ingredients like Marsala wine and balsamic vinegar. It also uses flavor-enhancing techniques, like browning the chicken before adding it to the stew.

Procedure

- 1 In a large Dutch oven or stock pot, heat 1/2 Tablespoon of the oil over medium-high. Add half of the chicken pieces and season with 1/4 tsp each of the salt and pepper. Cook, stirring occasionally, until the chicken is browned on all sides, about 5 minutes. Transfer to a plate and repeat with another 1/2 Tablespoon of the oil and the remaining chicken, salt and pepper. Set aside.
- 2 Add another 1/2 Tablespoon of the oil to the pot. Add the mushrooms and sauté until they begin to soften and give off liquid, 3 - 5 minutes. Add the carrots and peas, then sauté for another 5 minutes. Transfer to a bowl and set aside.

Chicken Marsala Stew

- 3** Add the remaining 1/2 Tablespoon of the oil to the pot. Add the onions and sauté until they soften and start to brown, about 5 minutes.
- 4** Add the flour and garlic and cook, stirring for 1 minute.
- 5** Pour in the Marsala and cook, stirring, for 2 minutes longer. Add the chicken broth and reserved vegetables, then bring to a simmer.
- 6** Reduce the heat to low, cover the pan and cook, stirring occasionally, for 15 minutes. Add the reserved chicken and vinegar and simmer until heated through, about 3 minutes. Makes 4 servings.

Chicken Stock

1	(5-6 lb) stewing or roasting chicken w/gib	2	bay leaves
1	large yellow onion, quartered	10	black peppercorns
2	celery stalks, quartered	1	tsp salt (optional)
2	medium carrots, peeled & quartered	1	tsp dried rosemary, crumbled
4	sprigs parsley	2	quarts water

Procedure

- 1** In a 5 qt. stockpot or heavy, flameproof casserole bring the chicken with its giblets, the onion, celery, carrots, parsley, bay leaves, peppercorns, salt, rosemary and water to a boil over high heat. Reduce heat to low, cover and simmer 2 hours or until the chicken is tender.
- 2** Remove chicken from broth and set aside to cool.
- 3** Strain liquid into a large, heatproof bowl through a sieve or a cheesecloth-lined colander.
- 4** Let it cool slightly. Cover and refrigerate. When it has completely chilled, skim off and discard any solid fat. (At this point stock can be stored. Refrigerate in a tightly covered container for up to 3 days. Or, freeze in labeled, 1 qt. freezer bags for up to 6 months. To serve from freezer, reheat in a covered stockpot over moderate heat until completely thawed -- about 15 minutes).
- 5** Discard the chicken skin. Remove meat from bones and save for recipes calling for cooked chicken meat.

Chicken Tortilla Soup

Recipe Scan



5	Corn Tortillas, cut in 1" pieces				Corn (frozen, canned or fresh), optional
1	Large Onion, red, chopped	2	cans	(10 oz each) Rotel Tomatoes with Green Chilies	
5	Garlic cloves (4 to 6), minced	1	Tbs	Ground Cumin	
1/3 cup	fresh cilantro, cut into small pieces (or 2 Tbs dried cilantro)	1		Bay Leaf	
3 Tbs	Grapeseed (or Canola) Oil	1/2	tsp	pepper	
2 cups	Cooked Chicken white meat only, chopped *	6		Corn Tortilla (4 to 8), Cut into 1/4" strips	
2 quarts	Chicken Broth ("Imagine" Organic Free Range)	1/2	cup	Oil	
1 can	Stewed Tomatoes (14.5 oz), puree in blender	2	cups	Monterey jack cheese (8 oz.), shredded	
				Avacodo Slices	

* Use recipe for Simmered Chicken, using a whole 4 lb. chicken. Use only white meat for this recipe, and reserve the dark meat for another use. Makes 11 Servings

Procedure

- 1 Heat 3 Tbs oil till shimmering and hot, over medium-high heat. Add red onions and stir until coated with oil. Add corn tortillas and cilantro. Sauté for 5 minutes. Add garlic during last 30 seconds, and sauté just until fragrant. Add chicken & next 6 ingredients. Bring to boil, reduce heat & simmer 30 minutes. Discard bay leaf.
- 2 Fry tortilla strips in 1/2 C hot oil until crisp. Drain. [Alternatively: use store bought tortilla chips.]
- 3 Sprinkle fried strips, cheese & avocado. Can garnish with cilantro.

Chicken Tortilla Soup

Source

Source: Rebecca Ewing

Chile Chowder

Recipe Scan



4 Tbsp	unsalted butter	4 ears	corn, kernels removed (about 2 cups; may substitute frozen corn)
2	white onions, cut into small dice	3	poblano chiles, roasted, peeled and diced
3	jalapenos or Fresno chiles, seeded and finely diced	2	roasted red bell peppers, peeled and diced (optional)
4 Tbsp	flour		salt & pepper to taste
3	garlic cloves, minced	1 bunch	cilantro, chopped (for garnish)
2 quarts	whole milk		
1 Tbsp	kosher salt		
2 pounds	Yukon Gold potatoes, peeled and cut into small dice		

PEPPERS & RUBBER GLOVES: When working with any hot peppers, such as Jalapeno, Habanero, Poblano, etc., it is recommended to wear disposable rubber gloves. Without rubber gloves, your hands will feel the sting of the oils for many hours afterward. While it is actually the seeds and the veins that cause all the heat, the oils in the peppers can irritate your skin. Always wear rubber gloves when seeding and chopping hot peppers.

Procedure

- 1 In a large stockpot, set over medium heat, melt butter. Sauté onions until tender and translucent.
- 2 Add jalapenos (or Fresno chiles), flour and garlic. Stir for 2-3 minutes so that the flour cooks and the garlic becomes fragrant. Do not allow mixture to brown.
- 3 Slowly whisk in milk, a little at a time, making sure to thoroughly incorporate flour into the mixture so that it is smooth.

Chile Chowder

- 4 Add salt, potatoes, corn and poblano chiles, and red peppers if you are using them. Bring to boil over medium heat, then reduce heat to simmer. Cook for 20 minutes uncovered, stirring occasionally until potatoes are tender.
- 5 Taste and season with salt and pepper. If it needs more heat, add a big pinch of cayenne pepper or more chiles.
- 6 Serve hot and garnish with chopped cilantro. Makes 6 to 8 servings.

7 VARIATIONS:

- 8 Dress up your chowder with grilled chicken, shrimp or bacon.
- 9 Add hominy, sweet potato or pumpkin along with the potatoes for a fall touch.
- 10 Add toasted cumin, dried chile flakes or cooked chorizo before serving.
- 11 **HOW TO ROAST PEPPERS: APPLIES TO BOTH POBLANO & RED PEPPERS:** When it comes to pepper preparation, don't confuse roasting with blistering or charring. Roasting peppers is a slower process that's done at moderate heat in an oven or low grill. It not only separates the skin from the flesh but also concentrates the natural sugars in the pepper.



- 12 Place peppers on a baking sheet and roast at 400° for 25-30 minutes or until the flesh is quite soft, turning them twice. Place them in a bowl or bag and seal, and keep sealed for 10 minutes to steam so that peeling is easy. After 10 minutes, peel off the skins with your hands [WEAR RUBBER GLOVES]. Do not rinse the peppers!



- 13 Break peppers open. Remove seeds and veining, and proceed to cut peppers into strips and/or dice the peppers depending on the recipe. Peppers can now be added to the recipe.
- 14 Blistering is done over or under direct flame to char the skin. The flavor is more bitter, and blistering also discolors the flesh.

Source

Source: Dallas Central Market

Corn Chowder

Recipe Scan



1/2 cup	bacon, cut up	1/2	bay leaf
1/2 cup	onion, chopped	3	Tbs flour
1/2 cup	celery, chopped	1/2 cup	cold milk
1 cup	raw potatoes, diced	1 1/2 cups	hot milk
2 cups	water	2 cups	whole kernel corn
1 tsp	salt		parsley, chopped
1/4 tsp	paprika		

Procedure

- 1 Brown bacon on medium. Add onion and celery and sauté until golden brown. Stir in potatoes, water, salt, paprika and bay leaf. Cook on medium-high for 15 minutes or until potatoes are tender. Mix flour and 1/2 cup cold milk together until smooth. Add to potato mixture. Stir in 1 1/2 cup hot milk and corn. Heat, but do not boil. Serve with chopped parsley.

Creamy Asparagus Soup

Recipe Scan



--- VEGETABLES ---

- 2 cups water
- 2 tsp Vegetable Stock - Organic Better Than Bouillon Vegetable Base
- 2 cups fresh or frozen asparagus
- 1 (approx 8 oz) potato, unpeeled, diced
- 1/2 cup onion, chopped
- 1 cup celery or celery tops, chopped

.

--- LIQUID ---

- 2 cups nonfat milk, instant or non-instant
- 2 Tbs butter, unsalted
- 1 Tbs whole wheat pastry flour (or unbleached white flour)
- 3/4 tsp salt

Procedure

- 1** MAKE Vegetable Stock: Mix 2 tsp Organic Better Than Bouillon Vegetable base in 2 cups boiling water, until dissolved.
- 2** Combine VEGETABLES in soup pot and simmer until vegetables are just crisp-tender, about 10 minutes.
- 3** Purée soup in blender and pour back into soup pot.
- 4** Purée the LIQUID ingredients until smooth
- 5** Blend milk mixture into soup, stirring over medium heat until thickened.

Source

Source: Sue Gregg -- Eating Better Cookbooks

Creamy Chicken & Bow Tie Soup

Recipe Scan



- | | | | | | |
|-----|------|---|-----|------|--|
| 1 | lb | boneless, skinless chicken breast halves, cut into bite-size pieces | 2 | cups | milk |
| 6 | Tbsp | Olive Oil | 2 | cups | SCHWAN'S Mini Bow Tie Pasta and Vegetable Blend (#767) |
| 1 | cup | Diced Yellow Onion | 1/2 | tsp | salt (or to taste) |
| 1/2 | cup | All purpose flour | 1/4 | tsp | pepper (or to taste) |
| 28 | oz | chicken broth | | | |

Makes 6 servings.

Procedure

- 1 Heat a 4 quart pot over Medium High heat and add 2 Tbsp of olive oil.
- 2 Season diced chicken with salt and pepper.
- 3 Sauté chicken for approx. 3-4 minutes or until cooked thoroughly. Transfer the cooked chicken into a bowl and set aside.
- 4 In the same pot, over Medium High heat, add 4 Tbsp of olive oil and sauté onion for approx. 4-5 minutes or until onion becomes transparent.
- 5 Sprinkle in the flour and stir to coat evenly. Gradually stir in chicken broth and milk, stir until well blended
- 6 Add mini bow tie pasta and cooked diced chicken to the soup. Cover and bring to a boil. Lower the heat to Medium Low, simmer for 10 minutes
- 7 Season with salt and pepper to taste.

Creamy Chicken & Bow Tie Soup

Source

Source: Schwan's

Irish Stew

Recipe Scan



2 1/2	tsp	salt	2		Spanish onions, large, thinly sliced
3/4	tsp	thyme	2 1/2	lbs	lamb for stew (from leg, cut into 1" pieces)
1/4	tsp	ground black pepper	2	cup	water
6		potatoes, medium, quartered & cut into 1/2" slices	2	Tbs	fresh parsley, chopped
3		carrots, sliced			

Procedure

- 1 Mix salt, thyme, and pepper.
- 2 In large sauce pot, layer potatoes, carrots, onions, lamb, and a sprinkling of salt mixture. Continue layering, ending with potatoes.
- 3 Add water. Heat to boiling. Reduce heat to low. Cover and simmer 1 1/2 hours or until lamb is tender.
- 4 Skim off any excess fat.
- 5 Before serving, sprinkle with fresh parsley.

Leek Soup with Brie Toasts

Recipe Scan



- | | | | |
|-----------|---|---------|---|
| 6 | medium leeks (white portion only),
thinly sliced | 4 cups | chicken broth |
| 1/2 lb | sliced fresh mushrooms | 1/2 cup | heavy whipping cream |
| 1/2 tsp | dried tarragon | 12 | slices French bread or bread of your
choice (1/2 inch thick) |
| 1/4 tsp | white pepper | 1 | round (8 ounces) Brie cheese, cut into
1/4-inch slices |
| 2 Tbs | plus 6 teaspoons butter, softened,
divided | | |
| 1 | garlic clove, minced | | |
| 7 1/2 tsp | all-purpose flour | | |

If you're looking for something special to fix on a holiday, look no further. This velvety soup is accented with tarragon, and the toasted bread topped with melted Brie cheese is the crowning touch.

Procedure

- 1 In a Dutch oven, saute the leeks, mushrooms, tarragon and pepper in 2 tablespoons butter for 8-10 minutes or until vegetables are tender. Add garlic; cook 1 minute longer. Stir in flour until blended; gradually add broth and cream. Bring to a boil; cook and stir for 2 minutes or until thickened.
- 2 Place bread slices on an ungreased baking sheet. Broil 3-4 in. from the heat for 1-2 minutes or until golden brown. Spread one side of each slice with 1/2 teaspoon butter. Place Brie on buttered side of toasts.
- 3 Broil 3-4 in. from the heat for 1-2 minutes or until cheese is melted. Ladle soup into six 8-oz. bowls; place two toasts in each bowl. Yield: 6 servings.

Leek Soup with Brie Toasts

Source

Source: Taste of Home - January 2008

Lima Bean Soup

Recipe Scan



1	lb	dried lima beans	2	Tbs	all-purpose flour
1		large meaty ham bone or 2 ham hocks	2	tsp	salt
2	Tbs	distilled white vinegar	1/2	tsp	pepper
2 1/2	quarts	water		pinch	paprika
5		celery ribs, cut into chunks	1	cup	cold water
5		medium carrots, cut into chunks	1	can	(14 1/2 oz) stewed tomatoes, cut into 1/2" size pieces
1		garlic clove, minced			
2	Tbs	butter			

Recommended: use nitrate free ham shank from Whole Foods. When de-boning the ham, use 2 cups for this recipe, and the excess can be used for some other recipe.

Procedure

- 1 Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid; return beans to pan.
- 2 Add ham bone and the 2 1/2 qt. of water and the vinegar; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours. Debone ham and cut into chunks; return to pan. Add celery and carrots. Cover and simmer for 1 hour or until beans are tender.
- 3 In a skillet, saute garlic in butter for 1 minute. Stir in flour, salt, pepper and paprika. Add cold water; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened. Add to the soup with tomatoes; simmer for 10 minutes. Yield: 14 servings (3-1/2 quarts).

Lima Bean Soup

Source

Source: Taste of Home

Mardi Gras Red Beans and Rice Soup

Recipe Scan



2	Tbs	olive oil	4	tsp	hot paprika
9	oz	(3 links) turkey or chicken andouille sausage, diced into 1/2" chunks	1	Tbs	garlic powder
2	cups	yellow onion, chopped	1 1/2	tsp	onion powder
3		garlic cloves, minced	1 1/2	tsp	cayenne
1	Tbs	Creole seasoning (recommend Tony Chachere's More Spice -or- MAKE YOUR OWN)	1 1/2	tsp	dried oregano
2	cans	(15 1/2 oz each) low sodium red kidney beans, drained and rinsed	1 1/2	tsp	dried thyme
2	cups	chopped celery (about 4 medium stalks)	1	tsp	ground black pepper
1 1/2	cups	chopped green or red bell pepper (about 1 large)	1	tsp	kosher salt
6	cups	low-sodium chicken broth			.
1		bay leaf			.
1 1/2	cups	cooked brown rice			.
--- MAKE YOUR OWN CREOLE SEASONING makes about 1/3 cup ---					

RED BEANS SOUP FIT FOR A PARTY Red beans and rice is one of the signature dishes of New Orleans, which explains why Louis Armstrong, perhaps the city's best-known ambassador, used to sign off his letters, "Red beans and ricely yours..." With Mardi Gras upon us, we wanted to turn this classic

Mardi Gras Red Beans and Rice Soup

dish into a hearty (and healthy) soup fit for a Mardi Gras party. If you like a SPICY soup, this one's for you. All it took to transform the standard red beans and rice into soup was the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and several ounces of andouille sausage.

Procedure

- 1** In a large saucepan, heat the oil over medium heat. Add the sausage and cook, stirring occasionally, until lightly browned, about 5 minutes. Use a slotted spoon to transfer to a bowl.
- 2** Add the onion to the saucepan and cook, stirring occasionally, until golden, about 5 minutes. Add the garlic and Creole seasoning and cook, stirring, 1 minute.
- 3** While the onion and garlic are cooking, mash 1 cup of the kidney beans with a potato masher or fork, then add them to the saucepan. Add the celery, pepper, remaining whole beans, chicken broth and bay leaf. Bring the mixture to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.
- 4** Stir in the sausage and rice. Cook until heated through. Discard the bay leaf before serving. Makes 8 servings.

Source

Source: Dallas Morning News

Mexican Chicken Stew with Tortilla Dumplings

Recipe Scan



COATING MIXTURE in 1 Gal. Zip Lock Baggie (Next 5):			1	can	(14 1/2 oz) diced tomatoes with juice
1/2	cup	flour	1	can	(15 oz) black beans, drained & rinsed
2	tsp	kosher salt	1/2	cup	frozen corn kernels
1/2	tsp	ground cumin	1	tsp	chopped fresh oregano
1/2	tsp	chili powder			juice of 1/2 lime
1/2	tsp	pepper			DUMPLINGS BLEND (Next 8):
		-----	1/4	cup + 2T	flour
3	Tbsp	vegetable oil, or grape seed oil, divided	1/4	cup + 2T	masa harina
1 1/2	lb	boneless, skinless chicken thighs, cut into bite size pieces	2	oz	diced mild green chilies (1/2 of 4 oz can)
1	cup	yellow onion, chopped	1 1/2	Tbsp	parmesan cheese, grated
1/2	cup	celery, chopped	1	Tbsp	sugar
1/2	cup	carrot, chopped	1 1/4	tsp	baking powder
1	tsp	garlic, minced	1/2	tsp	kosher salt
2		bay leaves	1/4	tsp	white pepper
1		chipotle chili (from can) in adobo, minced			-----
1/4	cup	dry white wine			HEAT:
1	quart	chicken broth (Imagine)	1/3	cup	milk (whole or 2%)
			1 1/2	Tbsp	unsalted butter, melted

Mexican Chicken Stew with Tortilla Dumplings

Serve with garnishes of your choice ...Chopped fresh cilantro, shredded romaine lettuce, diced avocado, chopped scallions, crumbled feta cheese, crumbled corn chips, lime wedges. Use 12" electric frypan.

Procedure

- 1** In an large electric frypan, pre heated to 375°, brown chicken, 1/2 batch at time, using 1 Tbsp vegetable oil for each of the 2 batches. Save any excess flour mixture to add later. Set chicken aside.
- 2** Reduce heat to 350° and sweat in 1 Tbs vegetable oil the vegetables, garlic, bay leaves & chipotle chili until softened, 5 minutes. Deglaze with wine. Simmer till nearly evaporated. Stir in any remaining flour mixture from chicken dredging to coat vegetables. Gradually add broth & tomatoes and cook for 20 minutes.
- 3** Make and shape dough for dumplings. Stir hot milk & butter mixture into dry ingredients. Hot milk sets the starch so dumplings do not fall apart. Shape into balls about the size of marbles (1/2" in size, about 55). Keep the dumplings small as they will grow in size when cooked.
- 4** Stir in chicken, beans, corn, herbs and lime juice before adding dumplings. Bring stew to a simmer in the electric fry pan, then place dumplings on top and cover frypan. Cook for 20 minutes.

Source

Source: CuisineAtHome.com

Minestrone Soup with Italian Sausage

Recipe Scan



1	lb	bulk Italian sausage	3	cups	shredded cabbage
1		large onion, chopped	1	tsp	dried basil
2		large carrots, chopped	1	tsp	dried oregano
2		celery ribs, chopped	1/4	tsp	pepper
1		medium leek (white portion only), chopped	1		can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
1		medium zucchini, cut into 1/2-inch pieces	1/2	cup	uncooked small pasta shells
1/4	lb	fresh green beans, trimmed and cut into 1/2-inch pieces	3	Tbs	minced fresh parsley
3		garlic cloves, minced	1/3	cup	grated Parmesan cheese
6	cups	beef broth			
2		cans (14-1/2 ounces each) Hunt's® Original Diced Tomatoes with basil, oregano and garlic			

For the Beef Broth, we recommend 2 Tbs "Better Than Beef Base" dissolved in 6 cups hot water. This recipe makes a lot. It freezes well and tastes just as great reheated.

Procedure

- 1 In a Dutch oven, cook sausage and onion over medium heat until meat is no longer pink; drain. Stir in the carrots, celery and leek; cook for 3 minutes. Add the zucchini, green beans and garlic; cook 1 minute longer.

Minestrone Soup with Italian Sausage

- 2** Stir in the broth, tomatoes, cabbage, basil, oregano and pepper. Bring to a boil. Reduce heat; cover and simmer for 45 minutes.
- 3** Return to a boil. Stir in the garbanzo beans, pasta and parsley. Cook for 6-9 minutes or until pasta is tender. Serve with cheese. Yield: 11 servings (about 3 quarts).

Source

Source: Taste of Home - March 2007

Navy Bean Soup

Recipe Scan



2 1/4	cups	dried navy beans (about 1 pound)	1		bay leaf
6	cups	warm water	3	cups	chopped kale
1		small yellow onion, peeled	2	cups	(1/2") cubed peeled Yukon gold potato
3		whole cloves	1 1/2	cups	chopped Vidalia or other sweet onion
2/3	cup	chopped celery	2/3	cup	thinly-sliced carrot
3		thyme sprigs	1	tsp	salt
3		parsley sprigs	3/4	tsp	freshly ground black pepper
1		smoked meaty Ham Shank (about 1 1/3 pounds)	2	Tbsp	chopped fresh parsley

Recommend using nitrate-free meaty Ham Shank.

Procedure

- 1 Sort and wash beans. Place in a large Dutch oven. Cover with water to 2 inches above beans. Bring to a boil. Cook 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain beans. Rinse and drain.
- 2 Return beans to pan. Cover with 6 cups warm water. Stud whole onion with coves. Place in pan. Add celery, thyme, parsley sprigs, ham hocks, and bay leaf. Bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- 3 Discard onion, thyme, parsley sprigs, and bay leaf. Remove ham hocks from pan. Cool slightly. Remove meat from bones. Finely chop to yield 1 cup meat. Discard bones, skin and fat. Add meat, kale, potato, chopped onion, carrot, salt and pepper to pan. Stir well. Cover and simmer 30 minutes or until beans and vegetables are tender. Stir in parsley.

Navy Bean Soup

Source

Source: The Williams Sonoma family

Puerto Rican Chicken Stew

Recipe Scan



1	tsp	salt	1		medium onion, finely chopped
1/2	tsp	oregano	1		small green bell pepper, cored and finely chopped
1/4	tsp	freshly ground black pepper	1	Tbs	white vinegar
2		cloves garlic, passed through a garlic press	1/2	cup	tomato sauce
2	Tbs	finely chopped fresh cilantro leaves	1	Tbs	small capers
3	Tbs	canola oil	1/2	cup	sliced Spanish olives (green with pimienta)
6		chicken parts, all bone-IN (2 breasts cut in half, 2 legs, and 2 thighs), skins removed	3	cups	chicken broth
1	tsp	paprika or annatto powder	1	cup	quinoa, thoroughly rinsed
2	oz	(1/4 cup) cooked ham, cut into 1/4-inch dice			GARNISH: peas, roasted red pepper (qty 2) & parmesan cheese

Asopao is a Puerto Rican specialty made with rice and chicken. For our version, we replaced the rice with quinoa, a highly nutritious Andean grain that has gained popularity in the United States in recent years.

Procedure

- 1 In a large bowl, mix the salt, oregano, black pepper, garlic, cilantro, and one tablespoon of oil. Remove the fat and gristle from the chicken parts, then rub them with the mixture. Place the chicken in the bowl, cover, and marinate it in the refrigerator for 30 minutes.

Puerto Rican Chicken Stew

- 2** In a 5- to 6-quart Dutch oven (preferably nonstick), warm the remaining 2 tablespoons of oil over medium heat. Stir in the paprika or annatto powder, ham, onion, and bell pepper. Sauté, stirring occasionally, until the onion is transparent, about 5 minutes.
- 3** Add the vinegar, tomato sauce, capers, and olives, and mix well. Cook for 2 more minutes.
- 4** Add the chicken parts, turning to coat them with the sauce. Cover the pot and cook until the chicken is no longer pink inside, turning pieces occasionally, about 25 minutes (larger pieces of meat may take slightly more time).
- 5** Pour in the chicken broth and mix well. Bring the stew to a boil, add salt and pepper to taste, and stir in the quinoa. Reduce the heat and continue simmering, uncovered, until the quinoa is transparent, about 15 minutes.
- 6** Remove the chicken pieces, de-bone, and cut chicken into bite-size pieces, and return to the stew.
- 7** Remove the stew from the heat and ladle it into bowls (it will be soupy at this point), or allow it to sit covered to continue cooking and absorb the excess liquid, about 10 minutes. Garnish each serving with peas, roasted red pepper, and a sprinkle of Parmesan.
- 8** GARNISH each serving with peas, 2 roasted red peppers (for instructions on how to roast peppers, refer to recipe for Chile Chowder in this cookbook), and a sprinkle of Parmesan.
- 9** Serves 9 to 10.

Source

Source: Family Fun Magazine

Roasted Carrot and Red Lentil Ragout

Recipe Scan



1 1/2 lbs	carrots, peeled	1/2 tsp	cumin
5 Tbsp	olive oil	1/2 tsp	coriander
1 1/2 tsp	kosher salt	1/8 tsp	cayenne pepper
	freshly-ground black pepper	1 cup	red lentils
1	onion, medium, sliced thin	5 cups	chicken stock
1 tsp	chili powder		

Procedure

- 1** Preheat oven to 450°. In a ZipLock Baggie, put carrots, 3 Tbsp olive oil, 1 1/2 tsp Kosher salt, a few grinds of pepper, and shake until carrots are well-coated. Dump the mixture into a roasting pan and roast for 20 minutes, stirring periodically. Add the onion and roast 15 minutes more, until carrots are brown and tender. When carrots are cool enough, cut them in 1/4" dice.
- 2** Warm 2 Tbsp olive oil in a saucepan. Add the carrot and onion mixture, the chili powder, cumin, coriander and cayenne pepper. Cook, stirring, for 1 minute. Stir in the lentils. Add the stock and simmer, stirring occasionally, for 20 to 25 minutes, until the lentils are falling apart. Server with rice, or as a thick soup. Yield: 6 servings.

Second Avenue Deli Chicken Soup

Recipe Scan



- | | | | |
|-------|--|---------|--|
| 1 lb | chicken parts, such as necks, backs, and /or wings | 1 | onion, large, with skin, cut in half |
| 2 | celery stalks, large, including leafy tops, cut into 3" pieces | 1 | carrot, large, unpeeled, cut in half |
| 1 | chicken, whole, about 4 pounds | 1 | parsnip, medium, unpeeled, cut in half |
| 2 tsp | salt | 1/4 tsp | ground black pepper |
| 1 | garlic clove, crushed | 1 bunch | dill, tied with kitchen string |

Prep 20 minutes Cook 2 hours Put dark meat into a quart size freezer bag for use in another recipe.

Procedure

- 1 In 8 quart saucepot, heat chicken parts, celery, and 12 cups of water to boiling point over high heat.
- 2 Rub whole chicken with 1 teaspoon salt. Add to saucepot. Heat to boiling. Reduce heat to medium-low and simmer, uncovered, 45 minutes or until chicken is cooked through.
- 3 With tongs, carefully transfer whole chicken to plate. Set aside. Leave chicken parts in pot.
- 4 Add onion, carrot, parsnip, pepper, garlic, and remaining 1 teaspoon salt to pot. Simmer broth over medium-low heat, uncovered, 1 hour and 15 minutes.
- 5 When whole chicken is cool to the touch, remove skin and bones. Cut meat into bite-size pieces. Use only white meat for soup, about 2 - 2 1/2 cups.
- 6 Strain broth through fine sieve into large bowl. Discard all solids except carrot. With spoon, skim off fat and discard. Return broth to saucepot. Add dill. Let stand 1 minute, then remove. Cut carrot into 1/4" slices. Stir carrot and cut-up chicken into soup. Heat through if necessary.

Shrimp Jambalaya

Recipe Scan



- | | | | | | |
|-----|------|---|-------|--------|---|
| 2 | Tbs | butter | 1/4 | tsp | cayenne pepper |
| 1 | Tbs | olive oil | 1 | Tbs | Worcestershire sauce |
| 1 | cup | onion, chopped | 1 1/2 | pounds | medium-size cooked shrimp,
deveined, tails removed |
| 1/2 | cup | celery, chopped | | | minced parsley |
| 2 | cups | diced ham | | | salt & pepper to taste |
| 1 | cup | brown rice (regular, not instant) | | | |
| 1 | can | (14 1/2 oz) diced tomatoes with basil &
garlic | | | |
| 2 | cups | chicken broth | | | |

You can heat bread or rolls while finishing the Jambalaya. We usually serve this buffet style, along with salad. You can also reheat the entire dish in a 350°F oven, covered with foil, for about 25 minutes.

Procedure

- 1 In a large sauté pan, heat the butter and oil. Add the onion, celery, ham and rice and sauté a few minutes. Do not brown.
- 2 Add the tomatoes, chicken broth and cayenne pepper and Worcestershire sauce and bring to a boil. Reduce heat to low and simmer, covered for 30-35 minutes. It may be necessary to add 1/2 - 1 cup additional chicken broth if liquid is absorbed before rice is tender. Remove from heat and cool, covered

Shrimp Jambalaya

for 10 minutes. Set aside until ready to add the shrimp. (The rice will continue to cook and absorb the liquids.)

- 3 When ready to serve, reheat the rice mixture over medium-high heat to a simmer. If most of the liquid has been absorbed, add a little chicken broth to moisten. Add the shrimp and toss to combine. Continue over medium heat until the shrimp are heated through, 1 - 2 minutes. Add parsley and salt and pepper to taste. Cover to keep warm.

Slow Cooker Split-Pea Soup with Barley & Ham

Recipe Scan



- | | |
|--|--|
| 1 cup dry split green peas | ¾ cup chopped celery |
| ½ cup medium pearl barley | 3 cups water |
| ¾ cup chopped ham, from nitrate-free ham shank | 1 cup Imagine free range Chicken broth |
| ¾ cup sliced carrots | 1 bay leaf |
| ¾ cup chopped onion | Salt and black pepper, to taste |

The ham shank can be found at Whole Foods Market. The thing that sets this split-pea soup apart is the barley. Barley is a true secret weapon if you're trying to make a soup that's velvety and thick without being gloppy, yet comforting and homey. The best way to get this signature texture is to cook the soup in a slow cooker. That's fortunate, because it means the soup is practically effortless to make.

Procedure

- 1 Layer the ingredients in the order listed (except salt and pepper) in a 2-quart or larger slow cooker. Do not stir. Put the entire ham shank in without cutting into pieces.
- 2 Cover and cook on High 4 hours or Low 8 to 9 hours, until the peas reach the desired texture.
- 3 When finished cooking, remove ham from bone, chop & return ¾ - 1 cup of ham back into the soup pot.
- 4 Remove the bay leaf, stir-well, and adjust the salt and pepper to taste. Serve at once.

Recipe Tips

NOTE: Do not use quick 10-minute barley in this soup, as it will turn mushy.

Southwestern Potato, Bean & Rice Stew

Recipe Scan



- | | | | | | |
|-----|-----|-------------------------------------|-----|------|--|
| 1 | Tbs | vegetable oil or grapeseed oil | 1 | tsp | ground cumin |
| 2 | | onions, medium, diced | 1/2 | cup | black beans, picked and rinsed |
| 1 | | carrot, large, peeled and diced | 6 | cups | water (more if needed) |
| 1 | | celery stalk, washed and diced | 1 | can | diced tomatoes (28 oz.) |
| 6 | | garlic cloves, minced | 2 | | Idaho potatoes, medium, peeled and diced |
| 4 | | jalapeno chilies, seeded and minced | 1 | cup | brown rice (long grain basmati) |
| 1 | | bay leaf | 3 | Tbs | cilantro, chopped |
| 1/2 | tsp | dried basil | | | salt and pepper to taste |
| 1/2 | tsp | dried thyme | | | |

Procedure

- 1 Dissolve 4 tsp salt in 6 cups cold water in large bowl or container. Add beans and soak at room temperature for 8 - 24 hours. Drain and rinse well.

Southwestern Potato, Bean & Rice Stew

- 2** Quick soak method: Boil dried black beans in 6 cups of salted water (as above) for 2 minutes. Turn burner off and cover pot with lid for 1 hour. Drain, rinse and proceed with recipe.
- 3** In a large saucepan, heat the oil over high heat until lightly smoking. Add the onion, carrot and celery and cook for 4 minutes, until the onion is soft and translucent, stirring occasionally. Add the garlic, jalapeno chilies and the bay leaf. Continue to cook for 2 minutes longer.
- 4** Add the basil, thyme and cumin and cook for 30 seconds, stirring frequently. Add the beans and 6 cups water to come 2 inches above the beans. Bring to a boil and reduce heat to a simmer. Let simmer for 60 minutes, checking periodically to make sure level of water is above beans. Add the tomatoes, potatoes and rice. If necessary, add more water to cover the ingredients. Cover pan with a lid. Simmer for 35-45 minutes, until the potato is soft and the rice is cooked. Add the cilantro and season with salt and pepper. Makes 8 servings.
- 5** Let recipe rest for 30 minutes prior to serving.
- 6** Note: Chef Pyles added crumbled tortilla chips before serving the soup.

Recipe Tips

Wear RUBBER GLOVES when seeding and mincing Jalapeno Peppers to prevent skin from burning. Why does soaking dried beans in salted water make them cook up with softer skins? Calcium and magnesium, two minerals present in beans, strengthen the cell walls of the bean skins, making it difficult for water to penetrate the skins and soften the beans. These minerals are also commonly found in tap water. You could use distilled water to avoid reinforcing the toughening effect of the minerals, but a handier and more effective solution is to add salt to tap water. As the beans soak, the sodium ions in the salt replace some of the calcium and magnesium ions in the skins. Because sodium ions are weaker than mineral ions, they allow more water to penetrate into the skins, leading to a softer texture. During soaking, the sodium ions will only filter partway into the beans, so their greatest effect is on the cells in the outermost part of the beans.

Source

Author: chef Stephan Pyles, Star Canyon (a 4-star restaurant in Dallas)

Taco Soup

Recipe Scan



2 lbs	hamburger meat	2 cans	(10 oz each) Rotel Diced Tomatoes w/Green Chilis
1	onion, large, chopped	2 cans	(15 oz each) corn, drained
2	garlic cloves, crushed	2 cans	(15 oz each) pinto beans, rinsed and drained
1 package	Hidden Valley Ranch Dressing Mix		water, 2-3 cans, using an empty 15 oz can
1 package	Taco seasoning mix		
1 tsp	pepper		
1 tsp	salt		

Procedure

- 1 Brown 1st 3 ingredients and drain. Combine all ingredients. Simmer 30-45 minutes. Serve with Tortilla chips & shredded cheese, avocado slices or guacamole. Makes approx 11 servings.

Source

Source: Rebecca Ewing

Thick and Hearty Chicken Noodle Soup

Recipe Scan



- | | |
|--|---|
| 1 whole chicken, about 3-4 lbs, cut into pieces | 3 whole cloves |
| 3 celery ribs (3-4), including leaves, cut into pieces | 6 peppercorns |
| 1 onion, large, cut into quarters | few threads saffron (optional) |
| 1 turnip, large, rinsed, trimmed, cut into quarters | 1 cup carrot (about 2 medium), finely chopped |
| 1 carrot, large, rinsed, cut into 1" pieces | 1 cup celery (3 or 4 ribs), finely chopped |
| 2 garlic cloves, peeled and quartered | 2 cups (heaping) medium egg noodles |
| 1 bay leaf, large | 1 tsp salt |
| few parsley sprigs | parsley (for garnish), chopped |

SOURCE: Parents Magazine, February 1987, Comfort Food Issue

Procedure

- 1 Rinse chicken pieces and place in a large pot. Cover with 12 cups cold water. Bring to a slow boil. Reduce heat and simmer, uncovered, for 30 minutes, skimming off foam with a large spoon as it rises to the surface. Add large pieces celery, quartered onion, turnip, 1" pieces of carrot, garlic, bay leaf, parsley sprigs, cloves, peppercorns, and saffron. When broth has returned to a simmer, cover and continue to cook for about 30 minutes, or until chicken is tender but not quite falling from the bones.
- 2 Remove chicken pieces from broth with a slotted spoon. Allow covered chicken broth to continue to simmer. When chicken is cool enough to handle, remove skin and bones, Return these to the simmering broth. Cut chicken meat into small pieces. Place in a tightly covered container and refrigerate. (Save 3 cups of chicken using all the white meat, plus additional dark meat if necessary). Save any remaining chicken in freezer for use at a later time.
- 3 Continue to cook broth for 2 hours. Remove from heat and allow to cool slightly. Strain broth through a colander into a large bowl and discard residue in colander.

Thick and Hearty Chicken Noodle Soup

- 4 With a large spoon, skim most of the fat from the top of the broth, or refrigerate and skim later after the fat has congealed. It is important to leave about 1/4 of the fat in the broth for flavor. Return broth to cooking pot. Add chopped carrot and celery and bring to a boil. Stir in noodles and salt. Continue to cook at a slow boil until noodles are tender. Stir in reserved chicken and continue to cook only until chicken is heated through.

Turkey & Sausage Jambalaya

Recipe Scan



- | | | | |
|--------|--|-----------|---|
| 1 Tbs | olive oil | 1/4 tsp | black pepper |
| 1 | onion (large), chopped | 1/4 tsp | cayenne pepper |
| 2 | celery stalks, cut into 1/4" slices | 1/4 tsp | thyme |
| 2 | carrots, cut into 1/4" slices | 1 | cup long-grain brown rice (uncooked) |
| 1 | green bell pepper (small), seeded and chopped | 1/2 lb | low-fat kielbasa sausage, sliced |
| 3 | garlic cloves, finely chopped | 1 1/4 lbs | turkey breast tenderloins (3 cups cooked, white or dark), cubed |
| 1 can | (14.5 oz) stewed tomatoes, puree (opt.) in blender | | |
| 3 cans | (14.5 oz) low-sodium chicken broth | | |
| 1 | bay leaf | | |

This recipe can be made with either fresh turkey breast uncooked cut into chunks, put in for the last 10 minutes on the stove, or, with leftover cooked turkey from Thanksgiving or Christmas.

Procedure

- 1 Heat oil in 4-quart heavy-bottom saucepan at medium-high temperature. Add onion, celery, carrots, green pepper, and garlic. Cook, stirring occasionally until vegetables soften, about 5 minutes.
- 2 Add tomatoes, chicken broth, bay leaf, black and cayenne pepper, and thyme. Heat to boiling. Cook 5 minutes.
- 3 Stir in rice and sausage, cover, and reduce heat to low. Simmer 35 minutes.
- 4 Stir in turkey, cover, and simmer 10 minutes, or until turkey is heated through. Remove bay leaf. Serve.

Turkey Soup

Recipe Scan



8 cups	turkey broth	1/2 package	medium egg noodles (4 oz), about 2 cups dry
2 cups	carrots, diced		
1 cup	celery, diced	1 can	(15 oz) mixed vegetables, or 15 oz frozen mixed vegetables
1	turnip, peeled and diced		
1	onion, small to medium, diced	2 cups	Turkey meat, chopped
1/2	parsnip, peeled and diced	2 tsp	Celtic Sea Salt
4 Tbs	parsley	1/4 tsp	black pepper
1/2 package	wide egg noodles (3 oz), about 1 1/2 cups dry		

Recommend serving with Sweet Potato Biscuits recipe in this cookbook. Use turkey bones from Roasted Turkey recipe in this cookbook. You can make this soup on Thanksgiving day after you have roasted your Turkey and removed all meat from the bones. For the vegetables, recommend Schwan's Frozen Mixed Vegetables. It makes about 10 1/2 cups broth. Either save the extra broth in freezer for Turkey Pot Pie recipe in this cookbook, or use all the broth in this soup recipe. This recipe thickens as it cools, and freezes well.

Procedure

- 1 TURKEY BROTH:** Place all turkey bones in large 8 quart soup pot. Cover with 12 cups water. Add 3 carrots, 3 celery stalks, 4 garlic bulbs (crushed), a bunch of parsley. Cook 1 1/2 hours. Drain through a colander into a 4 quart pot, then through a fine-mesh strainer back into the 8 quart soup pot. Discard all bones and vegetables.

Turkey Soup

- 2** TURKEY SOUP: Cook turkey broth with the diced vegetables until carrots are tender about 6-8 minutes. Add noodles and cook another 6 minutes. Do not overcook noodles. Add the frozen (or canned) mixed vegetables, parsley, Celtic Sea salt, black pepper and the turkey meat. Serve.

White Chicken Chili

Recipe Scan



3 lbs	bone-in, skin-on chicken breast halves , trimmed of excess fat and skin	6	medium cloves garlic, minced or pressed through garlic press (about 2 Tbs)
1 Tbs	vegetable oil		
3	medium jalapeño chiles	1	Tbs ground cumin
3	poblano chiles (medium), stemmed, seeded, and cut into large pieces	1 1/2	tsp ground coriander
3	Anaheim chile peppers (medium), stemmed, seeded, and cut into large pieces	2	(15 oz) cans cannellini beans , drained and rinsed
2	medium onions, cut into large pieces (2 cups)	3	cups low-sodium chicken broth
		3	Tbs fresh lime juice (from 2 to 3 limes)
		1/4	cup minced fresh cilantro leaves
		4	scallions, white and light green parts sliced thin

Adjust the heat in this dish by adding the minced ribs and seeds from the jalapeño as directed in step 6. If Anaheim chiles cannot be found, add an additional poblano and jalapeño to the chili. This dish can also be successfully made by substituting chicken thighs for the chicken breasts. If using thighs, increase the cooking time in step 4 to about 40 minutes. Serve chili with sour cream, tortilla chips, and lime wedges.

Procedure

- 1 Season chicken liberally with salt and pepper. Heat oil in large Dutch oven over medium-high heat until just smoking. Add chicken, skin side down, and cook without moving until skin is golden brown, about 4 minutes. Using tongs, turn chicken and lightly brown on other side, about 2 minutes. Transfer chicken to plate; remove and discard skin.

White Chicken Chili

- 2 While chicken is browning, remove and discard ribs and seeds from 2 jalapeños (WEARING GLOVES). Mince flesh. In food processor, process half of poblano chiles, Anaheim chiles, and onions until consistency of chunky salsa, ten to twelve 1-second pulses, scraping down sides of workbowl halfway through. Transfer mixture to medium bowl. Repeat with remaining poblano chiles, Anaheim chiles, and onions; combine with first batch (do not wash food processor blade or workbowl).
- 3 Pour off all but 1 Tbs fat from Dutch oven (adding additional vegetable oil if necessary) and reduce heat to medium. Add minced jalapeños, chile-onion mixture, garlic, cumin, coriander, and 1/4 teaspoon salt. Cover and cook, stirring occasionally, until vegetables soften, about 10 minutes. Remove pot from heat.
- 4 Transfer 1 cup cooked vegetable mixture to now-empty food processor workbowl. Add 1 cup beans and 1 cup broth and process until smooth, about 20 seconds. Add vegetable-bean mixture, remaining 2 cups broth, and chicken breasts to Dutch oven and bring to boil over medium-high heat. Reduce heat to medium-low and simmer, covered, stirring occasionally, until chicken registers 160 degrees (175 degrees if using thighs) on instant-read thermometer, 15 to 20 minutes (40 minutes if using thighs).
- 5 Using tongs, transfer chicken to large plate. Stir in remaining beans and continue to simmer, uncovered, until beans are heated through and chili has thickened slightly, about 10 minutes.
- 6 Mince remaining jalapeño, reserving and mincing ribs and seeds (see note above), and set aside. When cool enough to handle, shred chicken into bite-sized pieces, discarding bones. Stir shredded chicken, lime juice, cilantro, scallions, and remaining minced jalapeño (with seeds if desired) into chili and return to simmer. Adjust seasonings with salt and pepper and serve.
- 7 THE CHOSEN CHILES - We found that using a combination of poblanos, Anaheims, and jalapeños was the key to achieving vibrant chile flavor. Here's what each chile brings to the table, See BELOW:
- 8 JALAPEÑOS: This small, smooth-skinned, forest-green chile provides heat and a bitter, green bell pepper-like flavor.



- 9 ANAHEIM: This long, medium-green, mildly spicy chile has an acidic, lemony bitterness.



- 10 POBLANO: This large, heart-shaped, blackish-green chile is mild to medium-hot and packs a rich, vegetal, slightly sweet flavor.



Source

Source: Cooks Illustrated

Vegetables & Sides

Baked Eggplant Casserole

1	lb	eggplant, peeled	1/4	cup	celery, finely chopped
1/2	cup	dried bread crumbs	2		eggs
1/2	cup	canned evaporated milk	1	Tbs	pimento, chopped
1/4	cup	milk	2	tsp	salt
4	Tbs	butter	1/2	tsp	pepper
1/4	cup	onions, finely chopped	1/4	tsp	sage
1/4	cup	green peppers, finely chopped	1 1/2	cup	(4 oz) grated cheese

Procedure

- 1 Fill a large bowl or pot with 4 quarts cold water. Add 1/4 cup Kosher salt and stir well. Cut both ends off the eggplant about 1/2" deep. Stand the eggplant on one end, and shave all the skin by running knife down the length of eggplant. Cut the eggplant into 1/2" slices and 1" square dice. Put eggplant into the bowl of salt water, submerge completely. Soak in salt water in refrigerator overnight or a minimum of 6 hours. Drain, place in pan, cover with water and simmer until tender.
- 2 Soak bread crumbs in milk. Sauté onions, green peppers, celery in melted butter for 15 minutes, or until tender. Combine cooked eggplant, bread crumbs and sauteed vegetables. Add eggs, pimento and seasonings. Blend thoroughly.
- 3 Place in greased baking dish, bake at 350° for 45 minutes. Top with grated cheese and return to oven until cheese melts.

Source

Source: Wyatt Cafeteria

Basic Mashed Potatoes

Recipe Scan



2	lbs	Russet or Yukon Gold potatoes, peeled & quartered	2	Tbs	butter
			1	tsp	sea salt
1/2	cup	milk	1/4	tsp	black pepper

Procedure

- 1** Peel and quarter 2 pounds of Russet or Yukon Gold potatoes. Boil for 15-20 minutes until tender (poke with knife). Drain off water in colander.
- 2** Heat 1/2 cup milk, and 2 Tablespoons of Butter, until Butter is melted. Add 1 teaspoon salt and 1/4 teaspoon black pepper. Mash until smooth using either electric mixer or hand mixer.
- 3** IF NEEDED: Add 1 to 2 Tablespoons extra heated milk to potatoes if needed for creamier consistency.
- 4** Yield: 6-8 servings.

Source

Source: KitchenAid

Boursin Creamed Spinach

Recipe Scan



1/2 cup	yellow onion, chopped				white pepper
2 Tbs	flour				cayenne
1 cup	whole milk	1	pinch		freshly grated nutmeg
1/2 cup	heavy cream				Topping
5 oz	boursin cheese	2/3	cup		fresh breadcrumb
10 oz	baby spinach leaves, chopped	1	Tbs		butter, melted
2 Tbs	parmesan cheese	1	Tbs		olive oil
2 tsp	lemon zest, finely minced				salt
	salt				black pepper

I can't abide frozen spinach, so baby spinach leaves fit the role nicely. Cut down on the fat content by using lower fat milk instead of cream. A brief history of Boursin, compliments of www.cheese.com: "Boursin is a modern, creamy, fresh cheese of cylindrical shape without rind. It is made with garlic and herbs or even black pepper. It is a soft industrial cheese with no affinage (maturity/aging process). The cheese was founded by Monsier Boursin in 1957. It has a rich, sweet flavor with a hint of acidity." Boursin Creamed Spinach is a recommended side dish for Seared Beef Tenderloin Steak.

Procedure

- 1 Preheat oven to 425°. Butter a shallow 11x7x2" baking dish and set aside.
- 2 Prepare the sauce first by sauteing the onion in butter over medium heat in a 12" non-stick skillet. Cook until soft, about 4-5 minutes. Add flour and stir well to coat. Cook about 1 minute.
- 3 Gradually whisk in the milk and whipping cream, stirring the mixture constantly to break up any lumps. Simmer sauce for 1 minute. DO NOT burn.
- 4 Next stir in the Boursin Cheese a little bit at a time, until melted and smooth. Remove the pan from the heat.

Boursin Creamed Spinach

- 5** Now add the spinach, Parmesan cheese, lemon zest and seasonings. Carefully fold the white sauce into the spinach just until the spinach begins to wilt. Transfer the spinach mixture to the prepared baking dish.
- 6** Toss together the topping ingredients. Add the topping to the spinach mixture and pat down with your hands.
- 7** Place the dish on a baking sheet and bake until crumbs are golden and saucy bubbly; approximately 20-25 minutes.
- 8** NOTE: Casserole can be prepared up through Step #6, covered with foil and chilled for baking at a later time.

Source

Source: CuisineAtHome.com

Braised Red Potatoes with Dijon and Tarragon

Recipe Scan



1 1/2	lbs	small red potatoes, unpeeled, halved	3/4	tsp	salt
2	cups	water	2	tsp	Dijon mustard
3	Tbs	unsalted butter	1/4	tsp	pepper
3		garlic cloves, peeled	1	Tbs	minced fresh tarragon
3		sprigs fresh thyme			

WHY THIS RECIPE WORKS: For a simple, one-pot potato side dish that featured the benefits of both boiling and roasting, we had to get creative. We combined halved small red potatoes, butter, and salted water in a 12-inch skillet and simmered this mixture until the potatoes turned creamy and the water fully evaporated. In the then-dry skillet, the potatoes and butter were left alone to fry and develop great flavor and color. Subtle aromatics like thyme and garlic balance well with last-minute additions like Dijon mustard.

Procedure

- 1 Arrange potatoes in single layer, cut side down, in 12-inch nonstick skillet. Add water, butter, garlic, thyme, and salt and bring to simmer over medium-high heat. Reduce heat to medium, cover, and simmer until potatoes are just tender, about 15 minutes.
- 2 Remove lid and use slotted spoon to transfer garlic to cutting board; discard thyme. Increase heat to medium-high and vigorously simmer, swirling pan occasionally, until water evaporates and butter starts to sizzle, 15 to 20 minutes. When cool enough to handle, mince garlic to paste. Transfer paste to bowl and stir in mustard and pepper.
- 3 Continue to cook potatoes, swirling pan frequently, until butter browns and cut sides of potatoes turn spotty brown, 4 to 6 minutes longer. Off heat, add garlic mixture and tarragon and toss to thoroughly coat. Serve immediately.

Brown Rice

Recipe Scan



- | | | | | | |
|-------|------|--|-----|-----|----------|
| 1 | cup | Brown Rice, Texmati Long Grain
American Basmati | 1/2 | tsp | sea salt |
| 2 1/4 | cups | water | 1 | tsp | butter |

Procedure

- 1 Combine all ingredients in a 2 quart saucepan.
- 2 Bring to a boil. Stir once.
- 3 Cover with a tight-fitting lid. Reduce heat and simmer for 35-45 minutes, until water is completely absorbed.
- 4 Remove from heat and let stand, covered, 5-10 minutes longer.
- 5 Yield: approx 3 cups cooked rice.

Cheesy Mashed Potatoes

Recipe Scan



- | | |
|--|----------------|
| 1 pkg (22 oz.) frozen mashed potatoes | 1/2 tsp salt |
| 1 cup (4 oz.) shredded Mexican four-cheese blend | 1/4 tsp pepper |
| 3 Tbs butter | |

If using frozen ready-made mashed potatoes, don't add extra salt since the ready-made already have added salt. Adding extra salt would make the potatoes too salty.

Procedure

- 1 Cook 1 (22 oz) package frozen mashed potatoes according to package directions. Stir in 1 cup (4 oz) shredded Mexican four-cheese blend, 3 tablespoons butter, and 1/4 teaspoon pepper until smooth. Serve immediately.
- 2 ALTERNATE: If using fresh potatoes, use 1 1/2 lbs Russet or Yukon Gold, boiled in water until tender. Drain the water. Then add 6 Tbs heated milk, 1/2 tsp salt, 1/4 tsp pepper, 3 Tbs melted butter, and the 1 cup of 4 cheese blend.

Source

Source: Southern Living - Sept 2005

Creamed Potatoes

Recipe Scan



6	potatoes, medium, 2 lbs, peeled and cut into 1/2" cubes	1	tsp	salt
		1/4	tsp	pepper
3	Tbsp	butter		
1/4	cup	flour	2	cups milk
				Paprika and minced fresh parsley

These melt in your mouth potatoes baked in a mild creamy sauce complement any meat entree and they are a pleasant change from mashed or baked. These are rich potatoes, so a little goes a long way. Half a recipe, or 1 pound of potatoes is plenty for 4 people. Recommend either Red Potatoes or Yukon Gold Potatoes.

Procedure

- 1 Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat. Cover and cook for 15-20 minutes or until tender. Meanwhile, in another saucepan, melt butter. Stir in the flour, salt & pepper until smooth. Gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until thickened.
- 2 Drain potatoes and place in a serving bowl. Add cream sauce and toss gently. Sprinkle with paprika and parsley.

Source

Source: Taste of Home 2003

Double Baked Potatoes

Recipe Scan



3	lbs	Russet or Yukon Gold potatoes	1/4	tsp	black pepper
1	stick	(1/4 lb) butter			Optional:
8	oz	sour cream	2	Tbsp	Milk (as needed)
1		garlic clove, pressed			sharp cheddar cheese
1/2	tsp	salt			

These potatoes freeze well and can be taken from the freezer as needed for a quick side-dish. If freezing the potatoes, freeze right after Step 4 above. In baking from the frozen state, bake for an additional 10-15 minutes in same 350° oven...or alternatively bake from frozen state in a microwave until hot.

Procedure

- 1 Bake potatoes at 350° for 1 hour.
- 2 While potatoes are baking, in a mixing bowl, mix together butter, sour cream, garlic clove, salt & pepper. Set aside until potatoes are done baking.
- 3 After potatoes are done baking, remove from oven, cut each in half lengthwise, scoop out insides to the mixing bowl with the butter-sour cream mixture. Whip mixture until smooth and creamy, adding up to 2 Tbsp milk if needed.
- 4 Fill empty potato skins with the potato mixture.
- 5 Arrange on a baking sheet and return to a 350° oven for 30 more minutes.
- 6 Remove pan from oven. Top with sliced or grated sharp cheddar cheese, and bake for 1-2 additional minutes, just long enough to melt the cheese.

Double Baked Potatoes

Source

Source: Joan Lyons original

Lemon Parsley New Potatoes

Recipe Scan



1 1/2 lbs	new potatoes, tiny, scrubbed, or medium potatoes, peeled & quartered	1/4 cup	parsley, snipped	
3	Tbs	butter	1 Tbs	lemon juice

Procedure

- 1 Scrub potatoes. If desired, remove a narrow strip of peel around the center of each new potato.
- 2 Put potatoes in a steamer basket, and steam for 10-15 minutes, until tender when knife is inserted.
- 3 Place in serving bowl. Keep warm.
- 4 Meanwhile, melt butter. Pour melted butter over potatoes, and stir in parsley and lemon juice. Pour over potatoes. Stir lightly to coat.
- 5 Makes 4 - 6 servings.

Source

Source: Better Homes & Gardens New Cook Book - 1981

Oven Rice

Recipe Scan



2 Tbsp	unsalted butter	1 1/2 cups	rice (Organic Texmati Long grain white rice)
1	small onion, peeled and chopped	1 tsp	kosher salt
2	celery stalks with leaves, diced	1/2 tsp	freshly-ground black pepper
2 Tbsp	parsley, chopped	3 cups	homemade or low-sodium canned chicken stock

Procedure

- 1 Preheat oven to 350°. Heat the butter in a medium pan over medium-high heat. Add the onion, celery and parsley. Cook, stirring, until the onion is translucent, about 5 minutes.
- 2 Spread the rice over the bottom of an 9 x 9" baking dish (or 11 x 7 x 2" baking dish). Sprinkle with salt and pepper and spread the onion mixture on top. Put the stock in the same pan used to cook the onion and bring to a boil. Pour it over the rice.
- 3 Cover the dish tightly with foil and bake in the bottom half of the oven for 40 to 45 minutes, until all the liquid is absorbed.

Source

Source: Lisa Hedl

Oven Roasted Vegetable Medley

Recipe Scan



- | | |
|---|------------------------------|
| 1 bunch (about 1 lb) fresh asparagus, trimmed & broken into 1" pieces | 1 Tbs extra virgin olive oil |
| 1 medium sweet red pepper, cut into 1" pieces | 1/2 tsp sea salt |
| 1 medium red onion, sliced | 1/4 tsp black pepper |

A great side dish for steak!

Procedure

- 1** PREPARE ASPARAGUS by breaking off the bottom end about 2" from the end of each asparagus stalk, and it will naturally "snap" where the "woody" part ends, and discard. Rinse all the stalks in a colander under cold water.
- 2** In a 1 gallon Ziplock bag, combine the asparagus, red pepper, onion, oil, salt & pepper. Shake until mixed well, and evenly coated. Transfer to a 15x10x1" baking pan.
- 3** Bake at 450° for 10 to 15 minutes till golden brown, stirring once.

Source

Source: Country Woman Magazine.com

Potato Roesti

Recipe Scan



2 1/2	lbs	Yukon Gold potatoes (5 to 6 medium), peeled and shredded	1 1/2	tsp	cornstarch
					Ground black pepper
3/4	tsp	table salt	5	Tbsp	unsalted butter

Producing a golden-brown crust for our roesti recipe wasn't much of a problem, but the inside always came out gluey and half-cooked. For a better roesti recipe, inside and out, we eliminated moisture by wringing the raw grated potatoes in a towel rather than patting them with a paper towel. First covering the potatoes, then uncovering them to finish cooking created surprisingly light potatoes. Our final breakthrough came when we tried removing excess starch with a rinse in cold water before squeezing, but then added back just enough starch to hold the cake together by tossing the rinsed, squeezed-dry grated potato with a teaspoon of cornstarch. The test kitchen prefers a roesti prepared with potatoes that have been cut through the large shredding disk of a food processor. It is possible to use a box grater to cut the potatoes, but they should be cut lengthwise, so you are left with long shreds. It is imperative to squeeze the potatoes as dry as possible. A well-seasoned cast-iron skillet can be used in place of the nonstick skillet. By adding fried eggs, ham, bacon, cheese, cooked onions, and/or tomatoes, (see below for specific suggestions), roesti can be turned into a light meal.

Procedure

- 1** Place potatoes in large bowl and fill with cold water. Using hands, swirl to remove excess starch, then drain in strainer.
- 2** Wipe bowl dry. Place one-third of potatoes in center of kitchen towel. Gather ends together and twist as tightly as possible to expel maximum moisture. Transfer potatoes to bowl and repeat process (twice) with remaining potatoes.

Potato Roesti

- 3** Sprinkle salt, cornstarch, and pepper to taste over potatoes. Using hands or fork, toss ingredients together until well blended.
- 4** Melt 2 1/2 tablespoons butter in 12-inch non-stick skillet over medium heat. When foaming subsides, add potato mixture and spread into even layer. Cover and cook 6 minutes. Remove cover and, using spatula, gently press potatoes down to form round cake. Cook, occasionally pressing on potatoes to shape into uniform round cake, until bottom is deep golden brown, 8 to 10 minutes longer.
- 5** Shake skillet to loosen roesti and slide onto large plate (a 12" pizza pan works great). Add remaining 2 1/2 tablespoons butter to skillet and swirl to coat pan. Invert roesti onto a second pizza pan (and slide it, browned side up, back into skillet. Cook, occasionally pressing down on cake, until bottom is well browned, 8 to 10 minutes. Remove pan from heat and allow cake to cool in pan for 5 minutes. Transfer roesti to cutting board, cut into 4 pieces if serving as a main course, and 6 pieces if serving as a side dish. Serve immediately.

Source

Source: Cooks Illustrated

Potato-Leek Gratin

Recipe Scan



3	Tbs	butter	1	tsp	freshly ground pepper
3		medium leeks, thinly sliced	1/8	tsp	ground nutmeg
3		garlic cloves, minced	1/8	tsp	dried thyme
3	Tbs	all-purpose flour	2	cups	(8 ounces) shredded Italian cheese blend
3 1/2	cups	milk	3	lbs	Russet baking potatoes, peeled and thinly sliced
2	tsp	kosher salt			

Procedure

- 1 Melt butter in a 3-quart saucepan over medium heat; add leeks, and sauté 5 minutes or until tender (do not brown). Add garlic; sauté 1 minute.
- 2 Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk. Stir in 2 teaspoons salt and next 3 ingredients.
- 3 Cook over medium heat, whisking constantly, until mixture thickens. Remove from heat; stir in cheese until melted and smooth.
- 4 Layer half of potatoes in a lightly greased 13 x 9" baking dish; pour half of sauce evenly over potatoes in dish. Repeat layers, ending with sauce.
- 5 Bake, covered with foil at 375° for 55 minutes, then uncovered for an additional 20 minutes (for total 75 minutes) or until potatoes are golden brown and fork tender. Remove from oven, and let stand 10 minutes.

Source

Source: Southern Living Favorites - November 2005

Potato-Leek Gratin

Author Notes

Leeks look like big green onions and taste like a cross between a mildly flavored onion and garlic. Cut off the root end and darker portions of the green leaves. Split in half lengthwise, and wash thoroughly before slicing.

Prep-Ahead Mashed Potatoes

Recipe Scan



- | | | | | |
|-------|-----|--|---|------------------------------------|
| 3 | lb | red potatoes, with skins on (about 10 medium), cut into chunks | 1 | garlic clove, crushed |
| 1 | cup | Daisy Sour Cream | 2 | Tbsp butter |
| 4 | oz | cream cheese, cubed | 1 | pkg (8 oz) fresh mushrooms, sliced |
| 1/4 | cup | milk | | GARNISH |
| 1 1/2 | tsp | sea salt | 2 | Tbsp fresh thyme, chopped |

Makes 12 servings, 2/3 cup each. These mashed potatoes taste like they are straight from the stove top. I love that you can make them the day before and just heat and eat.

Procedure

- 1** COOK potatoes in boiling water in large saucepan 15 min. or until potatoes are tender; drain.
- 2** MASH potatoes. Add sour cream, cream cheese, milk, salt and garlic. Mash until blended. Spoon into microwaveable 11x7x2" glass baking dish. Cover with plastic wrap. Refrigerate up to 2 days.
- 3** MEANWHILE, melt butter in large skillet on medium-high heat. Add mushrooms; cook 5 min. or until mushrooms are tender, stirring frequently. Spoon into bowl; cover. Refrigerate until ready to use.
- 4** VENT plastic wrap covering potatoes by poking a few holes in the top just before serving. Microwave on HIGH 6 to 8 min. or until heated through; stir. Top with mushrooms. Microwave, uncovered, 2 to 3 min. or until heated through. Sprinkle with thyme.

Source

Source: KraftFoods.com

Root Vegetable Gratin with Gruyere

Recipe Scan



- | | | | | | |
|-----|------|--|---|-------|---|
| 1 | Tbs | unsalted butter | | thick | |
| 3 | | garlic cloves, minced | 1 | lb | celery root, peeled and sliced 1/8 inch thick |
| 3 | cups | heavy cream | 8 | oz | Gruyère cheese, shredded |
| | | Salt and freshly ground pepper, to taste | 1 | Tbs | minced fresh thyme |
| 1/4 | tsp | freshly grated nutmeg | 3 | Tbs | minced fresh flat-leaf parsley |
| 1 | lb | parsnips, peeled and sliced 1/8 inch thick | | | |
| 1 | lb | sweet potatoes, peeled and sliced 1/8 inch | | | |

Enriched with cream and Gruyère cheese, this hearty gratin is a delicious accompaniment to our crown roast of pork (see related recipe at left). A mandoline makes fast work of cutting the vegetables into thin, uniform slices.

Procedure

- 1 Preheat an oven to 400°F. Butter a 3-quart baking dish.
- 2 In a large saucepan over medium heat, melt the butter. Add the garlic and cook for 1 minute. Add the cream, salt, pepper and nutmeg and heat just until bubbles form around the edges of the pan, about 5 minutes. Remove from the heat and let stand for 10 minutes.
- 3 Arrange a layer of parsnips, slightly overlapping, in the prepared dish. Arrange a layer of sweet potatoes on top, then a layer of celery root. Pour half of the cream mixture over the celery root, and sprinkle half of the cheese, thyme and parsley on top. Repeat with the remaining ingredients.

Root Vegetable Gratin with Gruyere

- 4 Cover the dish with aluminum foil, place on a baking sheet and bake for 1 hour. Remove the foil and lightly press the gratin down with a spatula. Continue baking until the vegetables are tender and the top is golden brown, 15 to 30 minutes more. Let the gratin stand for 15 minutes before serving.

Serbian Cabbage

Recipe Scan



- | | | | | |
|---|-----------------------------|-----|-----|--------|
| 1 | medium head cabbage | 1/4 | tsp | salt |
| 1 | can (13 oz) evaporated milk | 1/8 | tsp | pepper |
| 1 | cup dry bread crumbs | 1/2 | cup | butter |

Procedure

- 1 Chop cabbage. Put into casserole dish. Mix bread crumbs with salt and pepper; set aside. Melt 1/4 cup of butter with evaporated milk. Pour over cabbage. Cover and bake 30 minutes at 350°.
- 2 Meanwhile, melt the other 1/4 c of butter and add bread crumbs to butter. Take casserole out of oven after the initial 30 minutes. Sprinkle bread crumbs evenly over cabbage. Cover and return to oven and bake 15-30 minutes more until milk is absorbed.

Summer Vegetable Gratin

Recipe Scan



6	Tbs	extra-virgin olive oil	2	medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
1	lb	zucchini, ends trimmed and sliced crosswise into 1/4-inch-thick slices (see note)	1	Tbs minced fresh thyme leaves
1	lb	summer squash (yellow), ends trimmed and sliced crosswise into 1/4-inch-thick slices (see note)	1	large slice white sandwich bread, torn into quarters
2	tsp	table salt	2	oz Parmesan cheese, grated (about 1 cup)
1 1/2	lbs	ripe tomatoes (3 to 4 large), sliced 1/4 inch thick	2	medium shallots, minced (about 1/4 cup)
2		medium onions, halved lengthwise and sliced thin pole to pole (about 3 cups)	1/4	cup chopped fresh basil leaves
3/4	tsp	ground black pepper		

The success of this recipe depends on good-quality produce. Buy zucchini and summer squash of roughly the same diameter. While we like the visual contrast zucchini and summer squash bring to the dish, you can also use just one or the other. A similarly sized broiler-safe gratin dish can be substituted for the 13- by 9-inch baking dish. Serve the gratin alongside grilled fish or meat and accompanied by bread to soak up any flavorful juices.

Procedure

- 1 Adjust oven rack to upper-middle position and heat oven to 400 degrees. Brush 13- by 9-inch baking dish with 1 tablespoon oil; set aside.

Summer Vegetable Gratin

- 2** Toss zucchini and summer squash slices with 1 teaspoon salt in large bowl; transfer to colander set over bowl. Let stand until zucchini and squash release at least 3 tablespoons of liquid, about 45 minutes. Arrange slices on triple layer paper towels; cover with another triple layer paper towels. Firmly press each slice to remove as much liquid as possible.
- 3** Place tomato slices in single layer on double layer paper towels and sprinkle evenly with 1/2 teaspoon salt; let stand 30 minutes. Place second double layer paper towels on top of tomatoes and press firmly to dry tomatoes.
- 4** Meanwhile, heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Add onions, remaining 1/2 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring occasionally, until onions are softened and dark golden brown, 20 to 25 minutes. Set onions aside.
- 5** Combine garlic, 3 tablespoons oil, remaining 1/2 teaspoon pepper, and thyme in small bowl. In large bowl, toss zucchini and summer squash in half of oil mixture, then arrange in greased baking dish. Arrange caramelized onions in even layer over squash. Slightly overlap tomato slices in single layer on top of onions. Spoon remaining garlic-oil mixture evenly over tomatoes. Bake until vegetables are tender and tomatoes are starting to brown on edges, 40 to 45 minutes.
- 6** Meanwhile, process bread in food processor until finely ground, about 10 seconds. (You should have about 1 cup crumbs.) Combine bread crumbs, remaining tablespoon oil, Parmesan, and shallots in medium bowl. Remove baking dish from oven and increase heat to 450 degrees. Sprinkle bread-crumbs mixture evenly on top of tomatoes. Bake gratin until bubbling and cheese is lightly browned, 5 to 10 minutes. Sprinkle with basil and let sit at room temperature 10 minutes before serving.

Source

Source: Cook's Illustrated

Sweet Potato Casserole

Recipe Scan



4 1/2	lbs	sweet potatoes (organic jewel yams)	1/4	tsp	salt
3/4	cup	granulated sugar	1 1/4	cups	cornflakes cereal, crushed
1/2	cup	butter, softened	1/4	cup	chopped pecans
1/4	cup	milk	1	Tbs	brown sugar
2		large eggs	1	Tbs	butter, melted
1	tsp	vanilla extract	1 1/2	cups	miniature marshmallows

This mouthwatering casserole will satisfy lovers of crunchy pecans and cornflakes as well as marshmallows. Recommend Whole Foods 365 Organic Corn Flakes, made with organic milled corn, organic cane sugar, sea salt, and soy lecithin (only 4 ingredients).

Procedure

- 1 Preheat oven to 400°. Bake sweet potatoes at 400° for 1 hour or until tender. Let stand until cool to touch (about 20 minutes); peel and mash sweet potatoes. Reduce oven temperature to 350°.
- 2 Beat mashed sweet potatoes, granulated sugar, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11- x 7-inch baking dish.
- 3 Combine cornflakes cereal and next 3 ingredients in a small bowl. Sprinkle over casserole in diagonal rows 2 inches apart.
- 4 Bake at 350° for 30 minutes. Remove from oven; let stand 10 minutes. Sprinkle marshmallows in alternate rows between cornflake mixture; bake 10 minutes. Let stand 10 minutes before serving.

Source

Source: Southern Living 2009

Swiss Potato Gratin

Recipe Scan



3	cups	grated peeled potatoes	1	teaspoon	minced garlic
1	cup	milk (whole or 2%)	1/4	teaspoon	ground nutmeg
1/2	cup	heavy whipping cream	1/4	teaspoon	pepper
1	teaspoon	salt	1/2	cup	shredded Swiss or Gruyere cheese

Grated potatoes and creamy Swiss or Gruyere cheese make this side dish a satisfying alternative to mashed or baked potatoes.

Procedure

- 1 In a saucepan, combine the potatoes, milk, cream, salt, garlic, nutmeg and pepper. Bring to a boil over medium heat, stirring occasionally.
- 2 Pour into a 8x8" glass baking dish coated with nonstick cooking spray. Sprinkle with cheese. Bake, uncovered, at 425° for 20-25 minutes or until heated through and golden brown.

Twice Baked Potato Casserole

8	medium baking potatoes, about 4 pounds	2	garlic cloves, minced
1	package (8 oz) cream cheese, at room temperature	1 1/2	teaspoons salt
1/2	cup butter, softened	1/2	teaspoon pepper
1	pint sour cream	1/4	cup chopped chives, for garnish
2	cups (1/2 pound) shredded sharp cheddar cheese (divided use)	6	slices bacon, cooked crisp, drained & crumbled, for garnish



Paula's Twice Baked Potato Casserole is part of her Christmas dinner menu, which starts with a beef main course. "There just isn't any better combination than meat and potatoes," Paula writes. "This is such a great dish because you can make it the day ahead, and you've still got that delicious flavor of baked potatoes."

Procedure

- 1 Preheat oven to 350°F. Pierce potatoes and place on baking pan. Bake for 1 hour 15 minutes, until very soft.
- 2 Cut potatoes in half, scoop out the insides into a large mixing bowl, and mash with an electric mixer with wire whip or hand potato masher. Add cream cheese, butter, sour cream and 1 cup of cheddar. Stir well. Add garlic, salt and pepper, and stir again.
- 3 Spray a 13x9" baking dish with non-stick cooking spray. Place potato mixture in dish, cover with plastic wrap and refrigerate casserole until ready to bake.
- 4 When ready to bake, preheat oven to 350°F, remove plastic wrap and bake casserole for 30 to 35 minutes until hot. Sprinkle remaining 1 cup cheddar over top of casserole and return to oven for about 5 minutes, until cheese melts. Garnish with chopped chives and crumbled bacon before serving. Makes about 15 servings.

Source

Author: Paula Deen

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