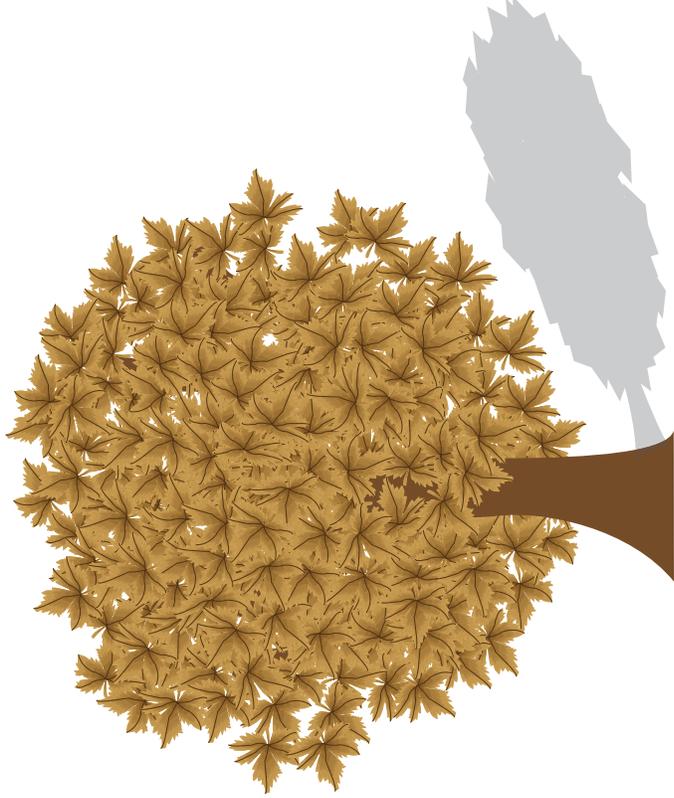


# What's Cookin',



## The Family Cookbook

Brought to you by:



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# Introduction

# Introduction

## Welcome!

Welcome to our family cookbook. The purpose for this cookbook is to preserve and to share our favorite and wonderful recipes. We have provided a three ring binder in order for you to add new recipes to your collection and you can email us new recipes at [recipe@imgazize.com](mailto:recipe@imgazize.com) so that we can all share our recipes. You can check [www.imgazize.com/resources](http://www.imgazize.com/resources) for the latest updates. Just as we received recipes from previous generations, our hope is to pass these on to future generations to enjoy. Bon Appetit!

Our family mission:

- To love each other.
- To encourage and help each other.
- To wisely use our time, talents and resources to bless others.
- Our home will be a place where our family, friends, and guests find joy, comfort, peace, and happiness.
- We want to teach our children to love and develop their unique talents.
- And lastly, we remember life's treasures.

# Introduction

## What's New

Added: Pulled Pork, Pound Cake, Babaganoush

Changed: Zurchinni Bread, Tiramisu

Changed: Egg Drop Soup

Added: Oven fried chicken with biscuits, Paksiw, Egg Drop Soup, Cutout cookies, chocolate-peppermint sandwich cookies, Pistachio linzertort with Cherry Jam, brown sugar, Macaroon cherry surprise  
Changes: added lighter version of pancakes.

Added: Teriyaki, Pancakes, "Canned Chicken"

Changes: Moroccan Chicken & Potatoes, Zucchini Bread, reordered the poultry section

Added: Ginger Marinated Pork Tenderloin

Changes: Cinnamon Struesel

Added: Chocolate Cheesecake, chocolate truffles, Seven layer magic cookie bars, Chicken Kiev

Changed: moved Rice Krispie cookies before Rice Krispie Treats to preserve alphabetical order, added choice of either flour or graham cracker crumbs for the chocolate chips oatmeal bars, fixed wording on M&M Cookies

Added Lemon-Garlic Seafood Pasta, Ham Glaze

Added: Pesto, sauce section, breakfast section, breakfast casserole, quiche, Blondie Bars, Corn Bread with Maple Butter

Improvements: Moved pancakes, coffee cake, waffles to breakfast section, fixed beef stew recipe, breads now after soups and salads.

Added: Cream of shrimp soup, Rice Krispie Treats, Pie crust, crumbled top apple pie, Pan Seared Salmon, Paella, Minestrone, Chocolate pudding cake, "Lawry's" Kosher Seasoned Salt, Now Spices & Rubs, play dough, nut crusted mahi mahi, macaroni and cheese

Corrections:

Improvements: Chocolate brownies

New: Ingredient substitutions. Play area

# Breakfast

## Breakfast

### Breakfast Casserole

*This delicious casserole is very filling.*

- 12 eggs
- 2 cups milk
- 1 cup heavy cream or half and half
- 1 ½ cup grated cheese (mozzarella or cheddar)
- 1-2 french loafs, cubed
- 2 lbs of sausage.
- 2 tbsp olive oil
- 1 large onion, diced
- 3-4 cloves of garlic, diced
- salt and pepper

Cube the bread. Let it out for a few hours/days. The more stale, the better it will absorb.

Cook up the sausage until done. Set aside and drain. Cut up into small pieces.

Heat a pan on medium high. Once hot, heat olive oil for 1-2 minutes. Add the onion and cook for 4-5 minutes. Add the garlic and cook until the onion is

slightly transparent. Set aside, cool.

In a large bowl, add the cubed bread, cooled sausage, onion mixture and 1 cup of the cheese. Grease the bottom of a 9" x 13" pan pour the bread mixture inside the pan. In a separate bowl, beat 8 of the eggs together. Add the milk and then finally salt and pepper. Pour it over the bread mixture. (Optionally, cover the mixture and cool it in the fridge overnight.

On the day you will bake it, preheat the oven to 350°F. In a separate bowl, beat the 4 remaining eggs. Add the heavy cream or half and half. Finally, add the cheese. Now pour the mixture over the top of the pan. Bake for about 1 hour or until golden brown.

# Breakfast

## Coffee Cake

### Cake:

2 ¼ cups Bisquick  
2 tbsp sugar  
1 egg  
¾ cup water or milk

### Version 1: Streusel:

1/3 cup Bisquick  
1 cup Brown Sugar  
1 tbsp cinnamon  
melted butter

### Version 2: Coconut Praline:

1 cup flaked coconut  
1 cup chopped pecans  
1 cup brown sugar  
4 tspn milk  
2 tspn ground cinnamon  
½ cup butter, melted

Ideas: Mix in nuts in the batter. Mix in coconut into the batter (optional: toast the coconut)

Heat oven to 375° F. Mix up coffee cake and spread on a bottom-greased brownie pan (9x13). Spread out to cover surface evenly. For Streusel coffee cake, add Streusel on top and pour melted butter evenly over the mixture. For Coconut praline, put 2 or 3 batches on top. Bake about 18-20 minutes or until done. Put tin foil over it and bring it in for your co-workers.

# Breakfast

## Crepes

*Thin Pancakes, yummm!!!*

### Pancakes:

3 eggs  
2 cups milk  
1 tbsp oil or melted butter  
1 tsp Vanilla  
1 tsp Almond Extract (optional)  
1 tbsp sugar (optional)  
1 ¼ cup flour, sifted

Filling suggestions: butter & powdered sugar, maple syrup, chocolate, applesauce, fruit filling

Whisk the eggs until it is all mixed. Add the mil, oil/ butter, Vanilla, (optional) Almond Extract and (optional) sugar. Slowly add the flour while whisking. You may end up with a few lumps, but that's ok. Heat a non-stick pan. Lightly spray with oil or non-stick spray. Pour just enough to cover about half the pan. Lift up the pan and rotate it around until the whole bottom of the pan is covered. After it begins to set, use the spatula and put it under the pan all the way around. Now, flip the crepe and cook until lightly browned. Spread a light coating of the filling and then roll up the crepe.

# Breakfast

## Pancakes, Bisquick

- 2 eggs
- 1½ cup milk
- 2 cups Bisquick
- 1 tsp vanilla
- 4 tbs brown sugar (optional, for a sweeter pancake)
- (for lighter pancake) add:
  - 2 tsp baking powder
  - 1-2 tbs lemon juice ( add to milk and let sit for 5 minutes)

Stir egg until blended. Add milk. Stir rest of ingredients until well blended. Add Bisquick and mix until all of the Bisquick is part of the mixture. Do not overstir.

# Breakfast

## Pancakes

Based on recipe from the Better Homes & Gardens cookbook.

- 2 tbs table sugar
- 8 tbs brown sugar (optional, for a sweeter pancake)
- 4 tbs
- 2 beaten egg
- 2 cups milk or buttermilk (add 2 tbs lemon to the milk and let stand for five minutes if you do not have buttermilk)
- 4 tbs cooking oil
- 2 tsp Vanilla
- 2 cups all-purpose flour
- 4 tsp baking powder
- ½ tsp salt

non-stick spray or oil

Hardware:  
skillet

Mix the first 7 ingredients together until well blended. In a separate bowl, mix the flour, baking powder and salt together. Add the dry ingredients to the wet ingredients until just mixed. **Do not worry about lumps.**

Heat the skillet at medium heat for 2-3 minutes. Spray the non-stick spray or spread the oil. Pour the batter to the size pancakes you want. Turn over when the pancakes start bubbling and it is golden brown. Cook the other side until it is golden brown.

# Breakfast

## Quiche

*This breakfast pie can be made a bunch of different ways.*

5 eggs  
1 ½ cup heavy cream  
salt and pepper  
4 strips of Bacon and/or 3-4 links sausage (optional)  
Pie crust  
2 egg yolks.

Option 1:

9 oz. spinach  
1 lb. chopped mushrooms

Option 2:

2 green onions, chopped  
2 cloves garlic, chopped  
3-4 sun dried tomatoes

Option 3:

Mix of your choice of vegetables

Preheat the oven to 375°F. Cook the bacon and or sausage until they are completely cooked. Slice up and set aside. Heat a pan for 2-3 minutes over medium heat. Put in 2 tablespoons olive oil. Saute them until they are well cooked. Put them in a paper towel lined strainer and let drain and cool. Meanwhile, beat the eggs in a large bowl. Then add the heavy cream and mix until well blended. Add the (optional) bacon and/or sausage and the sauted vegetables. Pour mixture into a pie pan. Cover the pie pan with the pie crust. In a separate bowl, beat the two egg yolks and brush the egg mixture on top of the crust. Slice a couple of slits in the crust to allow steam to escape. Bake for 25-30 minutes or until firm.

# Breakfast

## Waffles, Bisquick

1 egg  
2 tbs vegetable oil  
1 1/3 cup milk  
2 cups Bisquick

Stir all ingredients until well blended. Pour onto a hot, greased waffle iron. Bake until steaming stops and waffle is golden brown.

## Breakfast

### Waffles

- 2 eggs
- 2 cups all-purpose flour,
- ½ cup vegetable oil or melted butter or melted margarine
- 1 ¾ cup milk
- 1 tbsp granulated or brown sugar
- 4 tsp baking powder
- ¼ tsp salt
- 1 tsp Vanilla
- 2 tsp Almond extract (optional)

Heat waffle iron. Beat eggs with a hand beater until fluffy. Beat in remaining ingredients until smooth. Spray waffle iron with non-stick cooking spray with flour (or just use regular Pam). Pour batter from cup or pitcher onto center of hot waffle iron. Cook about 5 minutes or until steaming stops. Remove waffle carefully.

# Appetizers

# Appetizers

## Babaganoush

*Based on Food Network recipe by Ellie Krieger.*

- 1 large eggplant (about 1 pound)
- 1 head of garlic
- 1/4 teaspoon salt
- 1/8 tspn cayenne pepper (Optional)
- 1/4 cup finely chopped fresh flat-leaf parsley, plus more for garnish
- 3 tablespoons olive oil
- 2 tablespoons tahini
- 2 tablespoons lemon juice

Preheat oven to 450 degrees F.

Cut the egg plant in half, lengthwise. Brush some olive oil on the exposed eggplant. Prick eggplant with a fork and place on a cookie sheet lined with parchment paper, skin side up. Cut the top off of the garlic head. Pour some olive oil over it and sprinkle with a little kosher salt.

Bake the eggplant and garlic until they are soft inside, about 25 minutes. Let the eggplant and garlic cool. Drain off the liquid from the eggplant. Scoop the pulp into a food processor. Process the eggplant until smooth (especially the seeds) and transfer to a medium bowl.

After the garlic is cool, take the garlic cloves out of their skin. They should be very soft. Add the garlic, tahini, lemon juice, salt and (optional) cayenne pepper to the eggplant mixture and process until they are incorporated. Stir in parsley, pulsing a few times to mix the parsley in. After placing the mixture in a bowl, garnish with additional parsley.

# Appetizers

## Bruschetta

- 6-7 roma tomatoes
  - 2 cloves garlic, cut finely ( or 2 tbsp roasted garlic)
  - 4 tsp balsamic vinegar
  - 1 tbsp Italian seasoning
  - 2 tbsp parmesan cheese
  - 1 tbsp extra virgin olive oil
  - 8 fresh basil leaves, cut into thin (1/8" wide) strips, and then cut in half
  - 1 french or italian bread
  - 1/4 cup (or so) extra virgin olive oil
- hardware:
- glass bowl
  - small glass bowl
  - pastry brush
  - parchment paper (optional)
  - baking sheet

Cut the top off of the tomatoes, and puncture the exposed top with the knife a few times. Squeeze the tomatoes to get the seeds and the juice out. Dice the tomatoes. Now, add the vinegar, garlic, italian seasonings, parmesan and olive oil. (This part can be made a day ahead). When you are ready to make the bruchetta, add the basil to the tomato mixture.

Preheat the oven to 400F. Put one of the racks close to the top of the oven.

Cut the bread sideways making between 1/4" and 1/2" thick (depending on your preference). Put the parchment paper on the baking sheet. Brush the olive oil on one side of the bread, and put the bread oil side down. Bake 5-6 minutes on the top rack. Spoon the mixture on each piece of bread. It is ready to be served.

# Appetizers

## Fresh Egg Roll

½ pound shrimps  
¼ pound pork, boiled for 15 min  
1 can of bamboo shoots or hearts of palm  
salt and pepper  
10 lettuce leaves  
2 cloves garlic, rushed  
1 medium-size onion, diced  
1 tsp salt  
1 tsp fresh ground pepper  
fresh lumpia wrapper ( see directions)

### Lumpia Sauce:

4 tbsps cornstarch  
1/3 cup brown sugar  
¼ cup soy sauce  
1 ½ cups water  
crushed garlic

### Fresh Lumpia wrapper:

1 cup flour  
1 egg  
1 cup water

De-vein shrimps and cut into small pieces. Cut pork into small pieces. Cut bamboo shoots or hearts of palm into thin long strips. Sauté garlic, diced onion, shrimp, and pork, for about 10 minutes. Then add bamboo shoots or hearts of palm, salt and pepper to taste, and cook for another 5 minute. Drain well.

On a plate, lay wrapper flat, place a segment of lettuce leaf on wrapper, then put about 2 tbsp of filling on top of lettuce leaf and roll wrapper. Seal with a little water and place edges down. Serve with lumpia sauce and crushed garlic.

Sauce: Combine cornstarch, sugar, soy sauce, and water. Cook 5 minutes over low heat, stirring constantly to prevent lumps. When done, serve with crushed garlic.

Wrapper: Mix all ingredients until very smooth.

Lightly grease a non-stick pan and heat. Brush mixture onto pan. When dough starts to come away from the pan, lift wrapper out carefully. It will not left out if mixture is not done.

Yield: 10 pieces

# Appetizers

## Hummus

*This easy to make appetizer is a hit at parties.*

2 cans Garbanzo beans/Chick Peas, drained (keep the juice in a bowl)  
3-4 tbsp Tahini (Sesame seed oil) (optional)  
4-6 cloves of Garlic, chopped  
½ lemon or lime (optional)  
1/3-2/3 cup Olive Oil  
½ cup juice from the cans of chick peas/garbanzos beans  
½ tsp cumin  
salt/pepper to taste  
½ tbsp paprika  
1-2 packages of pita bread  
Additional olive oil

Place the garlic in a food processor. Turn on. Blend for 30 seconds. Add the chick peas/garbanzo beans. (Option) Slowly add the lemon/lime. (Optional) Add the cumin. Add the cumin and salt/pepper. Slowly, add the olive oil. Now, slowly pour in some of the juice until you get the desired consistency (like peanut butter).

Put mixture into a serving bowl and sprinkle the paprika on top.

Heat up the grill or pan on the stove. Lightly brush olive oil on both sides. Cook until the bread is warmed. Flip it over and repeat. Split into quarters.

# Appetizers

## Salsa

- 10 cooked shrimp – diced
- 5 roma tomatoes
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 jalapeno pepper, diced
- 1 can of crushed pineapples
- 1 cucumber, diced
- ½ red onion, diced
- 2 tbsps Cilantro, sliced
- 2 tbsps Lemon juice
- 1 tbsps Olive oil
- 1 tbsps Balsamic vinegar
- Salt and pepper to taste

Cut the tips off of the tomatoes. Slice inside and squeeze to remove all of the juices from the tomatoes. Dice. Add to the bowl. Add the rest of the ingredients. Adjust taste with the bottom five ingredients as necessary.

# Soups & Salads

# Soups & Salads

## Beef Stew

- 2-4 lbs of beef roast (or any good stewed meat), diced into big cubes
- 1 cup flour
- 1 medium yellow onion, diced
- 1 clove of garlic, diced
- 4 tbsp olive oil
- 5-6 medium potatoes, cut in to chunks.
- 2-3 cups of baby carrots
- 3-4 cups of broth (preferably low sodium) salt and pepper.

Heat a large port of medium high heat. Heat 2 tablespoons of oil for 1-2 minutes. Sprinkle a little salt and pepper on the oil. Add the onion and cook for 4-5 minutes. Add the garlic and cook for 3-4 minutes. Set aside the mixture. Add 2 more tablespoons of oil into the pot.

Coat each cube in flour. Using tongs (do not drop in because the oil may splatter), slowly add the beef roast. Once they are brown, add the potatoes and cook them for 3-4 minutes. Add the onion mixture back in. Add the carrots and then the broth. Cook for 45 minutes or more.

# Soups & Salads

## Corn Chowder

- 1 medium yellow onion, sliced
- 1 potato, peeled and cubed (optional)
- 1 tbsp vegetable oil
- 4 tbsp butter
- 6 cups corn
- 1 ½ cup milk
- 1/3 cup flour
- 4-6 chicken bouillon cubes or enough chicken broth to cover chicken
- 3 boneless, skinless chicken breasts
- kosher salt and pepper
- 1/8 tsp cayenne pepper (optional)

In one pot, put chicken breasts (even if frozen). Pour in chicken broth or bouillon cubes and enough water to cover chicken completely. Cook over high heat. Meanwhile, place half of the corn (3 cups) in a blender with the milk. Puree the mixture until relatively smooth. Heat a large pot over medium-high heat. Place oil and heat for 1-2 minutes. Place sliced onions and a sprinkle of salt and pepper in the pot. Flip over when the underside is slightly brown and translucent. When the other side is slightly browned, take out of the pot and place it on a cutting board. Slice finely. Set aside. Place potatoes in and cook until they are slightly tender. Take out and set aside.

In that same pot, reduce the heat to medium. Place the butter and stir it until completely melted. Slowly, whisk in the flour, removing all of the lumps. Pour the corn/milk mixture into the pot and whisk until smooth. Whisk in two cups of broth from the other pot.

Add remaining corn, sliced onions, and (optional) potato to mixture. Stirring occasionally. Take the chicken breasts out of the other pot and turn off the boiling broth. Cube the chicken and place in the soup. Add salt and pepper to taste. Turn the heat down to low and let it cook for 10 minutes.

## Soups & Salads

### Cream of Shrimp Soup

*This recipe takes a little time, but it is worth it.*

2 lbs uncooked shrimp (with shells at least on the tails)

Shrimp Broth:

3 tbsp olive oil  
kosher salt/black pepper  
shrimp shells (from the 2 pounds of shrimp)  
½ cup white wine or marsala  
1 large onion, diced  
2-3 carrots, diced  
4-5 cloves garlic, diced  
2-3 stalks celery, diced  
2 tsp whole black pepper  
2 bay leaves  
shrimp water

Soup:

8 tbsp butter  
2/3 cup all-purpose flour  
3 cups heavy cream or milk  
4-8 cups broth  
2 cups corn  
½ tsp cayenne pepper  
salt and pepper to taste

In a large bowl, defrost the shrimp with plenty of water. Once defrosted, keep the water, take the shrimp out and take off the shells and put the shells in a bowl. Dice up the shrimp into small pieces (I usually split it half on the thin side and then cut every ¼ inch lengthwise). Put in a bowl with a little black pepper and kosher salt (can also use garlic salt).

In a heavy pan, heat it at medium-high for 1-2 minutes. Add 1 tbsp olive oil. Heat for 1-2 minutes. Add half of the shrimp and cook the shrimp until all of the shrimp are an orange color. Using a slotted spoon, remove the shrimp. Then, pour the remaining liquid into a separate bowl. Heat pan for 1-2 minutes and add 1 tbsp olive oil. Heat for 1-2 minutes and cook the remaining shrimp. Again remove the shrimp with the slotted spoon and add the remaining mixture to the separate bowl.

Now, heat the last tablespoon of olive oil for 1-2 minutes. Add the shrimp shells and cook until they turn a dark red (3-4 minutes). Add the wine and cook for 1-2 minutes. Add the liquid collected from cooking the shrimp. Add the remaining ingredients. When the mixture reaches a boil, reduce the heat to medium-low,

## Soups & Salads

cover and simmer for 1 ½ hours. Pour the mixture into a large bowl using a strainer to remove all of the solid ingredients.

Once the broth is done, melt the butter in the microwave. Add the flour and mix completely. Heat a large pot at medium-high for 1-2 minutes. Add the flour/butter mixture. Using a whisk or stick mixer, whisk until slightly bubbly. Slowly add the cream (milk), whisking each time until the mixture has incorporated the cream (milk). Repeat the whisking procedure for the first 4 cups of broth. Lower the heat to medium. Allow it to cook for 5-10 minutes. Add the cayenne pepper, corn and cook for 5 minutes. Add the shrimp. Cook for another 10 minutes. If the soup is too thick, add more broth, one cup at a time. Finally, season with salt and pepper to taste.

## Soups & Salads

### Egg Drop Soup

*This delicious soup is a family favorite and its easy to make.*

- 1 tsp canola oil
- 6 green onions, sliced (including to green parts)
- 1 carrot, peeled, and diced finely
- 6 cups chicken broth
- ½ cup corn starch
- 1 cup warm water
- 4 eggs
- 2 cups corn
- salt and pepper to taste

#### Hardware:

- 1 large pot
- 1 spoon
- 2 bowls
- 1 fork

Heat large pot on medium-high heat for 2 minutes. Add 1 tbsp canola oil and heat it for 1 minute. Add the sliced green onions and diced carrots and stir occasionally for 2 minutes. Add the chicken broth, raise the temperature to high and heat till it is boiling. While waiting for the mixture to boil, crack the eggs in a bowl and whisk them together. Set aside. When the mixture starts boiling, stir the corn starch and warm water in the other bowl until it is well mixed. Add this mixture to the boiling mixture. When the mixture starts boiling again, whisk the egg one more time. holding the fork over the pot in one hand and the bowl with the egg mixture in the other hand, slowly pour the egg mixture through the fork into the boiling stew. Add the corn and lower the temperature to medium low and cook for 3-4 minutes or until the corn is cooked. Add salt and pepper as needed. (Depending on your broth, no salt may be required)

## Soups & Salads

### Minestrone

*It's always a good soup day. Based on a combination of recipes.*

- 8 tablespoons olive oil
- kosher salt
- black pepper
- 2-3 large potatoes
- 6 cloves garlic, chopped
- 2 onions, chopped
- 2 cups chopped celery
- 5 carrots, sliced
- 1 bundle green onions (or leeks), chopped
- 2 tsp italian seasoning
- 2 bay leaves
- 4 cups chicken broth
- 1 can (15oz) tomato sauce
- ½ cup red or white wine (I use Marsala) (optional)
- 1 cup canned kidney beans, drained
- 1 (15 ounce) fresh sugar snap peas, cut coarsely
- 3 zucchinis, quartered and sliced
- ½ cup seashell or pasta
- (Optional) ratio of broth/tomato sauce.
- salt and pepper to taste

Heat a large sauce pan at medium high heat for 2-3 minutes. Add 3tablespoons olive oil and heat for 1-2 minutes. Add a sprinkling of kosher salt and black pepper. Add the garlic and saute for 2-4 minutes. Add chopped onion and saute for 4-5 minutes. Add 1 tablespoon of italian seasoning. Add green onion, potatoes, carrots and celery and saute for 1-2 minutes. Add chicken broth and tomato sauce; bring to a boil, stirring frequently. (Optional) Add wine and cook for 1-2 minutes. Reduce heat to low. Add zucchini, sugar snap peas, remaining italian seasoning, kidney beans. Simmer for 30-40 minutes. Add the pasta and cook until the pasta is tender (12-15 minutes approximately) If there is not enough liquid, add one can of tomato sauce to every 2 cups of chicken broth.

Add salt/pepper to taste.

## Soups & Salads

### Smooth Potato Leek Soup/ Vichyssoise

*Joy of Cooking, page 102-103*

- 3 tsp unsalted butter, or 1 tbsp butter and ¼ cup water
- 8 large leeks (white part only), cleaned thoroughly and chopped
- 3 medium or 2 large baking potatoes, peeled and thinly sliced
- 5 cups Chicken stock, vegetable stock, or water
- Salt to taste
- ¼ tsp ground white or black pepper
- ½-1 cup heavy cream or combination heavy cream and milk (optional)
- chives, snipped (optional)
- 1 tbsp olive oil
- 1 medium or large baking potato, cut into small cubes (optional)

Melt butter in a soup pot over low heat. Add leeks and cook until tender but not browned (about 20 minutes). Stir in potatoes and chicken stock and bring to a boil. Once boiling, reduce the heat and simmer until the potatoes are soft (about 30 min). Puree mixture until smooth. Season with salt and pepper. Optionally, add heavy cream

or heavy cream/milk mixture. Put chives on top of each bowl served.

IDEA: In a separate pan, heat olive oil over medium heat. Once the oil is hot (1-2 min), add the potato and cook thoroughly. Add to soup.

# Breads

# Breads

## Biscuits

2 ¼ cups Bisquick  
¾ cup milk  
Extra Bisquick

Preheat oven to 450 deg. Stir 2 ¼ Bisquick and milk until soft dough forms. Turn onto surface generously sprinkled with Bisquick. Knead 10 times.

- Roll ½" thick. Cut with 2 ½" cutter. Place on ungreased cookie sheet.
- Drop dough by spoonfuls onto ungreased cookie sheet.

Bake 8-10 minutes or until golden brown

# Breads

## Corn Bread with Maple Butter

Maple butter:

¾ cup (1 ½ sticks) unsalted butter, room temperature  
3 ½ tablespoons pure maple syrup (preferably grade B)

Muffins:

1 cup yellow cornmeal  
1 cup unbleached all purpose flour  
¼ cup sugar  
1 tablespoon baking powder  
¼ teaspoon salt  
1 tsp Vanilla  
1 cup buttermilk (or 1 cup milk + 1 tbspl lemon juice, let stand for 5 minutes)  
1 large egg  
5 tablespoons unsalted butter, melted, cooled slightly  
1 cup corn, drained  
cooking spray or butter

hardware:

2 mixing bowls  
muffin tray or 9" x 13" casserole dish

For maple butter:

Using electric mixer, beat butter in medium bowl until creamy. Gradually beat in maple syrup until well blended and smooth. DO AHEAD Can be made 1 week ahead. Cover and refrigerate.

For muffins:

Preheat oven to 375°F. Spray or Butter 12 regular (1/3-cup) muffin cups. Sift cornmeal, flour, sugar, baking powder, and salt into medium bowl. Add corn kernels. Whisk buttermilk and egg in another medium bowl; whisk in melted butter. Add buttermilk mixture to dry ingredients; stir just until incorporated (do not over mix). Pour into lightly greased 9" x 13" pan. Bake muffins until tester inserted into center comes out clean, about 15 minutes (bread will be pale). Cool on rack 10 minutes. Serve with maple butter.

# Poultry

# Poultry

## Baked Chicken with Potatoes Lyonnais

*Based on recipe from cooks.com*

- 1 chicken (3 lbs.), cut up, or 3-4 boneless, skinless chicken pieces
- 6 tbsp. butter
- 4 garlic cloves, crush through a press
- $\frac{3}{4}$  tsp. dried thyme
- 2 tbsp. minced fresh parsley
- 4 med. baking potatoes, peeled and thinly sliced
- Salt (kasher recommended) and freshly ground pepper
- 2 med. onions, thinly sliced

Preheat oven to 350 degrees. If using a whole chicken, gently pull chicken skin away from flesh without removing; leave skin attached at several points. Lightly season the chicken with salt and pepper.

Combine melted butter, garlic, thyme and parsley in a small bowl. Using a pastry brush, paint the butter mixture all over chicken and under the skin.

If you want the dish to be cooked quicker, put the cut potatoes in the microwave for 7 minutes. Arrange potato slices, overlapping slightly, in a lightly greased 13x9x2 inch baking dish. Season with salt and pepper. Arrange onion slices on top. Place chicken pieces skin side up on top of potato-onion slices. Brush again with garlic butter. Bake for 1 hour, basting every 20 minutes with remaining garlic butter.

# Poultry

## “Canned” Chicken

Also known as “Beer Can Chicken,” this is a delicious, easy way to make a tender chicken.

### Rub:

- 1 tbsp kosher salt
- 1 tbsp black pepper
- 1 tbsp paprika
- ¾ cup dark brown sugar
- 1 whole chicken, giblets & neck removed, rinsed
- 1 can of coke, Dr. Pepper or beer
- olive oil

### gravy (optional):

- ½ cup white wine (or marsala)
- 4 tbsp butter
- 1/3 cup flour

### hardware:

- 1 roasting pan
- thermometer
- wooden spoon
- whisk

Apply approximately 2/3 of the rub to the chicken, getting the rub underneath the skin, on the skin and in the cavities. (Optionally refrigerate for up to a day). Put the rack low enough for the chicken to stand up. Preheat the oven to 400° F. Before opening the can, insert the can into the big cavity of the chicken to make sure it fits. Remove and using a can opener, open the top of the can. Pour out about 1/3 of the liquid. Put a few holes towards the top (above the liquid line). Over a bowl, gently pour in the remaining rub into the can (it may spill over). Place the can, standing up in the roasting pan and then put the chicken over the can. The chicken should be vertical, with the legs on the pan to help stabilize the chicken and prevent it from falling over. Pour olive oil on top of the chicken, trying not to wash away the rub. Insert the thermometer probe in the thickest part of the oven and place in the oven and bake for 30 minutes. Turn down the oven to 350°F and bake until the thermometer reads 170°F. Remove from the oven. Let stand for at least 10 minutes before trying to remove the can from the chicken.

(Optional) Take the can out of the pan. In a separate bowl, heat the butter until melted. Add the flour until completely mixed. Place the roasting pan on the stove. Add the wine and use the wooden spoon to break up any browned bits on the roasting pan. Add the butter/flour mixture, continually whisking. When

# Poultry

it has turned to a light brown color, whisk in the remaining liquid from the can. Continue heating until the mixture is smooth and thickened. Taste it. Adjust taste with salt, pepper and/or dark brown sugar.

# Poultry

## Chicken Kiev

*Based on recipe from Joy of Cooking*

4 boneless chicken breasts (each cut in half)  
½ cup flour

Herb Butter:

½ lb. (2 sticks) unsalted butter, softened but not liquid  
2 tbsp fresh lemon juice  
1 tbsp minced fresh parsley  
1 tbsp finely chopped herb  
1 head of garlic, roasted (preheat oven to 350° F, on a baking sheet, pour a little olive oil and kosher salt, bake for 30 minutes, let cool)  
½ tspn salt  
½ tsp black ground pepper

Breading:

2 cups bread crumbs  
1 tspn kosher salt  
1 tsp ground black pepper

Egg mixture:

2 large eggs  
2 tsp water

Equipment :

3 bowls  
1 plate  
1 baking sheet  
large skillet  
1 bread pan  
parchment paper  
mallet, using the flat side.

Herb Butter: In a bowl, cream all of the ingredients in a bowl. Place some parchment paper inside a bread pan and pour in the butter mixture. Refrigerate for a minimum of 2 hours.

For each chicken breast, place the breast in between two sheets of plastic wrap. Pound until about ¼" thick. Keep in the plastic wrap to prevent the breasts from sticking to each other.

Place the breading ingredients in a zip-loc back. In a bowl, whisk the eggs and water. On a plate, spread the flour. Split the herb butter into even pieces.

For each of the chicken breasts, apply salt and pepper to both sides. Place

# Poultry

the herb butter section about 1/3 of the way on the chicken breast. Fold the bottom over the herb butter. Take the sides of the breast and fold them over the herb butter (should be completely covered). Roll up the rest of the chicken. Completely cover the rolled chicken breast in flour (including the sides). Place the flour covered chicken breast in the egg mixture and then place in the bread crumb mixture. Place the chicken rolls on parchment paper and refrigerate for one to eight hours. Preheat the oven to 350° F. Heat oil in a large pan with medium-high heat. Arrange the chicken rolls in the pan and cook until the first side is nut brown. Carefully (using tongs) turn over and brown the other side. Place the breast on a baking sheet and bake for 15 minutes.

# Poultry

## Chicken Lo Mein

*Based on recipe from Joy of Cooking. Lo Mein means "Fried Noodles"*

Marinade:

- 2 tsp cornstarch or all-purpose flour
- 1 tsp salt (preferably kosher)
- 2 tsp + 1tsp (to be used later) toasted sesame oil
- 3-4 boneless, skinless chicken breasts

Vegetables: (you can use these or your own variety. You can adjust the quantities. If you add a lot more vegetables, you may want to double up chicken stock mixture.

- 1 cup Carrots, thinly cut
- 1 large onion, chopped
- ¼ cup mushrooms (optional)
- 1 tsp minced garlic
- fresh ground pepper to taste (optional)
- ¼ cup bean sprouts (optional)

Chicken stock mixture:

- ½ cup chicken stock
- 4 tbsp oyster sauce
- 2 tbsp soy sauce
- 1 tbsp sugar

Other:

- 1/3 cup + 3 tbsp peanut oil
- 6 oz. of Chinese egg noodles, Japanese Udon noodles or dried spaghetti sesame seeds (optional)

Cut chicken breasts in across the grain into very thin slices (you may want to have the chicken partially frozen). Toss the chicken and the marinade ingredients in a bag and make sure the chicken is well coated. Marinade for 30-40 minutes.

Heat a pot of water until it is boiling. Add the noodles and cook for about 12 minutes (if fresh noodles, read the package and see how long to cook them). Drain the noodles and pour cold water on the noodles until they are cool to the touch. Make sure it is drained completely. Toss in 1-2 tsp toasted sesame seed oil. Set aside.

After the chicken has marinated, heat the wok/pot over high heat. When the wok/pot is hot, add 1/3 cup peanut oil. When the oil is hot, but not smoking, add the chicken (be careful not to splash oil when putting it in. Stir quickly, making sure the separate the chicken pieces. Cook lightly (some pieces may brown). Drain the chicken and set aside. Heat the wok/pot again and add 3 tbsp peanut

# Poultry

oil. When the oil is hot, but not smoking. Add all of the vegetables (except the bean sprouts). Stir around until all of the vegetables are coated with oil, about 1 minute.

Pour the Chicken stock mixture into the wok/pot. Stir to make sure all of the vegetables and coated. Cover the wok/pot for about 1 minute to steam the vegetables (if you add a lot more vegetables, you may want to steam them for up to two minutes). Uncover and add the noodles and chicken to the mixture. Toss the mixture for 30 more seconds. (Optional) Add the bean sprouts/sesame seeds to top.

Toss the mixture for 30 more seconds.

# Poultry

## Chicken Marsala

*Based on recipe from Better Homes and Gardens New Cook Book. This dish goes well with mashed potatoes*

- 4 boneless chicken breasts
- ½ cup all-purpose flour
- ½ tspn dried marjoram
- ¼ tspn salt
- ¼ tspn pepper
- 2 cups portabella mushrooms
- 4 tbsp green onions, sliced (white parts of 2-3 bundles)
- 6 tbsp margarine or butter
- 1 cup chicken broth
- 1 cup dry marsala (italian wine) or dry sherry
- 1 tspn fresh parsley, minced (optional)
- 1 mallet (for pounding)

In a zip-loc bag, combine the flour, marjoram, salt and pepper. Rinse off the chicken and then pat dry. Place each piece of chicken in between two sheets of plastic. Starting from the center, pound the chicken until it is about 1/8 in thick. Put each one in the flour mixture to coat, shake off any excess flour. Set aside. In a large pan, melt 2 tbsp of the butter. Add the green onions and mushrooms and cook until tender. Set aside the mixture. Add remaining 4 tbsp of butter and when melted, place the chicken and cook until lightly brown on both sides. When they are done, take them out and place them on the serving dish. (You can also cut them into quarters). Put the mushroom/green onion mixture back in the pan and then add the marsala and the chicken broth. Heat mixture uncovered until the mixture is thick. Pour mixture over the chicken and then (optionally) sprinkle the parsley. If there is not enough sauce to your liking, spoon some of the mushrooms back in the pan, add another tbsp of butter, some of the remaining flour mixture. Heat and mix the butter and flour, add some more marsala and chicken broth and again heat until thickened.

# Poultry

## Chicken Parmesan

*Based on recipe from Joy of Cooking. This simple dish is breaded chicken breast with tomato sauce and a mix of cheeses served with a side of pasta.*

- 1 egg
- 2 tbsp butter
- 1 cup Garlic & Herb or plain bread crumbs
- 1 tbsp parmesan cheese
- 1 tspn onion powder
- 1 tbsp garlic powder
- 1 tbsp oregano
- salt and pepper
- 2-3 boneless, skinless chicken patties
- 4-6 slices of mozzarella (or enough shredded to cover chicken breasts)
- 1 jar Prego Tomato sauce
- Pasta (spaghetti or mostaccioli )

Turn on broiler. Melt butter, whip egg into it. In a plastic bag, mix the bread crumbs, parmesan cheese, onion powder, garlic powder and oregano. Pat chicken breasts down. Apply salt and pepper to both sides of the chicken breast. Dip chicken breast into egg mixture. Put chicken breasts in bread crumb mixture and shake plastic bag to coat. Place chicken breasts in a greased 9x13 in pan. Broil on each side for 2 minutes. Turn on oven to 450° F. Bake about 15 minutes or until almost done.

While baking, heat up water for the pasta and heat up sauce. When water is boiling, apply some salt and add pasta. When 15 minutes is up, add sauce on top of the chicken breast (enough to stay on top). Sprinkle parmesan cheese and then add the mozzarella cheese. Sprinkle a little oregano on top. Cook until cheese is melted and the chicken is done.

When the pasta is done, drain. Serve chicken with pasta & sauce.

# Poultry

## Chicken Pot Pie

*Based on recipe from Joy of Cooking.*

- 1-2 pie crusts
- 4 tbsp butter (or ½ cup no fat mozzarella cheese for low fat)
- ½ cup all purpose flour
- 1 ½ cups milk
- 4-6 crushed bullion cubes
- 4-6 cups water
- 1 cup frozen peas/carrots
- 2 cup frozen peas/carrots
- 1 medium chopped onion
- 3 boneless, skinless chicken breasts (cooking directions below).
- (to taste) Salt (preferably Kosher) and pepper

Preheat oven to 450 deg F. Place one pie crust upside down on a plate. If Place chicken breasts in large pot. Pour in enough water & bouillon cubes to cover the chicken. Cook with high heat. In another big pan, put in tbspn of oil (or cover with cooking spray). Cook carrots and onions until carrots are slightly soft. Take out of pan and set aside. Melt butter (use low heat for cheese). While whisking, mix in the flour, a little bit at a time (too fast and it clumps up) Continuing to whisk, add milk, then 2 cups of broth from the boiling chicken breasts. Add the onion & carrot mixture to the flour mixture. Cube or shred cooked chicken. Add to mixture. Add corn & peas (or other vegetables). Add salt and pepper to taste.

# Poultry

## Lemon-ginger Chicken With Roasted Root Vegetables

*Bon Appetit. Serve a dry Riesling to complement the subtle ginger flavor of the roasted chicken.*

- 2 tbsps olive oil
- 1 tbsps minced peeled fresh ginger
- 2 tsps grated lemon peel
- 2 tsps paprika
- 2 tsps salt
- 1 tsp ground black pepper
- 2 4½-pound whole roasting chickens

Roasted Root Vegetables (see side dish section)  
2 tbsps chopped fresh parsley

Preheat oven to 425°F. Whisk first 6 ingredients in small bowl. Rinse chickens inside and out; pat dry. Rub oil mixture in cavities and over outside of chickens. Tie legs together with string to hold shape. Tuck wing tips under. Place chickens on rack set in large roasting pan. Roast chickens until juices run clear when thigh is pierced or until thermometer inserted into thickest part of thigh registers 180°F, about 1 hour 15 minutes.

Transfer chickens to platter. Pour pan juices into medium bowl; spoon off fat and discard. Drizzle juices over chickens. Surround chickens with Roasted Root Vegetables. Sprinkle vegetables with parsley.

# Poultry

## Moroccan Chicken & Potatoes

*This easy to make dish is delicious and easy to make.*

4-4½ lb. chicken

sauce:

- 1 onion
- 12 garlic cloves
- 2 tsp parsley ( fresh or dried)
- 2 tbsp coriander
- 2 tsp turmeric
- 2 tsp cinnamon
- 2 tsp kosher salt
- 1 tbsp paprika
- ¼ tsp cayenne pepper
- 1 tbsp ground cumin
- 6 tsp butter
- 4 tsp lemon juice
- 1 cup olive oil + additional ( if needed )

3-4 medium Potatoes, cut into ½ inch cubes

seasoning:

- Pam
- kosher salt and pepper
- Lawry's seasoned salt

Hardware:

- Blender or food processor
- 9"x 13" baking pan
- aluminum foil

Preheat the oven to 400°F. In the blender/food processor, add all of the sauce ingredients until it is completely smooth. Add additional olive oil if the mixture if the blender/ food processor will not mix it enough.

Cut the chicken in half or quarters using a knife or shears. Liberally, sprinkle salt, pepper and seasoned salt on the chicken and the potatoes. Spray Pam on the 9x13 pan and place the chicken and potatoes in there. Pour the sauce over the chicken and potatoes. Allow the chicken and potatoes to marinate for up to 2 hours. Cover the chicken with aluminum foil and bake in the oven for 1 ½ hours.

# Poultry

## Oven Fried Chicken with Bisquits

Delicious without all of the butter

Chicken:

- 1/2 cup Bisquick
- 1 tsp kosher salt
- 1 tsp paprika
- ¼ tsp pepper
- 1 cut up whole chicken (2½-3 lbs)

2¼ Bisquick

2/3 cup milk

2 tsp fresh parsely

Hardware:

- baking sheet
- parchment paper
- shallow bowl
- mixing bowl

Heat oven to 425°F. Spray a parchment lined baking sheet. Combine bisquick, salt , pepper, and paprika to the shallow bowl. Dredge each piece of chicken and place skin side down. Bake for 35 minutes. In a mixing bowl, combine all of the bisquit ingredients until a soft dough forms. After 35 minutes, turn chicken and place on one side of the baking sheet. Spoon out about 1/4 cup spoonfuls onto the parchment paper, spaced about 1 in apart from each other. Bake for 15 minutes are until the bisquits are light golden brown and the juice from the chicken is clear.

# Poultry

## Paksiw

This is a delicious way to use those leftovers to make a different meal.

- 2 tbsp canola oil (or olive oil)
- 6 green onions, sliced (including the green)
- 1 tbsp whole peppercorns
- 1 head of garlic (approximately 12 cloves)
- ½" ginger, diced finely
- ¼ cup rice vinegar (or clear)
- ½ cup soy sauce
- 2 bay leaves
- 5 cups of water or chicken broth (enough to cover turkey)
- leftover turkey, cut into bite size pieces (include the bones for more flavor)
- salt and pepper to taste

hardware:  
large pot

Heat pot over medium-high heat for 1-2 minutes. Add oil and head for 1 minute. Add the sliced green onions and peppercorns for 2-3 minutes. Add the garlic and ginger and heat for 2 minutes. Add the turkey and heat for 2-3 minutes. Add the vinegar and the soy sauce, stirring the turkey to evenly coat. Add the bay leaves and water. Bring to a boil and then reduce the heat to medium-low. Add salt and pepper to taste.

# Poultry

## Roasted Salt Chicken, Chinese Style

*This seems like a lot of salt, but its not.*

- 1 three to five lb pound chicken.
- 3-5 cups rock salt (for pickling) or kosher salt
- Option 1:
  - 3 tbsps dark soy sauce
  - 3 tbsps sesame oil
  - 3 cloves garlic, crushed

Mix the marinade and rub the chicken inside and out. Put ¼ cup of the salt inside the bird, along with the chopped onion. Place 1 cup of the salt on a large piece of aluminum foil and set the bird in the salt. Cup the foil up around the bird and pour the remaining cup of salt on top. Seal up with more foil if necessary and place on a baking pan. Bake at 375 degrees F. for one hour, or until done to your taste.

Brush the salt from the chicken before serving. Hack the chicken up into small serving pieces. Serve warm or cold.

Yield: 4 to 6 as part of a Chinese meal Stuffed Chicken

# Poultry

## Roast Turkey #1

1 (14 to 16 pound) frozen young turkey

For the brine:

- 1 cup kosher salt
  - ½ cup light brown sugar
  - 1 gallon vegetable stock
  - 1 tbsp black peppercorns
  - ½ tsp allspice berries
  - ½ tsp candied ginger
  - 1 gallon iced water
- For the aromatics:
- 1 red apple, sliced
  - ½ onion, sliced
  - 1 cinnamon stick
  - 1 cup water
  - 4 sprigs rosemary
  - 6 leaves sage

Canola oil

Combine all brine ingredients, except ice water, in a stockpot, and bring to a boil. Stir to dissolve solids, then remove from heat, cool to room temperature, and refrigerate until thoroughly chilled.

Early on the day of cooking, (or late the night before) combine the brine and ice water in a clean 5-gallon bucket. Place thawed turkey breast side down in brine, cover, and refrigerate or set in cool area (like a basement) for 6 hours. Turn turkey over once, half way through brining.

A few minutes before roasting, heat oven to 500 degrees. Combine the apple, onion, cinnamon stick, and cup of water in a microwave safe dish and microwave on high for 5 minutes.

Remove bird from brine and rinse inside and out with cold water. Discard brine. Place bird on roasting rack inside wide, low pan and pat dry with paper towels. Add steeped aromatics to cavity along with rosemary and sage. Tuck back wings and coat whole bird liberally with canola (or other neutral) oil.

Roast for 30 minutes. Remove from oven and cover breast with double layer of aluminum foil, insert probe thermometer into thickest part of the breast and return to oven, reducing temperature to 350 degrees F. Set thermometer alarm (if available) to 161 degrees. A 14 to 16 pound bird should require a total of 2 to 2 ½ hours of roasting. Let turkey rest, loosely covered for 15 minutes before carving.

# Poultry

## Roasted Turkey, Original

*Bon Appetit/Mom.*

- 1 Turkey
  - Twine
  - salt
  - pepper
  - 3 cups low-salt chicken broth
- Brine:

½ cup salt per 1 Gallons Water

- 1 lemon
  - 2 onions
  - 1 lemon
  - 6 cloves garlic
  - ½ cup olive oil
- Spread:

- 1 ½ sticks butter
  - 3 tbsp fresh parsley
  - 3 tbsp fresh sage
  - 3 tbsp fresh thyme
  - ¾ tspn salt
  - ½ coarsely ground black pepper
- Inside Cavity:

- 4 whole sprigs fresh parsley
  - 4 whole sprigs fresh sage
  - 4 whole sprigs fresh thyme
  - 6 green onions
  - 1 ½ pounds shallots
- Gravy:

- 1 cup dry white wine
- 2 tbsp flour
- 3 Days Before:
- Put Turkey into the fridge.

Day Before:

Take Turkey out of the refrigerator. Take the giblets (bag of stuff) and neck (if it has one). Rinse the Turkey thoroughly (inside and out). Sprinkle some salt on the inside of the turkey. Place the Turkey in a pot big enough to allow the turkey to be submersed in water. Peel the onions and cut the onions so that disks about ¼- ½ in thick. Cut the lemon the same way. Peel the garlic and cut them in half.

# Poultry

Put the onions, garlic, lemon, and olive oil in pot with the Turkey. Make the brine mixture, keeping the ratio of ½ cup for every gallon of water. The Turkey should be submersed in water. Cover and keep cool.

That Day:

Position the oven rack to the bottom third of the oven. Preheat the oven to 425 degrees. Take the turkey out of the brine mixture. Save the lemon, onion, and garlic. Pat dry inside and out (with paper towels). Rub salt and pepper on turkey, inside and out.

In a bowl, place softened butter. Chop up parsley, sage, and thyme and add to the bowl. Add salt and pepper and mix. Starting at the neck, place your hands between the skin and breast meat to loosen skin. Place three tbsps of the spread on the breast meat (under the skin). Apply the spread inside and out. Set aside the unused portion.

Peel the shallots and cut them all in half. Put one sprig of parsley, thyme, and sage in the neck cavity. Put one green onion in there along with one onion slice, one lemon slice, two cloves of garlic. If there is any space, put shallots there. Close it with a toothpick to prevent the onion, etc. to fall out. Put the remaining parsley, sage, thyme, green onions, onions, garlic, and lemon inside the big cavity. Fill the remaining cavity with shallots. Any shallots remaining at the bottom of the Turkey pan.

Using twine, tie the wings. Go ahead and wrap the twine around the turkey so that the wings are against the bird body (otherwise they will cook too quick and burn. If the legs do not have something to keep the base of the legs together, tie the legs together. Place aluminum foil to cover the breast and wing area. Put Turkey in the oven.

Wait 30 minutes, pour ½ cup chicken broth, baste.

Wait 30 minutes, pour ½ cup chicken broth, baste.

Turn oven down to 350 degrees

Wait 30 minutes, pour ½ cup chicken broth, baste.

Wait 30 minutes, pour ½ cup chicken broth, baste.

Wait 30 minutes, take aluminum foil off, pour ½ cup chicken broth, baste.

Wait 30 minutes, pour ½ cup chicken broth, baste.

Repeat: wait 30 minutes, baste until the thermometer reaches 180 degrees

- Make sure that the turkey thermometer does not touch bone and the thermometer is in the thickest part of the thigh).

After the turkey is done, place the turkey on a platter. Apply 1 tbspn of spread onto the top of the turkey. Transfer any vegetables that are in the bottom of the pan.

# Poultry

Pour the juices at the bottom of the pan into the remaining spread. Put the pan (that cooked the Turkey) directly on the stove. Put the turkey pan onto the stove. Add the wine and 1 cup chicken broth to the pan. Scrape up any brown bits (stuck to the pan) reduce (let the liquid evaporate) by half. Pour bowl (with the juices and the spread) into a pan, and cook. While whisking, put in the flour (don't add the flour all at once or it will clump). When the flour is all mixed in, add the pan juices (with wine and broth) to the mixture. Cook until the gravy is thick enough to coat the spoon lightly. Add the shallots, and cook for one more minute.

# Poultry

## Salt-Baked Chicken

Categories: New Import  
Yield: 4 servings

- 4 c Kosher salt
- 1 (3-pound) chicken
- 1 tsp Dried thyme
- 1 Lemon, ends trimmed, Pierced with a fork
- ½ To 1 cup water

### Option 2:

- 1 onion, diced
- 3 cloves garlic, crushed

- 1 lemon
- 1 tsp dried thyme or a few Springs of thyme

Preheat oven to 450 F. Line roasting pan with foil. Then cover the foil with a thick layer of salt. Sprinkle chicken cavity with thyme. Stuff with whole lemon. Place chicken, breast side down, on top of salt. Cover all exposed surfaces completely with remaining salt. Sprinkle with water to seal and place in oven. Bake uncovered about 1 hour.

Remove chicken from oven. Let sit for 10 minutes, then break crust. Remove all of salt, wiping with a paper towel, if necessary. Cut into pieces.

Makes 4 servings.

# Poultry

## Spinach-ricotta Stuffing

Based on recipe from *Joy of Cooking*

10-12 oz bunch bag spinach, trimmed, washed, and coarsely chopped.

- 2 tspn olive oil
- ½ cup finely chopped onion
- 1 tspn minced garlic
- 1 cup ricotta
- ½ cup soft bread crumbs from day-old bread
- 2 tbspn grated Parmesan cheese
- 2 tspn olive oil
- ½ tspn salt
- 1/3 tspn ground pepper
- Pinch of grated or ground nutmeg

### Other

- Salt and pepper
- Large Boneless, skinless chicken breasts

Preheat oven to 400 deg F.

Heat spinach in a large skillet over medium heat until wilted. Remove from heat. When spinach is cool enough to handle, squeeze out the excess liquid and set aside. Put the skillet back on the stove on medium heat. After a minute, heat 2 tspns olive oil. After the oil is hot (1-2 minutes), add onion and garlic. Cook until tender (about 3-4 minutes). In a large bowl, combine the spinach, onion, and garlic. Toss those with the remaining ingredients.

Cut any excess fat off of the chicken breasts. Score the chicken widthwise to make it easier to fold chicken. Lightly salt and pepper both sides of the chicken. Place 1-2 spoon fulls of stuffing on the chicken breasts and fold the chicken breasts over. Use metal or water-soaked toothpicks to hold together. NOTE: It is OK for some of the stuffing to be exposed. Spray non-stick spray on 13x9 in pan. Place chicken into pan. Bake for 20 minutes or until chicken is done.

## Poultry

### Visayan Chicken Curry

*Based on a recipe from [recipedatabase.com](http://recipedatabase.com).*

Ingredients:

- 1 whole chicken, cut into serving portions or slice chicken
- 1-½ tbsp. curry powder
- salt and pepper to taste
- 1 tsp cayenne pepper
- 1 tsp turmeric
- 3 tbsp. cooking oil
- 4 cloves garlic, minced
- 1 medium onion, sliced
- 4 small tomatoes, sliced
- 2 Chicken Bouillon cubes
- 3 cups coconut milk
- 3 medium potatoes, peeled and quartered

Marinate chicken in salt, pepper, curry powder, turmeric and cayenne pepper for about 10 min. Heat oil and saute garlic, onions and tomatoes. Add chicken bouillon cubes and marinated chicken. Cook until chicken turns slightly brown. Add the potatoes and cook for a few minutes, stirring to coat the potatoes with the mixture in the pot. Pour coconut milk and simmer until chicken is tender. Serve hot with rice and (optionally) a choice of condiments like chutney, mashed boiled egg, fried saba bananas and raisins.

# Meat

## Meat

### Brown Sugar & Bourbon Rib

*Based on recipe in Bon Appetit, July 2005. This fall off the bone recipe is delicious and easy to make.*

Ribs rub  
2 tbsp coarse kosher salt  
8 tbsp (packed) golden brown sugar  
1 tbsp dry mustard  
1 tbsp dried thyme  
1 tsp ground cinnamon  
1 tsp cayenne pepper  
2-2 1/4 pound racks of baby back ribs

#### Ribs

1 large onion, sliced  
1 cinnamon stick, cut in half  
1 1/4 cups apple cider  
pepper (optional)

#### Basting Sauce

1/2 cup (packed) golden brown sugar  
1/2 cup apple butter  
1/4 cup bourbon whiskey  
1/4 cup apple cider vinegar  
5 tbsp apple cider  
2 tbsp ketchup

and/or

Sweet Baby Ray's BBQ Sauce (or your personal favorite)

Remove (or score) the underside membrane of the ribs. Mix the ingredients of the Ribs rub and then rub them on both sides of the ribs and place the ribs in a roasting pan. Cover and chill for at least 6 hours and up to one day.

Preheat the oven to 325°. Lift ribs from the pan. Scatter onion, cinnamon stick and then pour in the apple cider. Return the ribs, meat side down. Cover the pan with aluminium foil. Roast ribs in oven until meat is tender, about 2 hours. Uncover; cool at least 30 minutes to 2 hours.

Whisk all ingredients of the basting sauce.

Either prepare a medium-high heat grill or turn on your broiler. Grill/Broil ribs until heated through and slightly charred. Brush generously with basting sauce until sauce becomes a sticky glaze. Repeat brushing to add more sauce to the ribs as desired. Heat remaining sauce in microwave for 1 minute and serve with the ribs.

## Meat

### Ginger Marinated Pork Tenderloin

*This easy to make dish is delicious!*

#### Marinade:

1 cup chicken broth  
1/4 cup soy sauce  
1/4 cup packed brown sugar  
3 tbsp ketchup  
3 tbsp grated/peeled ginger  
1 tbsp balsamic vinegar

3/4 lb tenderloin

1 tbsp olive oil

1 cup chicken broth

#### Hardware:

Dutch oven or pot that can be in the oven.

Mix all of the ingredients together in a plastic bag. Add the pork. Marinade for up to 24 hours. Remove pork from marinade (keep the marinade), pat dry the pork and let the pork stand. Preheat the oven to 425°F.

Heat the dutch oven on the stove for 1-2 minutes as medium-high heat. Heat the oil for 1-2 minutes and sear all sides of the pork. Pour the marinade and the additional chicken broth into the pot with the pork. Cover the container and put in the oven for 20-40 minutes. Let rest, cut into slices.

## Meat

### Lechon Kawali ( Pan –Fried Roast Pork)

2 to 3 lbs of pork shoulder , with skin  
4 cups water  
2 tbs salt  
1 to 2 cups cooking oil  
2 cups lechon sauce

Boil pork in water with salt until skin is tender. Remove from heat and drain. Cool and air dry. Deep fry in oil until tiny blisters appears on the skin. Chop into serving pieces. Serve with Lechon (Liver) sauce or a dip of vinegar, salt and crushed garlic.

## Meat

### Lechon (Roast Pork)

3-4 lbs pork shoulder, with skin  
3 tsp salt  
1 cup freshly ground pepper

#### Sauce:

½ lb liver or 1 cup liver pate  
½ cup apple cider vinegar  
1 cup bread crumbs  
3 tbsps finely minced garlic  
1 cup finely minced onion  
salt and freshly ground pepper to taste  
3 tbsps brown sugar

Season meat with salt and pepper. Bake at 350 F for about 2 hours or until skin is brown and crisp. Serve with lechon sauce.

Sauce: In a saucepan, combine all the sauce ingredients and bring the mixture to a long simmer (about 20minutes) over moderate heat. If using chicken liver, broil the liver till it is half done first and extract the juices by pressing through a sieve or stainer.

# Meat

## Meatloaf

*Hmmm. Meaatloaf.*

Loaf:

- 1-2 lbs ground beef
- 1 tbsp onion powder
- 1-2 eggs
- 1 cup bread crumbs (seasoned or unseasoned)

Sauce:

- Ketchup
- Brown sugar
- Worcestershire or soy sauce
- dry mustard

Hardware:

- 8 x 8 casserole

Preheat the oven to 350°F. Combine the first three ingredients. Slowly add the bread crumbs , mixing well. Put into a greased pan and form into a loaf shape. Bake for 20 minutes. Meanwhile, add the sauce ingredients together. Microwave for 30 seconds. After the 20 minutes, cover the top of the meatloaf with some of the sauce. Cook for 20 more minutes. Repeat with the sauce. Cook for 20 more minutes (60 minutes in all). The sauce can be served with it.

# Meat

## Pulled Pork

Stage 1:

- Pork Chops or pork roast, cut up into 2 inch width sections
- 4-6 cups of chicken broth (enough to cover the pork completely)
- 1/4 cup ribs rub from (Brown Sugar & Bourbon Ribs recipe)
- 1/2 cup Sweet Baby Ray's BBQ Sauce (or your personal favorite)

Stage 2:

- 1-2 cups Stage 1 liquid
- 2-4 cups Sweet Baby Ray's BBQ Sauce (or your personal favorite)

buns (optional)

Hardware:

- Pressure Cooker or crock-pot
- Pot
- 2 Forks
- Cutting board

Put all of the Stage 1 ingredients in the pressure cooker/crock pot. Make sure that the pork is completely covered. Cook until the pork is extremely soft ( 1-1.5 hours for pressure cooker). Take pork out of the pressure cooker/crock-pot (keep the liquid). Use the forks to split apart the pork. If you have trouble splitting the pork, you may need to cook it longer.

Place the split up pork in another pot. Add 1 cup of the Stage 1 liquid and 2 cups barbeque sauce. Add additional liquid/barbeque sauce to get the desired consistency. Heat on stove until heated all the way through. Serve on buns or eat it by itself.

## Meat

### Roasted Pork Loin with Apple and Caraway Stuffing

From *Michael Symon, Food Network: Great for parties.*

- 2 tbsp butter
- 2 tbsp chopped onion
- 1 cup fresh bread crumbs
- 2 Granny Smith apples, cored, peeled and chopped
- ½ cup golden raisins
- 1 orange, zested
- 1 tbsp caraway seeds
- Salt and pepper
- 2 two pound boneless pork loin (with fat on one side)
- 1 cup apple cider
- 1 cup sour cream
- 4 oz white wine

Optionally, the night before, cut pocket as described later in the recipe. Season the pork with Kosher salt and pepper, rubbing both all around including inside the pocket. Dice onion and garlic and stuff the pocket. Wrap in plastic wrap and put in the fridge.

Melt the butter over low heat and cook onions until translucent, and then remove the onions from heat. Fold in the bread crumbs, apples, raisins, orange zest, and caraway and season with salt and pepper.

Preheat oven to 400 deg F. Cut a pocket into the pork loin between the meat and the outer layer of fat. NOTE: The pocket should be shy of reaching the end of the loin by one inch. Fill the pocket with the stuffing. NOTE: Additional stuffing can be baked in the pan. Score the pork rind with a sharp knife. Using twine, have at least two loops lengthwise and 4 width wise.

Whisk together cider and sour cream and place in a casserole equal to the size of the two pieces of pork. Place pork in casserole rind side down and bake for 30 minutes. Turn pork over and cook, rind side up for another 30 minutes.

Reduce heat to 350 degree. Basting every 20 minutes, cook for another hour or until the internal temperature reaches 150 degrees F. Let rest for 20 minutes. Remove additional stuffing and put on serving tray. Deglaze the roasting pan with 2 ounces white wine and season. Slice the meat and serve with the jus. If the dish is getting cold, pour a little heated chicken broth over the pork.

# Pasta

# Pasta

## Baked Lasagne

1 lb no pre-cook lasagna  
1 cup shredded Parmesan cheese  
1 oz. Butter

### Tomato Sauce:

12 oz. Ground beef (optional)  
4 tbsp olive oil  
1 onion, finely chopped  
2 bacon slices, chopped (optional)  
3 cups carrots, finely chopped  
1 celery stalk, finely chopped (optional)  
1 garlic clove, crushed  
Salt and Pepper (to taste)

### Option 1

1½ cups red wine  
28 oz. Can chopped tomatoes  
1 bay leaf  
2 cups Prego (optional)

### Option 2

1 large bottle of Prego

### Bechamel Sauce

3 2/3 cups milk  
1 bay leaf  
3 mace blades  
½ cup butter  
¾ cup flour  
1 cup mozzarella cheese (optional)  
salt and ground pepper (to taste)

Preheat the oven to 400 deg. Heat olive oil in the saucepan 1-2 minutes.

(Optional) Stir in the ground beef and cook until browned. Using a slotted spoon, take the meat out and set aside.

(Optional) Cook the bacon until well browned. Take the bacon out, chop, and set aside.

Add olive oil and heat 1 minute. Add the onion and cook over gentle heat for 5 minutes. Add the (optional) bacon, carrot, celery, garlic. Cook for 2-3 minutes more. (Optional) Add the ground beef back.

# Pasta

### Sauce Option #1:

Add the wine, tomatoes, bay leaf, and (to taste) salt and pepper. Bring to a boil, then reduce the heat and simmer gently for 45 minutes. (Optional) Add the Prego.

### Sauce Option #2:

Add the Prego. Bring to a boil, then reduce the heat.

While the sauce is simmering, heat the milk, bay leaf, and mace blades in a separate large pot until almost boiling. Let it stand for 15 minutes. In another large pot, melt butter in a pan, whisk in flour, and cook for 1 minute. Strain in the milk, whisking all the time. Bring mixture to a boil, still whisking, and cook until thickened. Season to taste. (Optional) Add the mozzarella cheese.

Spread a little Bolognese sauce in an oven-proof dish. Arrange enough lasagne sheets to cover the bottom of the dish. Cover the lasagne sheets with Bolognese sauce and then the béchamel, then sprinkle with a little parmesan cheese. Repeat the lasagne, Bolognese and Bechamel layers, ending with the Bechamel sauce. Sprinkle with Parmesan cheese and dot with butter. Bake for 20-30 minutes, until well browned and bubbling. Let stand for 5 minutes, then serve hot.

# Pasta

## Country Style Rigatone

*Based on the title named dish at Go Roma, this is a culmination of recipes found on the internet and my own twists.*

- 3-5 hot italian sausage
- 1 lb shrimp
- 2 tbsp olive oil
- 1 onion, diced
- 4 plum tomatoes, juice/seeds removed and diced.
- 4-6 cloves of garlic, chopped finely
- 2 tbsp butter
- ½ cup white wine
- 2 cups heavy whipping cream (or for more low fat, skim milk)
- 1 lb rigatone noodles.

(For the pasta) Heat water in a pot until boiling. When it is boiling, cook the pasta for approximately 12 minutes. When it is done, pour a little olive oil and mix it with the pasta to prevent it from sticking.

(For the sauce) Meanwhile, heat a pot at medium high. Lightly score the sausage to remove the casing. Cut up the sausage into small clumps. Once the pot is hot, add the sausage and cook it until it is brown, continually slicing the sausage to be the size desired. Once it is cooked, add the shrimp and cook until the shrimp are done. Using a slotted spoon, take the sausage and the shrimp and set aside. Add 2 tbsp of olive oil to the remaining sausage fat, heat for two minutes. Then add the diced onions and cook until they are translucent. Add the tomato and cook for 3 minutes or so. Finally, add the butter and garlic and cook for another 1-2 minutes. Add the white wine and cook until the mixture reduces (3-5 minutes). Finally, turn the heat down to medium and add the whipping cream. Let it cook for 2-3 minutes stirring occasionally to mix everything together. Now, add the sausage/shrimp back together and then add the cook pasta. Once everything is coated, the meal is ready.

# Pasta

## Lemon Garlic Seafood Pasta

*As my wife would say, "Do you have something with a mix of seafood"?*

- Olive Oil
- Butter
- 1 lb shrimp, shells removed (keep shells for use later)
- 1 cup white wine
- 1 lb mixed seafood ( either as a pack or use mussels, crab meat, ...)
- 7-8 cloves, garlic, diced
- 1 onion, diced
- 4-5 sun dried tomatoes, diced
- 1 lb pasta (spaghetti, penne, linguine or your favorite pasta)
- ¼ cup lemon juice
- ½ cup chicken broth
- 2 tablespoons + ¼ cup parsley, finely chopped
- ½ cup parmesan cheese

### Seafood prep (can be done 1 hour before cooking):

Drain the shrimp and place in a zip-loc bag. Drain the mixed seafood in another bag. To each bag, add 2 cloves of garlic, 2 tablespoons of parsley, 1 tablespoon of kosher salt and ½ tsp of black pepper, the ½ cup of white wine, 1 teaspoon of lemon, and 1 tablespoon of olive oil. Set aside (can for up to an hour).

### Pasta (can be done while cooking the seafood and sauce):

In a big pot, heat water and (optional) bouillion cubes until the water comes to a full boil. Add 1-2 tablespoons olive oil and 1 tsp kosher salt. Add the pasta and cook until it is al dente (about 12 minutes for spaghetti, linguine or penne). Drain the water and liberally add olive oil to prevent the pasta from sticking. Keep the pasta covered to keep it warm.

### Seafood cooking and sauce preparation

Drain the liquid from the shrimp, setting aside ½ cup of the marinade. Set the shrimp aside and sprinkle with ½ teaspoon of kosher salt and black pepper.

Drain the liquid from the seafood mix. Set the seafood aside in a separate bowl and sprinkle with ½ teaspoon of kosher salt and black pepper.

Heat 2 tablespoons olive oil for 1-2 minutes over medium high heat in a separate pot. Add the shrimp shells and cook for 2-3 minutes. Using a slotted spoon, remove the shells and discard them. Add the garlic and cook until just starting to brown. Add 2 tablespoons of butter and cook for 1-2 minutes longer. Using a slotted spoon, remove the garlic and set aside in a small bowl. Add 2 tablespoons of olive oil to the pan. Fry up the shrimp (you may want to do it in batches to prevent too much liquid causing it to boil instead of fry). If there is not enough oil after a batch is removed, add 1-2 tablespoons olive oil. When

## Pasta

the shrimp is sufficiently fried, use the slotted spoon to remove the shrimp and place it in a separate bowl with a lid over it. Now, lightly fry the mixed seafood (the steam from the sauce and the pasta will finish cooking the seafood), again doing it in small batches. Once the seafood is done, place it in the same bowl with the shrimp and cover it again. Add 2 tablespoons of olive oil to the pan and sprinkle some garlic salt and kosher salt and pepper on the oil. Add the onion and cook until slightly translucent. Add the sun dried tomatoes and cook for 2-3 minutes. Add the browned garlic again and cook for 2-3 minutes further. Add the lemon juice, chicken broth and ½ cup of the shrimp marinade. Cook until it the mixture boils. Add 2 tablespoons butter. Now, in a large bowl/ container, toss together the pasta, seafood, sauce, parsley. If the pasta does not seem to have enough liquid, add some more olive oil. Finally, toss in the parmesan cheese and mix until the cheese is spread throughout the pasta.

## Pasta

### Linguine With Shrimp And Plum Tomatoes

*Bon Appetit, March 2001. Pasta with shellfish is an old Italian tradition. Have crusty bread on hand to serve.*

- 2 pounds uncooked large shrimp, peeled, de-veined, tails left intact
- 10 tbsps extra-virgin olive oil
- 1 pound assorted wild mushrooms (such as crimini, baby portobello, and stemmed shiitake), sliced
- 4 pounds plum tomatoes, seeded, chopped (about 7 ½ cups)
- 1 ½ cups chopped fresh basil
- 1 ½ cups plus 2 tbsps chopped fresh parsley
- 6 garlic cloves, minced
- ½ tsp dried crushed red pepper (optional)
- 1 pound feta cheese, crumbled (about 2 ½ cups)
- 2 cups grated Parmesan cheese
- 1 ½ pounds linguine

Place shrimp in medium bowl; sprinkle with salt and pepper. Heat 3 tbsps oil in heavy large skillet over medium-high heat. Add shrimp; sauté until cooked through, about 3 minutes. Using slotted spoon, transfer to plate; cover. Add 4 tbsps oil to same skillet. Add mushrooms; sauté until tender, about 8 minutes. Add tomatoes, basil, 1 ½ cups parsley, garlic, and red pepper, if desired; stir until heated through. Mix in both cheeses.

Meanwhile, cook linguine in large pot of boiling salted water until tender but still firm to bite. Drain. Return to pot. Add 3 tbsps oil; toss to coat. Add mushroom-tomato mixture to pasta; toss to coat. Season with salt and pepper. Transfer linguine to large bowl. Top with shrimp and 2 tbsps parsley.

Makes 8 servings

# Seafood

## Seafood

### Arroz a la Valenciana

This is for 3 cups of rice

In a saucepan heat:

6 cup of fish or shrimp stock ( or water w/ 2 bouillon cubes)  
½ tsp saffron ( you can use the cheap Mexican or Filipino saffron)  
1 tsp. paprika

In a paella pan sauce for 5 minutes:

3 tbs. olive oil  
1 small onion, chopped  
2 cloves garlic, chopped  
1 small tomato, diced  
¼ tsp. dried oregano

Add to pan any of your meats and continue cooking until meat just begin to turn opaque:

2 links of chorizo de bilbao, sliced  
½ skinned chicken breast, sliced

Add to pan:

3 cups long-grained rice (it's important to use long-grain)  
6 – 6½ cup hot fish stock (if you're using unsalted fish stock) this is the time to add either salt or fish sauce. If you're bouillon cubes that should be sufficiently salty. Lower heat to medium-low so that rice simmers uncovered for 15-20minutes.

When rice is three-fourths cooked, add to the rice:

¾ cup frozen peas  
your seafood:  
3 squid, cleaned & sliced  
¼ lb. shrimp, cleaned and de-veined  
10 mussels, cleaned  
10 small sea scallops

Cover pan and allow to steam for another 10 minutes until rice tender and seafood is cooked through .  
Serves 8-10.

## Seafood

### Escabeche ( Sweet and Sour fish)

2 lbs red snapper ( sea bass, bluefish or carp may be substituted)  
salt to taste  
1 cup white vinegar  
1 cup water  
½ cup sugar  
4tbsps vegetable or corn oil  
2 cups diced bean curd ( sold in oriental food stores)  
6 tbsps minced garlic  
1 cup chopped onion  
4 tbsps ginger, sliced julienne-style  
2 cups sliced mushrooms  
1 cup bell pepper cut in strips  
1 tbsp sifted flour

Clean fish and slit open. Season with salt inside and out. Mix vinegar, water, sugar and salt for sweet-sour taste. Set aside.

In a medium skillet, heat oil and fry fish and bean curd. Remove both from pan and set aside. In the same skillet, sauté garlic until light brown, then onion until transparent. Add ginger. Add the vinegar mixture. When the mixture boils, add fried fish, bean curd pieces, mushrooms and pepper, and flour to thicken. Cover the skillet and simmer for 5 minutes. Serve hot.

Serve 4

## Seafood

### Fennel and dill rubbed grilled salmon

*Based on recipe in Bon Appetit, 2005.*

1 tbsp fennel seeds  
¼ cup plus 2 tsp (packed) golden brown sugar  
3 tbsps Pimenton de la Vera (paprika)  
1 tbsp coarse kosher salt  
2 tsp ground black pepper  
2 tsp dried dill weed  
  
1 ¾ to 4 pound side on salmon with skin  
Olive Oil

Finely grind fennel seeds. Transfer to a small bowl. Mix in the next five ingredients. Prepare bbq. Brush salmon on both sides with olive oil. Rub spice mixture generously over the flesh side of the salmon. Place salmon, skin side up on the grill rack. Cover and cook until fish is slightly firmer, about 8 minutes. Turn over (without breaking) but placing a flat sheet on top and slide one underneath. Hold together and turn over. Slide out the trays. Cook for another 8 minutes or until the fish is slightly opaque.

# Seafood

## Florida Jumbalaya

- 3 tbsps butter
  - ½ cup chopped onion
  - 3 garlic cloves, chopped
  - ½ pound smoked sausage (such as kielbasa) or Italian sausage (casing removed), cut into ½-inch pieces
  - 1 cup long-grain white rice
  - 2 medium potatoes, peeled, cut into ½-inch cubes
  - 2 ¼ cups canned chicken broth
  - ½ cup dry white wine
  - 1 4-ounce jar sliced pimientos with juices (optional)
  - ½ tsp turmeric
  - Cayenne pepper
  - ½ pound large uncooked shrimp, peeled, de-veined
  - ½ pound squid (calamari), cleaned and sliced into rings. (optional)
  - ½ cup chopped fresh cilantro or parsley
- Fresh cilantro sprigs or parsley

Heat a heavy large saucepan over medium heat for 1-2 minutes.

*If using Italian sausage, add to heated pan. Sauté until beginning to brown (You may have to cut it up a few times inside as it tends to clump). Using a slotted spoon, place the sausage in a separate bowl.*

Melt butter in pan. Add onion and garlic and sauté until just soft, about 5 minutes. Add sausage; sauté until beginning to brown, about 5 minutes (if using Italian sausage, add and move to the next step. Add the turmeric until everything is coated well. Add rice and stir to coat with pan juices. Mix in potatoes, broth, wine, and (optional) pimientos with juices. Season with salt, pepper and cayenne. Bring to boil; stir well. Reduce heat to medium-low, cover and cook until rice and potatoes are tender and liquid is absorbed, about 20 minutes.

Add in shrimp, (optional) squid (calamari) and chopped cilantro/parsley. Cover and cook until shrimp are just cooked through and the (optional) squid is tender, about 4 minutes  
Mound jambalaya on large platter. Garnish with cilantro/parsley sprigs and serve.

# Seafood

## Lemon-Garlic Seafood Pasta

As my wife would say, "Do you have something with a mix of seafood?"

- Olive oil
- Butter
- 1 lb shrimp, shells removed ( keep shells for later use)
- 1 cup white wine
- 1 lb mixed seafood (either as a pack or use mussels, crab meat, ...)
- 7-8 cloves of garlic, diced
- 1 lb pasta (linguini, spaghetti, penne or your favorite)
- ¼ cup lemon juice
- ½ cup chicken broth
- 2 tbsps + ¼ cup parsley, finely chopped
- 4-5 sun-dried tomatoes, diced
- ½ cup parmesan cheese

### Seafood prep (can be done 1 hour before cooking):

Drain the shrimp and place in a zip-loc bag. Drain the mixed seafood in another bag. To each bag, add 2 cloves of garlic, 2 tablespoons of parsley, 1 tablespoon of kosher salt and ½ tsp of black pepper, the ½ cup of white wine, 1 teaspoon of lemon, and 1 tablespoon of olive oil. Set aside (can be up to an hour).

### Pasta (can be done while cooking the seafood and sauce):

In a big pot, heat water and (optional) bouillon cubes until the water comes to a full boil. Add 1-2 tablespoons olive oil and 1 tsp kosher salt. Add the pasta and cook until it is al dente (about 12 minutes for spaghetti, linguine or penne). Drain the water and liberally add olive oil to prevent the pasta from sticking. Keep the pasta covered to keep it warm.

### Seafood cooking and sauce preparation

Drain the liquid from the shrimp, setting aside ½ cup of the marinade. Set the shrimp aside and sprinkle with ½ teaspoon of kosher salt and black pepper. Drain the liquid from the seafood mix. Set the seafood aside in a separate bowl and sprinkle with ½ teaspoon of kosher salt and black pepper.

Heat 2 tablespoons olive oil for 1-2 minutes over medium high heat in a separate pot. Add the shrimp shells and cook for 2-3 minutes. Using a slotted spoon, remove the shells and discard them. Add the garlic and Pasta cook until just starting to brown. Add 2 tablespoons of butter and cook for 1-2 minutes longer. Using a slotted spoon, remove the garlic and set aside in a small bowl. Add 2 tablespoons of olive oil to the pan. Fry up the shrimp (you may want to do it in batches to prevent too much liquid causing it to boil instead of fry). If there is not enough oil after a batch is removed, add 1-2 tablespoons olive oil. When the shrimp is sufficiently fried, use the slotted spoon to remove the shrimp and place

# Seafood

it in a separate bowl with a lid over it. Now, lightly fry the mixed seafood (the steam from the sauce and the pasta will finish cooking the seafood), again doing it in small batches. Once the seafood is done, place it in the same bowl with the shrimp and cover it again. Add 2 tablespoons of olive oil to the pan and sprinkle some garlic salt and kosher salt and pepper on it. Add the onion and cook until slightly translucent. Add the sun dried tomatoes and cook for 2-3 minutes. Add the browned garlic again and cook for 2-3 minutes further. Add the lemon juice, chicken broth and ½ cup of the shrimp marinade. Cook until it the mixture boils. Add 2 tablespoons butter. Now, in a large bowl/container, toss together the pasta, seafood, sauce, parsley. If the pasta does not seem to have enough liquid, add some more olive oil. Finally, toss in the parmesan cheese and mix until the cheese is spread.

# Seafood

## Nut Crusted Mahi Mahi

*This can be made with any nuts.*

2-4 mahi mahi steaks (or salmon, halibut, ...)  
4 tbsp (or more) honey mustard (or dudgeon)  
kosher salt and pepper for seasoning

topping:

1 cup crushed nuts (almonds, macadamia, walnuts, pecans)  
2 tsp Lawry's seasoned salt (or kosher salt)  
2 tsp Garlic powder  
2 tsp dill  
2 cloves garlic, chopped (optional)  
2 tbsp Italian seasoned bread crumbs (can use plain)

Preheat the oven to 350°F. In a food processor, chops up the nuts until finely ground (but not into powder). Add the bread crumbs, seasoned salt, dill, garlic powder and (optional) garlic cloves. Pulse if for 10 seconds to have it mix evenly. Place the whole mixture in a bowl.

Sprinkle kosher salt and pepper on the fish (you can leave the skin) all over the exposed areas. Brush the mustard on the exposed areas of the fish. Lay the fish in the nut mixture and lightly press the mixture against the fish to make sure the fish is well coated.

Place the fish on parchment paper on a cookie sheet and put in the oven for 10 minutes. For each piece that does not have skin, flip over. Bake for about 10

# Seafood

## Paella

Based on [http://www.sallys-place.com/food/single-articles/paella\\_recipe.htm](http://www.sallys-place.com/food/single-articles/paella_recipe.htm)

- 3-4 chicken breasts
- 1 lb. kielbasa (or italian sausage or chorizo sausages) cut into 1 inch pieces
- 4 tablespoons olive oil
- 1 large onion
- 4 clove garlic, chopped
- 1½ cups medium grain rice
- 1 teaspoon kosher salt
- ½ teaspoon white pepper
- 1 teaspoon saffron threads
- 4 cups chicken stock (or 2 cups chicken stock and 2 cups clam juice)

1 pound shelled & cleaned shrimp marinated in:

- 1 clove garlic, chopped
  - 1 onion, chopped
  - 1 tablespoon parsley, chopped
  - 1 tsp kosher salt
  - 1/8 tsp. black pepper
  - ½ cup oil
  - ½ cup white wine
- 
- 2 cans artichoke hearts, drained
  - 1 jar whole pimientos, drained
  - ½ cup fresh or frozen peas/carrots (can use only peas), cooked and drained
- Option 1:
- ½ pound fresh mussels and/or clams
  - 8 lobster claws or crab claws
- Option 2:
- Seafood Mix (with mussels, calamari, shrimp, ...)

### 2 lemons, quartered

Marinate shrimp for at least one hour in a ziploc bag (minimum of an hour). Meanwhile, in a large pan, heat at medium high for 2-3 minutes. Add 2 tbs Olive oil and heat 1-2 minutes. Brown the sausage and set aside. Brown the chicken in the remaining liquid. Return the sausage to the chicken. Add chopped onions and garlic, brown. Using a slotted spoon, remove meat mixture from pan and reserve. Add rice to the pan and cook until slightly golden and transparent. Add salt and pepper. Add the broth and bring it to a boil. Dissolve saffron in the boiling stock. Put the meat mixture back in the pan, and cover,

# Seafood

reduce the heat to medium-low and cook slowly until the liquid is absorbed (about 30 minutes) on the cooktop.

Remove from marinade before adding to paella pan after the liquid has absorbed into the rice.

Garnish paella with the remaining ingredients (seafood, peas, ...). Cover and let the garnish ingredients steam for 20 minutes over a low fire (so the rice on the bottom does not burn). Serve with lemon sections.

# Seafood

## Pan Seared Salmon

*This dish is easy to make.*

- 3-4 salmon steaks or 1 3/4 to 4 pound side on salmon with skin
- 2 tbsp olive oil
- Lawry's seasoned salt, enough to lightly coat both sides.
- kosher salt
- black pepper
- 2 tsp dill, dried
- 2-4 tbsp soy sauce (preferably low sodium)

Preheat oven to 350° F. Pat dry the salmon. Sprinkle Lawry's seasoned salt lightly over both sides of the salmon. Lightly sprinkle kosher salt, black pepper and dill over both sides of the salmon. Using either a skillet or a grill skillet (that can be put in the oven), heat the pan for 1-2 minutes using high heat. Add olive oil and lift the pan up turning it to spread the oil around evenly. Heat for 1-2 minutes. Place the salmon in the pan (if there is a skin, place it at the bottom of the pan). Cook until the bottom of the salmon has either brown/black grill marks or the salmon is slightly browned (3-4 minutes). Flip over the salmon. (If salmon has skin, using tongs, tear of the skin. Lightly season the newly exposed salmon with Lawry's seasoned salt, kosher salt, black pepper, and dill). Cook until browned or grill marks. (If using the skin version, flip over and cook the previously skinned piece).

Finally, add soy sauce to the hot pan. Lift up and swirl the soy sauce around. Using the tongs, flip over each piece of salmon and twirl the pan again. Take off the stove and place the whole pan in the oven for 10-15 minutes or until done.

# Seafood

## Pistachio Crusted Pesto Salmon

Ingredients

- Kosher salt
- dried dill
- pepper
- Lawry's seasoned salt
- 4 (6-ounce) boneless, skinless salmon filets
- 1 cup store bought basil pesto
- 1 1/2 cups unsalted pistachios, shelled, chopped

Directions

Preheat the oven to 375°F

Line a sheet pan with parchment paper. Place the salmon filets on the sheet pan and spread the pesto sauce over the tops and sides. Press the chopped pistachios into the salmon to form a crust. Be generous with the pistachios, you want to form a good crust.

Bake for 10 to 12 minutes, depending on the size of the filets. My idea of the perfect salmon filet is slightly undercooked so you can still see that coral pink trail running through the middle of the fish.

# Seafood

## Tempura Perch

1 lb Perch or other whitefish  
conola/vegetable oil

Tempura:

1 cup ice water

1 egg

1 cup flour

1 tsp Garlic salt

salt and pepper to taste

Heat oil to 350deg. Beat eggs. Add ice water (make sure it is really cold). Add garlic salt and salt/pepper. Slowly add flour whisking. (Do not overmix). Dry off fish with a paper towel. Coat the fish in the tempura batter and then add carefully to the oil. If the fish is not submerged, turn over after about 3-4 minutes. Cook until slightly browned.

# Seafood

# Sides

# Sides

## Achara ( Relish)

*This Indian-influenced mélange of sweet-sour relish is a favorite in the Philippines. It is usually eaten as a side dish to accompany fried or broiled fish or meat.*

- 1 cup apple cider vinegar
- 1 cup sugar
- 1 tbsp salt
- 4 cups sauerkraut
- 4 cloves garlic, sliced julienne-style and cut in half
- 1 cup carrots, sliced julienne-style and cut in half
- 1 sweet green pepper, cored, seeded and sliced julienne-style
- 1 sweet red pepper, cored, seeded and sliced julienne-style
- ¼ lb ginger, sliced julienne-style
- 1 cup finely minced onion
- ½ cup raisins

Bring vinegar, sugar and salt to a boil in a large saucepan. Add the rest of the ingredients, cover and turn off heat. Let cool. Transfer to sterilized jar or bottle.  
Yield: about 7 cups

## Sides

### Corn Tomalito

*This delicious corn dish is very easy to make and it very popular at parties.*

- 6 cups corn
- $\frac{3}{4}$  cup milk
- 1  $\frac{1}{4}$  cup butter (½ stick), softened
- $\frac{1}{2}$  cup prepared masa for tamales (optional)
- $\frac{2}{3}$  cup sugar
- $\frac{3}{4}$  cup cornmeal
- $\frac{3}{4}$  tspn baking powder
- $\frac{3}{4}$  tspn salt

Defrost corn (if frozen). Puree in a blender half of the corn (3 cups) and the milk until corn is smooth. Add butter, masa, and sugar until the mixture is fluffy.

Bring mixture to a simmer on the stove, add cornmeal, baking powder, and salt, mixing constantly. Add the rest of corn and cook until heated, stirring occasionally.

## Sides

### Cranberry Salad

*From my Mom*

- 2 boxes cherry jello
- 3 cups boiling water
- 2 lbs cranberries-ground
- 3 oranges (& 1 ½ skins), ground
- 1 cup pecans, chopped
- 4 cups sugar

Boil water and add jello mix. Cool. Combined all of the other ingredients, except sugar. Once cool, add the jello. Add sugar slowly to taste.

## Sides

### Dumplings

- 2 cups Bisquick
- 2/3 cup milk
- 2 cups chicken broth
- 1/2 onion.

Peel and chop onion (into small pieces). Cook neck (if available), onion, chicken broth and water (leave some space from the top as the dumplings grow in size. In a separate bowl, mix Bisquick and milk until doughy. When the stew is boiling, spoon the dough in. Reduce the heat. Cook for 10 minutes covered and then ten minutes uncovered.

## Sides

### Roasted Root Vegetables

*From Bon Appétit, March 2007*

- 1 two and one-half pound butternut squash, peeled, seeded, cut into 1/2-inch pieces (about 5 cups)
- 1 one-half pounds Yukon Gold potatoes, unpeeled, cut into 1/2-inch pieces
- 1 bunch beets (about 1 1/2 pounds), trimmed but not peeled, scrubbed, cut into 1/2-inch pieces
- 1 medium-size red onion, cut into 1/2-inch pieces (about 2 cups)
- 1 large turnip, peeled, cut into 1/2-inch pieces (about 1 cup)
- 1 head of garlic, cloves separated, peeled
- 2 tbsps olive oil

Preheat oven to 425°F. Oil 2 large rimmed baking sheets. Combine all ingredients in very large bowl; toss to coat. Divide vegetables between prepared baking sheets; spread evenly. Sprinkle generously with salt and pepper. Roast vegetables until tender and golden brown, stirring occasionally, about 1 hour 15 minutes. (Can be prepared 2 hours ahead. Let stand at room temperature. Rewarm in 350°F oven 15 minutes.)

Makes 6 servings.

## Sides

### Roasted Vegetable Succotash

*Bon Appetit, Nov 2002, pg. 254*

- 1 lb yams (red skinned sweet potatoes), peeled, diced
- 8 oz parsnips, peeled, diced
- 8 oz rutabagas, peeled, diced
- 1 red bell pepper, diced
- 1 medium leek white and pale green parts only, cut into ½ inch pieces
- 3 tbsp plus 2 tspn extra-virgin olive oil
- 2 garlic cloves, minced
- 1 cup frozen baby lima beans, thawed
- 1 ¼ cups fresh bread crumbs made from crustless French bread (optional)
- 1 cup half and half
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped fresh oregano

Preheat oven to 400 deg F. Toss first 5 ingredients, 3 tbsp oil, garlic on a large rimmed cookie sheet; spread in a single layer. Sprinkle with salt and pepper. Roast until vegetables are almost tender, stirring occasionally, about 30 minutes. Stir in lima beans; roast until all vegetables are tender, about 10 minutes longer. NOTE: This can be made a day ahead. When ready to serve, place mixed vegetables into the microwave for 10 minutes while heating the half and half.

Stir bread crumbs and 2 tspn olive oil in a nonstick skillet over medium heat until crisp, about 5 minutes.

Bring half and half to boil in heavy saucepan. Mix in vegetables, half and half, parsley, thyme, and oregano. Sprinkle bread crumbs over top (optional)

## Sides

### Stuffing

- 2 loaves of bread
- 1 onion
- ½ cup celery
- ½ tspn sage
- 1 egg
- 2 tblspn turkey broth (from cooking Turkey milk (if necessary)
- 3 days before
- Break apart bread until ½ cubes (just rip apart) into a big bowl. Let it stand out. DO NOT COVER. Every 6 hours, mix up the bread.

Day of:

Finely chop onion and celery. Cook onion and celery and enough water to amerce both of them. Cook until they are both tender. Put the mixture on the stale bread. Add sage, egg, broth (from the turkey). Mix together. mix with your hands, making sure all of the bread is coated. The bread should be soggy. It will dry out as it cooks.

Place at the bottom or side of the turkey pan for the last hour of cooking the turkey. Cover the stuffing with aluminum foil the first half hour, and keep it uncovered for the remaining ½ hour (until it gets just a little bit crispy on the outside).

# Sides

## Macaroni and Cheese

*Based on recipe in the Gormet cookbook.*

Topping:

- ¼ stick unsalted butter
- 2 cups Panko (Japanese bread crumbs)
- 1 cup coarsely grated extra-sharp cheddar cheese
- ¼ cup parmesan cheese
- ¾ cup drive macaroni
- 1 tbsp olive oil
- 3 tbsp unsalted butter
- 3 tbsp flour
- ¼ tsp white pepper
- 2 ¾ cups milk
- ¾ cup heavy cream
- 4 cup coarsely grated extra-sharp cheddar cheese
- 2 tspn dijon mustard
- 2 tsp kosher salt
- ¼ tsp black pepper
- 1 cup water from the cooked pasta

Mix all of the topping ingredients except the butter. Preheat the oven to 400° F. Boil water in a large pot. When the pot is boiling, add salt and 1 tbsp olive oil and macaroni. When the macaroni is al dente (not completely soft), take out of the water (keep the water).

Meanwhile, microwave unsalted butter for 1 minute. Add the flour and mix completely. Slowly add the milk, whisking constantly. Bring to a boil, whisking constantly. Simmer, whisking occasionally, for 3 minutes. Stir in the rest of the ingredients. Turn off the stove.

In a large bowl, add 1 cup of the cooking water, pasta and cheese mix. Once it is all mixed together, pour into a bake proof pan. Sprinkle the bread crumb recipe on top of the macaroni mixture. Melt the ¼ stick butter and sprinkle on top. Bake for 20-35 or until the top is golden brown and the macaroni mixture is bubbling.

# Sides

## Scalloped Potatoes

**Version 1**

- 3 tblspn butter
- 4+ tblspn flour
- 3 cups milk
- 4 tblspn chopped onion
- 1 ½ tspn salt
- ¼ tspn pepper
- 6-8 potatoes (about 6 cups)

Preheat the oven to 350 degrees. Peel potatoes. Cut thin (less than ¼ in thick). Using a 9x13 in pan, spread Pam on it. Spread half of the potatoes evenly across the bottom of the pan. Spread half of the onions, salt, and pepper on the potatoes. Completely (but lightly) cover the potatoes with half of the flour on top (using a flour sifter works well). Pour half of the milk on top of the potatoes. Spread the remaining potatoes on top and repeat the directions with the remaining ingredients. Bake covered with aluminum foil for 35 minutes. Bake uncovered for 30 minutes.

**Version 2**

*Gormet, April 1994*

roux:

- 3 tbsps unsalted butter
- ¼ cup all-purpose flour
- 2 cups chicken broth
- 1 ½ cups coarsely grated extra-sharp Cheddar cheese
- 2 pounds boiling potatoes
- ½ cup fresh bread crumbs

Preheat oven to 350°F. and butter a 2-quart shallow baking dish.

In a heavy saucepan melt butter over moderately low heat and whisk in flour. Cook roux, whisking, 3 minutes and add broth in a stream, whisking. Bring sauce to a boil, whisking, and simmer, whisking, until thickened, about 2 minutes. Remove pan from heat and whisk in cheese and salt and pepper to taste, whisking until cheese is melted.

Peel potatoes and slice about 1/8 inch thick. In prepared baking dish make 5 layers each of potatoes and sauce, beginning with potatoes and ending with sauce. Scalloped potatoes may be prepared up to this point 2 hours ahead and kept covered.

## Sides

### Scalloped Potatoes (continued)

Sprinkle bread crumbs on top and bake, uncovered, in oven 1 hour, or until potatoes are tender and top is golden.

Serves 4 to 6.

#### Version 3

*Gourmet, Jan 1990*

- 2 cups thinly sliced onion
- 9 tbsps unsalted butter
- 6 tbsps all-purpose flour
- 3 1/2 cups milk
- 2 1/2 pounds boiling potatoes
- 1 1/2 cups coarsely grated sharp Cheddar (about 6 ounces)
- 1/3 cup dry bread crumbs

In a skillet cook the onion and 2 tbsps of the butter over moderately low heat, stirring, until it is very soft. In a heavy saucepan melt 6 tbsps of the remaining butter over moderately low heat, whisk in the flour, and cook the roux, whisking, for 3 minutes. Add the milk, scalded, in a stream, whisking, and bring the sauce to a boil. Simmer the sauce, whisking, for 1 minute and add salt and pepper to taste. Peel the potatoes and slice them 1/8 inch thick. Spread about one third of the sauce in the bottom of a well-buttered 3-quart gratin dish at least 2 1/2 inches deep, cover it with a layer of potato slices, overlapping the slices slightly, and cover the potatoes with one third of the onions. Sprinkle the onions with one third of the Cheddar and continue to layer the remaining sauce, potatoes, onions, and Cheddar in the same manner. Sprinkle the top with bread crumbs, dot it with the remaining 1 tbsp butter, cut into bits, and bake the mixture, covered with foil, in the middle of a preheated 400°F oven for 20 minutes. Remove the foil and bake the potato mixture for 30 to 35 minutes more, or until the top is golden and the potatoes are tender.

Serves 6 to 8.

# Desserts

# Desserts

## Baking suggestions:

The butter/margarine should be just barely mixable (not too soft, not too hard). If your cookies end up to flat or the mixture seems to soft, try putting the dough into the fridge with plastic wrap covering the bowl) for a couple of hours to harden up the dough and/or adding a couple tbsps of additional flour. The cooking times are approximate, so keep an eye on them. Also, if you want to substitute for the butter or margarine, 1 stick=½ cup. I always sift the dry ingredients (except the sugar). If you have any questions, let me know. Good luck!

# Desserts

## Blondie Bars

*These dense, delicious bars are similar to the mix I had as a kid. This recipe is based on a recipe from [www.cookies-n-cakes.com/blondie\\_borwnie.html](http://www.cookies-n-cakes.com/blondie_borwnie.html).*

- 1 ½ cups (7 ½ ounces) unbleached all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 12 tbsp (1 ½ sticks) unsalted butter, melted and cooled
- 2 large eggs
- 1 package of instant vanilla pudding
- 1 ½ cups packed (10 ½ ounces) light brown sugar
- 2 tsp vanilla extract
- 1 tsp almond extract
- 1 cup semisweet chocolate chips
- 1 cup pecans, toasted and coarsely chopped (optional)

Preheat oven to 350°F. In one bowl, mix flour, baking powder and salt together. Melt butter and let cool. Meanwhile, put the eggs in another bowl, mix and then add the instant vanilla pudding and blend for 1-2 minutes. Add the brown sugar and the cooled butter and mix until well blended. Finally, add the Vanilla and almond extract and mix until blended. Using a rubber spatula, fold the flour mixture into the egg mixture until just barely combined (do not over mix). Add the chocolate chips and (optional) nuts.

Spray a 9" x 13" pan with non-stick cooking spray, coating lightly. Pour the mixture into the pan and even out in the pan. Put in the middle rack and bake for 22-25 minutes or until the top is shiny, slightly cracked and almost firm to the touch. Let them cool for 5-10 minutes before cutting.

# Desserts

## Caramel Popcorn

*Who doesn't like caramel popcorn?*

- 2 cups light brown sugar , firmly packed
- ¼ tsp cream of tartar
- 1 tsp salt
- 1 tsp vanilla
- ½ cup light corn syrup
- ½ lb margarine
- 1 tsp baking soda
- 8 qts popped corn

Pop popcorn, place in large roasting pan.

In 2 ½ quart saucepan, combine brown sugar, corn syrup, margarine, vanilla, cream of tartar and salt. Bring to a boil. Stirring over med heat

Stirring constantly, boil rapidly about 5 minutes or until the mixture reaches 260 degrees on candy thermometer(hard ball). Remove from heat and stir in 1 tsp baking soda quickly but thoroughly. Pour at once over popped corn. Stir gently until all kernels are coated.

Bake at 250 degrees for 40 minutes, stirring every 10 minutes. Empty at once onto wax paper. Spread apart. Cool, then break into small clusters.

Store in tupperware or plastic bags.

# Desserts

## Cassava Cake

*This yummy cake canis easily made and is quite tasty. And, it seems to get tastier after a day in the fridge.*

Cake:

- 2 lbs grated cassava (available at some Asian stores)
  - 12-14 oz. can condensed milk
  - 12-14 oz can evaporated milk
  - 14-16 oz. can coconut cream (available in asian stores)
  - 2 cups coconut milk (available in asian stores)
  - ½ cup sugar
  - 2 tsp vanilla extract
  - 1 tsp almond extract (optional)
  - 5 eggs
  - grated coconut
- Topping:
- 2 egg yolks
  - 6 tbsp coconut cream (set aside from above)
  - 6 tbsp condensed milk
  - 2 tsp vanilla extract
  - 1 tsp almond extract (optional)
  - grated coconut

Preheat oven to 350° F. In a mixing bowl, combine cake ingredients (make sure to set aside the 6 tbsp of coconut cream for the Topping). Pour mixture into a buttered 9 x 13 pan and bake for approximately 35 minutes.

Mix the topping ingredients well and spread on top of cake and bake for another 25 minutes. If some of the coconut is browning on top, place some aluminum foil on top.

# Desserts

## Chocolate Brownies

1 package of instant chocolate pudding (optional for fudge brownies)  
Frango mint recipe, replacing the Frango mints with semisweet chocolate bars

Prepare the recipe the same way using the semisweet chocolate bars instead of Frango mints and (optionally) adding the chocolate pudding to the egg mixture.

# Desserts

## Chocolate Cheesecake

*Based on recipe by Nigella Lawson*

Cheesecake base:

- 1 1/3 cups graham cracker crumbs
- 1/2 stick butter
- 1 tsp vanilla
- 1 tablespoon cocoa

Cheesecake filling:

- 6 ounces bittersweet or semisweet chocolate, chopped small
- 2 1/2 cups cream cheese
- 3/4 cup superfine sugar
- 1 tbsp custard powder or vanilla pudding powder (preferable not instant)
- 3 large eggs
- 3 large egg yolks
- 1 tsp vanilla
- 2/3 cup sour cream
- 1/2 teaspoon cocoa, dissolved in 1 tablespoon hot water
- 3/4 cup semisweet chocolate chips (optional)

Sauce:

- 3 ounces bittersweet chocolate, finely chopped
- 1/2 cup heavy cream
- 1 teaspoon dark corn syrup

Equipment:

- large pot/kettle
- 9-inch springform pan
- roasting pan big enough to hold 9 in pan and water
- parchment paper
- plastic wrap
- aluminum foil

Heat the oven to 350° F. To make the base, process the graham crackers to make rough crumbs and then add the butter and cocoa. Process again until it makes damp, clumping crumbs and then tip them into the pan. Cut a circle piece of parchment paper that fits the bottom of the pan and lay in in the pan. Press the crumbs into the bottom of the pan to make an even base and put into the freezer while you make the filling.

Put a kettle on to boil with plenty of water. Meanwhile, melt the chocolate either in a microwave (repeat until all of the chocolate is melted and smooth: microwave 30 seconds, stir the chocolate mixture) or double boiler (heat water to a simmer, place the chocolate in the top and stir frequently until the

# Desserts

chocolate mixture is melted and smooth). Set aside to cool slightly. Beat the cream cheese to soften it, then add the sugar and custard powder/pudding powder, beating again to combine. Beat in the whole eggs and then the yolks, vanilla and the sour cream. Finally add the cocoa dissolved in hot water and melted chocolate and mix to a smooth batter. (Optional) Stir in the chocolate chips.

Take the springform tin out of the freezer and line the outside of the tin with a good layer of cling wrap, and then another layer of strong foil over that. This will protect it from the water bath.

Sit the springform tin in a roasting pan and pour in the cheesecake filling. Fill the roasting pan with just boiled water to come about half way up the cake tin and bake in the oven for 45 minutes to 1 hour. The top of the cheesecake should be set, but the underneath should still have a wobble to it.

Peel away the foil and cling film wrapping and sit the cheesecake in its tin on a rack to cool. Put in the refrigerator once it is no longer hot, and leave to set, covered with plastic overnight. Let it lose its chill before unspringing the cheesecake to serve.

To make the chocolate sauce: very gently melt the chopped chocolate, cream and syrup. When the chocolate has nearly melted, take off the heat and whisk it to a smooth sauce. Let it cool a little, and pour it over the chocolate cheesecake on its serving plate.

# Desserts

## Chocolate Chip Chewy Cookies

*Prep Time: 20 minutes*

*Cook Time: 15 minutes*

*Yield: 2 ½ dozen cookies*

2 sticks unsalted butter

2 ¼ cups bread flour

1 tsp kosher salt

1 tsp baking soda

¼ cup sugar

1 ¼ cups brown sugar

1 egg

1 egg yolk

2 tbsps milk

1 ½ tsps vanilla extract

2 cups semisweet chocolate chips

**Hardware:**

Ice cream scooper (#20 disher, to be exact)

Parchment paper

Baking sheets

Mixer

Heat oven to 375 degrees F.

Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside.

Pour the melted butter in the mixer's work bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tbsps milk and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips.

Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

# Desserts

## Chocolate Chip Cookies #10

*Based on Alton Brown's recipe*

**Dry Goods:**

- 2 ¼ cups all-purpose flour
  - 1 tsp baking soda
  - 1 tsp salt
- Wet Works:**
- ¾ cup sugar
  - ¾ cup brown sugar
  - 1 cup unsalted butter, melted and slightly cooled
  - 2 large egg yolks
  - 1 tsp vanilla extract
  - 1 tsp almond extract (optional)

**Extras:**

- 2 cups chocolate chips Chocolate Chip

Place oven racks in 2 middlemost positions and heat oven to 375 degrees.

Assemble Dry Goods by pulsing them together in food processor for 5 seconds; transfer to bowl.

In second bowl, assemble Wet Works by whisking them together. Add wet stuff to dry stuff and mix just until batter comes together. Do not mix until smooth.

Gently fold in Extras (chocolate chips).

Scoop 24 1-ounce portions onto 2 ungreased or parchment-lined baking sheets. At this stage, cookies can be frozen on pans then moved to zip-top bags; they'll keep for up to 3 months.

Bake 15-17 minutes, or until golden brown. Let cookies cool on baking sheets 2 minutes, then remove to rack to cool completely. (To make final dozen cookies, just repeat baking and cooling steps with 1 baking sheet.)

# Desserts

## Chocolate Chip Oatmeal "Health" Bars

*This recipe is based on the bars bars found at PotBelly Sandwiches. They are easy to make and yummy!!! Is it healthy? Of course, it has oatmeal.*

- 1 ½ cup Flour ( or 1 ½ cup graham cracker crumbs)
- 1 ½ cup Oatmeal
- 1 cup brown sugar
- ½ tspn Baking soda
- ¼ tspn salt
- 1 tspn Vanilla
- 1 tspn Almond extract
- 1 cup butter, softened
- ¾ cup caramel topping
- 1 tspn Vanilla
- 1 tspn Almond extract
- 3 tbsps Flour
- 1 cup semi-sweet chocolate chips
- ½ cup nuts, chopped
- 1 ½ cups coconut (optional)

Preheat oven to 350°F. Combine 1 ½ cup flour, oatmeal, brown sugar, baking soda, salt, 1 tspn Vanilla, 1 tspn almond extract, and butter in a bowl to form a crumbly mixture. Press half of the mixture in the bottom of a 13x9 in pan. Bake for 10 minutes. While baking, add caramel, flour, 1 tspn Vanilla, 1 tspn almond extract together until well blended. Add chocolate chips, half of the optional coconut, and nuts into the mixture. After 10 minutes, take the pan out of the oven. Gently spread the caramel mixture over the crust. If adding coconut, add remaining coconut to the crumbly mixture. Sprinkle remaining crumbly mixture on top of the caramel mixture. Bake 15-20 minutes or until the top is golden-brown.

# Desserts

## Chocolate Pudding Cake

from *about.com*

### INGREDIENTS:

- \* 1 cup flour
- \*  $\frac{3}{4}$  cup granulated Sugar
- \* 3 tablespoons cocoa
- \* 2 teaspoons baking Powder
- \*  $\frac{1}{4}$  teaspoon salt
- \*  $\frac{1}{2}$  cup milk
- \* 2 tablespoons vegetable Oil
- \* 1 teaspoon vanilla
- \*  $\frac{3}{4}$  cup brown Sugar
- \*  $\frac{1}{4}$  cup cocoa
- \* 1  $\frac{3}{4}$  cups boiling water

### PREPARATION:

Directions for chocolate Pudding Cake

Heat oven to 350°. In a mixing bowl, stir together flour, sugar, 3 tablespoons cocoa, baking powder and salt. With a fork, mix in milk, oil and vanilla. Spread the batter evenly in a lightly buttered 9-inch square baking pan. Combine brown sugar and  $\frac{1}{4}$  cup cocoa; sprinkle over the batter. Slowly pour boiling hot water over the batter and brown sugar-cocoa mixture. Bake chocolate pudding cake for 40 minutes. Let chocolate pudding cake stand for 5 minutes. Spoon into dessert dishes or cut into squares. Top chocolate pudding cake with ice cream or whipped topping.

# Desserts

## Chocolate Truffles

Based on *Alton Brown's recipe*

### truffle:

- 10 ounces bittersweet chocolate, chopped fine
- 3 tablespoons unsalted butter
- $\frac{1}{2}$  cup heavy cream
- 1 tablespoon light corn syrup
- $\frac{1}{4}$  cup brandy

### coating:

- 8 ounces semisweet or bittersweet chocolate, chopped fine

### possible toppings:

- $\frac{1}{2}$  cup Dutch process cocoa powder
- finely chopped nuts (try roasting them for 10 minutes at 350°F for 10 minutes before chopping)
- toasted coconut

Place the 10 ounces of chocolate and butter in a medium size glass mixing bowl. Microwave for 30 seconds. Remove and stir, and repeat this process 1 more time. Set aside.

Heat the heavy cream and corn syrup in a small saucepan over medium heat until simmering. Remove from the heat and pour the mixture over the melted chocolate mixture; let stand for 2 minutes. Using a rubber spatula, stir gently, starting in the middle of bowl and working in concentric circles until all chocolate is melted and mixture is smooth and creamy. Gently stir in the brandy. Pour the mixture into an 8 by 8-inch glass baking dish and place in the refrigerator for 1 hour.

Using a melon baller, scoop chocolate onto a sheet pan lined with parchment paper and return to the refrigerator for 30 minutes.

Place the cocoa powder, nuts, and/or toasted coconut each in its own pie pan and set aside.

In the meantime, place the 8 ounces of chocolate into a medium mixing bowl which is sitting on top of a heating pad lined bowl, with the heating pad set to medium. Depending on the heating pad, you may need to adjust the heat up or down. Stirring the chocolate occasionally, test the temperature of the chocolate and continue heating until it reaches 90 to 92° F; do not allow the chocolate to go above 94 degrees F. If you do, the coating will not have a nice snap to it when

## Desserts

you bite into the chocolate. Once you have reached the optimal temperature, adjust the heat to maintain it.

Remove the truffles from the refrigerator and shape into balls by rolling between the palms of your hands. Use powder-free vinyl or latex gloves, if desired.

Dip an ice cream scoop into the chocolate and turn upside down to remove excess chocolate. Place truffles 1 at a time into the scoop and roll around until coated. Then place the truffle into the dish with either the cocoa powder, nuts or coconut. Move the truffle around to coat; leave truffle in the coating for 10 to 15 seconds before removing. In the meantime, continue placing the chocolate-coated truffles in the cocoa or other secondary coating. After 10 to 15 seconds, remove the truffle to a parchment lined sheet pan. Repeat until all truffles are coated. Allow to set in a cool dry place for at least 1 hour, or store in an airtight container in the refrigerator. Truffles are best when served at room temperature.

## Desserts

### Cinnamon Streusel Cake *Rich yellow cake with cinnamon filling. Yummy!!!*

3 eggs  
1 package instant Vanilla pudding  
¼ cup vegetable oil  
1 cup water  
1 tspn vanilla  
1 Yellow cake mix (for extra moistness, use cake mix with pudding)

Streusel:  
¾ cup brown sugar  
1 ¼ tsp cinnamon  
2 tspn flour

Vanilla Glaze:  
1 cup powdered sugar  
1-2 tspn milk  
1 tspn vanilla

Cinnamon Frosting (optional)  
¾ cup brown sugar  
¾ sticks butter or margarine (6 oz), melted  
1 ¼ tsp cinnamon  
4 tspn flour  
2 tspn flour  
1-2 tspn milk

Preheat oven at 350° F. Beat eggs thoroughly. Add pudding mixture. Beat together until thick (about 2 min). Add oil, water, and vanilla. Finally, add the cake mix. Combine all of the streusel ingredients into another bowl. Butter the inside of a bundt cake pan. Pour half of the cake mix into the cake pan. Place ½ of the streusel on top of the cake mix, making a ring of the streusel. Pour the remaining cake mixture into the pan. Place an identical amount of streusel on top. Bake about 45 minutes or until done. (Optionally) Combine the frosting ingredients and mix until creamy. Make the Vanilla Glaze in another bowl.

When the cake is done, place on a wire rack (away from the oven) to cool (at least 15 min.). Turn the cake cap upside down onto a plate and take of the cake pan. If some of the top does stick, place it back on the cake. (Optionally) Spread the Frosting on the cake. Use a fork to drizzle the Vanilla Glaze on top.

# Desserts

## Crème Brûlée

*Custard pudding with a hard sugar top is a popular dessert at many fine restaurants.*

- 8 egg yolks
  - 1/3 cup granulated white sugar
  - 2 cups heavy cream
  - 1 tspn pure vanilla extract
  - 1/3 cup granulated white sugar (for the caramelized tops)
- Option: Fresh fruit such as raspberry, strawberry, or blueberry.

Preheat oven to 300° F. In a large bowl, whisk together egg yolks and sugar until the sugar has dissolved and the mixture is tick and pale yellow. Add cream and vanilla, and continue to whisk until well blended. Strain in a large bowl, skimming off any foam or bubbles.

Divide mixture among 6 ramekins or custard cups. Place in a water bath and bake until set around the edges, but still loose in the center (about 50- 60 minutes). Remove from the oven and leave in the water bath until cooled. Remove cups from water bath and chill for between 2 hours and 2 days. When ready to serve, sprinkle about 2 tsps of sugar over each custard. For best results, use a small, hand-held torch to melt sugar. If you do not have a torch, a broiler can be used. Re-chill custards for a few minutes before serving. Optionally, top with fruit.

# Desserts

## Crunch Top Apple Pie

*Based on Recipe from Paula Deen*

- Dough:  
Dough for a double crust 9-inch pie (homemade, frozen, or refrigerated)
- Filling:  
¾ cup sugar  
1 tablespoon all-purpose flour  
2 teaspoon ground cinnamon  
2 tspn Vanilla  
Dash salt  
3 ½ cups peeled, chopped cooking apples  
1 (16-ounce) jar applesauce  
1 tablespoon lemon juice  
2 tablespoons butter, chopped into small pieces

- Crunch Topping:  
3 tablespoons all-purpose flour  
1 tablespoon sugar  
Dash salt  
1 tablespoon butter, at room temperature

Preheat oven to 425 degrees F.

Line a 9-inch pie pan with half of dough. Combine sugar, flour, cinnamon, and salt in a bowl. Stir in apples, applesauce, vanilla and lemon juice. Spoon apple mixture into pie pan and dot with butter. Cut remaining crust into strips; arrange in a lattice design over top of pie. For crunch topping, combine flour, sugar, and salt in a bowl. Using a fork, cut in butter until mixture is crumbly. Sprinkle over top of crust. Bake for 10 minutes, then reduce heat to 350 degrees F and continue to bake for about 45 minutes, or until crust and topping are golden brown.

# Desserts

## Cutout cookie recipe

**Based on recipe by Beth**

- 3 cup powdered sugar
- 2 cup butter, softened
- 4 eggs
- 2 tsp vanilla
- 2 tsp almond extract
- 5/4 c flour
- 2 tsp baking soda

extra flour & powdered sugar for rolling (2 part flour to 1 part powdered sugar)

### Hardware:

- mixer
- spatula
- cookie trays
- parchment paper
- cookie cutters
- rolling pin
- cooling racks

Preheat oven to 375° F. Combine in a bowl the powdered sugar and butter.

Mix on medium speed for 1 minute or until smooth. Add the eggs, vanilla and almond extract. Beat for 1 more minute. Slowly add the baking soda and flour until just combined.

Line two cookie trays with parchment paper. Lightly dust the work surface with flour. Roll out the dough to about 1/4" high. Use the cookie cutters to cut out the shapes you want and place them about 1" apart from each other and the side of the baking sheet. Once you have a full tray, bake 8-12 minutes or until slightly browned on the sides.

Cool for 10 minutes, then transfer them to the wire racks to cool completely. Keep in a air-tight container. Then can be frozen also.

# Desserts

## Frango mint brownies

4 one oz squares unsweetened chocolate

- 1 cup butter (2 sticks)
- 4 large eggs
- 2 cup sugar
- 2 tsp vanilla
- 1 cup flour
- 1/4 tsp salt
- 1 cup chopped pecans (optional)
- 1 cup Frango mints, chopped (approx. 8 oz) - (available at Macy's and Dayton's department stores)

Melt chocolate and butter together. Cool.

Beat eggs until thick and lemon colored. Gradually add sugar to eggs, beating thoroughly until batter is smooth and light. Stir in chocolate-butter mixture.

Add vanilla. Mix well. Blend in flour and salt. Fold in nuts and chopped Frangos. Pour into 9" x 13" greased pan. Bake at 350 for 20-25 minutes, until top is shiny and crust forms. Do not over cook.

# Desserts

## Chocolate Fudge

*Based on Alton Brown's recipe*

- 2 ¾ cups sugar
- 4 ounces unsweetened chocolate
- 3 tbsps butter, plus more for greasing pan
- 1 cup half-and-half
- 1 tbsp corn syrup
- 1 tbsp vanilla extract
- 1 cup chopped, roasted nuts, optional

Preheat oven to 375degrees. Place chopped nuts on parchment paper on a baking sheet. Bake for 5 minutes. Turn nuts over and bake for 5 more minutes or until they turn light brown.

Grease an 8 by 8-inch pan with butter. In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 ½ tbsps of the butter, half-and-half, and corn syrup. Over medium heat, stir with a wooden spoon until sugar is dissolved and chocolate is melted. Increase heat and bring to a boil. Reduce heat to medium-low, cover, and boil for 3 minutes. Remove the cover and attach a candy thermometer to the pot. Cook until the thermometer reads 234 degrees F. Remove from the heat and add the remaining butter. Do not stir. Let the mixture cool for 10 minutes or until it drops to 130 degrees F. Add vanilla and nuts, if desired, and mix until well-blended and the shiny texture becomes matte. Pour into the prepared pan. Let sit in cool dry area until firm. Cut into 1-inch pieces and store in an airtight container for up to a week.

# Desserts

## German Chocolate Bars

*These mouthwatering bars taste just like German chocolate cake! A great change of pace from the standard brownie.*

- 1 1/3 cup Butter, softened
- 2 packages German Chocolate Cake Mix
- 2 packages (6 ounces) semisweet chocolate chips
- 2 tubs coconut-pecan ready to spread frosting (or make it)
- ½ cup milk
- coconut-pecan frosting (double amounts for the bars)
- 1 cup evaporated milk
- 1 cup sugar
- ¼ pound butter (half a stick)
- 1 tspn vanilla
- 3 egg yolks
- 1 tspn vanilla
- 1 1/3 cups coconut
- 1 cup chopped pecans
- idea: Mix in chocolate chips into top layer
- idea:Add coconut to top layer
- Spread additional frosting on top

To make spread:

If making coconut-pecan frosting, mix evap. milk, sugar, butter, egg yolks in a double broiler. Cook and stir over medium heat about 12 minutes. Take off of heat. Add coconut and pecan to mixture and beat until thick enough to spread. (make before hand)

To make bars:

Heat oven to 350 deg. Lightly grease bottom and sides of a 9x13 in pan. Cut half of the butter into 1 package of the German chocolate Cake mix until mixture looks like fine crumbs. Press mixture into the bottom of the pan. Bake 10 minutes. While baking, mix the rest of the butter with the other German chocolate cake mix and ½ cup milk until creamy. After ten minutes, take the dish out. Pour chocolate chips over the baked layer. Drop frosting by the tbspsfuls over the chocolate chips. Drop the cake mixture by the tpspsfuls over the frosting layer. Bake 25-30 mins or until cake portion is slightly dry to the touch (It usually takes longer than 25-30 minutes).

# Desserts

## Leche Flan

*This stiff custard is a Filipino favorite. Based on recipe in the Philippine Cookbook.*

Caramel:

1 cup sugar

¼ cup water

Custard:

12 egg yolks

2 12-14 oz. cans evaporated milk

1 12-15 oz. can sweetened condensed milk

1 tsp vanilla

1 tsp almond extract (optional)

Combine sugar and water in a saucepan. Boil over medium heat until the sugar is melted and the mixture is a brown color. Pour the syrup into the flan mold or custard cups

Preheat oven to 325° F. Combine all of the custard ingredients. Prevent bubbles or foam by stirring lightly. Strain the mixture slowly into the caramel-lined flan mold. Cover the mold with aluminum foil. Put mold into a bigger tray filled with water. Bake in the oven for 1 hour or until mixture is firm. Once the flan is cool, remove the aluminum foil and run a knife along the sides of the mold to make sure that the flan is not sticking. Place the dish that the flan will be served on upside down on top of the flan. Flip them both over. The mold should be laying flat with the caramel on top and the sides.

# Desserts

## Macaroon Cherry Surprise

*This recipe is based on Bon Appetits Island Macaroon recipe*

3 cups (7 to 8-oz) packages sweetened shredded coconut

2/3 cup sweetened condensed milk

Pinch kosher salt

1 tsp vanilla extract

1 tsp almond extract

2 large egg whites at room temperature

12 oz semisweet chocolate chips

1 oz vegetable shortening

2 oz finely chopped dry-roasted macadamia nuts or almonds

Pam or cooking spray

1 container of candied cherries

Hardware:

Baking tray

Mixer

parchment paper

2 bowls

pastry bag or zip-lok bag.

1 ice cream scoop

double boiler (or pot with water and a bowl on top)

wire rack

Preheat oven to 350°F. Line a baking sheet with parchment paper. Lightly spray with cooking spray. Pour the chopped nuts and coconut and spray again over the mixture. Bake for about 10 minutes (until the coconut is a nice golden brown, stirring it up every 2-3 minutes. Let cool.

Add the coconut/nut mixture to the vanilla, almond extract and condensed milk.

In a separate bowl, combine the egg whites and salt and mix on high until stiff, but not dry. Fold into nut/coconut mixture. Line two baking sheets with parchment paper. Lightly spray with cooking spray. Scoop out coconut mixture into a ball. Place on baking sheet. Bake for about 14 minutes or until slightly browned on the sides.

If they fall apart, let them cool a few minutes and use your hands to put them back together. Put them on the wire rack to cool completely. Keep the parchment paper on the tray.

Heat the double boiler until the water is simmering. Place the chocolate in and mix until completely melted. Take off of the heat. Dip the bottom of each macaroon and place on the parchment lined baking sheet. Pour the remaining chocolate in a pastry bag or zip lok (with the one end clipped off). Make several stripes on the top of the cookie. Place the whole tray in the refrigerator for a few minutes until set. Store in an air-tight container.

## Desserts

### M&M Cookies

1 stick butter/margarine or ½ cup crisco  
½ cup Brown Sugar  
¼ cup white sugar  
1 tspn Vanilla  
1 tspn Almond Extract  
¼ tspn Water  
1 egg  
1 cup + 2tbsp flour  
½ tspn baking soda  
½ tspn salt  
¾ cup M&M's  
Ideas: Peanut M&M's, walnuts, or almonds

Heat oven to 375 deg. Mix butter/Crisco, brown sugar, sugar, vanilla, water and egg. Stir in flour, baking soda, and salt until dough forms. Stir in M&M's until M&M's are evenly distributed throughout the dough. Roll the dough into 1 in balls and place about 2 inches apart on an ungreased cookie sheet.

## Desserts

### M&M Cookie Pizza

Ingredients for M&M Cookies (see above recipe)  
pie dish (preferably glass)  
Vanilla Ice Cream  
Whip Cream  
Chocolate Sauce (optional).

Heat oven to 375° F. Follow directions for M&M cookies, but place dough about ½ inch thick throughout the bottom of the pie dish (I use glass to be able to check that the bottom is not over-cooked). Bake until the top is a golden brown color [make sure the bottom is not over-baked]. Take out of the oven. Immediately [don't let cool] cover the cookie with Vanilla ice cream, whip cream, and optional Chocolate sauce. Serve.

# Desserts

## Mexican Wedding Cakes

*(Powdered Sugar balls)*

- 1 stick butter
- 1 stick margarine
- ½ cup powdered sugar
- 1 tspn vanilla
- 1 tspn almond flavoring
- 2 ¼ all purpose flour
- ¾ cup finely chopped nuts (I use almonds or pecans)
- ¼ tspn salt
- Extra powdered sugar
- Other ideas: Add coconut to the mix (¾ cup)

Heat oven to 375°F. Mix butter, margarine, ½ cup powdered sugar, vanilla, and almond flavoring. Stir in flour, nuts, and salt until dough hold together. Shape into 1 inch balls and place them about 1 in. apart on an ungreased cookie sheet. Bake about 10-12 minutes or until set but not brown ( a little brown is ok). After they cool slightly, but are still warm, roll them in powdered sugar until completely cooled.

# Desserts

## Molten Chocolate Cake

*(Bon Appetit, Jan 2001, Gale Gand, Tru & Brasserie T, Chicago, IL)*

*NOTE: These cakes are slightly underbaked so that the chocolate center oozes when cut into.*

- Sauce
- 4 ½ ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
  - 2 ounces unsweetened chocolate, chopped
  - 1/3 cup hot water
  - ¼ cup light corn syrup
  - ¾ tsp almond extract

### Cakes

- 5 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 10 tbsps (1 ¼ sticks) unsalted butter
- 3 large eggs
- 3 large egg yolks
- 1 ½ cups powdered sugar
- ½ cup all purpose flour

### Extra

Vanilla ice cream

For sauce: Stir both chocolates in top of double boiler over barely simmering water until melted. Add 1/3 cup hot water, corn syrup, vanilla and extract; whisk until smooth. Remove from over water. Cool slightly. (Can be made 2 days ahead. Cover; chill. Before serving, rewarm in saucepan over low heat, stirring constantly)

For cakes: Preheat oven to 450°F. Butter six ¾-cup soufflé dishes or custard cups. Stir chocolate and butter in heavy medium saucepan over low heat until melted. Cool slightly. Whisk eggs and egg yolks in large bowl to blend. Whisk in sugar, then chocolate mixture and flour. Pour batter into dishes, dividing equally. (Can be made 1 day ahead. Cover; chill)

Bake cakes until sides are set but center remains soft and runny, about 11 minutes or up to 14 minutes for batter that was refrigerated. Run small knife around cakes to loosen. Immediately turn cakes out onto plates. Spoon sauce around cakes. Serve with ice cream.

Makes 6.

# Desserts

## Peanut Butter Cookies

*Based on recipe from Alton Brown.*

- 3 sticks (340g/12oz) unsalted Butter, softened
- 1½ cup (284g/10oz) + ¼ cup (50g / 1¾ oz) granulated sugar
- 1½ cup (284g/10oz) brown sugar
- ½ cup (78g/2¾ oz) peanut or canola oil
- 2 cups + 1 tbsp (567g/20¾ oz) Chunky Peanut Butter
- 3 (150g/5¼ oz) large eggs, beaten
- 2 tsp (9g/1/3 oz) vanilla extract
- 2 tsp (9g/1/3 oz) almond extract
- 3¾ cup (510g/5¼ oz) All-purpose flour, sifted
- 2 tsp (12g/1oz) baking soda
- 1½ tsp (9g/ < 1/3 oz) table salt

Preheat oven to 350o. Add the butter to bowl. Beat the butter with the mixer on medium. Add the granulated and brown sugar a little at a time. Mix the butter and sugar until mixture has lightened. Set the speed to low and add the oil and peanut butter. Increase the mixture speed to medium and blend for two minutes. Beat the eggs in a small bowl and add the vanilla and (optional) almond extract.

Set the mixer to “stir”/low. Slowly, add about 1/3 of the egg extract mixture. Turn off the mixer and bowl. Repeat two more times.

Sift the flour, baking soda and salt together. Turn the mixer back to “stir”/low.

Add 1/3 of the dry mixture. When it is combined with the mixture, add the next third. Add the final third. Turn off the mixer.

Chill the dough in the refrigerator for ½ hour. Use a scoop or your hand to make golf balls. Press the fork in the additional sugar. The press the fork the dough in a criss-cross pattern (#). (Optionally) sprinkle a little of the sugar over all of the cookies.

Bake for approximately 10 minutes. Rotate the cookie sheets. Bake for 7-10 minutes more or until the edges of the cookies are lightly browned.

# Desserts

## Pecan Squares

*Based on the recipe by the Barefoot Contessa.*

Crust:

- 1¼ pounds unsalted butter, room temperature
- ¾ cup granulated sugar
- 3 extra-large eggs
- ¾ teaspoon pure vanilla extract
- 4½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt

Topping:

- 1 pound unsalted butter
- 1 cup good honey or maple syrup (or half & half)
- 3 cups light brown sugar, packed
- 1 teaspoon grated lemon zest
- 1 teaspoon grated orange zest
- ¼ cup heavy cream
- 2 pounds pecans, coarsely chopped

Chocolate drizzle:

- 2 oz. semisweet or milk chocolate
- ½ cup heavy cream

Preheat the oven to 350 degrees F. For the crust, beat the butter and granulated sugar in the bowl of an electric mixer fitted with a paddle attachment, until light, approximately 3 minutes. Add the eggs and the vanilla and mix well. Sift together the flour, baking powder, and salt. Mix the dry ingredients into the batter with the mixer on low speed until just combined. Press the dough evenly into an ungreased 18 by 12 by 1-inch baking sheet, making an edge around the outside. It will be very sticky; sprinkle the dough and your hands lightly with flour. Bake for 15 minutes, until the crust is set but not browned. Allow to cool. For the topping, combine the butter, honey/syrup, brown sugar, and zests in a large, heavy-bottomed saucepan. Cook over low heat until the butter is melted, using a wooden spoon to stir. Raise the heat and boil for 3 minutes. Remove from the heat. Stir in the heavy cream and pecans. Pour over the crust, trying not to get the filling between the crust and the pan. Bake for 25 to 30 minutes, until the filling is set. Remove from the oven and allow to cool. Wrap in plastic wrap and refrigerate until cold.

For the chocolate coating/drizzle, melt the chocolate over low heat. Once they are melted, add the whipping cream slowly until the chocolate mixture is pourable (You may not use all of the whipping cream). Using a fork, drizzle the chocolate over the bars. Cut into bars and serve.

# Desserts

## Peppermint-Chocolate Sandwich Cookies

**Cutout cookie recipe by Beth, Overall recipe based on recipe by Giada De Laurentiis**

Cookie:

Either:

1 16.5 oz tube of sugar cookie dough

or

1 batch of cutout cookie recipe

1/4 cup flour

Middle Layer:

2 cup semisweet chocolate chips

2 tsp vanilla

½ cup heavy cream

2 tsp pure peppermint extract

Additional:

flour & powdered sugar for dusting

Top Layer:

2 cup semisweet chocolate chips

2 tsp vegetable oil

8 or so candy canes, crushed

Hardware:

2 mixing bowls

1 double boiler or pot & metal mixing bowl

2 cookie trays

1 rolling pin

parchment paper

Position an oven rack in the lower third of the oven. Preheat the oven to 350°F.

Line 2 baking sheets with parchment paper.

In a bowl, beat powdered sugar, butter, vanilla, and almond extract until creamy.

Add in flour and baking soda and mix until just combined.

Lightly flour a piece of parchment paper the size of the cookie sheet. Roll out the half of the dough to 1/4-inch thick. Repeat with the other half on another piece of parchment paper. Place each one in a cookie tray, cutting any extra dough on the sides. Bake for 15-17 minutes until lightly browned on the edges. Cool for 10 minutes. Take the cookie out and place on a wire rack to cool completely.

Heat the double boiler to simmering water. Heat the chocolate chips and cream

# Desserts

in a small bowl. Place the bowl over the simmering water and stir until all of the chocolate is melted and the mixture is smooth. Take the bowl off of the burner and whisk in the peppermint extract. Spread the chocolate mixture on the non parchment paper side of the cookie. Place the non parchment side of the other cookie on top of the chocolate covered one and press gently.

Heat the double boiler and combine the chocolate and the vegetable oil in a small bowl. Place the bowl over a pan of simmering water and stir until the chocolate has melted and the mixture is smooth. Pour the chocolate mixture on the top and spread evenly. Pour crushed peppermint evenly on top of the chocolate and press gently. Cut into 1½" by ½" squares.

Refrigerate until firm, about 1 hour. Store in an airtight plastic container.

# Desserts

## Pie Crust

*Based on Deluxe Butter Flaky Pastry Dough in Joy of Cooking Recipe. This recipe makes enough for 2 9" pie crusts (top and bottom for an apple pie)*

- 2 ½ cups all-purpose flour
- 1 tsp table sugar
- 1 tsp salt
- ½ lb (2 sticks) cold unsalted butter
- ¼ cup Crisco (or Butter flavor Crisco bars)
- 2 tsp Vanilla
- ⅓ cup plus 1-3 tbsp ice water

In a big bowl, sift the flour, sugar and salt together. Using a rubber spatula, mix all of the ingredients together to get them evenly mixed. Cut the butter (make sure its cold) into ¼" cubes. Add the butter to the dry ingredients. Using a pastry blender or two knives, chop the butter into pea-sized pieces. Add the Crisco to the mixture. Continue cutting the mixture until coarse crumbs with some pea-sized pieces. Drizzle Vanilla and ⅓ cup and 1 tbsp ice water over the mixture. Using the rubber spatula, cut into the mixture until the mixture is moistened. Press down on the mixture to see if the dough sticks together. If it doesn't, add 1 tspn at a time to the mixture until the dough does stick together. Divide the dough in half, wrap each half in plastic and refrigerate for between 30 minutes and 2 days. When ready to use, apply flour to your surface and some on top of the dough. Using a rolling pin, roll out until the mixture is thin and big enough to cover the pie pan you are using. If you are making lattice work, cut the top dough into 1" strips.

# Desserts

## Pistachio Cake

Cake:

- 1 (1 lb., 1 oz.) box white cake mix/yellow cake mix or butter cake mix
- 1-2 (3 oz.) box instant pistachio pudding
- 3-4 drops green food coloring (optional)
- 1 c. 7-Up
- 3 eggs
- 1 tsp Vanilla
- 1 tsp Almond Extract (optinoal)
- 1 c. Canola oil
- 2 oz. chopped walnuts (optional)

Topping #1:

- 1 (1 lb.) container of whipped topping
- 1 (3 oz.) box instant pistachio pudding
- 2-3 Tbsp milk
- 1 tsp Vanilla
- Cocoa powder (optional)

Topping #2:

- powdered sugar

Combine all ingredients except pistachio frosting in mixing bowl and beat 2 minutes. Pour into a bundt pan and bake in a 325 degree oven for 30-35 minutes, or until cake tests done. Cool on rack.

Topping #1:

Combine all of the ingredients except cocoa powder and beat at low speed for a few minutes. Turn mixer to high and continue beating a few more minutes. (Optionally ) Dust with cocoa powder.

For Topping #2

Lightly dust with powdered sugar.

# Desserts

## Pistachio Linzertorte

Based on recipe by Paula Dean

- ¾ cup butter, softened
- 1 cup confectioners' sugar
- 3 egg yolks
- 1 tsp Vanilla
- 1 tsp almond extract
- 1¼ cups all-purpose flour
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cardamom
- 1½ cups ground roasted and salted pistachios

Filling option 1:

Cherry jam

Filling option 2:

- 1 cup chocolate chips
- 1 tsp oil or 1 tbsp butter

In a large bowl, beat butter, vanilla, almond extract and confectioners' sugar at medium speed with an electric mixer until creamy. Beat in egg yolks until combined.

In a small bowl, combine flour, nutmeg and cardamom. Gradually add to butter mixture, beating until combined. Beat in ground pistachios. Cover and chill for 1 hour.

Preheat oven to 325½°F. Line baking sheets with parchment paper.

On lightly floured surface, roll dough to ¼-inch thickness. Cut with a 2-inch star-shaped cookie cutter. Cut out centers of half the cookies with a ½-inch star-shaped cookie cutter. Place cookies 2 inches apart on baking sheets, and bake for 12 to 14 minutes, or until edges are lightly browned. Let cool on pan for 2 minutes. Remove to wire racks to cool completely.

Spread cherry jam evenly over flat sides of uncut cookies. Top with flat sides of cutout cookies. Return to baking sheets, and bake for 2 minutes. Let cool completely on wire racks. Store in airtight containers.

# Desserts

## Pound Cake

Based on Paula Deen's "Mama's Pound Cake" recipe. This is great for fondue.

- 1/2 pound (2 sticks) butter, plus more for pan
- 1/2 cup vegetable shortening (preferably butter flavor)
- 1 package vanilla instant pudding (or your choice of flavor)
- 3 cups sugar
- 5 eggs
- 3 cups all-purpose flour, plus more for pan
- 1/2 teaspoon fine salt
- 1/2 teaspoon baking powder
- 1 cup milk
- 2 teaspoon vanilla extract

Preheat oven to 350 degrees F. With a mixer, cream butter and shortening together. Add sugar in increments, beating between additions. Add instant pudding, beat until completely mixed. Add eggs, 1 at a time, beating after each addition. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with the flour and ending with the flour. Mix in vanilla. Pour into a greased and floured tube pan and bake for 1 to 1½ hours, until a toothpick inserted in the center of the cake comes out clean.

# Desserts

## Press Cookies

*AKA Red/Green Cookies.*

- 1 stick butter
- 1 stick margarine
- $\frac{3}{4}$  cup sugar
- 1 egg
- 1 tspn vanilla
- 1 tspn almond flavoring
- $2\frac{1}{2}$  cup flour
- $\frac{1}{4}$  tspn baking powder
- $\frac{1}{4}$  tspn salt
- food coloring (optional)

Heat oven to 375 deg. Mix butter, margarine, sugar, egg, vanilla, and almond flavoring. Stir in flour, baking powder, and salt until dough forms. (Optional) Add the food coloring until you achieve the color you are looking for. Use cookie press and place each cookie on an ungreased cookie sheet about 1 in. apart. Bake 10-12 minutes.

$\frac{1}{4}$

# Desserts

## Pumpkin Bars

*This delicious recipe provided by Becca Stollfuss' Grandmother. It has been modified slightly.*

- 4 eggs, beaten
- 1 cup Vegetable oil
- 2 cups sugar
- 1 can Pumpkin (2 cups)
- 2 tsp Vanilla
- 1 tsp almond extract (optional)
- 2 cups flour
- $\frac{1}{2}$  tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 3 tsp cinnamon
- $\frac{1}{2}$  cups nuts (optional)
- Frosting (optional)
- $2\frac{1}{2}$  cup powdered sugar
- 3-4 oz cream cheese
- $\frac{3}{4}$  stick (6 oz) butter/margarine
- 1 tsp vanilla
- 1 tsp milk

Preheat oven at 350° F. Beat the eggs in the bowl. Mix in the oil, sugar and pumpkin until well blended. Add the Vanilla and (optional) almond extract. Sift together the remaining ingredients except the (optional) nuts. While mixing, slowly add the sifted ingredients. (Optionally) Add in the nuts until well blended. Pour into an ungreased jelly roll pan. Place in the oven for 30-45 minutes or until done. Place on rack and cool. (Optional) To make the frosting, soften the cream cheese and the butter. Add all of the ingredients and mix until well blended. Put in the refrigerator until ready to use. The frosting can be made a day ahead. When the pumpkin bars are cool, spread the frosting on top.

## Desserts

### Rice Krispie cookies

- 1 stick butter
- 1 stick margarine
- 1 c sugar
- 1 tsp vanilla
- 1 tsp almond extract
- ½ tsp baking soda
- 2 tsp baking powder
- 1 ½ cups flour
- 4 cups rice krispies

Heat oven to 325 deg. Mix butter, margarine, sugar, vanilla, and almond extract. Sift together flour, baking soda, and baking powder. While mixing, add dry ingredients. Finally, add rice krispies and stir to make sure they are spread even. Roll into small balls (small is better as they expand) and place on an ungreased pan. Dip your fork in table sugar (for every cookie) and press once across and one up and down (- & | directions). Bake for 10 to 12 minutes or until a little brown on the edges.

## Desserts

### Rice Krispie Treats

Based on *classic recipe*.

- 3 tablespoons margarine or butter
- 1 (10 oz.) package regular marshmallows (or 4 cups mini marshmallows)
- 1 tsp Vanilla
- 6 cups Rice Krispies®

Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Vanilla and Kellogg's Rice Krispies cereal. Stir until well coated. Using buttered spatula or waxed paper, press mixture evenly into 13 x 9 x 2-inch pan coated with cooking spray. Cut into 2-inch squares when cool. Best if served the same day.

## Desserts

### Seven Layer Magic Cookie Bars

*Based on recipe in Borden Eagle Brand 1-2-3 Dessert*

- ½ cup (1 stick) butter
- 1½ cups graham cracker crumbs
- 1 (14 ounce) can sweetened condensed milk.
- 2 tsp vanilla
- 2 tsp almond extract
- 1 cup semi-sweet chocolate chips
- 1 cup butterscotch chips
- 1/3 cup flaked coconut
- 1 cup chopped nuts.

Preheat the oven to 350° F ( 325° F for glass dish). In a 13" x 9" baking pan, melt the butter in the oven. Pour in 1 tsp of the vanilla and 1 tsp of the almond extract into the butter and swirl the butter and extracts together. Sprinkle the crumbs over the butter mixture. In a bowl, mix together the sweetened condensed milk and the remaining vanilla extract and almond extract. Pour evenly over the crumbs. In a large bowl, mix the nuts, coconuts, chocolate chips and and butterscotch chips. Sprinkle the mixture over the condensed milk. Press down firmly. Place the pan in the oven and bake for 25 minutes or until lightly brown. Let cool. Cut into bars.

## Desserts

### Snickerdoodles (Cinnamon and sugar cookies)

- 1 ½ cups sugar
- 1 stick of butter
- 1 stick margarine
- 2 eggs
- 2 ¾ cups all-purpose flour
- 2 tspn cream of tarter
- 1 tspn baking soda
- 1 tspn vanilla
- 1 tspn almond flavoring
- ¼ tspn salt
- ¼ cup sugar
- 2 tspn ground cinnamon

Heat oven to 400 deg. Mix 1½ cups suger, butter, shortening, vanilla, almond flavoring, and eggs. Stir in flour, cream of tarter, baking soda, and salt. In a separate bowl, mix ¼ cup sugar and cinnamon. Roll dough into 1 in. to 1 ¼ in. balls and roll into cinamon and suger mixture. Place balls two inches apart on ungreased cookie sheet. Bake for 10-12 minutes.

# Desserts

## Strawberry Shortcake

2 1/3 cups Bisquick  
1/2 cup milk  
1 tsp Vanilla (optional)  
3 tbsps sugar  
3 tbsps butter

strawberries

Preheat oven to 450deg. Stir ingredients until soft dough forms.

Do one of the following:

- spread in one ungreased 8" square or round pan
- drop dough by spoonfuls onto ungreased cookie sheet.

Bake 10-12 minutes or until golden brown.

# Desserts

## Tiramisu Italiano

*Based on recipe from Food 911, Tyler Florence*

12 egg yolks  
3/4 cup sugar  
1/2 cup sweet marsala, plus 2 tbsps  
16 oz. marscapone, soften to room temperature (available in the cheese section).  
1.5 cup heavy cream  
2 tspn natural vanilla extract  
2 tspn almond extract (optional)  
1 cup brewed espresso coffee (or flavored coffee)  
1-2 oz. bittersweet chocolate  
1-2 oz. semi-sweet chocolate  
1/4 cup rum or amaretto  
48 lady fingers or italian breakfast cookies  
1/4 cup unsweetened cocoa powder

Take marscapone out of the refrigerator. Put bowl and beaters in freezer. Cream together egg yolks and sugar in a heatproof bowl set over a pot of simmering water until well blended. Add 1/2 cup of the marsala and continue to whisk until mixture is thick and doubled in volume. (This mixture is called a zabaglione). Remove from heat. Stir in the marscapone until completely blended. (can be made the night before)  
Fill a bowl with ice. Take the bowl and beaters out of the freezer. Place the bowl on top of the bowl filled with ice. Whip the heavy cream until soft peaks form. Add 1 tsp vanilla and (optional) almond extract and whip until it is completely mixed. Fold the whipped cream into the marcapone mixture, to lighten.  
In a small saucepan, combine espresso, chocolate, rum, 1 tsp vanilla, remaining 2 tbsps of marsala, and (optional) almond extract. Heat gently, and stir to dissolve the chocolate. Then, put the mixture in the freezer for 15 minutes to cool down, about 15 minutes. Quickly dip (do not soak or they will become too moist) each ladyfinger in the chilled coffee mixture and arrange in a single layer on a 9X13 in glass baking pan. Spread 1/2 of the marcapone cream evenly over the dipped lady fingers. Place another layer of dipped lady fingers on top of the marscapone cream. Spread the remaining marscapone mixture over the second layer. Sift the cocoa powder over the marcapone mixture until it is completely covered with a thin layer of cocoa. Refrigerate for 2 hours before serving.

# Desserts

## Toblerone Fondue

*From: Fondues of the World by Eva and Ulrich Klever. This delicious fondue is easy to make and a big hit at parties*

- ½ cup heavy cream
- 3 bars Toblerone, each 4 oz. (100g)
- Version 1:
  - 1 tbsp Cognac, rum, or milk
- Version 2:
  - 1 tsp coffee liqueur
  - 1 tsp Cognac
  - 1 tsp Cointreau
  - 1 tsp peppermint liqueur
  - 1 tsp instant coffee powder

Break the chocolate into small pieces. Warm the cream in a small saucepan at low heat. Add the chocolate and stir until melted. Add the remaining liquids (based on which version). Be careful with the Alcohol to not ignite. Pour into a small fondue pot and place over a candle warmer. Can be made ahead of time and put in the fridge. Just heat at a low temperature on the stove until melted and transfer to the fondue pot.

# Desserts

## Triple-Chocolate Celebration Cake

*Bon Appétit, June 2001, Cooking Class. Chocolate cake, chocolate ganache, and chocolate mousse team up with fruit in this incredible dessert. Begin making the cake one day ahead. Enjoy the extra mousse later.*

- Cake
  - 2 ¾ cups cake flour
  - 1 cup unsweetened cocoa powder
  - 2 tsps baking soda
  - ¾ tsp salt
  - ½ tsp baking powder
  - 2 ¾ cups sugar
  - 4 large eggs
  - 2 large egg yolks
  - 1 cup vegetable oil
  - 1 cup sour cream
  - 1 tbsp vanilla extract
  - ¾ cup miniature semisweet chocolate chips

- Ganache
  - 3 cups whipping cream
  - 1 ½ lbs bittersweet (not unsweetened) or semisweet chocolate, finely chopped

- Mousse
  - 4 1/3 cups chilled heavy whipping cream
  - ½ cup light corn syrup
  - 1 ¼ lbs bittersweet (not unsweetened) or semisweet chocolate, finely chopped
  - Assembly and serving
    - 2/3 cup seedless raspberry jam
    - 1 15 ¾x11 ¾-inch transfer sheet with gold-thread design\*
    - ¾ pound bittersweet (not unsweetened) or semisweet chocolate, finely chopped
    - 3 ½ pint baskets raspberries
    - ½ lb cherries
    - 1 1-pint basket small strawberries<sup>5B</sup>
    - 1 ½ pint basket blueberries
    - 1 ½-pint basket blackberries

\*Transfer sheets, or “transfers,” are sturdy but flexible plastic sheets coated with a mixture of cocoa butter and food coloring and etched with repetitive designs, such as golden swirls.

# Desserts

Here's how they work in this recipe: First, melted chocolate is spread over the sheets. After the chocolate has been chilled until firm, the plaques sheets are peeled away, leaving an edible design on the chocolate's surface.

Transfer sheets are available at some cake- and candy-supply stores or by mail from Beryl's Cake Decorating; call 800-488-2749.

**Make cake:** Position rack in center of oven and preheat to 350°F. Butter and flour two 10-inch-diameter cake pans with 2-inch-high sides; line each with round of parchment paper or waxed paper. Combine first 5 ingredients in medium bowl; whisk to blend well. Using electric mixer, beat sugar, eggs and egg yolks in large bowl until very thick and heavy ribbon falls when beaters are lifted, about 6 minutes. Add oil, sour cream and vanilla, then dry ingredients all at once to egg mixture. Beat at low speed until just blended, about 1 minute. Scrape down sides of bowl. Beat at high speed until well blended, about 3 minutes. Fold in chocolate chips; divide batter between prepared pans (about 3 ¾ cups batter in each).

**Bake cakes until tester inserted into center comes out clean, about 40 minutes.** Cool cakes completely in pans on racks. Cover; let cakes stand at room temperature overnight.

**Make ganache:** Bring cream to simmer in heavy large saucepan over medium-high heat. Remove from heat. Add chocolate and whisk until melted and smooth. Transfer ganache to glass bowl. Let stand until thick enough to spread, about 4 hours. (Can be made 1 day ahead. Cover; chill.)

**Make mousse:** Using electric mixer, beat 3 1/3 cups cream in large bowl until peaks form; refrigerate. Combine remaining 1 cup cream and corn syrup in heavy medium saucepan and bring to simmer. Remove from heat. Add chocolate and whisk until melted, smooth, and still warm to touch. Pour warm chocolate mixture directly onto whipped cream and fold in gently. Chill until mousse is set, at least 8 hours. (Can be prepared 1 day ahead. Cover and keep refrigerated.)

**Assemble and serve cake:** Cut around pan sides; turn out cakes. Peel off paper. Cut each cake horizontally in half. Place 1 cake layer, cut side up, on 9-inch tart pan bottom or 9-inch cardboard round. Place another layer, cut side up, on clean baking sheet. Spread each with 1/3 cup raspberry jam. Chill until jam sets, about 15 minutes

If ganache is chilled, microwave on defrost setting in 15-second repetitions until just soft enough to spread, stirring occasionally. Drop 1 cup ganache by rounded tspfuls over each jam layer. Using offset spatula, gently spread 5Bganache to cover jam. Drop 3 cups mousse by heaping spoonfuls onto each

# Desserts

ganache layer; gently spread to cover. Refrigerate cake layers 30 minutes. Using large metal spatula, place cake layer from baking sheet, mousse side up, atop cake layer on tart pan bottom. Place third cake layer, cut side down, on cake (reserve remaining cake layer for another use). Spread 1 cup mousse over top of assembled cake. Using long offset spatula, spread sides of assembled cake with enough ganache (about 1 ½ cups) to fill gaps and make smooth surface. Transfer cake on tart pan bottom to platter.

Turn 1 large baking sheet upside down on work surface. Arrange two 20-inch-long pieces of foil on work surface. Cut two 4 ½-inch-wide by 15 ¾-inch-long strips from transfer sheet. Lay 1 transfer sheet strip, rough-textured design facing up, onto each sheet of foil. Place chocolate in medium metal bowl; set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water). Stir until chocolate is smooth and very warm to touch (about 115°F). Remove bowl from over water.

Pour thick ribbon of melted chocolate (about 2/3 cup) onto 1 transfer sheet strip. Using long offset spatula, spread chocolate evenly over transfer strip, covering completely (chocolate will run over sides of strip). Lift edge of chocolate-coated strip with tip of knife. Slide hands between transfer strip and foil, lift entire transfer strip and place it, chocolate side up, on inverted baking sheet. Refrigerate until chocolate on strip is set and loses gloss but is still flexible (do not let chocolate become too firm), about 1 ½ minutes. Using fingertips, lift chocolate-coated strip and attach, chocolate side in, to side of cake. Press strip to seal chocolate to side of cake (strip will stand about 1 inch above top edge of cake). Coat remaining transfer strip with chocolate, transfer to inverted baking sheet; chill until set but still flexible. Arrange 1 end of second strip against (but not overlapping) 1 end of first strip. Press second strip to seal chocolate to side of cake (both strips will just encircle cake). Refrigerate cake until chocolate strips are firm, about 30 minutes. Carefully peel transfer paper off chocolate strips. Chill cake at least 3 hours and up to 1 day. Mound fruit atop cake. Refrigerate until ready to serve. (Cake can be assembled up to 8 hours ahead.)

Makes 20 servings.

## Desserts

### Zucchini Bread

*If you like zucchini, it's zucchini bread. Otherwise, it is cinnamon bread.*

- 3 eggs
- 1 large box Vanilla Instant Pudding (Optional)
- 1 cup canola oil
- 2 cups sugar
- 2 tsp Vanilla Extract
- 2 tsp Almond Extract
- 1 tbspn cinnamon
- 3 cups zucchini, grated
- 1 tsp baking soda
- 1 tsp salt
- ¼ tsp baking powder
- 3 cups flour
- ½ cup raisins (optional)
- ½ cup chopped nuts (optional)
- Pam (ideally with flour)

Preheat oven to 350°F. In a mixer, blend eggs, oil, (optional) pudding and sugar. Add the Vanilla Extract, Almond Extract, cinnamon and blend. Add the zucchini. In a separate bowl, sift the flour, baking soda, salt and baking powder. Slowly add the dry mixture to the wet mixture.

(Optional) Boil 2 cups of water. Take off of the heat. Pour the raisins in to the hot water. Let sit for two minutes. Drain water. Pour the raisings in the mixture. Add the (Optional) raisins and (optional) nuts.

Spray Pam on bread pans before pouring mixture in. Bake for 50 minutes - 1 hour or until a toothpick comes out clean. Let cool on a cookie rack for 15-20 minutes. Take out of bread pan, cool and wrap in aluminum foil.

# Play

## Play

### Play dough

*This is really easy to make and it works well.*

- 1 cup flour
- 1 cup warm water
- 2 teaspoons cream of tartar
- 1 teaspoon oil
- ¼ cup salt
- food coloring

Mix all ingredients, adding food coloring last to achieve the color you desire. Stir over medium heat until smooth. Remove from pan and knead until blended smooth. Place in plastic bag or airtight container when cooled. Will last for a long time.

# Cuts of Meat

# Food Information

## Meat Cuts

### Beef

Fresh beef has cream-colored fat and bright red meat. The best beef is marbled with fine strands of fat, which bastes the meat as it cooks and makes it tender and juicy. Lower grades of beef have thicker marbling or no marbling, so the meat's tougher after you cook it. Choice breeds include Angus, Kobe, Chianina, and lean but tender Piedmontese.

Substitutes: venison (If substituting venison or other game for beef, consider adding some vinegar to the sauce to tone down the gamey flavor.) OR veal OR pork OR ostrich OR chicken OR turkey OR tempeh OR tofu OR TVP (textured vegetable protein, a meat analogue)

| Beef Cut | Description   |
|----------|---|
| chuck    | The chuck section comes from the shoulder and neck of the beef, and it yields some of the most flavorful and economical cuts of meat. The downside is that these cuts tend to be tough and fatty, and they have more than their fair share of bone and gristle. It's usually best to cook them slowly in a liquid.  |
| rib      | Meat from the rib section tends to be tender and well marbled with the fat that makes steaks and roasts juicy and flavorful. Rib steaks and roasts are sometimes called "prime rib" even when the meat isn't good enough to be graded "prime" by the USDA. It's best not to marinate rib cuts.  |
| loin     | The loin yields the most tender and expensive cuts of beef—but not the most flavorful. The choicest portion is the tenderloin, which is exquisitely tender and lean. The top loin and sirloin aren't as tender, but they're a bit more flavorful. Cuts from the loin require very little work to taste great. Indeed, steak lovers consider it almost a sacrilege to marinate them, or to cook them beyond medium rare. |
| round    | The round is a kind term for the rear end of the carcass. Those muscles are well exercised, so round cuts tend to be a bit tougher and leaner than cuts from the loin. Round cuts do well if they're cooked with moist heat, and many of them can also be roasted, as long as they're not overcooked.   |

# Food Information

| Beef Cut       | Description  |
|----------------|--|
| breast & flank | The breast and flank yield an assortment of cuts, including the flank steak, skirt steak, hanger steak, brisket, and short ribs. |
| misc           | This category includes cuts taken from different parts of the carcass, including ground beef, stew meat, and soup bones.         |

## Pork Loin Cuts

| Pork Cuts            | Description  |
|----------------------|--|
| loin                 | This is where we get the leanest and most tender pork cuts. Since they're lean, these cuts tend to dry out if overcooked. Pork is safe to eat if it's cooked to an interior temperature of 160 degrees. There are three main parts of the loin: the blade end, which is closest to the shoulder and tends to be fatty; the sirloin end, which is closest to the rump and tends to be bony; and the center portion in the middle, which is lean, tender, and expensive. |
| pork back ribs       | = pork back ribs = pork country back bones = pork loin back ribs = pork ribs for barbecue = Canadian pork back ribs = pork baby back ribs Notes: These ribs are meatier than spareribs, but they're not as meaty as country-style ribs. Allow 2/3 pound per person. Substitutes: pork spareribs OR pork country-style ribs (meatier and fattier)   |
| pork loin blade chop | = blade pork chop = pork chop end cut = pork chop end cut Notes: These are cut from the blade roast, which is the part of the loin that's closest to the shoulder. You can grill, broil, braise, or pan-fry them. Don't confuse this cut with the pork blade steak, which is cut from the Boston butt and is fattier. Substitutes: pork loin chop OR pork sirloin chop   |
| pork blade roast     | = pork blade-end roast = pork 7-rib roast = pork 5-rib roast = pork rib end roast = rib end pork loin = pork loin rib end = pork loin blade roast Notes: This somewhat fatty, economical roast is sold either bone-in and boneless. If you buy it as a bone-in roast, make sure that the butcher has cracked the backbone between the ribs so it's easy to carve. Country-style ribs are cut from this piece. Substitutes: Boston butt OR pork sirloin roast           |

# Food Information

| Pork Cuts               | Description  |
|-------------------------|--|
| pork butterfly chop     | = butterfly pork chop = pork loin butterfly chop Notes: This is a thick chop taken from the loin eye which is cut almost in half so that it forms a butterfly pattern when opened on the hinge.  |
| pork chop               | Notes: Pork chops usually turn out juicier if they're thick and if they're attached to bone. Several different cuts are called pork chops. The most tender and expensive ones are the pork loin chop and the pork rib chop. Next in the tenderness hierarchy are the pork sirloin chop, pork top loin chop, and the pork loin blade chop. Pork arm steaks and pork blade steaks are relatively tough and fatty, but they're very flavorful. They're better if they're braised rather than grilled, broiled, or fried. Substitutes: pork tenderloin (cut into medallions) OR lamb chop OR steak |
| pork country-style ribs | = pork country-style loin ribs = pork country ribs = pork blade end country spareribs Notes: These have more meat than spareribs or back ribs, but they aren't as easy to eat with fingers. Allow ½ pound per person. They come boneless (pictured) or bone-in. Substitutes: pork spareribs (less meaty and fatty) OR pork back ribs (less meaty and fatty still)  |

# Food Information

| Pork Cuts              | Description   |
|------------------------|---|
| pork center loin roast | = center cut pork loin roast = pork loin roast center cut = pork center rib roast = center cut pork roast = pork loin rib half = pork loin center cut = pork loin center rib roast Notes: For many cooks, this lean and tender cut makes the best pork roast of all. One drawback is that it includes part of the animal's backbone, which adds flavor but can make the roast hard to slice after cooking. One solution is to ask your butcher either to cut off the bone and tie it back on or to cut through the backbone in several places so that you can easily slice the cooked roast into chops. If the backbone is removed and the ribs are "Frenched" or trimmed of meat, this cut is called a rack of pork. To make a crown roast of pork, get two racks and tie them into a circular crown. Your roast will be moister if the butcher doesn't trim the big slab of fat that usually comes with this cut. The roast will be moister if you cut the fat off after the roast is cooked. Steaks cut from this roast are called pork loin chops or pork rib chops. Substitutes: tenderloin OR pork sirloin roast OR fresh pork leg OR top loin roast OR Boston butt (higher in fat) OR rack of lamb |
| pork loin chop         | = pork loin end chop = loin pork chop = pork center loin chop Notes: This is distinguished by a T-shaped bone that's off to one side. It's a great chop to grill, broil, or pan-fry. Substitutes: pork rib chop OR pork tenderloin (cut into slices)  |
| pork rib chop          | = pork rib cut chop = rib pork chop = pork chop end cut Notes: This is similar to the pork loin chop. Substitutes: pork loin chop OR tenderloin (cut into slices)   |
| pork sirloin chop      | = pork loin sirloin chop = sirloin pork chop = sirloin pork steak Notes: These lean chops are cut from the pork sirloin roast. Substitutes: pork sirloin cutlet OR pork rib chop OR pork loin chop OR pork blade chop   |

## Food Information

| Pork Cuts           | Description   |
|---------------------|---|
| pork roast          | Notes: You can oven-roast several pork cuts. Many cooks think that the pork center loin roast is the best choice—it's moist, tender, and flavorful. Pork tenderloins are also popular because they're lean, tender, and boneless. As you move away from the center of the pig, the roasts become either bonier or fattier or less tender, but they're more economical and often packed with flavor. Good choices include the pork top loin roast, fresh pork leg, pork sirloin roast and Boston butt. |
| pork sirloin cutlet | = pork cutlet Notes: These lean steaks are similar to sirloin chops, only meatier and boneless. Substitutes: pork tenderloin (slice medallions from it) OR pork sirloin chop  |
| pork sirloin roast  | = pork loin end roast = loin pork roast = sirloin end roast = pork hipbone roast Notes: This is a fairly lean and economical roast. A bone-in sirloin roast contains parts of the hipbone and backbone, so it's tough to carve. It's usually worth the extra money to get a rolled and tied boneless sirloin roast. Substitutes: pork top loin roast OR pork blade roast OR Boston butt   |
| pork tenderloin     | = pork tender = pork filet Notes: This cut is lean, tender, and boneless, so it commands a high price. It's delicious roasted, grilled, or broiled as long as you don't overcook it. Tenderloins are usually sold in pairs, and sometimes cut up into tenderloin pieces. If there's a silver membrane on the tenderloin, remove it before cooking.  |
| pork top loin chop  | = center cut loin pork chop = pork strip chop Notes: If boneless, these chops are sometimes called pork loin filets. Substitutes: pork rib chop OR pork loin chop OR pork tenderloin (sliced into chops) OR pork sirloin chop OR pork blade chop  |
| pork top loin roast | Notes: To make a boneless roast, the butcher puts two top loins together and ties them up, fat sides out. Substitutes: pork sirloin roast OR pork center rib roast  |

# Ode to Baking Soda

# Food Information

## Baking Soda - Cooking

From Pat Veretto,

Use baking soda when you cook these foods  
Bicarb, baking soda, sodium bicarbonate, bicarbonate of soda... whatever you call it, is at home with foods of many kinds. It's a leavening agent, of course, but its more than that. It's a tenderizer, a neutralizer of acids and apparently helps in digestion of high fiber foods. These tips show you what and how.

1. Most Asian restaurants tenderize their less tender cuts of beef and pork with baking soda. It can be applied several ways. Mix baking soda and water and let the meat soak in it for several hours in the refrigerator. Later, rinse the meat thoroughly to get rid of the soda residue. The meat will be very tender. You can also sprinkle baking soda directly on the meat. Let it set for several hours in the refrigerator, then rinse the meat thoroughly.
2. I put a pinch of it in my spaghetti sauce.
3. It removes the acid taste from the tomatoes.
4. I love to cook Italian foods and when I cook tomato sauces for spaghetti or lasagna I always add a half tsp of baking soda. It removes the acidity of the tomato and gives the sauce a very gentle taste without having to add sugar.
5. I have found that if I put a tbsp of baking soda in a large pot of beans while soaking them, the flatulence caused by beans is kept to a minimum.
6. Add a tsp or so to your pot of dried beans while boiling. Beans will cook in record time.
7. Rub a little baking soda on pork chops or chicken pieces before frying or baking to make the surface crispy. This also seals the surface, keeping the meat from drying out as it cooks.
8. If chicken still has fine feathers on it, remove them by rubbing the skin with baking soda.
9. To cook cabbage faster, add a couple of tsps of baking soda to the water in which you boil it.
10. Why wait until you already have acid indigestion to use baking soda? Sprinkle it in the grease you fry foods in, in the liquid in which you cook offending foods.
11. Instead of milk, add a half teaspoon per egg to make light and fluffy scrambled eggs.
12. Sprinkle a small amount of baking soda on your hands after chopping onions, then rinse with cool water. Takes the odor away immediately!
13. When brewing tea, add a generous pinch of soda for each 2 quart pitcher of tea to take out any bitterness. Drop the soda directly in the brewed tea before you combine it with water in the pitcher. Make sure the pot isn't still on the burner brewing. Makes a great brew!

# Food Information

14. Substitute ¼ tsp. baking soda, ¼ tsp. cornstarch plus ½ tsp. cream of tartar for 1 tsp. baking powder.
15. I used to have trouble with my scalloped potatoes curdling. I now put a pinch of baking soda between the layers and bake as usual. Works great.
16. When simmering or boiling fresh rhubarb, add 1 or more tsps of baking soda. It will decrease the amount of sugar required to sweeten the batch. It does slightly change the appearance, but NOT the taste.
17. A reader learned this from a BBQ restaurant: Put a dash of baking soda on top of tea filters and brew.

# Crock Pot Cooking

## Food Information Oven to Crockpot Conversion General Information

It's difficult to give exact conversion information on translating traditional oven recipes to the crockpot. Below you will find some general guidelines for converting your favorite recipes to the crockpot. Since crockpots vary, you should consult your owner's manual for instructions.

- Crockpots may vary but generally, the LOW setting is about 200 degrees F. and the HIGH setting is about 300 degrees F. One hour on HIGH is approximately equal to 2 to 2-½ hours on LOW. Most crockpot recipes recommend cooking 8-10 hours on LOW. Some recipes recommend the HIGH setting based on the nature and texture of the food. You will have to judge your recipe accordingly. For example, beef cuts will be better cooked on LOW for 8-10 hours to get a more tender texture, where chicken can be cooked on HIGH 2-½ to 3 hours.
- Reduce the amount of liquid used in most oven recipes when using the LOW setting, since the crockpot retains all moisture that usually evaporates when cooking in the oven. Add liquids for sauces about an hour before done. You will normally end up with more liquid at the end of cooking times, not less. A general rule is to reduce liquids by half, unless rice or pasta is in the dish.
- Spices may need to be reduced or increased. Whole herbs and spices increase their flavoring power in crockpot cooking while ground spices may have lost some flavor. Add ground spices during the last hour of cooking. Whole leaf and herbs will probably need to be reduced by half.
- Rice, noodles, macaroni, seafood, Chinese vegetables and milk do not hold up well when cooked 8-10 hours. Add these to sauces or liquid about 2 hours before serving when using LOW setting (or 1 hour on HIGH). If you want to use milk in an 8-10 hour recipe, use evaporated milk.
- Browning meats before cooking is a personal choice. It's not necessary but it will reduce the fat content of some meats if you brown it before cooking.
- Sautéing vegetables (like onions, etc) is not necessary, (except for eggplant which should be parboiled or sautéed prior due to its strong flavor). Just add them to the pot with everything else. You may wish to reduce quantities of stronger vegetables since they will permeate the other foods in the crockpot with their full flavor.
- Dry beans can be cooked overnight on LOW as an alternative to soaking. Cover with water and add 1 tsp of baking soda. Drain and combine with other ingredients. Be sure beans are softened before adding to any sugar or tomato mixture.
- For best results, use long-grain parboiled/converted raw rice in recipes, and use standard liquid amounts instead of reducing the liquid. For mixed recipes requiring pasta, it's best to cook the pasta separately to al dente texture and add

# Food Information

just before serving.

- For soups, add water only to cover ingredients. If thinner soup is desired, more liquid can be added at the end of the cooking time.

## General Oven to Crockpot Cooking Time Conversions

| Oven             | Crockpot (High)  | Crockpot (Low) |
|------------------|------------------|----------------|
| 15 to 30 minutes | 1 ½ to 2 ½ hours | 4 to 6 hours   |
| 35 to 45 minutes | 2 to 3 hours     | 6 to 8 hours   |
| 50min to 3 hours | 4 to 5 hours     | 8 to 18 hours  |

**Note: Most uncooked meat and vegetable combinations will require at least 8 hours on LOW.**

## General Crockpot Cooking Times for Specific Foods

| Oven                              | Crockpot (High)                               | Crockpot (Low) |
|-----------------------------------|---|----------------|
| Artichoke (Add some water)        | 2 ½ to 4                                      | 6 to 8         |
| Baked Potato                      | n/a   | 8 to 10        |
| Brisket                           | n/a   | 10 to 12       |
| Casserole (Stirring occasionally) | 2 to 4  | 4 to 9         |
| Chicken                           | 3 to 4  | 7 to 10        |
| Corned Beef & Cabbage             | n/a   | 6 to 10        |
| Dry Beans                         | 1 to 2 hours on HIGH plus 8 to 9 hours on LOW |                |
| Meat Loaf                         | n/a   | 8 to 9         |
| Pot Roast                         | 4 to 5  | 8-12 hours     |
| Ribs                              | n/a   | 6-8            |
| Rice                              | 2 to 3  | 5 to 9         |
| Soup                              | 2 to 6  | 6 to 12        |
| Stew                              | 4-5   | 10 to 12       |

# Food Information

| Oven                         | Crockpot (High) | Crockpot (Low) |
|------------------------------|-----------------|----------------|
| Stuffed Peppers              | 3 to 4          | 6 to 8         |
| Swiss Steak                  | 4 to 5          | 8 to 10        |
| Vegetables (Add some liquid) | n/a             | 2 to 4         |

**Note: Remember to check the owner's manual for your particular crockpot for full instructions on usage. The above cooking times are only VERY general guideline**

# Weight/ Volume Conversion

## Food Information

### Measurements

| Measurements    | volume   |
|-----------------|--|
| 1 wineglass     | ¼ cup  |
| 1 jigger        | 1.5 fluid ounces   |
| 1 gill          | ½ cup  |
| 1 teacup        | a scant ¾ cup  |
| 1 coffeecup     | a scant cup  |
| 1 tumbler       | 1 cup  |
| 1 pint          | 2 cups   |
| 1 quart         | 4 cups   |
| 1 peck          | 2 gallons - dry  |
| 1 pinch or dash | what can be picked up between thumb and first two fingers; less than 1/8 tsp |
| ½ pinch         | what can be picked up between thumb and one finger                           |
| 1 saltspoon     | ¼ tsp  |
| 1 kitchen spoon | 1 tbsp   |
| 1 dessert spoon | 2 tsps or 1 soup spoon   |
| 1 spoonful      | 1 Tbsp more or less  |
| 1 saucer        | 1 heaping cup (about)  |

### Temperatures

|                      |                        |
|----------------------|------------------------|
| Very slow oven       | below 300 degrees F.   |
| Slow oven            | 300 degrees F.         |
| Moderately slow oven | 325 degrees F.         |
| Moderate oven        | 350 degrees F.         |
| Moderately hot oven  | 375 degrees F.         |
| Quick oven           | 375 - 400 degrees F.   |
| Hot oven             | 400-425 degrees F.     |
| Very hot oven        | 450-475 degrees F.     |
| Extremely hot oven   | 500 degrees F. or more |

# Weight/Measurement

## Approximate Weight/Volume Equivalents

| Food                                | Weight   | Approx. Measure          |
|-------------------------------------|----------|--------------------------|
| Allspice                            | 1 oz     | 4½ Tbsp                  |
| Almonds, blanched                   | 1 lb     | 3 cups                   |
| Apples, whole                       | 1 lb     | 3 to 4 medium            |
| Apples, whole                       | 1½ lb    | 1 quart, sliced          |
| Apples, peeled, diced, ½-inch cubes | 1 lb     | 4½ cups                  |
| Applesauce                          | 1 lb     | 2 cups                   |
| Apples, canned, pie-pack            | 1½ lb    | 1 quart (4 cups)         |
| Apricots, dried                     | 1 lb     | 3 cups                   |
| Apricots, dried, cooked, no juice   | 1 lb     | 4½ to 5 cups             |
| Apricots, fresh                     | 1 lb     | 5 to 8 apricots          |
| Apricots, canned, halves, no juice  | 1 lb     | 2 cups (12 to 20 halves) |
| Apricots, pie-pack                  | 1 lb     | 1¾ cups                  |
| Asparagus, fresh                    | 1 lb     | 16 to 20 stalks          |
| Asparagus, canned tips, drained     | 1 lb     | 17 to 19 stalks          |
| Asparagus, canned, cuts, drained    | 1 lb     | 2½ cups                  |
| Avocado                             | 1 lb     | 2 medium                 |
| Bacon, raw                          | 1 lb     | 15 to 25 slices          |
| Bacon, cooked                       | 8 slices | ½ cup crumbled           |
| Bacon, cooked                       | 1 lb     | 85 to 95 slices          |
| Baking powder                       | 1 oz     | 2 Tbsp                   |
| Baking powder                       | 1 lb     | 2 cups                   |
| Bananas, fresh, with peeling        | 1 lb     | 3 medium                 |
| Bananas, peeled & diced             | 1 lb     | 2 to 2½ cups             |
| Bananas, peeled & diced             | 1 lb     | 2 cups mashed            |
| Barley, pearl                       | 1 lb     | 2 cups                   |
| Beans, baked                        | 1 lb     | 2 cups                   |

# Weight/Measurement

| Food                                     | Weight     | Approx. Measure            |
|--|------------|----------------------------|
| Beans, dried, Lima                       | 1 lb       | 2½ cups                    |
| Beans, 1 lb-dried, Lima, after cooking   | 2 lb, 9 oz | 6 cups                     |
| Beans, Lima, fresh or canned             | 1 lb       | 2 cups                     |
| Beans, kidney, dried                     | 1 lb       | 2-2/3 cups                 |
| Beans, kidney, 1 lb-dried, after cooking | 2 lb, 6 oz | 6 to 7 cups                |
| Beans, navy, dried                       | 1 lb       | 2-1/3 cups (6 cups cooked) |
| Beans, navy, 1 lb-dried, after cooking   | 2 lb, 3 oz | 5½ to 6 cups               |
| Beans, green snap, cut, cooked, no juice | 1 lb       | 3 to 3½ cups cut           |
| Bean sprouts, fresh                      | 1 lb       | 1 quart (4 cups)           |
| Beef, dried, solid pack                  | 1 lb       | 1 quart (4 cups)           |
| Beef, ground, raw                        | 1 lb       | 3 cups                     |
| Beef, cooked, diced                      | 1 lb       | 3 cups                     |
| Beets, medium                            | 1 lb       | 3 to 4 beets               |
| Beets, cooked, diced                     | 1 lb       | 2½ to 2¾ cups              |
| Beets, cooked, sliced                    | 1 lb       | 2½ cups                    |
| Blackberries, fresh                      | 1 lb       | 2 to 2½ cups               |
| Blackberries, pie-pack                   | 1 lb       | 2½ cups                    |
| Bran, dry                                | 1 lb       | 2 quarts (8 cups)          |
| Bran, all-bran                           | 8 oz       | 1 quart (4 cups)           |
| Bran, flakes                             | 1 lb       | 3 quarts (12 cups)         |
| Bread, loaf (average)                    | 1 lb       | 18 slices, ½-inch each     |
| Bread, sandwich                          | 2 lb       | 36 to 40 slices, thin      |
| Bread, soft, broken                      | 1 lb       | 2½ quarts (10 cups)        |
| Bread, dry, broken                       | 1 lb       | 8 to 9 cups                |

## Weight/Measurement

| Food                           | Weight          | Approx. Measure                 |
|--------------------------------|-----------------|---------------------------------|
| Bread, fresh                   | 2 lb            | 1 lb dry crumbs                 |
| Bread crumbs, dry, ground      | 1 lb            | 4 cups                          |
| Bread crumbs, soft             | 1-1/2 slices    | 1 cup                           |
| Brussels sprouts, fresh        | 1 lb            | 1 quart (4 cups)                |
| Butter                         | 1 lb (4 sticks) | 2 cups                          |
| Butter                         | 1 oz.           | 2 tbsps                         |
| Return to Index                |                 |                                 |
| C                              |                 |                                 |
| Food                           | Weight          | Approx. Measure                 |
| Cabbage, fresh (raw), shredded | 1 lb            | 1 quart (4 cups) lightly packed |
| Cabbage, shredded, cooked      | 1 lb            | 1 1/2 cups                      |
| Candied Fruit                  | 8 oz. (1/2 lb.) | 1 cup chunks                    |
| 1-1/4 cup chopped              |                 |                                 |
| Cake crumbs, soft              | 1 lb            | 6 cups                          |
| Cantaloupe, whole              | 18 oz           | 1 melon, 4 1/2-inch diameter    |
| Carrots, raw                   | 1-1/2 medium    | 1 cup grated                    |
| Carrots, raw                   | 2 medium        | 1 cup sliced                    |
| Carrots, raw, diced            | 1 lb            | 3 to 3 3/4 cups                 |
| Carrots, raw, ground           | 1 lb            | 3 cups                          |
| Carrots, raw, whole            | 1 lb            | 4 to 5 medium                   |
| Carrots, cooked, diced         | 1 lb            | 3 cups                          |
| Cauliflower, raw, head         | 12 oz           | 1 small                         |
| Cauliflower, raw, florets      | 1 lb            | 3 cups                          |
| Celery cabbage, raw, shredded  | 1 lb            | 1 cup, sliced                   |
| Celery, raw                    | 2 medium stalks | 1 quart (4 cups)                |

## Weight/Measurement

| Food                                  | Weight           | Approx. Measure           |
|---------------------------------------|------------------|---------------------------|
| Celery, raw, diced                    | 1 lb             | 1 quart (4 cups)          |
| Celery, raw, diced, depending on size | 1 or 2 bunches   | 1 quart (4 cups)          |
| Celery seed                           | 1 oz             | 4 Tbsp                    |
| Cereal, flakes                        | 3 cups flakes    | 1 cup crushed             |
| Cheese, cottage                       | 1 lb             | 2 cups                    |
| Cheese, grated or ground              | 1 lb             | 1 quart (4 cups)          |
| Cheese, Philadelphia cream            | 8 oz.            |                           |
| 3 oz.                                 | 1 cup            |                           |
| 6 tbsps                               |                  |                           |
| Cherries, fresh                       | 4 cups w/ pitted | 2 cups pitted             |
| Cherries, red, pie-pack, no juice     | 1 lb             | 3 cups (scant)            |
| Cherries, glacé                       | 1 lb             | 96 cherries or 2 1/2 cups |
| Cherries, Royal Ann, canned, drained  | 1 lb             | 2 1/4 cups                |
| Chicken, raw, ready to cook           | 4 to 4 1/2 lb    | 1 quart cooked, diced     |
| Chicken, cooked, cubed                | 1 lb             | 3 cups                    |
| Chili powder                          | 1 oz             | 4 Tbsp                    |
| Chili sauce                           | 14 oz            | 1 1/4 cups                |
| Chocolate, baking                     | 1 oz.            |                           |
| 1 lb.                                 | 1 square         |                           |
| 16 squares                            |                  |                           |
| Chocolate, grated                     | 1 lb             | 3 1/2 cups                |
| Chocolate, melted                     | 1 lb             | 2 cups (scant)            |
| Chocolate cookie wafers               | 8 oz             |                           |
| 1 cup fine crumbs                     | 2 cups crumbs    |                           |

## Weight/Measurement

| Food                             | Weight        | Approx. Measure           |
|----------------------------------|---------------|---------------------------|
| 19 wafers (approx.)              |               |                           |
| Cinnamon, ground                 | 1 oz          | 4 Tbsp                    |
| Cinnamon, ground                 | 1 lb          | 4 cups                    |
| Cinnamon stick                   | ¾ oz          | 4 sticks, 5 inches long   |
| Citron, dried, chopped           | 1 lb          | 2½ cups                   |
| Cloves, ground                   | 1 oz          | 5 Tbsp                    |
| Cloves, whole                    | 3 oz          | 1 cup                     |
| Cocoa                            | 1 lb          | 4 cups                    |
| Coconut, prepared, shredded, dry | 1 lb          | 6 to 7 cups               |
| Coconut, moist, canned           | 1 lb          | 5-1/3 cups                |
| Coffee, ground, medium-coarse    | 1 lb          | 5 to 5½ cups dry          |
| 40 cups brewed                   |               |                           |
| Coffee, instant                  | 1 lb          | ½ cup                     |
| Coffee, pulverized               | 1 lb          | 5 cups                    |
| Corn, fresh                      | 2 medium ears | 1 cup kernels             |
| Corn, canned                     | 1 lb          | 1¾ to 2 cups              |
| Cornflakes                       | 1 lb          | 4 quarts (16 cups)        |
| Cornmeal, coarse                 | 1 lb          | 3 cups                    |
| Corn meal, after cooking         | 1 lb          | 3 quarts (12 cups)        |
| Corn syrup                       | 1 lb          | 1-1/3 cups                |
| Cornstarch                       | 1 oz          | ¾ Tbsp                    |
| Cornstarch                       | 1 lb          | 3½ cups                   |
| Crab, in shell                   | 1 lb          | ¾ to 1 cup cooked, flaked |
| Crab, in shell                   | 2 lb          | 1 cup cooked meat         |
| Crabmeat, flaked                 | 1 lb          | 3½ cups                   |
| Crackers, graham                 | 1 lb          |                           |

## Weight/Measurement

| Food                               | Weight            | Approx. Measure             |
|------------------------------------|-------------------|-----------------------------|
| 14 squares                         | 58 to 66 crackers |                             |
| 1 cup fine crumbs                  |                   |                             |
| Crackers, 2-5/8-inch square        | 12 oz             | 50 crackers                 |
| Crackers, 2 x 2-inch               | 1 lb              | 108 crackers                |
| Cracker crumbs, medium-fine        | 1 lb              | 5 to 6 cups                 |
| Cranberries, raw                   | 1 lb              |                             |
| 1 quart                            | 1 quart (4 cups)  |                             |
| 6 to 7 cups cooked cranberry sauce |                   |                             |
| Cranberries, cooked                | 1 lb              | 1 quart (4 cups)            |
| Cranberries, sauce, jellied        | 1 lb              | 2 cups                      |
| Cranberries, dehydrated, sliced    | 1 lb              | 8½ cups                     |
| Crawfish, whole, cooked            | 1 lb, not peeled  | 3 to 4 oz. tail meat peeled |
| Crawfish tails, cooked             | 1 lb, not peeled  | 1 to 2 cups meat peeled     |
| Cream, heavy (whipping)            | 1 pint (2 cups)   | 1 quart (4 cups) whipped    |
| Cream of tartar                    | 1 oz              | 3 Tbsp                      |
| Cream of Wheat, uncooked           | 1 lb              | 2-2/3 cups                  |
| Cucumbers, fresh, diced            | 1 lb              |                             |
| 1 medium-small                     |                   |                             |
| 1 cup small dice                   | 3 cups            |                             |
| Currants, diced                    | 1 lb              | 3 cups                      |
| Curry powder                       | 1 oz              | 4 Tbsp (¼ cup)              |
| Dates, pitted                      | 1 lb              | 2½ cups                     |
| Food                               | Weight            | Approx. Measure             |
| Eggs, fresh, whole                 | 1 lb              | 8 or 9 eggs                 |

## Weight/Measurement

| Food                                 | Weight           | Approx. Measure                 |
|--------------------------------------|------------------|---------------------------------|
| Eggs, fresh or frozen, whole         | 1 lb             | 2 cups (9 - 11 eggs)            |
| Eggs, whites only, fresh or frozen   | 1 lb             | 2 cups (17 to 22 egg whites)    |
| Eggs, yolks only, fresh or frozen    | 1 lb             | 2 cups (19 to 22 egg yolks)     |
| Eggs, hard cooked, chopped           | 1½ lb            | 1 quart (4 cups)                |
| Eggs, dried                          | 1 lb             | 4 cups                          |
| Eggs, frozen, whole                  | 1 lb             | 2 cups (10 eggs)                |
| Eggs, whites, dried                  | 1 lb             | 5 cups                          |
| Eggs, yolks, dried                   | 1 lb             | 5-2/3 cups                      |
| Eggplant, fresh                      | 1 lb             | 8 slices 4 x ½-inch             |
| Food                                 | Weight           | Approx. Measure                 |
| Farina, cooked                       | 6 oz             | ¾ cup                           |
| Farina, uncooked                     | 1 lb             | 3 cups                          |
| Farina, 1 lb uncooked, after cooking | 8 lb             | 3¾ quarts                       |
| Figs, dry, finely cut                | 1 lb             | 2½ cups                         |
| Flour, all-purpose                   | 1 lb             | 4 cups                          |
| Flour, white, bread, unsifted        | 1 lb             | 3½ cups, scant                  |
| Flour, white, bread, sifted          | 1 lb             | 4 cups                          |
| Flour, cake, sifted                  | 1 lb             | 4¾ cups                         |
| Flour, whole wheat                   | 1 lb             | 3¾ cups                         |
| Flour, rye                           | 1 lb             | 5¾ cups                         |
| Flour, soya, low fat                 | 1 lb             | 5 cups                          |
| Fruit, canned                        | 16 to 20 oz. can | 1-¾ to 2 cups drained           |
| Fruit, frozen                        | 10 oz. pkg.      | 1-¼ cups drained                |
| Gelatin, granulated                  | ¼ oz             | 1 envelope (domestic), (1 Tbsp) |

## Weight/Measurement

| Food                                  | Weight  | Approx. Measure                   |
|---------------------------------------|---------|-----------------------------------|
| Gelatin, granulated                   | 1 oz    | 4 Tbsp                            |
| Gelatin, granulated                   | 1 lb    | 3 cups                            |
| Gelatin, prepared, flavored           | 1 lb    | 2-1/3 cups                        |
| Gelatin, sheet                        | 1 sheet | 1 tsp granulated or powdered      |
| Ginger, ground                        | 1 oz    | 5 Tbsp                            |
| Ginger, ground                        | 1 lb    | 5 cups                            |
| Ginger, candied                       | 1 oz    | 1 piece 2 x 2 x 3/8-inch          |
| Grapefruit, medium                    | 1 lb    | 1 grapefruit, 10 to 12 sections   |
| Grapefruit, medium                    |         | 2/3-cup juice                     |
| Grapefruit, medium, sections          |         | 1 gallon (16 cups) (238 sections) |
| Grapenut cereal                       | 1 lb    | 4 cups                            |
| Grapes, fresh, seeded, cut            | 1 lb    | 2¾ cups                           |
| Grapes, on stem                       | 1 lb    | 1 quart (4 cups)                  |
| Ham, cooked, diced                    | 1 lb    | 3 cups +                          |
| Ham, cooked, ground                   | 1 lb    | 2 cups                            |
| Ham, 1 lb uncooked, after cooking     | 8 oz    | 1 cup cooked                      |
| Hominy, course                        | 1 lb    | 2½ cups                           |
| Hominy grits, raw                     | 1 lb    | 3 cups                            |
| Hominy grits, 1 lb raw, after cooking | 6½ lb   | ¾ quarts (13 cups)                |
| Honey                                 | 1 lb    | 1-1/3 cups                        |
| Horseradish, fresh                    | 1 oz    | 2 Tbsp                            |
| Jam                                   | 1 lb    | 1-1/3 cups                        |
| Jelly                                 | 1 lb    | 1½ cups                           |
| Lard                                  | 1 lb    | 2 cups                            |
| Lemons, medium                        | 1 lb    | 4 to 5 lemons                     |

## Weight/Measurement

| Food                                   | Weight          | Approx. Measure                              |
|--|-----------------|--|
| Lemons, medium                         |                 | 6 medium lemons=1 cup juice                  |
| Lemons, large                          |                 | 1 large lemon=3 Tbsp grated peel             |
| Lemon juice                            |                 | 2 cups (8 to 10 lemons)                      |
| Lettuce, average head                  | 9 oz            | 1 head                                       |
| Lettuce, shredded                      | 1 lb            | 6 to 8 cups                                  |
| Lettuce, leaf                          | 1 lb            | 25 to 30 salad garnishes                     |
| Lime                                   | 1 medium        | 1-½ to 2 Tbsp. juice<br>1-½ tsp. grated peel |
| Macaroni, uncooked, 1-inch pieces      | 4 oz. (1 cup)   |  |
| 1 lb                                   | 2-¼ cups cooked |  |
| 4 cups uncooked                        |                 |  |
| Macaroni, 1 lb uncooked, after cooking | 4 lb cooked     | 2¼ quarts (9 cups)                           |
| Macaroni, cooked                       | 1 lb            | 2½ cups                                      |
| Margarine                              | 1 lb            | 2 cups                                       |
| Marshmallows, large (1¼-inch)          | 1 lb            | 80 pieces                                    |
| Marshmallows, miniature                | ½ lb            | 4-½ cups                                     |
| Marshmallow creme                      | 7-½ oz. jar     | 2-½ cups                                     |
| Mayonnaise                             | 1 lb            | 2 cups (scant)                               |
| Meat, chopped, cooked                  | 1 lb            | 2 cups                                       |
| Milk, fluid, whole                     | 1 lb, 1 oz      | 2 cups                                       |
| Milk, sweetened condensed (canned)     | 1 lb            | 1½ cups                                      |

## Weight/Measurement

| Food   | Weight                         | Approx. Measure                     |
|--|--------------------------------|-------------------------------------|
| Milk, evaporated (canned)                    | 13 oz.<br>14-¼ oz. can<br>1 lb | 1-5/8 cups<br>1-2/3 cups<br>1¾ cups |
| Milk, dry, nonfat                            | 1 lb                           | 4 cups                              |
| Milk, dry, nonfat                            | 1 oz                           | 4 Tbsp                              |
| Mincemeat                                    | 1 lb                           | 2 cups                              |
| Molasses                                     | 1 lb                           | 1-1/3 cups                          |
| Mushrooms, whole, fresh                      | 1 lb                           | 6¾ cups whole                       |
| 2 cups sliced                                |                                |                                     |
| Mushrooms, fresh, 1 lb fresh, after sautéing |                                | 1½ cups                             |
| Mushrooms, canned                            | 1 lb                           | 2 cups drained                      |
| Mustard, dry, ground                         | 1 lb                           | 4½ cups                             |
| Mustard, prepared                            | 1 oz                           | 4 Tbsp (¼ cup)                      |
| Mustard seed                                 | 1 oz                           | 2½ Tbsp                             |
| Noodles, dry (uncooked)                      | 1 lb                           | 5-½ to 6 cups uncooked              |
| 9 cups cooked                                |                                |                                     |
| Noodles, 1 lb dry, after cooking             | 3 lb                           | 2¼ quarts (9 cups)                  |
| Nutmeats, almonds or peanuts                 | 1 lb                           | 3½ cups                             |
| Nutmeats, pecans or walnuts                  | 1 lb                           | 4 cups                              |
| Nutmeg, ground                               | 1 oz                           | 3½ Tbsp                             |
| Oats, rolled, quick, uncooked                | 1 lb                           | 6 cups                              |
| Oats, rolled, quick, 1 lb dry, after cooking | 2½ lb                          | 4 quarts cooked (16 cups)           |
| Oil, vegetable                               | 1 lb                           | 2 to 2-1/8 cups                     |
| Olives, green, small size                    | 1 quart                        | 109 to 116 olives                   |
| Olives, ripe (black), small size             | 1 quart                        | 152 olives                          |
| Olives                                       | 4½ lb                          | 3 cups chopped                      |
| Onions, raw                                  | 1 lb                           | 4 to 5 medium                       |

## Weight/Measurement

| Food  | Weight                | Approx. Measure          |
|---|-----------------------|--------------------------|
| Onions, raw, chopped                                | 1 medium<br>1 lb      | ½ cup<br>2 to 3 cups     |
| Onions, dehydrated, chopped                         | 1 lb                  | 7½ cups                  |
| Onions, dehydrated, chopped, 1 lb, after cooking    | 4½ to 5 lb            | 7½ to 11 cups            |
| Onions, dehydrated, sliced                          | 1 lb                  | 12 cups                  |
| Onions, dehydrated, sliced, 1 lb dry, after cooking | 4 lb, 6 oz to<br>5 lb | 12 to 18 cups            |
| Oranges, medium size                                | 1 lb                  | 2 ea.                    |
| Oranges, medium size, diced with juice              | 3 lb                  | 1 quart (4 cups)         |
| Oranges, medium size, diced with juice              | 3 lb                  | 2 to 4=1 cup juice       |
| Oranges, medium size, diced with juice              | 3 lb                  | 2=1 cup bite size pieces |
| Oranges, medium size, diced with juice              | 3 lb                  | 1=10 or 11 sections      |
| Oranges, medium size, diced with juice              | 3 lb                  | 1=4 Tbsp grated peel     |
| Orange juice, fresh                                 | 1 medium orange       | 1/3 to ½ cup juice       |
| Orange juice, frozen                                | 6 oz                  | 2¼ cups reconstituted    |
|   | 1 quart (32 oz)       | 3 quarts reconstituted   |
| Oysters, 1 quart (4 cups)                           | 2 lb                  | 40 large, or 60 small    |
| Paprika   | 1 oz                  | 4 Tbsp                   |
| Parsley, coarsley chopped                           | 1 oz                  | 1 cup                    |
| Parsnips, raw                                       | 1 lb                  | 4                        |
| Peanuts   | 1 lb                  | 3¼ cups                  |
| Peanut Butter                                       | 1 lb                  | 1¾ cups                  |

## Weight/Measurement

| Food                                 | Weight           | Approx. Measure          |
|--------------------------------------|------------------|--------------------------|
| Peaches, fresh, medium, whole        | 2 medium<br>1 lb | 1 cup sliced<br>4 ea.    |
| Peaches, canned, sliced, drained     | 1 lb             | 2 cups                   |
| Pears, fresh                         | 2 medium         | 1 cup sliced             |
| Pears, raw, in pod                   | 1 lb             | 1 cup shelled            |
| Peas, canned, drained                | 1¼ lb            | 2 to 2½ cups             |
| Peas, dried, split                   | 1 lb             | 2-1/3 cups               |
| Peas, 1 lb dried, after cooking      | 2½ lb            | 5½ cups                  |
| Pears, fresh, whole                  | 1 lb             | 3 to 4                   |
| Pears, canned, drained, diced        | 1 lb             | 2½ cups                  |
| Pears, canned, large halves, drained | 1 lb, 14 oz      | 1 quart (9 halves)       |
| Pecans, shelled                      | 1 lb             | 3¾ cups                  |
| Peppers, bell                        | 1 medium         | 1 cup chopped            |
| Peppers, bell                        | 1 lb             | 7 to 9 medium            |
| Peppers, bell, chopped               | 1 lb             | 3 cups                   |
| Pepper, black, ground                | 1 oz             | 4 Tbsp (¼ cup)           |
| Pepper, black, ground                | 1 lb             | 4 cups                   |
| Pickles, chopped                     | 1 lb             | 3 cups                   |
| Pickles, halves, 3-inch              | 1 lb             | 1¾ cups                  |
| Pickles, halves, 3-inch              | 1 lb             | 3 cups or 36 halves      |
| Pimiento, chopped                    | 1 lb             | 2½ cups                  |
| Pineapple, canned tidbits            | 1 lb             | 2 cups                   |
| Pineapple, fresh                     | 2 lb             | 1 pineapple, 2 to 3 cups |
| Pineapple, canned, slices, drained   | 1 lb             | 8 to 12 slices           |
| Poppy seed                           | 5 oz             | 1 cup                    |
| Potatoes, white, medium, raw         | 3 medium         | 2 cups cooked, cubed     |
| 1-¾ cups mashed                      |                  |                          |
| 3 cups grated, raw                   |                  |                          |

## Weight/Measurement

| Food   | Weight      | Approx. Measure               |
|--|-------------|-------------------------------|
| Potatoes, white, medium, raw                                   | 1 lb        | 3 ea.                         |
| Potatoes, 2 lb raw, after cooking, diced and creamed or mashed |             | 1 quart (4 cups)              |
| Potatoes, sweet, raw   | 1 lb        | 3 medium                      |
| 3 cups sliced  |             |                               |
| Potato chips   | 1 lb        | 4 to 5 quarts (16 to 20 cups) |
| Potato chips   | ¾ to 1-oz   | 1 serving                     |
| Prunes, dried, medium size, dry                                | 1 lb        | 2½ cups                       |
| Prunes, dried, 1 lb dry, after cooking                         | 2 lb        | 3 to 4 cups                   |
| Prunes, cooked, pitted   | 1 lb        | ¾ cups                        |
| Pumpkin, cooked  | 1 lb        | 2½ cups                       |
| Raisins, dry   | 1 lb        | 3 cups                        |
| Raisins, 1 lb dry, after cooking                               | 1 lb, 12 oz | 1 quart (4 cups)              |
| Raspberries, raw   | 1 lb        | 3-3/8 cups                    |
| Rhubarb, raw, 1-inch pieces                                    | 1 lb        | 1 quart (4 cups)              |
| Rhubarb, 1 lb raw, after cooking                               | 1 lb        | 2½ cups                       |
| Rice, dry  | 1 lb        | 2 cups                        |
| Rice, 1 lb dry, after cooking                                  | 4 to 4½ lb  | 2 quarts (8 cups)             |
| Rice, puffed cereal  | 1 oz        | 1-2/3 cups                    |
| Rutabaga, raw, cubed   | 1 lb        | 3-1/3 cups                    |
| Sage, finely ground  | 1 lb        | 8 cups                        |
| Sage, finely ground  | 1 oz        | ½ cup                         |
| Salad dressing, cooked   | 1 lb        | 2 cups                        |
| Salmon, canned   | 1 lb        | 2 cups                        |
| Salt, Kosher or coarse   | 1 oz        | 2 Tbsp                        |
| Salt, table  | 1 oz        | 1½ Tbsp                       |
| Sardines, canned   | 1 lb        | 48, 3-inches long             |
| Sausage, links, small  | 1 lb        | 16 to 17                      |

## Weight/Measurement

| Food                               | Weight      | Approx. Measure                   |
|------------------------------------|-------------|-----------------------------------|
| Sauerkraut                         | 1 lb        | 3 cups packed                     |
| Scallions, fresh                   | 9 with tops | 1 cup finely sliced               |
| Sesame seed                        | 1 oz        | 3 Tbsp                            |
| Shortening, solid                  | 1 lb        | 2¼ cups                           |
| Shrimp, small, cleaned             | 1 lb        | ¾ cups                            |
| Soda, baking                       | 1 oz        | 2-1/3 Tbsp                        |
| Sour cream                         | 8 oz        | 1 cup                             |
| Spaghetti, dry                     | 7 oz.       | 4 cups cooked (approx.)           |
| Spaghetti, dry, 2-inch pieces      | 1 lb        | 5 cups                            |
| Spaghetti, 1 lb dry, after cooking | 4 lb        | 2½ quarts (10 cups)               |
| Spinach, raw                       | 1 lb        | 5 quarts (20 cups) lightly packed |
| Spinach, 1 lb raw, after cooking   | 13 oz       | 2¾ cups                           |
| Spinach, canned                    | 1 lb        | 2 cups                            |
| Squash, summer, raw                | 2 lb        | 1 squash, 5-inches diameter       |
| Squash, Hubbard, cooked            | 1 lb        | 2 cups                            |
| Starch, waxy maize                 | 1 oz        | 3 Tbsp                            |
| Strawberries, raw                  | 1 lb        |                                   |
| 1 qt.                              | 2¼ cups     |                                   |
| 4 cups, sliced                     |             |                                   |
| Suet, ground                       | 1 lb        | ¾ cups                            |
| Sugar, brown                       | 1 lb        | 3 cups loose                      |
| 2-2/3 cups packed                  |             |                                   |
| Sugar cubes                        | 1 lb        | 96 cubes                          |
| Sugar, granulated                  | 1 lb        | 2 to 2-1/8 cups                   |
| Sugar, powdered, XXXX sifted       | 1 lb        | 3 cups                            |

## Weight/Measurement

| Food  | Weight           | Approx. Measure                 |
|---|------------------|---------------------------------|
| Sweetbreads, 5 lb after cooking   |                  | 1¾ quarts (7 cups) cooked       |
| Tapioca, dry, quick cooking   | 1 lb             | 3 cups                          |
| Tapioca, pearl  | 1 lb             | 2¾ cups                         |
| Tapioca, 1 lb dry after cooking   |                  | 7½ cups                         |
| Tea, dry  | 1 lb             | 6 cups dry                      |
| Tea, instant  | 1 oz             | ½ cup                           |
| Tomatoes, canned  | 1 lb             | 2 cups                          |
| Tomatoes, fresh   | 1 medium<br>1 lb | 1 cup diced<br>3 to 4 medium    |
| Tomatoes, fresh, diced  | 1 lb             | 2¼ cups                         |
| Tomatoes, dehydrated, flaked  | 1 lb             | 2¾ cups                         |
| Tomatoes, dehydrated, flaked, 1 lb dry after reconstituting in 1 gallon water | 1 lb             | 2¾ quarts (11 cups)             |
| Turkey, raw, whole  | 14 lb            | 11 to 12 cups diced cooked meat |
| Turnips, raw  | 1 lb             | 2 to 3 whole                    |
| Turnips, raw, cubed   | 1 lb             | 3-1/3 cups                      |
| Tuna, canned  | 1 lb             | 2 cups                          |
| Vanilla extract   | ½ oz             | 1 Tbsp                          |
| Vegetables, canned  | 16 oz. can       | 2 cups drained                  |
| Vegetables, frozen  | 10 oz. pkg.      | 2 cups thawed                   |
| Vinegar   | 16 oz            | 2 cups                          |
| Walnuts, English, 1 lb shelled  | 1 lb             | 4 cups                          |
| Watercress  | 1 lb             | 5 bunches                       |
| Watermelon  | 1 lb             | 1-inch slice, 6-inch diameter   |
| Wheat, puffed cereal  | 1 lb             | 8 quarts (32 cups)              |
| Wheat, rolled, dry  | 1 lb             | 14¾ cups                        |

## Weight/Measurement

| Food                   | Weight | Approx. Measure                       |
|------------------------|--------|---------------------------------------|
| Wheat, shredded cereal | 1 lb   | 15 or 16 biscuits                     |
| Yeast, compressed cake | 3/5 oz | 1 cake                                |
| Yeast, dry             | ¼ oz   | 1 envelope (2-½ tsp.)                 |
| Yeast, dry             |        | 1 oz dry=2 oz compressed cake         |
| Yeast, dry             |        | 1 small pkg dry=1 pkg compressed cake |

# Sauces

## Sauces

### Ham Glaze

#### Version 1:

- 1 c. Dr. Pepper
- 1 ½ c. light brown sugar
- 4 Tbl. fresh orange juice
- 4 tsp. Dijon mustard
- 2 tsp. liquid smoke, hickory (optional)

Bring Dr. Pepper, sugar, orange juice, and mustard to a boil in medium saucepan. Reduce heat to medium-low and simmer until mixture is syrupy and measures 1 ½ cup, about 8 minutes. (Glaze can be refrigerated for up to 2 days; reheat when needed.) Spread on ham the last ½ hour of baking.

## Sauces

### Pesto

*Based on a combination of recipes.*

- 1/3 cup pistachio nuts (shelled), pine nuts or walnuts
- 3 cloves garlic, peeled
- 2 cups fresh basil leaves
- 1/2 cup grated Parmesan cheese
- 1/2 cup extra virgin olive oil
- salt and pepper

Optional (any combination of these):

- 2 tablespoons fresh parsley
- 2 tablespoons fresh lemon thyme leaves
- 2 tablespoons fresh tarragon leaves
- 1 tablespoon fresh sage leaves
- 1 tablespoon fresh oregano leaves

Turn on food processor. Place the nuts in and until well chopped. Add the garlic, then blend. Add the basil, blend. Now add the oil in a constant stream. Scrape down the sides with a rubber spatula. Add the grated cheese, salt and pepper until well blended.

To store, pour a thin layer of olive oil on top of the unused pesto. It has been recommended in sites to not add the cheese and garlic if you plan to store because both of these ingredients ferment. Pesto can be stored in the refrigerator for 2-3 weeks and several months in the freezer.

## Sauces

### Teriyaki

- 1 cup soy sauce
- 1 cup sake or sweet rice wine
- 1 cup water
- 1/2- 3/4 cup sugar (can be white or brown)
- 3 cloves garlic, minced
- 1 tsp ginger, shredded
- 2 tbsps cornstarch
- 1 cup cold water

Combine all of the ingredients in a pot, **EXCEPT** 1 cup cold water and the corn starch. Heat until it boils and thickens. Mix the cold water and the cornstarch together. Add mixture to the boiling mixture. Heat until desired thickness (remember that the mixture will thicken some once it cools).

# Spices & Rubs

## Spices, Rubs & Marinades

### Rub Recipes

#### Brown Sugar

- 1 cup table sugar
- 1 tbsp molasses (use light or dark)
- 1 tsp Vanilla

hardware:  
food processor  
spatula

Pour sugar in the food processor. Turn on and then slowly pour the vanilla and the molasses in processor. Mix until the color is uniform. Adjust to taste. Keep in an air-tight container.

#### “Lawry’s” Kosher Seasoned Salt

*This season salt works great for meat, fish and vegetables.*

- 8 tablespoons Kosher salt
- 8 teaspoons sugar
- 2 teaspoon paprika
- 1 teaspoon turmeric
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cornstarch

Combine all ingredients in a small bowl and mix well. Pour the blend into an empty spice bottle to store.

# Spices, Rubs & Marinades

## Marinades

### Asian Marinade

Kosher Salt (or Lawry's Seasoned "Kosher" Salt) & Pepper  
½ cup Low Salt Soy Sauce  
4 tbsp sugar, Hoisin Sauce or Oyster Sauce  
1 cup Rice Wine or Saki  
4 tbsp Olive Oil  
½ - 1 onion, diced  
4 cloves of garlic, diced

Apply kosher salt and pepper directly to meat. Gently pour remaining ingredients directly on the meat. When ready to cook, take the meat out of the mixture, pat dry. Apply some salt and pepper. Lightly brush on some marinade and olive oil. Apply to grill.

#### Recommendations:

- I recommend using zip-loc bags because you need less liquid than if you use a bowl.
- Turn the mixture over every few hours (or every half hour for short marinades.
- If you do use a bowl, use glass, plastic or metal, NOT ceramic.
- Marinade chicken for no more than 2 hours because otherwise, it becomes mushy
- Marinade salmon for up to four hours (Less meatier fish up to 2 hours)
- Marinade shrimp for up to 3 hours
- steaks and pork, marinade for up to 12 hours.

# Spices, Rubs & Marinades

## The Spice of Life

*This article based from [www.weber.com](http://www.weber.com). Some additions/changes have been made.*

### Allspice

Description: Also called Pimento or Jamaican Pepper. Dried, nearly ripe berries from the Jamaican Myrtle tree; sweet and savory flavor. Smells and tastes like a combination of Nutmeg, Cinnamon, and Cloves. Available whole and ground.  
Uses: A key ingredient in "jerk" seasoning but also added to pickling spice mixtures, mincemeat, pot roast and stews; sausage and cured meats; ham, gravies, ketchup, poultry marinades, and fish. Also good on vegetables like beets, carrots, sweet potatoes, pumpkin, and winter squash. Sprinkle on rice, puddings, cakes, and pies.

### Anise

Description: Mediterranean herb of the parsley family with a warm, licorice taste. Yields the spice Anise Seed—available whole, ground, or as an extract—when seeds are dried.

Uses: Soups, veal stews, curries (including vegetable curry), fish and shellfish (add a handful of Anise leaves when you boil shrimp), cookies, and cakes. Leaves are less flavorful than the seeds, but make a nice garnish.

### Basil

Description: The spicy sweet "tomato herb." Available fresh and dried in leaf or ground form. Even comes in scented varieties—cinnamon, anise, and lemon.  
Uses: Mediterranean and Italian cuisine; pesto; tomato and minestrone soups; spiced-meat dishes like meatballs, chicken, and lamb; potato salad; vegetables (especially zucchini); and fish and seafood. Charcoal grill users: Throw some Basil on the coals after your meal is cooked and the mosquitoes will stay away while you feast!

### Bay leaves

Description: Dried, Mediterranean herb of the bay laurel (dried leaves are more flavorful than fresh ones). Watch out for ornamental plants bearing the laurel name; some are poisonous.

Uses: Beef, hearty soups, stews, pot roast, marinades for chicken, and spaghetti sauce. Releases oil over a long time. When poaching fish or boiling potatoes for salad, drop a leaf in the water. Remove Bay Leaves from the dish you're serving; they're too tough to eat and could cause someone to choke. A leaf in your flour canister will keep the bugs out.

# Spices, Rubs & Marinades

## Bouquet garni

Description: Marjoram, Parsley (or Chervil), Thyme, and Bay Leaf—can also contain other herbs.

Uses: Bundle herbs together with string or in a cheesecloth pouch/sachet and add to dish while it's cooking, then remove before serving. Use with beef or fish, or in soups.

## Caraway

Description: Tangy flavor, similar to Dill. Entire plant is edible, but generally used in whole seed form, occasionally ground.

Uses: Hungarian goulash, sauerkraut, chicken paprikash, pork sausage, pork or veal stew, and split pea soup. Also: potatoes, cabbage, carrots, breads, cookies, and cakes.

## Cardamom

Description: Spice related to Ginger. Available as whole seed pods, whole seeds, or ground. Lightly crush entire pod; shell disintegrates as it cooks.

Uses: Most common uses: Scandinavian baked goods and Middle Eastern coffee. Try in pork marinades, on cabbage or carrots, or in citrus fruit salad. Note: Cardamom loses flavor when exposed to air.

## Cayenne (see also chili pepper and paprika)

Description: Dried, ground red Chili Peppers. This spice can be very hot! To cool your mouth after a potent dose, drink milk or beer, or eat yogurt, ice cream, or a banana. Water doesn't help because the hot part of the chili is an oil, which the water can't dissolve and will usually spread.

Uses: Commonly found in Mexican cuisine and Indian curries. Add a dash to ground beef for hamburgers or casseroles; sprinkle some in meatloaf, or add to dips and spreads for some bite.

## Celery seed

Description: Dried fruit of an herb of the Parsley family—the Celery. Three types: white, green, and turnip rooted, all slightly bitter.

Uses: Flavors fish, stews, winter vegetable salads, egg dishes, pickles, ketchup, and tomato juice.

## Chervil

Description: Herb used like Parsley, but with a delicate, Anise flavor.

Uses: Most popular in egg dishes, but good on veal, chicken, and fish; in soups and sauces; in chicken, egg, and potato salads; and with carrots, corn, and peas. Add near the end of cooking.

# Spices, Rubs & Marinades

## Chili pepper (see also cayenne and paprika)

Description: Fresh green or red peppers (small ones tend to be the hottest), whole dried red peppers (range from medium to hot), or dried pepper flakes (hot, found in your grocer's spice rack and in shakers at pizza joints).

Uses: Adds fire to: chili con carne, seafood bisque and cocktail sauces, Italian tomato sauce, stewed tomatoes, and tomato salad dressing. Wear gloves when cooking with fresh chilies, and keep your fingers out of your eyes. The hottest parts of a Chili Pepper are the seeds and membranes.

## Chili powder

Description: Ground Chili Pepper, ground Cumin, ground Oregano, and powdered Garlic. Some brands also include salt, Cloves, or chocolate.

Uses: Use for beef, chili (chili con carne), pork, shellfish (add to cooking water), cocktail sauce, steak marinades, Spanish rice, cauliflower, carrots, corn, and cream soups (tomato, pea, potato). Store in refrigerator to preserve freshness.

## Chinese anise

(see STAR ANISE)

## Chinese parsley

(see CILANTRO)

## Chives

Description: Herb of the onion family with a mild flavor (also comes in a garlic variety).

Uses: Flavors chicken, fish and seafood, potatoes, cream soups, eggs, carrots, and cauliflower. Add near end of cooking. Dried Chives have very little flavor, so use fresh when you can.

## Cilantro (also called chinese parsley)

Description: The same plant as Coriander, but refers to the leaves rather than the seeds. Spicy, peppery taste.

Uses: Mostly Mexican and Oriental cuisine: salsas, stews, soups, sauces, dips, curries, and vegetables.

## Cinnamon

Description: Most popular sweet spice, made from the dried bark of an evergreen tree. Available in whole sticks or as a ground powder.

Uses: Central and South American and Middle Eastern meat dishes (Greek lamb

## Spices, Rubs & Marinades

stew), pies, cakes, sweet rolls, fruit, and hot drinks.

### Cloves

Description: Dried flower buds of a fragrant evergreen Clove tree. Member of "The Big Four," which also includes Cinnamon, Nutmeg, and Pepper. Available whole or ground.

Uses: Whole Cloves flavor pot roast, pork roast and ham, pickles, stews, and mulled cider. Use ground to flavor mincemeat, beets, sweet potatoes, onions, or winter squash; also baked goods and chocolate desserts, fruit dishes, juices, syrups, and preserves.

### Coriander

Description: The same plant as Cilantro, but refers to the seeds rather than the leaves. Simultaneously sweet and tart.

Uses: Adds rich flavor to meat loaf, spicy meat mixtures, sausage, stews, ham or pork roast, poultry stuffing, and cooked beets. Common ingredient in gingerbread, sweets and breads, baked apples, and fruit salad.

### Cumin

Description: Strongly flavored spice. Comes in whole or ground seeds.

Uses: Ingredient in Curry and chili con carne. Add to beef, roast pork, chicken marinades, vegetable salads, cabbage dishes and sauerkraut, black beans, and sugar cookies. Flavor doesn't blend well with other flavors; use sparingly.

### Curry powder

Description: East Indian blend of Coriander, Turmeric, Fenugreek, Cinnamon, Cumin, Cardamom, Ginger, Black Pepper, Cloves, Cayenne, Allspice, and Mustard Seed.

Uses: Use in sauces to flavor beef, chicken, lamb, pork, seafood, and vegetables.

### Dill

Description: Available as a seed (whole and ground) and in a milder leaf form (called Dill weed).

Uses: More than just pickles! Use Dill with meat stews, veal, chicken, lamb chops, and with fish and shellfish such as salmon and herring. Try it with these vegetables: cucumber, cabbage, carrots, turnips, winter squash, and cauliflower. Add a touch to potato salad, egg salad, coleslaw, cottage cheese, and hot buttered popcorn. Knead into herb bread dough. FAGARA (see SZECHWAN PEPPERS)

### Fennel

## Spices, Rubs & Marinades

Description: Spice comes in seed form, fresh and whole, or dried and ground, and tastes like licorice. Also available as a vegetable in a bulbous form similar to celery stalks.

Uses: Great for fish; in fact, it's called the "fish herb." If you have a whole plant, throw the long stalks on the charcoal when grilling fish. Dip bases of fresh stalks in olive oil for a snack. Also good in meatballs, roast pork, and spaghetti sauce. Seeds are also used in lentil dishes, cabbage, celery, potatoes, and sauerkraut; to top breads and rolls; or to sweeten apple pie, cookies, and cakes.

### Fenugreek

Description: This seed (available whole or ground), a member of the legume family, is considered a food by vegetarians. Flavor is bitter and maple-like.

Uses: Curry and Indian cuisine, pickling spice, and imitation maple. Use in beef casserole, black bean soup, and vegetable stew.

### Filé gumbo

Description: Dried Sassafras leaves and Thyme.

Uses: Use as a thickener for meat, poultry, fish sauces; stews; soups; and gumbo.

### Fines herbes

Description: Finely chopped Chervil, Chives, Parsley, and Tarragon. May also include Marjoram, Savory, or watercress.

Uses: Add to a cooked mixture shortly before serving. Do not remove.

### Five-spice powder

Description: Different brands vary, but this blend includes a combination of five of the following spices: Star Anise, Fagara (Szechuan Pepper), cassia or Cinnamon, Fennel, Clove, Ginger, and licorice root.

Uses: Use in Chinese and Southeast Asian cooking on beef, chicken, pork, fish and seafood, and vegetables.

### Garlic

Description: Member of the onion family with strong odor and taste; bulbs break into cloves. Available in white, pink, and purple varieties. Comes fresh or powdered.

Uses: Widely used in Italian, Mediterranean, and Mexican cuisine. Garlic powder accents beef, pork, lamb, and game. Of course, garlic bread is a dinner-time staple.

### Ginger

Description: Spicy-sweet spice from the ginger root; available fresh, dried,

# Spices, Rubs & Marinades

powdered, preserved in syrup or crystalized (candied), and even pickled. Uses: Use fresh, powdered, or pickled form with steak, meatloaf, chicken, and fish and seafood. Refrigerate fresh Ginger root for up to one week, or store covered with dry sherry in a jar. Use ginger as needed, use the ginger-flavored sherry in other recipes. Use powdered form in cakes, cookies, puddings, and sweet breads. A key ingredient in many Oriental cuisines.

## Herbs de Provence

Description: Mediterranean blend of Oregano, Savory, Rosemary, Thyme, and Marjoram. May also contain lavender, Basil, or Fennel seeds. Uses: Use it to season kabobs, chicken, pork, stews, tomato dishes, and pizza.

## Italian seasoning

Description: Blend of Marjoram, Basil, Oregano, Thyme, and Rosemary. May also contain Savory or Sage. Uses: Great with dips, herb breads, and tomato dishes. Mix with olive oil to create a quick and easy rub for chicken. Crumble over pizza sauce before layering on the toppings.

## Mace

Description: Comes from the same tree as Nutmeg. Mace comes from the outer covering of the seed. Cinnamon and pepper flavor, stronger than Nutmeg. Available in whole blades (dried filaments) or ground. Uses: Practically speaking, mace and nutmeg are interchangeable. Mace is sweeter and lighter colored. Use in light-colored cookies and cakes, puddings, and doughnuts. Also good in chicken pot pie, cream vegetable sauces, and cream-based or clear soups such as oyster stew.

## Marjoram

Description: Herb similar to Oregano, but milder and sweeter. Uses: Hamburgers, meat loaf, stews, chicken pot pie, fish dishes and sauces, and poultry stuffing. Try it with cabbage, carrots, peas, beans, and summer squash.

## Mint

Description: Comes in several hundred varieties, but most common are peppermint and spearmint. Available dried (for tea) and fresh. Uses: Everything from roast lamb to fruit salad, including potatoes, carrots, peas, zucchini, beans, cookies, and cakes. Also as a flavoring and garnish for drinks.

# Spices, Rubs & Marinades

## Mustard

Description: Whole or ground seeds in white (milder and used to make prepared yellow mustard), brown (for spicy, sweet, or beer mustard), and black varieties. Uses: Use ground Mustard on ham, pork (roast), barbecue and cocktail sauces (for seafood), salad dressings, chowders and bisques, or on baked beans, beets, and succotash. Seeds go well in pickling brines, relishes, and chutneys. Add seeds to the cooking water when making cabbage, sauerkraut, and beets. Can be used instead of Caraway or Dill seeds on cooked vegetables, but toast the seeds first.

## Nutmeg

Description: Whole or ground Nutmeg comes from the same tree as Mace and has a Cinnamon, nutty flavor. Uses: Veal, beef, chicken, lamb, and vegetable stew. Common in sweet, spicy dishes. Add to fruit breads, desserts, sauces, milk- or cream-based custards, white sauces, and eggnog. Also good for squash or candied yams; green, leafy vegetables such as spinach; tomatoes; green beans; corn; eggplant; onions; and mashed potatoes.

## Oregano

Description: Herb related to Marjoram, but stronger flavor. Uses: Most famous in spaghetti sauce and pizza. Break from tradition and try it in chili, hamburgers, meat loaf, bean or lentil soup, poultry stuffing, squash, eggplant, beans, breads, or with fish and seafood.

## Paprika (see also cayenne and chili pepper)

Description: Dried, powdered fruit of a red sweet pepper; also known as Pimiento. Comes in a few varieties, mainly Hungarian (stronger and richer) and Spanish (milder); none are hot. Uses: Flavoring and as a garnish. Ingredient in goulash and paprikash. Sprinkle over poultry, stews, eggs, and vegetables. Loses its punch quickly, so store away from heat and light.

## Parsley

Description: Curly Parsley (the famous garnish!) and Italian, or flat-leaf, Parsley, which has a richer, spicier taste. Available fresh (which freezes well) or dried. Uses: Soups, stews, sauces; herb butter for bread, fish, and poultry; salads, potatoes, and omelets. Parsley brings out the flavor of other herbs. Dried Parsley is not nearly as flavorful as fresh or fresh frozen.

## Peppercorns

Description: Black Pepper is made from dried Peppercorn berries, and is

## Spices, Rubs & Marinades

harvested while green and immature. It has a strong flavor and aroma, and is one of the world's oldest known spices. White Pepper is made from fully-ripened berries soaked in water to loosen the red skin, and has a milder flavor. Use it when you don't want black flecks to show up in your food. Fresh-tasting Green Peppercorns are picked green off the vine, not dried conventionally, and have a slightly different flavor. Finally, Pink Peppercorns, although unrelated to the others, have a peppery taste and are a decorative addition to your pepper grinder. Peppercorns are available whole (for maximum freshness) and ground (coarse or fine).

Uses: Just about anything! But do yourself a favor-invest a few dollars in a small pepper grinder; whole Peppercorns keep their flavor indefinitely, while ground pepper loses it quickly.

### Pimento

(see ALLSPICE)

### Poppy seed

Description: Crunchy, slightly sweet seeds from the same plant that produces opium, but don't worry the narcotic alkaloids are removed during processing.

Uses: Common in baked goods and salad dressings, but try them on buttered noodles; mashed potatoes; and steamed veggies such as cabbage, spinach, carrots, onions, and zucchini; or in macaroni salad or coleslaw. Toasting lightly in a dry skillet will crisp and bring out seeds' full nutty flavor. RED PEPPER (see CAYENNE)

### Rosemary

Description: Robustly flavored spice with needle-like leaves and a taste reminiscent of pine trees.

Uses: Roast meats, especially chicken, lamb, and pork; carrots; winter squash, cauliflower, beans, and potatoes. Often used with pasta dishes as a spice and garnish. Not a dessert spice, but goes with breads and yogurt dips.

### Saffron

Description: Dried stigmas from inside the flower of the Saffron crocus. This yellow spice comes whole or powdered. Very difficult to grow and harvest. Saffron is the most expensive spice in the world (an ounce costs over \$150). Fortunately, one or two threads is enough to flavor most dishes.

Uses: Combines well with Garlic; use with chicken, fish and shellfish, and rice dishes. Also: breads, cakes, and cookies. Flavoring in both bouillabaisse and paella. Tip: Don't use wooden utensils with Saffron, as wood will absorb it.

### Sage

Description: A "Mint" spice. Leaves contain a pungent oil, giving Sage a sweet

## Spices, Rubs & Marinades

taste and herbal scent. Comes whole, rubbed (crushed), or ground. Uses: Veal, beef stew, hamburgers, turkey and chicken, pork, stuffing, fish chowder, cornbread, stewed tomatoes, cheese spreads, vegetables, and breads.

### Savory

Description: A Mint relative with a spicy, peppery taste. Comes in summer and winter varieties-Winter Savory is darker green and smaller, Summer Savory is milder (but for all practical purposes, they can be used interchangeably). Available fresh and dried.

Uses: Beef, country sausage, chicken, lamb, and vegetable soup. The most popular herb for beans, but also use with brussel sprouts, turnips, cabbage, green beans, peas, potatoes, and tomatoes. Handy tip: Rub savory leaves on bee stings to instantly relieve the pain!

### Sesame

Description: Very nutritious seeds (lots of protein). The oil from the seeds, used to make sesame oil, is high in vitamin E, cholesterol-free, and high in polyunsaturates.

Uses: Widely used in Japanese, Chinese, and Middle Eastern cuisine. Also used as a topping for breads and rolls or mixed into cakes and cookies. Used to make a "Sesame butter" called tahini, a paste made from ground-up seeds. Lightly toast Sesame seeds in a dry skillet before use to release their nutty flavor. Sprinkle on tomatoes, baked potatoes, cream cheese, vegetable or fruit salads, or tossed salads. Go nuts!

### Star anise (also called chinese anise)

Description: Chinese spice from the dried star-shaped fruit of a small evergreen native to southern China and Vietnam. Comes whole or ground. No relation to Anise, but yields a similar, but stronger, licorice taste.

Uses: Chinese duck and pork dishes and Vietnamese beef-noodle soup. Used whole, they add beauty and elegance, but don't try to eat them. You can choke on those little stars - and they burn extra hot!

### Szechwan peppers

(also called FAGARA)

Description: Dried berry of a prickly ash tree with a spicy-woody aroma.

Uses: Ingredient in Five-Spice blend. Flavors pork and poultry and is a key ingredient in Szechwan crispy duck. TARRAGON

Description: Rich, sweet herb with slight licorice taste. An essential herb in French cuisine.

## Spices, Rubs & Marinades

Uses: Chicken and fish, mild vegetables, cucumber salad, potato salad, and salad dressing. It's strong, so use near the end of cooking.

### **Thyme**

Description: Another Mint-family herb with strong flavor. Its many varieties include lemon Thyme.

Uses: Meat loaf, pot roast, hamburgers, lamb, game, fish dishes, New England clam chowder, hearty soups and stews, poultry and stuffing, and most vegetables. Great with slow-cooked dishes.

### **Turmeric**

Description: Spice in the Ginger family that comes from the root of the Turmeric plant. Available powdered and, occasionally-especially in stores that sell Asian foods-you may find whole, dried pieces of the root.

Uses: Curried lamb, chutney, legumes, and zucchini. Can use as a substitute for Saffron, but expect the taste to differ.

### **Vanilla**

Description: Full-sized fruit of an orchid, harvested while still green, then fermented and cured. Gets its flavor from the chemical compound Vanillin.

Available as whole beans or an extract. Choose beans that look moist and are flexible, not stiff, and keep both beans and extract away from heat or light.

Uses: Drinks or sweet dishes, including chocolate. Tip: Store whole beans in sugar. In a couple weeks, the sugar will take on the Vanilla flavor, making it great for baking use, and the beans will last this way for years.

## Spices, Rubs & Marinades

# Conversions

## Equivalents

### Can conversions

Many recipes specify a can size rather than a volume amount. This chart will also come in handy to determine how much to buy.

| Can Sizes                | Fluid Oz.                    | Volume          |
|--------------------------|------------------------------|-----------------|
| 8 oz.                    | 8 oz.                        | 1 cup           |
| Picnic                   | 10-½ to 12 oz.               | 1-¼ cups        |
| 12 oz. vacuum            | 12 oz.                       | 1-½ cups        |
| #1                       | 11 oz.                       | 1-1/3 cup       |
| #1 tall                  | 16 oz.                       | 2 cups          |
| #1 square                | 16 oz.                       | 2 cups          |
| #2                       | 1 pound 4 oz. or<br>2-½ cups |                 |
| 1 pint 2 fluid oz.       |                              |                 |
| #2-½                     | 1 pound 13 oz.               | 3-½ cups        |
| #2-½ square              | 31 oz.                       | scant 4 cups    |
| #3                       |                              | 4 cups          |
| #3 squat                 |                              | 2-¾ cups        |
| #5                       |                              | 7-1/3 cups      |
| #10                      |                              | 12 cups         |
| #300                     | 14 to 16 oz.                 | 1-¾ cups        |
| #303                     | 16 to 17 oz.                 | 2 cups          |
| Baby food jar            | 3-½ to 8 oz.                 | depends on size |
| Condensed milk           | 15 oz.                       | 1-1/3 cups      |
| Evaporated milk          | 6 oz.                        | 2/3 cup         |
| Evaporated milk          | 14-½ oz.                     | 1-2/3 cups      |
| Frozen juice concentrate | 6 oz.                        | ¾ cup           |

# Equivalents

## Weights / Measures & Length

| Measures                 | Metric / Imperial           | Lengths       |
|--------------------------|-----------------------------|---------------|
| 3 tsp = 1 tbsp           | 1 milliliters = 1/5 tsp     | 6mm = 1/4in   |
| 1/2 tbsp = 1-1/2 tsp     | 5 ml = 1 tsp                | 1cm = 1/2in   |
| 2 tbsp = 1 fl. oz.       | 15 ml = 1 tbsp              | 2cm = 3/4in   |
| 4 tbsp = 1/4 cup         | 30 ml = 1 fluid oz.         | 2.5cm = 1in   |
| 5-1/3 tbsp = 1/3 cup     | 100 ml = 3.4 fluid oz.      | 5cm = 2in     |
| 8 tbsp = 1/2 cup         | 240 ml = 1 cup              | 6cm = 2 1/2in |
| 10-2/3 tbsp = 2/3 cup    | 1 liter = 34 fluid oz.      | 8cm = 3in     |
| 12 tbsp = 3/4 cup        | 1 liter = 4.2 cups          | 10cm = 4in    |
| 16 tbsp = 1 cup          | 1 liter = 2.1 pints         | 13cm = 5in    |
| 6 tbsp = 8 fluid oz.     | 1 liter = 1.06 quarts       | 15cm = 6in    |
| 1/8 cup = 2 tbsp         | 1 liter = .26 gallon        | 18cm = 7in    |
| 1/4 cup = 4 tbsp         | 15g = 1/2oz                 | 20cm = 8in    |
| 1/4 cup = 2 fl. oz.      | 30g = 1oz                   | 23cm = 9in    |
| 1/3 cup = 5 tbsp + 1 tsp | 60g = 2oz                   | 25cm = 10in   |
| 1/2 cup = 8 tbsp         | 90g = 3oz                   | 28cm = 11in   |
| 1 cup = 16 tbsp          | 125g = 4oz (1/4lb)          | 30cm = 12in   |
| 1 cup = 8 fl. oz.        | 155g = 5oz                  |               |
| 1 cup = 1/2 pint         | 185g = 6oz                  |               |
| 2 cups = 1 pint          | 220g = 7oz                  |               |
| 2 pints = 1 quart        | 250g = 8oz (1/2lb)          |               |
| 4 quarts = 1 gallon      | 280g = 9oz                  |               |
|                          | 315g = 10oz                 |               |
|                          | 345g = 11oz                 |               |
|                          | 375g = 12 oz (3/4lb)        |               |
|                          | 410g = 13 oz.               |               |
|                          | 440g = 15oz                 |               |
|                          | 500g = 16oz. (1 lb)         |               |
|                          | 1000g = 1 kg = 32 oz (2 lb) |               |

# Equivalents

## Ingredient Substitutions

Based on an article [http://www.ewhow.com/how\\_114372\\_substitute-missing-ingredients.html](http://www.ewhow.com/how_114372_substitute-missing-ingredients.html)

| Missing Ingredient  | Possible substitute   |
|---|---|
| 1 cup (8 oz/250 g) butter                                   | 1 cup (8 oz/250 g) margarine<br>7/8 cup (7 fl oz/210 ml) vegetable oil<br>7/8 cup (7 oz/220 g) vegetable shortening<br>3/4 cup (6 fl oz/180 ml) strained chicken or bacon fat |
| 1 cup (8 oz/250 g) butter, in baking cakes and quick breads | 1/2 cup (5 oz/155 g) applesauce plus 1/2 cup (4 fl oz/125 ml) vegetable oil<br>3/4 cup (6 oz/185 g) yogurt plus 1/4 cup (2 fl oz/60 ml) vegetable oil                         |
| 1 oz. (30 g) semisweet chocolate                            | 1/2 oz. (15 g) unsweetened chocolate plus 1 tbsp. sugar   |
| 1 oz. (30 g) unsweetened chocolate                          | 3 tbsp. cocoa plus 1 tbsp. butter or oil<br>3 tbsp. carob plus 2 tbsp. water  |
| 1 cup (8 fl oz/250 ml) fresh or canned coconut milk         | 1/4 cup (2 fl oz/60 ml) canned cream of coconut plus 3/4 cup (6 fl oz/180 ml) warm water or nonfat milk   |
| 1 whole egg, in baking                                      | 1/4 cup (2 1/2 oz/75 g) applesauce or mashed banana plus 2 tsp. oil   |
| 2 egg yolks, in sauces and custards                         | 1 whole egg   |
| 1 cup (4 oz/125 g) unsifted cake flour                      | 1 cup (5 oz/155 g) minus 2 tbsp. unsifted all-purpose flour   |
| 1 cup (5 oz/155 g) unsifted self-rising flour               | 1 cup (5 oz/155 g) unsifted all-purpose flour plus 1 1/2 tsp. baking powder and a pinch of salt   |
| 1 cup (4 oz/125 g) sifted all-purpose flour                 | 1 cup (5 oz/155 g) minus 2 tbsp. unsifted all-purpose flour   |
| 1 cup (5 oz/155 g) unsifted all-purpose flour               | 1 cup (5 oz/155 g) minus 2 tbsp. unsifted whole-wheat flour<br>1 cup (5 oz/155 g) plus 2 tbsp. unsifted cake flour  |

# Equivalents

| Missing Ingredient                             | Possible substitute   |
|--|---|
| 1 clove fresh garlic                           | ½ tsp. garlic paste<br>1/8 tsp. garlic powder   |
| 1 tsp. double-acting baking powder             | ¼ tsp. baking soda plus ½ tsp. cream of tartar<br>¼ tsp. baking soda plus ½ cup (4 fl oz/125 ml) buttermilk or yogurt (reduce liquid in recipe by ½ cup)  |
| 1 tsp. fresh lemon juice                       | ½ tsp. vinegar  |
| 1 tsp. grated lemon peel                       | ½ tsp. lemon extract  |
| 1 cup (8 fl oz/250 ml) whole milk              | 1 cup (8 fl oz/250 ml) nonfat milk or water plus 1 tbsp. melted butter<br>½ cup (4 fl oz/125 ml) evaporated milk plus ½ cup water<br>1 cup (8 fl oz/250 ml) buttermilk plus 1.2 tsp. baking soda<br>1 cup (8 fl oz/250 ml) soy or almond milk |
| 1 cup (8 fl oz/250 ml) buttermilk              | 1 cup (8 fl oz/250 ml) milk plus 1 tbsp. lemon juice or white vinegar; let sit 5 minutes  |
| 1 cup (8 fl oz/250 ml) light cream             | 7/8 cup (7 fl oz/210 ml) milk plus 3 tbsp. melted butter  |
| 1 cup (8 fl oz/250 ml) half-and-half           | 7/8 cup (7 fl oz/210 ml) milk plus 1 ½ tbsp. melted butter  |
|  | ½ cup (4 fl oz/125 ml) light cream and ½ cup milk   |
| 1 cup (8 fl oz/250 ml) heavy or whipping cream | ¾ cup (6 fl oz/180 ml) whole milk plus 1/3 cup (3 fl oz/80 ml) melted butter  |
| 1 cup (8 oz/250 g) sour cream                  | 1 cup (8 oz/250 g) yogurt   |
|  | 7/8 cup (7 oz/220 g) yogurt or buttermilk plus 1/3 cup (3 oz/90 g) butter   |
|  | 1 cup (8 fl oz/250 ml) evaporated whole milk plus 1 tbsp. lemon juice   |
| 1 tbsp. prepared mustard                       | 1 tsp. powdered mustard plus a dash of vinegar  |

# Equivalents

| Missing Ingredient                               | Possible substitute   |
|--|---|
| 1 tbsp. prepared mustard                         | 1 tsp. powdered mustard plus a dash of vinegar  |
| 1 cup (8 oz/250 g) granulated sugar              | 1 ¾ cup (7 oz/220 g) unsifted confectioner's sugar<br>7/8 cup (7 fl oz/210 ml) honey        |
|  | 1 cup (7 oz/220 g) packed light-brown sugar plus ¼ tsp. baking soda                         |
|  | 1 cup (8 fl oz/250 ml) molasses plus 1 tsp. baking soda                                     |
|  | 1 cup (8 fl oz/250 ml) maple syrup plus ¼ cup (2 fl oz/60 ml) corn syrup                    |
| 1 cup (8 fl oz/250 ml) light corn syrup or honey | 1 ¼ cups (10 oz/315 g) granulated sugar plus ¼ cup (2 fl oz/60 ml) more of liquid in recipe |
| 1 cup (7 oz/220 g) baker's or superfine sugar    | 1 cup (8 oz/250 g) granulated sugar, processed 30 seconds in food processor                 |
| 1 tbsp. cornstarch                               | 2 tbsp. all-purpose flour   |
| 1 tbsp. tapioca                                  | 1 ½ tbsp. all-purpose flour   |
| 1 tbsp. arrowroot                                | 2 tbsp. all-purpose flour   |
| 1 cup (8 fl oz/250 ml) tomato juice              | ½ cup (4 fl oz/125 ml) tomato sauce plus ½ cup water  |
| 1 cup (8 fl oz/250 ml) tomato sauce              | ¼ cup (2 oz/60 g) tomato paste plus 2/3 cup (5 fl oz/160 ml) water                          |
| 1 cup (8 oz/250 g) yogurt                        | 1 cup (8 fl oz/250 ml) buttermilk<br>1 cup (8 fl oz/250 ml) milk plus 1 tbsp. lemon juice   |

# What's Cookin',



## The Family Cookbook

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