

Appetizers

- Artichoke Jalapeno Dip
- Artichoke-Prosciutto Brushetta
- Avocado-Black Bean Salsa
- Baba Ghanoush (Eggplant dip) (Josh's)
- Blue Cheese Straws
- Blue Cheese & Walnut Roasted Potato Slices (Susie)
- Cuban Stuffed Avocados
- Bloody Mary Shrimp Cocktail (Susie)
- Crab Rangoon
- Dates-Almond-Stuffed Dates wrapped in Prosciutto with Blue Cheese Sauce
- Grilled Eggplant, Tomatoes, & Feta Towers
- Guacamole
- Hot Wing's (Josh adapted from Hawkeye's)
- Hummus (Josh's)
- Meatballs
- Parmesan Crisps with Caviar and Whipped Potato
- Stuffed Pepperocini Peppers
- Sausage-Cheese Balls
- Snails (Escargot) (Josh and Susie)
- Herbed Spinach Balls
- Sweet Potato-Curry Springrolls/Lumpia (Susie)
- Tomatillo Guacamole
- Veggie Spread on Crackers

**This is a collection of
some of Susie and Josh's
Recipes and creations
over 25 years! (1995-
2020)**

Beef

- Beef Brisket (Hannukkah style!)
- Beef Fajitas with Lime-Garlic Marinade
- Old-Fashioned Beef Stew
- Winter Beef Stew
- Beef Stroganoff
- Beef & Tomatoes
- Beef Tips and Mushrooms
- Bul-go-gi
- Country-Fried Steak & Gravy
- Crawfish-Stuffed Filets w/ Crawfish Bordelaise Sauce
- Gingered Beef with Broccoli
- Filet Mignon w/ Port Wine Reduction (Susie)
- Meatballs: Meatballs-Meatloaf – The BEST
- Meatballs: Meatballs
- Meatballs: Meatballs in Sauce
- Meatballs: Meatballs in Spicy Coconut Sauce
- Meatballs: Pesto-Meatballs w Angel-Hair Pasta
- Meatloaf Stuffed with Spinach
- Meatloaf

- Creamy Pepper Steak (in thick sauce)
- Pepper Steak (Stir-Fry)
- Beef Potstickers
- Beef Roulades w/ Blue Cheese & Walnuts
- Beef Roulads
- Sesame Beef
- Grilled Flank Steak
- Steak with Horseradish Chimichurri
- Beef Wellington

Black Beans & Rice w/ Smoked Sausage & Shrimp (Susie)

Breads/Doughs

- Asparagus Cheese Puffs
- Biscuits/Cheddar Biscuits
- Calzone/Pizza Dough
- Calzones
- Skillet Cornbread
- Corn Pone
- Croissants and Pain au Chocolat (at end of cookbook)
- Blue Cheese Straws
- Flaky Tart Pastry (Smoked Salmon & Onion Tart)
- Flour Tortillas
- Fry Bread
- Hushpuppies
- Jalapeno-Jack Corn Muffins
- Onion-Cheese Bread
- Basic Pizza Dough 'Thin Crust'
- Rolls
- Strawberry-Banana Bread
- Popovers ('Yorkshire Pops')
- Yorkshire Popovers
- Portuguese Custard Tarts (Pasteis de Nata) (recipe coming soon)

Breakfast

- Asparagus & Prosciutto Eggs with Lemon-Chive Vinaigrette
- Biscuits & Gravy
- Salmon Eggs Benedict
- Salmon Deviled Eggs
- French Toast (Susie and Josh's)
- Sausage and Cheese Grits Casserole
- Pancakes
- Melt-in-your-mouth Pancakes

Chicken

- Aloha Chicken
- Apple Cucumber Salsa with Chicken or Fish with Quinoa and Rice
- Chicken in Avgolemono Sauce with Carrots, Dill & Orzo
- Basil Chicken
- Butter Chicken
- Cajun Chicken & Sausage Sauté
- Chicken in Champagne Sauce
- Chicken in Cherry Sauce
- Chipotle Grilled Chicken
- Chicken w/ Coffee-Molasses BBQ Sauce
- Coq au Vin Blanc
- Chicken with Dill-Lemon-Cream Sauce (Susie's)
- Chicken Divan
- Chicken & Dumplings
- Creamy Chicken Enchiladas
- Chicken Francese
- Fried Chicken
- Chicken w/ Red Grapes
- Chicken Do Pyaza
- Kung Pao Shrimp or Chicken
- Chicken with Dill-Lemon-Cream Sauce (Susie's)
- Chicken in Meyer Lemon Sauce over Farfalle with Green Beans and Quick Pickled
- Rustic Chicken Mole
- Tomatoey Chicken Mole
- Chicken w/ Mustard Seed & Onion Sauce
- Spicy Orange Chicken w/ Red Hot Pita Chips
- Orange-Rosemary-Cashew Chicken
- Parmesan Chicken w/ Balsamic Butter Sauce
- Peanut Chicken Dish
- Peanut Thai Curry Chicken with Asparagus
- Chicken in Pepperoncini Sauce
- Chicken Piccata
- Dill Chicken Salad with Cashews - Josh
- Chicken Spinach Bake
- Thai Green Curry Chicken
- Thai Massaman or Panang Chicken Curry - Susie
- Thai Red Curry Chicken
- Chicken in Tomatillo Sauce
- Chicken with Tomatoes & Balsamic Vinegar
- Chicken Tortillas w/ Black Bean Salsa & Avocado Puree
- Chicken & White Beans & Tomatillos
- Chicken in Wine Sauce (Susie's)

Cornish Game Hens

Crepes

Savory Crepes

Desserts

- Apple Cake in a Jar
- Amazing Apple Pie
- Crumbly Apple Pie
- Easy-Quick Apple Pie
- Applesauce
- French Apple Tart
- Puff Pastry Apple Hand Pies
- Apple Torte (Viennese-Austria)
- Austrian Drunken Apples
- Bananas, Caramelized (similar to Bananas Foster)
- Bananas Foster Cheesecake
- Blueberry Pie
- Brownies: Brownies
- Brownies: Bourbon Fudge Brownies
- Brownies: Big Bad Butterscotch Brownie (Bogart's)
- Buttermilk Small Pies (Susie)
- Cherry Pie Cookies
- Chocolate Ganache Cupcakes
- Chocolate Mousse Cake w/ Raspberry Puree/Sauce
- Skillet Blueberry Cobbler with Fresh Mint (Susie's)
- Cobbler (Peach Cobbler, Blueberry Cobbler, Mixed Berries)
- Nieman Marcus Cookies
- Cookie Bowl
- Coconut Vanilla Cake (Susie)
- Coconut-Filled Chocolates
- Coconut Macaroons (Traditional)
- Cream Puff Pastry Swans
- Crème Brulee
- Custards (like Zabaglione or French Custards)
- Caramelized Figs
- Toblerone Fudge
- Raspberry or Blueberry Custard Kuchen
- Lemon Bars
- Buttermilk Lemon Chess Pie
- Lemon Meringue Pie
- Mango-Custard Pie (Susie)
- Meringues
- Pear-Pudding Souffles
- Pecan Pie Squares
- Peppermint Meringues
- Pig Picking Cake
- Pralines
- Pumpkin Bread

- Pumpkin Cookies
- Libby's Pumpkin Pie
- Susie's Pumpkin-Pecan Pie
- Pumpkin Puree
- Pumpkin Pie Spice
- Rhubarb Tart (Tarten)
- Strawberries with Custard Sauce (Susie's)
- Strawberry-Rhubarb Pie (Susie's)
- White Chocolate Pumpkin Snickerdoodles
- White Russian Tiramisu
- Tiramisu-Style Coffee-Toffee Cake

Dressings/ Spreads/Vinaigrettes/Butters/Chutneys

- Cranberries & Orange Compote
- Fig Preserves (Susie's)
- Garlic-Caper-Olive-Lemon Dressing
- Orange-Vinaigrette
- Orange Cranberry Relish
- Cayenne & Buttermilk Dressing
- Onion Relish
- Sweet Onion Relish
- Vidalia Rosemary Marmalade
- Green Pepper Chutney
- Pimento Cheese Spread (5 Cheeses)
- Tahini Dressing
- Olive-Caper Tapenade (Black Olives)
- Green Olive Tepanade
- Tzatziki
- Wasabi Vinaigrette

Drinks

- Lemonade
- Sangria
- Masala Chai Tea
- Mom's Iced Tea
- Triple Sake Martini
- Smoothies
- Mojito

Duck

- Duck Confit
- Duck Confit Cassoulet
- Roast Duck Stuffed w/ Apples & Grapes w/ Cherry-Port Madiera Sauce (Susie's)
- Roasted Duck Breast with Port Wine and Cherry Sauce

Black Pepper and Rosemary Rack of Lamb with Pomegranate Seed Jus Sauce (Susie's)
Middle Eastern Lamb & Rice (Josh's)

Pasta

- Black Bean Lasagna
- Chickpea, Lemon, & Rosemary Sauce over Rigatoni
- Basic Pasta Dough
- Eggplant and White Beans over Pasta
- Gnocchi
- Parisian Style Gnocchi with Duck Confit and Cherry Port Wine Sauce
- Manti with Yogurt Sauce
- Thai-Style Fried Noodles, "Pad Thai"
- Cold Rainbow Pasta Salad w/ Olives (Josh's) (Side or Lunch)
- Goat-Cheese Stuffed Raviolis w/ Tomato Sauce
- Pastitsio (Yamili)
- Pesto-Meatballs w/ Angel-Hair Pasta
- Pumpkin & Basil Sauce over Ziti Pasta
- Smoked Sausage in Tomato Sauce over Tortellini (Susie's)
- Spinach Souffle stuffed Manicotti w/ tomato Sauce (Susie's)

Pork

- Anise-Pork & Potatoes (Susie)
- Basil & Tarragon Pork Loin
- Green Chile Chorizo & Green Queso Fundido Verde
- Pork Tenderloin
- Pork Tenderloin in Mustard Cream Sauce
- Pork Tenderloin w/ Port Wine Reduction Sauce (Susie and Josh's)
- Pork Tenderloin with Prosciutto-Sun-Dried Tomato Cream Sauce
- Grilled Sausage & Peppers on Rolls
- Italian Sausage with beans and penne
- Smothered Black Eyed Peas w/ Sausage
- Pot Roast
- Potatoes w/ Ham au Gratin (VERY Cheddary!)
- Pork Wellington

Quiche

Quiche Lorraine

Ricotta Cheese

Salads

- Avocado-Egg Salad (Susie)
- Black Bean & Barley Salad (Kwanza Salad)
- Cucumber & Feta Salad
- Egg Salad (Susie)

- Quinoa Salad
- Strawberry Salad
- Tuna-Egg Salad (Josh & Susie)

Sauce/Marinades

- Arby's Type Sauce
- Bearnaise Sauce
- Bisque Sauce for Fish by Susie
- BBQ: Coffee BBQ Sauce
- BBQ: Chipotle-Chile-Spiked BBQ Sauce
- BBQ: Downhome BBQ Sauce
- BBQ: Jamaican BBQ Sauce
- BBQ: Josh & Susie's BBQ Sauce
- BBQ: K.C. Masterpiece Original Barbecue Sauce
- Blue Cheese Sauce
- Coriander-Cumin Spice Rub (for Pork/Chicken)
- Crawfish or Shrimp Gravy
- Parsley-Caper Sauce
- Caper Sauce (French West Indian)
- Dijon Dill Sauce
- Garlic Cream Sauce w/ Balsamic Onions
- Habanero Pepper Sauce (Hot Sauce)
- Homemade Hot Sauce (Susie & Josh's)
- Japanese Mayo Sauce
- Mango-Aloha Salsa
- Mango Salsa (Soft Chicken Tacos)
- Mango-Habanero Salsa
- Dry Marinade/Crust w/ Lavender (Great on Lamb or Pork)
- Josh's Simple Marinara (Josh)
- Marinara – Susie Super Simple
- Marinara a la Susie
- Merlot-Cherry Reduction Sauce
- Mojo Sauce - Chipotle-Lime Sauce
- Mustard-Sour Cream Sauce
- Mustard-Dijon-Dill Sauce
- Onion-Mustard Sauce (Good w/ Fish Cakes)
- Orange-Tequila Sauce (Serve on Fish)
- Oriental-Style Sauces: Garlic-Soy & Honey-Soy
- Orange Hollandaise
- Orange-Mint Sauce (w/ Chicken)
- Asian Peanut Butter & Garlic Sauce
- Peanut Satay Sauce (Sate Indonesian-Style for Gado Gado)
- Pesto Sauce, Creamy Pesto Sauce
- Piccata Sauce
- Pineapple Glaze (for Seafood, Chicken, Veggies)
- Pizza Marinara (Susie)

- Pizza Marinara
- Pizza Sauce
- Puttanesca Sauce (Caper, Bl. Olive Tomato Sauce)
- Sage Pesto
- Sawmill Gravy (Sausage Gravy)
- Scotch Pan Sauce
- Shrimp Newburg Sauce (good w/ Cheddar Cheese Soufflé)
- Cold Sour Cream-Tarragon Sauce (Gr. Goddess Sauce)
- Steak Marinade
- Susie's Steak Sauce (Susie)
- Stroganoff Sauce
- Teriyaki Sauce (Sweet, Simple, Quick Sauce) (Susie)
- Teriyaki Sauce
- Diablo Sauce - Tomato-Jalapeno Sauce
- Tomato-Pancetta Sauce
- Susie's Basic Tomato Sauce (Susie)
- Tomato Ragu (for Lasagna or Spaghetti)
- Tzatziki
- Yogurt-Dill Sauce

Sausage Dishes

- Black Beans & Rice w Smoked Sausage & Shrimp (Susie)
- Smothered Black Eyed Peas w Sausage
- Italian Sausage with beans and penne
- Italian Sausage & White Bean Cassoulet
- Sausage-Peppers-Onion over Polenta
- Grilled Sausage & Peppers on Rolls
- Smoked Sausage in Tomato Sauce over Tortellini (Susie's)

Seafood

- Seafood Alfredo (Josh's)
- Fried Seafood (BATTER)
- Calamari (Josh)
- Crawfish & Shrimp Beignets
- Oatmeal Crab Cakes
- Maryland Style Crab Cakes
- Crab Rangoon
- Soft-Shelled Crab
- Fish Cakes
- Island Spiced Fish (Josh & Susie's)
- Fish w/ Potato-Cream Sauce & Mushroom-Cream Sauce
- Baked Flounder w/ Scallop Stuffing
- Fried Fish

- Fish With Lemon-Wine & Capers (Josh)
- Fish with Tatziki Sauce
- Lobster
- Hot Mustard Salmon w/ Miso-Glazed Asparagus
- Salmon Quesadillas (Josh)
- Salmon Roulades
- Pesto-Crusted Salmon w/ Citrus-Soy Sauce, Baby Spinach & Cherry Tomatoes
- Salmon w/ Saffron Cream Sauce
- Salmon Wellington
- Smoked Salmon Club Sandwich
- Flaky Tart Pastry (Smoked Salmon & Onion Tart)
- Scallops & Shrimp in a Pernod or Sambuca Cream Sauce
- Sancerre-Poached Scallops with Parmesan Grits
- Bengali Shrimp (Susie)
- Caye Inspired Orange Habanero Shrimp
- Barbecue Shrimp from Pasquale Manale's in New Orleans
- Shrimp & Blue Cheese Grits (Susie's)
- Shrimp Etouffé (or Crawfish)
- Shrimp w/ Goat Cheese & Tomatoes on a bed of rice
- Shrimp and Scallop Ceviche
- Catfish Fillets w/ Egyptian Tahini Sauce
- Orange Poached Trout
- Southwestern Walnut Encrusted Trout (Josh)
- Tuna Casserole
- Sesame-Crusted Tuna Salad with Edamame
- Tuna Salad Sandwich w/ Black-Olive Dressing
- Tuna with Pineapple Glaze
- Tuna w/ Wasabi-Vinaigrette & Seaweed Salad
- Fajitas – Shrimp & Scallops

Sides

- Walnut-Parmesan Asparagus
- Baked Beans
- Pickled Beets
- Black Bean & Barley Salad (Kwanzaa Salad)
- Black Beans (Cuban-Style)
- Black-Eyed Peas in Slow Cooker
- Smothered Black Eyed Peas w Sausage
- Blue Cheese Coleslaw (Josh & Susie)
- Broccoli Cheese Casserole (Mom)
- Brussel Sprouts – Susie
- Brussel Sprouts Butternut Squash Pomegranate Seeds
- Butternut Squash Bread Pudding (Stuffing)
- Moroccan Carrot Salad (Cold)
- Ginger Carrots
- Spicy Chickpeas

- Spicy Chickpeas (Indian Side Dish, Serve w/ Chicken Do Pyaza)
- Lime & Chipotle Collard Greens
- Creamed Collard Greens
- Sautéed Greens
- Corn: Elote – Mexican Street Corn
- Corn Pudding (Mom)
- Lemon-Herb Couscous
- Cranberry: Orange-Cranberry Relish
- Cucumber & Feta Salad
- Grilled Eggplant, Tomatoes, & Feta Towers
- Green Beans with Balsamic-Shallot Butter
- Green Beans w/ Green Olives & Garlic
- Green Beans with Mustard-Seed Butter
- Hushpuppies
- Potatoes: Blue Cheese & Walnut Roasted Potato Slices (Susie)
- Potatoes: Crispy Scalloped Potatoes with Chive Cream Cheese
- Potatoes: Herbed Potatoes (Mom)
- Potatoes: New Potatoes w/Thyme & Saffron
- Potatoes: New Potato Salad w/ Sautéed Onion Vinaigrette
- Risotto - Barley Risotto
- Risotto - Risotto
- Risotto - Corn, Tomato, & Basil Risotto (Susie's)
- Risotto - Moroccan Style Risotto
- Risotto - Butternut Squash Risotto
- Sausage Stuffing or Dressing
- Spinach with Boursin
- Chile-Vinegar Cooked Spinach (Susie)
- Sautéed Squash
- Soufflé: Cheddar Cheese Soufflé
- Soufflé: Goat Cheese and Thyme Soufflé
- Southwest Relish
- Thyme-Roasted Sweet Potatoes
- Thai Basil & Sweet Corn
- Tostones
- Baked Zucchini (Tortini)
- Zucchini & Yellow Squash Tian

Smoothies

Soups/Stews

- Creamy Artichoke Soup
- Asparagus Soup
- Old-Fashioned Beef Stew
- Beef Stew (Winter Beef Stew)
- Bisque (Lobster, Shrimp, Crab, or Crawfish) (Susie)
- Roasted Yellow & Red Bell Pepper Bisque

- Black Bean Chili
- Black Bean Soup
- Bouillbaise
- Broccoli & Cheese Soup
- Cannellini-Bean Soup w/ Sage Pesto
- Chickpea Soup with Squid & Pasta
- Chili (and Petros)
- Thai Chicken Coconut Soup
- Corn Soup/Chowder w/ Chipotle Chile
- Cucumber Soup
- Gazpacho
- Spicy Ginger Soup
- Hungarian Beef Stew with Nokedli
- Susie's & Josh's Black-eyed Pea Jambalaya
- Lentil Soup
- Mushroom Soup
- French Onion Soup
- Ginger-Pumpkin Soup with White Beans and Kale
- Pumpkin Soup
- Southwestern Shrimp & Corn Soup (Susie)
- Squash Soup
- Vegetable Soup (Susie's)

Spices

- Emeril's Essence Creole Seasoning
- Coriander-Cumin Spice Rub
- Dry Marinade/Crust w/ Lavender (Great on Lamb or Pork)
- Pumpkin Pie Spice

Spring Rolls with 3 Dipping Sauces (Vegetables)

Spring Rolls (Wild Mushroom)

Turkey

Turkey (Susie's Awesome Roast Turkey w/ Gravy)

Smoked Turkey

Veggie

- Baked Eggplant Parmesan
- Fried Green Tomatoes with Tomato Vinaigrette
- Josh's Potato & Butternut Squash Curry w/ Saffron Rice
- Spanakopita
- Tofu: Marinated Baked Tofu

Other/Extras

- (Honduran Soup) Sopa de Milagros Sencillos
- Honduran Guacamole
- Honduran Tortillas Pan Bread
- Grilled Cheese: Brie, Apples, Prosciutto Grilled Cheese Sandwich
- Tartiflette (Belgian Potato Dish)
- Georgian game Hens in Walnut Sauce
- Georgian Cheese Bread with Fresh Herbs (Khachapuri Tarkhunit) (Susie's)
- Moussaka (Susie's)
- Susie's Tamale Pie (Susie) - Tamales (Susie and Josh)
- Quick Paella
- Mediterranean Chicken Pita with Chickpea and salad
- Scotch Egg (Susie's)
- Seafood Pot Pie (Susie's)
- Peanut-Tomato Stewed Chicken
- Mafrum (libyan dish made of grd beef & lamb sandwiched in assorted Vegetables)
- Shakshuka (Libyan dish - Eggs Poached in Tomato Sauce)
- Yugoslavian Cabbage Rolls
- Kerala Roadside Chicken / Thattu Chicken
- Gravlax (Swedish Cured Salmon)
- * Crispy Pork Belly (Susie)
- * Pho Bo - Vietnamese Beef Noodle Soup

Appetizer

Artichoke Jalapeno Dip

1 can (14 oz.) Artichoke hearts, drained
2 Jalapenos
½ cup Parmesan Cheese, grated
6 oz Cream Cheese, softened
¼ cup Mayo
½ tsp Salt
¼ tsp grd Black Pepper
½ tsp Garlic Salt

In food processor, pulse artichokes until chopped.
Add jalapenos and pulse until desired consistency.
Add remaining ingredients.



Artichoke & Prosciutto Bruschetta

French bread, sliced into thin rounds
Olive Oil (good oil)
1 jar marinated Artichokes Hearts (Flora is good brand)
Prosciutto or ham, sliced very thin & cut into match-stick-size
Onion or Red Onion, diced
Chives
Fresh Mint, minced or julienned
Parmesan (good cheese)

Toast bread slices w/ olive oil.
Then salt & pepper them.
Cut artichokes in half.
Place ham & artichokes in olive oil in sauté pan.
Sauté a few min.
Add onions & sauté until artichoke are golden.
Add chives, mint, S & P.
Spoon mix onto bread/toasts & top w/ parmesan.
Put under broiler for ~1 min.

Avocado-Black Bean Salsa

1 (15 oz) can Black Beans, drained
1 small Avocado, finely chopped
6 radishes, finely chopped
6 Scallions, finely chopped
1/3 cup fresh Lime Juice
¼ cup chopped Cilantro
¼ cup Veg. Oil

2 Serrano Chiles, minced
½ tsp Salt, + more if needed

In bowl, mix all ingredients.
Serve with tortilla chips, roasted sea bass, or salmon,
grilled chicken, or pork chops.

Baba Ganoush (Eggplant dip) (Josh's)

2 small Eggplant
1-2 cloves Garlic
¼ cup Tahini Paste

Juice of ½ medium Lemon (or about 2 Tbsp juice)
½ Tsp ground Cumin
2 tablespoons Olive Oil (or enough to 'smooth dip')
Salt and Pepper
fresh Parsley or Mint
optional: ¼ ground almonds, paprika garnish

Cut eggplants in ½ and add a bit of salt and olive oil.
Bake in oven at 350 degrees for ~ 20-30 minutes (skin side down).
Scoop out flesh with a spoon, drain cooked eggplant flesh in colander to reduce liquid.
Combine with rest of ingredients excluding olive oil.
Blend in food processor, add in olive oil until smooth.

*Add more salt and pepper to taste
Served with lightly toasted (baked) wedges of pita bread



Blue Cheese Straws

4 ½ oz Blue Cheese (1/2 c packed)
¼ cup + 2 Tbsp All-Purpose Flour
3 Tbsp Cornstarch
2 ½ Tbsp unsalted Butter, softened
1/8 tsp Salt
1/8 tsp grd Pepper
¾ tsp Poppy Seeds

Combine blue cheese, flour, cornstarch, butter, salt, & pepper (pulse in food processor or w/ fork). Flatten dough onto wax paper & place in refrigerator until firm, ~ 1 hour (or up to 1 day).

Preheat oven to 375°.

Line baking sheet w/ parchment paper. Cut dough into ~ 1/8" thick strips. Sprinkle poppy seeds over dough & press lightly to help adhere; twist ends.

Bake about 15 min., until crisp & brown.

Let cool.

Good for ~ 1 month; recrisp in a 350° oven.

*Try w/ other cheeses: Cheddar, Parmesan, Swiss, etc...Salmon is excellent!!!

Blue Cheese & Walnut Roasted Potato Slices (Susie)

~10 small Red Potatoes, cut into ~ quarter inch slices or wedges
1 Tbsp Olive Oil
¼ tsp Salt
1/8 tsp Pepper
4 oz (1 cup) crumbled Gorgonzola (or other good Blue Cheese)
½ cup chopped Walnuts or Pecans
2 Tbsp chopped fresh Chives

Heat oven to 400°F.

In bowl, combine potato slices & oil; toss to coat. Sprinkle with s & p.

Bake for 20 min or until tender.

In small bowl, combine cheese & nuts & chives; mix well.

Top each potato slice w/ cheese mixture & place back in oven & warm thru (until cheese begins to melt slightly).

Cuban Stuffed Avocados

1 lb. Lobster meat or Shrimp, cooked
½ cup Mayo
2 tsp Olive Oil
1 tsp Vinegar (White)
1 tsp Salt
4 small Avocados
¼ tsp Paprika
¼ tsp Black Pepper
8 Green Olives, sliced

Cut avocados in half & peeled carefully.

Mix vinegar, oil, paprika, S & P.

Marinate the whole halves in a Ziploc bag with the mix in the refrigerator.

Cut lobster/shrimp into cubes, mix well with mayo.

Fill avocado hole (left by the pit) w/ mix.

Decorate w/ olives.

Bloody Mary Shrimp Cocktail (Susie)

(for 2 servings)

~1/4 cup chopped Onions
3 cups H₂O
Dash Lime Juice
½ lb Shrimp

Add shrimp & onions to boiling H₂O & juice. Cook a few min. until pink & drain.

~1/6 cup Lime Juice
~1/4+ cup Ketchup
~1/2 cup chopped or pureed Cucumber
Cilantro (~1/6 cup fresh)
Hot Sauce (Texas Pete & Sriracha-Garlic-Chili Sauce)
Drop of Olive Oil
S & P

Whisk all together & add shrimp & onion, then chill.

Crab Rangoon

1 pkg (8 oz) Cream Cheese
1 can (6 oz) Crabmeat, drained & flaked (Do NOT use too much Crabmeat!)
2 Green Onions or Scallions, thinly sliced
1 clove Garlic, minced
2 tsp Worcestershire Sauce
½ tsp Lite Soy Sauce



In medium bowl, combine all until well blended.

1 pkg (48 count) Won Ton Skins

Spray Oil

Preheat oven to 425.

Place ~1 tsp filling in center of Won Ton skin.

Pull bottom corners down & overlap slightly; moisten one corner & press together.

Lightly spray baking sheet.

Arrange Rangoons on sheet and lightly spray to coat.

Bake 12-15 min. or until golden.

Serve hot with Sweet-Sour Sauce or Mustard Sauce.

Almond-Stuffed Dates wrapped in Prosciutto with Blue Cheese Sauce

Almonds, roasted with salt

Dates, pitted

Prosciutto

Blue Cheese

Flour, 1 Tbsp

Butter/Oil, 1 Tbsp

Milk, ½ cup

Prepare Béchamel:

Melt butter in pan over medium heat, add flour and mix; stir for a few minutes to cook the flour (if the flour starts to brown, reduce heat).

After a few minutes add milk and stir continuously until thickens and then add Blue Cheese.

Stir until melted.



Prepare Dates:

Stuff almond into dates & wrap dates w/ Prosciutto (one lengthwise & one across).

Sauté in a little olive oil & serve with Blue Cheese Sauce.

Grilled Eggplant, Tomatoes, & Feta Towers

1 small–medium Eggplant

Olive Oil

1 Tomato

Feta Cheese

Spice Mix (for lamb): Lavender, Fennel Seeds, Black Pepper, White Pepper, Salt.

Prepare grill.

Preheat oven to 350o.

Spread eggplant slices & tomato slices on a greased foil-lined sheet pan & season with spice mix on one side.

Place eggplant on grill, when done transfer to plate.

Place sheet pan with tomatoes on it on grill to warm & bubbly tomatoes; just a few min.

Assemble towers:

Using wide spatula, layer eggplant slice, tomato slice, & basil leaf in a ramekin. Sprinkle with ~ 1 tsp Feta.

Repeat once more and top with an additional eggplant slice. Press down lightly.
Place ramekins on a baking sheet & bake until heated through (~10-25 min).
Drizzle with olive oil & garnish with basil.

A great side dish for Lamb chops (with Lavender-Fennel Dry Spice Rub) & Caramelized Figs.

Guacamole

½ tsp Curry Powder
1 lg Avocado, halved, peeled, pitted
2 Scallions, minced
2 Tbsp Lemon Juice
1 small Garlic Clove, minced
3-4 dashes Hot Pepper Sauce
S & P

In small skillet, toast the curry powder over low heat until fragrant, ~ 30 seconds.

Scrape powder into a bowl.

Add avocado & mash.

Add scallions, lemon juice, garlic, & continue mashing until light smooth.

Season w/ hot sauce, S & P.



Hot Wings (Hawkeye's Wings - Josh)

Note:

According to Josh: This recipe is based on a wing sauce recipe from Hawkeye's Corner - a staple of life on UT campus during the 80 and 90s. Josh was a line cook in the kitchen. Also, the first 'date' Susie and Josh went on. Use only Texas Pete hot sauce in this recipe. No other hot sauce is suitable, no substitutions, if you can't find Texas Pete, then don't make this sauce!

Chicken Wings
Texas Pete hot sauce
White Vinegar
Brown Sugar
Soy Sauce

The mixture is about 4:1:2 Texas Pete, vinegar, brown sugar.

So, 1/2 cup Texas Pete, 1/8th cup white vinegar, 1/4 cup brown sugar. For a bit more umami add a dash of soy sauce. Mix in a bowl until sugar is dissolved.

Wings should be deep fried, no batter. Fry until crispy, the wings should float on top of the oil.

Yes, you can grill or bake the wings, but they will not be as crispy as fried. Potentially an air fryer would work.



Hummus (Josh)

1 can Chickpeas
1-2 cloves Garlic
2 tbsp Tahini
juice of 1/2 - 1 Lemon (need ~ 1/4 cup)
2-3 Tbsp Extra Virgin Olive Oil
1-2 tsp Soy Sauce

Notes: some recipes call for raw garlic, but cooked garlic reduces the sharp garlic flavor. Fresh lemon juice is preferred. Good quality tahini and olive oil make a huge difference; use an olive oil you would dip bread in or use for salad dressing. High quality (sushi) soy sauce is preferred; at least low sodium. The mix can take a lot of salt and pepper, so season to taste after blending.



Cook garlic; a nice way is to cook in the liquid from the can of chickpeas with some water added and boil for 10 minutes; roasted or other is also fine. Combine chickpeas, garlic, tahini and 2-3 tbsp water in a food processor and blend until smooth. Add more water to adjust texture. Add in lemon juice, which will slightly thicken the mixture; add more water if needed. Add salt and freshly ground black pepper to taste. Add in olive oil and continue to blend, preferably while processing to monitor texture; you want a smooth consistency. The soy is for umami, add to bring depth of flavor, but not taste like soy; between a tsp and 1 tbsp.

Meatballs

½ cup Stuffing
½ cup H₂O
1/3 cup chopped Onion
1 tsp Salt
½ tsp Celery Salt
1/8 tsp Pepper
1/8 tsp Garlic Powder
1 lb ground Beef

2 Tbsp Oil
1 can (15 oz) Tomato Sauce
1 cup H₂O
2 Tbsp Brown Sugar
2 tsp Worcestershire Sauce



In a bowl combine the 1st 7 ingred.
Add beef & mix well.
Shape into balls.
In lg skillet, brown meatballs in oil; drain.
Combine tomato sauce, H₂O, brown sugar, & Worcestershire sauce; pour over meatballs.

Reduce heat; simmer for ~1 hour.

Parmesan Crisps with Caviar and Whipped Potato

Parmesan Cheese
Caviar
Potatoes
Chives

Add parmesan to skillet and cook until solid and crisp.
It will look like water before it crisps up.
Let cool.
Whipped potatoes.
Layer: Parmesan crisps, potato, chive, caviar.



Stuffed Pepperocini Peppers

Pepperocini Peppers
Cream Cheese
Bacon, cooked crispy, diced
Red Bell Peppers, diced

Clean out inside of peppers.
Mix together cream cheese, bacon, & red peppers.
Pipe into peppers.
Refrigerate.



Sausage-Cheese Balls

3 cups Bisquick
1 lb pork Sausage
4 cups shredded Cheddar Cheese (16 oz)
½ cup grated Parmesan
½ tsp dried Rosemary Leaves
½ tsp Parsley

350° oven. Grease pan. Mix all ingred.
Shape into 1" balls. Place in pan.
Bake 20-25 minutes or until brown.

Snails (Escargot) (Susie and Josh's)

-Snails with Herb Butter

For Herb Butter:

4-5 garlic cloves peeled and finely minced
2 teaspoons salt
2 sticks (8 oz) unsalted butter at room temperature
1/2 cup finely minced Italian flat-leaf parsley
1/2 cup finely minced chives
2 tablespoons minced shallots
Pinch of freshly grated black pepper
1 tablespoon fresh lemon juice



1 tablespoon Pernod (Optional)

For Snails:

24 top-quality canned snails drained

Make the Herb Butter:

Mince the garlic and salt together to make a paste. Put the butter in a large bowl (or the bowl of a mixer fitted with the paddle attachment), add the garlic paste, and cream together.

Add the parsley, chives, shallots, pepper, lemon juice, and Pernod and mix well.

The butter can be piped or spooned over the snails or you could, transfer it to a pastry bag without a tip or with a large plain tip:

If using snail dishes instead of snail shells, place a snail in each indentation and pipe or spoon about 2 teaspoons of butter over each.

If using snail shells, place a snail in each shell and pipe in about 2 teaspoons of butter. Refrigerate for at least an hour, or up to 12 hours.



Finish using snail dishes:

Preheat the oven to 450°F (230°C).

Bake the snails in their dishes for 5 - 8 minutes, or until the butter is bubbling.

Finish using snail shells:

Preheat the oven to 450°F (230°C).

Arrange the shells in snail dishes or other ovenproof serving dishes.

Bake for 5 - 8 minutes, or until the butter is bubbly.

-Sautéed Snails with Tamarind Sauce (Ốc Xào Me)

(Pronounce: ox-souw-may)

Love this glaze and with the snail...sublime!

1-1/2 lbs periwinkle sea Snails/escargot (use canned, they are already cleaned)

1/2 cup hot water

2 oz tamarind seedless tamarind pulp

Vegetable Oil

10 large garlic cloves (peel and mince finely)

1 Tbsp fish sauce (maybe a touch less, taste and adjust as you go)

1 Tbsp granulated sugar

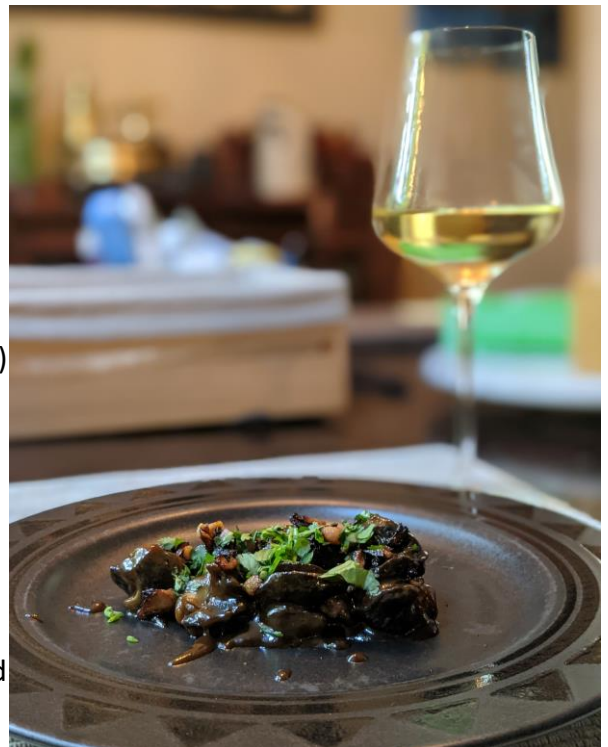
1/2 Tbsp chicken bouillon powder

Cilantro (Vietnamese coriander)

In a small bowl, combine hot water and tamarind pulp for 15 minutes.

Strain mixture through a sieve, press pulp with wooden spoon to extract as much juice as possible, then discard pulp. Set tamarind liquid aside.

Heat oil in large skillet, add garlic and fry until golden brown.



Remove fried garlic and set aside.

Add tamarind juice and season with sugar, fish sauce and chicken bouillon powder.

Add snails and toss with sauce.

Cook for ~10 minutes until the sauce is bubbly and thickened.

Serve with a garnish of fried garlic and cilantro.

-Snails Cooked in Coconut Milk (Ốc Len Xao Dua)

(Pronounce: oak-len-zow-zoo-uh)

Snails (use canned)

Vegetable Oil

1 Tbsp minced garlic

2 stalks lemon grass (minced the tender white parts of one and cut the tender white parts of the other into matchsticks)

1 cup coconut milk

1 tsp salt

1 tsp sugar

1 cup minced Cilantro (reserve a tablespoon for garnish)

1 Thai chili pepper (optional) - I used Pepper Flakes

In a medium skillet, heat oil and add garlic and lemon grass.

Sauté until fragrant but not brown (2-3 minutes).

Add the snails and sauté for 2 minutes.

Add coconut milk, salt, sugar and cook for 5-10 minutes to allow the snail to suck up all the saucy goodness.

Add cilantro and Thai chili pepper.

Cook for another minute.

Garnish with fresh Cilantro and serve.



Herbed Spinach Balls

10 oz frozen Spinach, chopped

1 cup Herb Stuffing

¼ - ½ cup Parmesan Cheese, grated

½ tsp garlic, finely minced

½ medium Onion, finely chopped

2 eggs, beaten

1/8 lb Butter, melted

350° oven.

Thaw spinach and squeeze out excess liquid.

Add remaining ingred. And mix well.

Form into balls and place on greased baking sheet.

Bake 15 minutes.

* These can be made ahead of time & frozen. Add an extra 10-15 minutes cooking time if frozen.

Makes about 40 balls.

Sweet Potato-Curry Springrolls/Lumpia

Sweet Potatoes:

Bake ~400° for ~1 hour. → Mash with spices.

Spices:

Curry Powder

Coriander

Cumin

S & P

Garlic Powder

Onion Powder

Chipotle (just a touch).

Wrap in eggroll wrappers.

Deep fry or air fry.



Tomatillo Guacamole

4-5 Tomatillos

½ medium Onion, diced

2 cloves Garlic, diced

Sauté in Olive Oil until translucent.

Cilantro, fresh

Cumin Powder

Chipotle Powder

1 Avocado

S & P

Puree all except avocado.

Add avocado & puree.

Adjust seasoning.

Veggie Spread on Crackers

1 3oz package Cream Cheese, softened

1 small Zucchini, finely chopped (~2/3 cup)

1 small Carrot, finely chopped (~1/3 cup)

1 small Banana Pepper, finely chopped (~1/3 cup)

2 Tbsp Chives, chopped

Mix & chill.

Ritz Crackers.

Cucumbers, sliced thin & quartered.

Smoked Salmon.

Spread on crackers & top w/ cucumber or salmon or both.

* Could also use as a spread on sandwiches. (Salmon or other seafood sandwiches, for example).

Beef

Beef Brisket (Hannukkah style!)

1 large head garlic, separated into cloves
1 cup all-purpose flour
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 (4 to 5-pound) beef brisket
2 tablespoons olive oil
2 large onions, thinly sliced
3 cups dry red wine (kosher)
1/4 cup tomato paste
2 dried bay leaves, preferably Turkish
1 teaspoon dried thyme
1 quart chicken stock, preferably homemade



For the Horseradish Sauce:

1/2 cup finely grated fresh or drained prepared horseradish
1 tablespoon white wine vinegar
1 cup mayonnaise
1 tablespoon snipped fresh chives
1 tablespoon fresh lemon juice
Kosher salt and freshly ground black pepper

Serve with Potato Latkes or “flying disks” - matzo balls

For the Flying Disks/Matzo Balls:

1/4 cup chicken stock, preferably homemade
4 large eggs, beaten
2 tablespoons pareve margarine, melted
1 teaspoon kosher salt
1 cup matzo meal

To make the Brisket: preheat the oven to 325 degrees F.

Fill a small saucepan with water, bring to a boil over high heat. Add garlic, bring back to a boil, and cook rapidly until slightly softened, ~1 minute. Use a slotted spoon to transfer the garlic to a bowl of ice water. Peel when cool enough to handle.

Combine flour, salt, & pepper in a large shallow dish. Coat brisket on all sides. Shake off the excess. Heat the oil in a large covered casserole or Dutch oven over medium-high heat until almost smoking. Add the brisket and cook, turning often, until well browned, ~6-8 min per side. Transfer to a plate or platter and pour off all but 2 Tbsp of the fat. Stir in the onions and the peeled garlic. Reduce the heat to medium and cook, stirring often, until golden, ~ 10 min. Pour in the wine and stir to pick up any browned bits on the bottom of the casserole. Stir in the tomato paste and add the bay leaves and thyme. Increase the heat to high and bring to a boil. Cook rapidly, stirring often, until almost all the liquid has evaporated. Pour in the stock and bring back to a boil. Reduce the heat to medium and add the brisket. Cover tightly with a piece of foil, then cover the pot with the lid. Transfer to the lower third of the oven and cook until a fork comes out easily when pierced, 3 to 4 hours.

To make the Horseradish Sauce: mix the horseradish, vinegar, mayonnaise, chives, and lemon juice in a small bowl. Stir well to blend and season with salt and pepper. You should have about 1 cup. Keep refrigerated until ready to serve.

To make the Disks: whisk the stock, eggs, and margarine together in a small bowl. Stir in the salt and matzo meal to form a soft dough. Cover with plastic wrap and refrigerate until well-chilled, about 1 hour. Bring a large pot of salted water to a boil over high heat. Working with 1 tablespoon of dough at a time, use wet hands to form the dough into disks about 1 1/2 inches wide and 1/2-inch thick. You should have about 18 disks. Drop them into the boiling water and reduce the heat to medium-low. Cover and simmer until the disks are puffy and cooked through, 30 to 35 minutes.

Transfer the brisket from the casserole to a cutting surface and cover loosely with foil. Let rest for 15 minutes. Gently skim the surface of the liquid in the casserole with a spoon to remove as much fat as possible. Remove and discard the bay leaves. Add the disks to the cooking liquid and cook on top of the stove over medium heat, covered, until they've turned dark and absorbed some of the sauce, about 10 minutes.

Potato Latkes

2 pounds russet (baking) or Yukon Gold potatoes (or whatever!)

1 medium onion

1/2 cup chopped scallions, including the green part

1 large egg beaten

Salt and pepper to taste

Vegetable oil for frying

Peel and grate potatoes or use a food processor to coarsely grate the potatoes and onions. Place together in a fine-mesh strainer or tea towel and squeeze all the water over a bowl. The potato starch will settle to the bottom; reserve that after you have carefully poured off the water. Mix the potato and onion with the potato starch. Add the scallions, egg, and salt and pepper. Heat a pan and coat with a thin film of vegetable oil. Take ~2 Tbsp of the potato mixture in the palm of your hand and flatten as best you can. Put potato mix in pan, flatten with a spatula, and fry for a few minutes until golden. Flip the pancake over and brown the other side. Remove to paper towels to drain. Serve immediately. You can also freeze the potato pancakes and crisp them in a 350-degree oven at a later time.



Beef Fajitas with Lime-Garlic Marinade (or Chicken)

Steak or Chicken

Red Onions

Red & Green Bell Peppers

Jalapenos

Flour Tortillas

Lime-Garlic Marinade

¼ cup Lime Juice

2 Tbsp Olive Oil

4 cloves Garlic

2 Tbsp Soy Sauce

Salt

½ tsp Liquid Smoke

½ tsp Cayenne

¼ tsp Black Pepper



Mix all & marinate beef ~1 hour.

Grill veggies w/ olive oil, until skins of peppers blister & char & softened.

Red onions sliced ¼ - ½ inch thick & grilled until soft.

Grill meat.

Slice everything & serve with Guacamole, sour cream, refried beans, & Margaritas.

Old-Fashioned Beef Stew

1 lb Beef tips/steak, cut into 1" cubes

2 Tbsp all-purpose Flour + Essence mixed in.

2 tsp Veg oil

2 lg yellow Onions, thinly sliced.

2 cups sliced Mushrooms

2 cloves Garlic, minced

2 cups Beef Broth

Red Wine

4 cups sliced Carrots

2 medium Potatoes, sliced or diced

1 cup Green Beans

1 Tbsp Cornstarch

1 Tbsp cold H₂O

¼ cup chopped Parsley

S & P



Coat beef w/ flour, shake off excess.

Sauté in pan in oil over med-high heat, until browned. Place on plate.

Add onions & mushrooms to pot; sauté ~6 min.

Add garlic; sauté ~1 min.

Pour off fat.

Return meat to pot.

Add wine and broth.

Add enough water to just cover, bring to boil.

Reduce heat to low, simmer until beef is tender (~1.5 hours).

Add carrots, potatoes, & green beans.

Cover partially; simmer ~ 15 min.

Mix cornstarch & water together and add to pot to thicken (increase heat).

Sprinkle with parsley and serve.

Winter Beef Stew

1 lb stew Beef

Cooking Oil

2 cans Beef Broth (14.5 oz cans)

~2 tsp Worcestershire Sauce

2 tsp fresh Oregano (3/4 tsp dried)

2 tsp fresh Basil (3/4 tsp dried)

½ tsp Pepper

2 cups cubed Potatoes

1 can Green Beans

1 cup sliced Carrots

1 cup sliced Celery (opt'l)

1 can great Northern Beans (rinsed & drained)(15.5 oz)

- 1 can diced Tomatoes (14.5 oz)
- 1 small yellow Squash or Zucchini, sliced (or both)

In pot, brown meat. Drain. Stir in broth, Worcestershire, dried herbs, & pepper; bring to boil.
 Reduce heat; simmer, covered, ~1 hour.
 Stir in potatoes, beans, carrots, & celery. Bring to boil. Reduce heat; simmer, covered ~20 min.
 Stir in great northern beans, tomatoes, squash, fresh herbs (if using them).
 Return to boil; reduce heat.
 Cover; simmer for 5 min.

Beef Stroganoff

- 1 ¼ lbs Beef, cut into thin strips.
- Beef Bouillon
- Red Wine
- 1 Onion, chopped
- 2 Tbsp Butter
- 6 oz fresh Mushrooms, sliced
- ½ tsp Salt
- Dash Black Pepper
- ½ tsp Paprika
- 4 Tbsp Tomato Paste
- 2 tsp Dijon Mustard
- 2/3 cup Whipping Cream
- 2/3 cup Sour Cream

Pictured: Meatballs Stroganoff



Boil beef in beef bouillon & red wine; then sauté in butter. Put beef aside.
 Add onion & shrooms, sauté a few min.
 Season with S & P & paprika.
 Add tomato paste & mustard.
 Stir in whipping cream.
 Cook, covered on low heat for about 10 min.
 Add red wine & bouillon and more red wine.
 Let thicken.
 When done, remove from heat. Stir in sour cream (do NOT boil sour cream).
 Serve with rice.

Beef & Tomatoes (Hans)

- 1.5 lbs thinly sliced beef (sirloin tip)
- 1-2 Tbsp Butter
- 2 cans Beef Broth (bouillon)

- 2 Tbsp Cornstarch
- 2 Tbsp Soy Sauce
- 1 ½ Tbsp Dark Molasses
- 1 Tbsp Chinese Molasses (Chinese Brown Sauce)
- 1 tsp Vinegar
- 1 tsp Salt
- ½ cup water

- 2 large Tomatoes, cut into large chunks

Sauté meat in butter.
Add broth and simmer uncovered ~15 min.
Make paste from cornstarch and next 6 ingred. And add to meat.
Stir gently until thickens.
Add tomatoes and mix carefully not to break.
Cook about 2-3 minute longer.
Serve with rice.

Beef Tips

S & P
Oil (~1 Tbsp)
Butter (~1 Tbsp)
Filet Mignon (2), cut into chunks
Worcestershire Sauce (~ ¼ -1/3 cup)
Beef Bouillon Powder (several dashes)
Port Wine (~ 4-5 Tbsp)
Parsley

Sauté beef in oil & butter. Take beef out of pan & add Worcestershire, water + bouillon.
Simmer. Add port wine and reduce. Add parsley & serve.

Mushrooms

Oil (~1 Tbsp)
Butter (~ 1 Tbsp)
S & P
Beef Bouillon Powder, dash
Parsley Worcestershire Sauce (few dashes)

Place mushrooms in pan, S & P, bouillon, & parsley.
Add juice from sautéing beef tips. Add Worcestershire. Add parsley at end.

Bul-go-gi

2 lbs Top Sirloin Beef, thin sliced
Marinade:
¾ cup – 1 cup Light Soy Sauce
3 Tbsp Sugar
2 Tbsp minced Garlic
1 Tbsp Sesame Seeds/salt mixture
½ Tbsp Black Pepper
2 onions, sliced
1 bundle Green Onions
1 ½ Tbsp Sesame Oil
Little Ginger Powder or sliced Ginger

Optional: a little Sake.

**DON'T make sauce with marinade – too salty!

Country-Fried Steak & Gravy (Luna's)

Cubed Steaks ***** USE CAST IRON SKILLET *****

Heavily salt both sides of meat, dredge in flour.
Fry meat in oil, until dark.
Take meat out of skillet.
Add flour to oil (~ 1-2 Tbsp) & stir.
Add lots of water.
Boil ~ 5-10 min.
Add meat back to skillet.
Allow to cook at least 1 hour to 2 hours. Stirring occasionally.

Serve with mashed potatoes, green beans & biscuits or rolls.

Crawfish-Stuffed Filets

2 Tbsp Olive Oil, in all
1 tsp finely minced Onion
1 tsp finely minced green Onions
1 tsp finely minced Celery
1 tsp finely minced Red Onions
2 tsp minced Shallots
1 tsp minced Garlic
¼ lb Crawfish Tails
2 Tbsp Shrimp Stock
2 Tbsp Bread Crumbs
1 Tbsp Essence, in all
4 Filet Mignons
1 cup Mashed Potatoes
1 Tbsp Chives

Heat 1 Tbsp oil over high heat.
Sauté onions, green onions, celery, red onions, shallots, & garlic for 1-2 minutes.
Add crawfish tails, stock, breadcrumbs, & 1 tsp Essence and cook for 2 minutes.
Remove from heat and allow to cool for at least 15 min.
Cut slits about 2" long into the sides of each filet and make a pocket.
Season meat with remaining Essence inside and out. Fill each filet with ~ ¼ cup stuffing.
Heat remaining 1 Tbsp oil in pan over high heat.
When pan begins to smoke add filets and sauté for 3-4 min. per side for medium rare.

Serve with Crawfish Bordelaise Sauce.

Crawfish Bordelaise Sauce

2 Tbsp minced Shallot
1 Tbsp minced Garlic
½ cup dry Red Wine
¼ lb Crawfish Tails
Salt & Pepper
1 ½ cups Veal/Beef Reduction
2 Tbsp unsalted Butter, at room temperature

1 Tbsp sliced Green Onions

Sauté shallots & garlic in saucepan, for 1 min. Season with S & P. Add wine and boil.

Add crawfish and re-season. Bring back to boil. Stir in reduction and boil. Reduce heat to simmer, skimming off any fat on top, for about 10 min. Turn up heat to high and cook 1-2 min. Add butter and swirl. Add green onions and remove from heat.

To serve: Place some mashed potatoes in center of plate, set filet on top and spoon sauce over filet. Garnish with green onions.

Gingered Beef with Broccoli

1-2 small sirloin steaks

¼ large onion

1-2 Tbsp fresh grated ginger

1-2 cloves fresh chopped/pressed garlic

3-4 Tbsp Soy sauce

½ Tbsp Mirin

a few drops toasted sesame oil

3-4 Tbsp Sake

2 heads broccoli

¾ can beef broth

oil-vegetable

Thickening: Tbsp starch, 2 Tbsp soy sauce, 1 Tbsp Hoison sauce, 2 Tbsp sake

Marinate beef, sliced thin in soy sauce, ginger, garlic, a bit of chopped onion, mirin, sesame oil, sake for an hour or so.

Start the rice steaming

Steam the broccoli for about 4 minutes

Heat oil in Wok, cook beef for a few minutes, add in onions, keep sautéing

Add in beef broth, cook for 10 minutes, or so until beef broth reduced by at least ½

Add in thickening sauce

Add in pre-semi-steamed broccoli

Stir together to nicely coat everything, serve over rice.

Filet Mignon w/ Port Wine Reduction (Susie's)

Filets (2)

Garlic Powder

Ground Oregano

Paprika

S & P

Thyme

Essence

Sauté in butter (Remove & finish cooking in oven ~400° +/-).

Port Wine

~1 cup Beef Broth

S & P

Butter

To skillet add port wine & reduce to a few tablespoons, add ~1 cup beef broth, salt & pepper, reduce to ~1/2 & add butter.

Serve w/ cheddar cheese soufflé & steamed broccoli.

Meatballs or Meatloaf

1 pound ground lean beef

½ pound ground veal

½ pound ground pork

2 large eggs

1 cup freshly grated Pecorino Romano cheese

1½ tablespoons chopped Italian parsley

½ small garlic clove, peeled and minced

2 cups breadcrumbs

2 cups lukewarm water

Salt & pepper to taste

1 cup Olive Oil

1 Garlic Clove, Smashed or crushed (and placed in the oil to scent it for sautéing meatballs)

Combine beef, veal, and pork in a large bowl. Add eggs, cheese, parsley, garlic, and salt and pepper to taste.

Using your hands, blend ingredients together.

Blend breadcrumbs into meat mixture. Slowly add water, 1 cup at a time, until the mixture is quite moist.

Shape the meat mixture into balls (2½ to 3 inch balls).

Heat olive oil in a large sauté pan with smashed garlic. When oil is very hot but not smoking, discard garlic and fry meatballs in batches.

When bottom half of meatball is very brown and slightly crisp turn and cook top half. Remove from heat and drain on paper towels.

Lower cooked meatballs into simmering Marinara Sauce and cook for 15 minutes. Serve over pasta or on their own.

Makes about 28 meatballs

SAUCE for Meatballs:

¼ cup extra-virgin olive oil

2 ounces salt pork, thinly sliced

3 tablespoons minced onion

2 garlic cloves, minced

2 28-ounce cans imported Italian crushed tomatoes

6 leaves fresh basil, torn into small pieces

Pinch of dried oregano

Salt and ground black pepper

Make the sauce: Heat the oil in a large saucepan over medium-low heat, then add the salt pork. Sauté until fat has rendered, ~5 min.

Remove and discard salt pork.

Add onion and sauté until translucent, ~3 min.

Add garlic and sauté just until softened.

Add tomatoes with their juice and bring to a boil. Reduce heat to low and simmer until sauce is slightly thickened, ~45 min.

Add the basil, oregano and salt and pepper to taste. Cook for 1 min more.

Meatballs

½ cup Stuffing

½ cup H₂O

1/3 cup chopped Onion

1 tsp Salt

½ tsp Celery Salt

1/8 tsp Pepper

1/8 tsp Garlic Powder

1 lb ground Beef

2 Tbsp Oil

1 can (15 oz) Tomato Sauce

1 cup H₂O

2 Tbsp Brown Sugar

2 tsp Worcestershire Sauce



In a bowl combine the 1st seven ingred.

Add beef & mix well.

Shape into balls.

In lg skillet, brown meatballs in oil; drain.

Combine tomato sauce, H₂O, brown sugar, & Worcestershire sauce; pour over meatballs.

Reduce heat; simmer for ~1 hour.

Meatballs in Sauce

Meatballs:

1-2 lbs grd Beef (could add veal, sausage, ...)

~ 5 slices fresh Bread Crumbs (white bread; grind in food processor)

Parmesan

1 (or 2) egg, beaten

Garlic, chopped or minced

1 small Onion, chopped fine

~ 2-3 tsp Parsley

S & P

Mix all, make balls, fry in oil, then add to sauce and simmer ~ 10 minutes.

Sauce:

~ 3 Tbsp Olive Oil

~ ½ White Onion + ½ Red Onion

~ 2 cloves Garlic, crushed

~ 2 (28 oz) cans plum Tomatoes; drained (reserve liquid)

Parsley, ~ ¼ cup fresh (less for dried)

* Optional: julienned Green & Red Peppers



Cook onions & garlic until soft. Add rest. Simmer for 45 min. – 1 hour

Meatballs in Spicy Coconut Sauce

Sauce:

1 can Light Coconut Milk

~ 1 Tbsp grd Ginger (or minced)

Sprinkle w/ Red Pepper Flakes + several squirts of chili-Garlic paste ('Vietnamese')

1 Tbsp chopped Green Onions

<2 Tbsp Thai Fish Sauce

Meatballs:

1 lb grd Beef

1/3 cup Green Onions, chopped

¼ cup Water Chestnuts, chopped (Optional)

2 Tbsp Cornstarch

1 Tbsp All-Purpose Flour

1 Tbsp minced fresh Ginger (or ground)

1 Tbsp Soy Sauce

1 Tbsp Dark Sesame Oil

1 tsp Red Pepper Flakes

¼ tsp Salt

Prepare meatballs: combine all ingred. Sauté meatballs in oil & drain.

Prepare sauce: combine all in saucepan and bring to boil.

Add meatballs to sauce & boil 5-8 minutes.

Serve with rice & vinegared cucumbers & veggies.

Pesto-Meatballs w/ Angel-Hair Pasta

2 cups Chunky Tomato Sauce

½ lb ground Beef

¾ cup Breadcrumbs

2 ½ Tbsp Pesto

Red Wine

Salt

Pasta

Mix beef, crumbs, pesto, & salt. Form Balls.

Sauté & deglaze w/ red wine.

Add tomato sauce & simmer ~20 min.

Meatloaf

1 lb. lean ground beef

1/2 large onion, finely chopped

3 garlic cloves, finely chopped

1 tsp. olive oil

3 cups chopped spinach

2 Tbsp low-fat plain yogurt

1/4 tsp. dried basil

1/4 tsp. dried oregano

2 Tbsp skim milk

1 Tbsp Tbsp, chopped fresh tarragon

1 egg, lightly beaten



2 Tbsp Dijon mustard
2 Tbsp whole-grain oats
salt and pepper

Preheat an oven to 350-degree F.

In a large bowl, combine onion and garlic, ground beef, egg, yogurt, tarragon, oregano, basil, milk, mustard, and oats.

Lightly season with salt and pepper.

Mix all the ingredients together thoroughly with your hands.

Cover the bottom of a non-stick loaf pan with half of the meatloaf mixture.

Evenly spread the spinach mixture over it. Top with the rest of the meatloaf mixture.

Bake your meatloaf in the preheated oven for 45 - 50 minutes.

Insert a meat thermometer into the center of the meatloaf to ensure it is done.

If it reads at least 155°F, your meatloaf is done.

Pair it with sautéed spinach and pinto beans.

Make Tomato Sauce:

Diced Tomatoes

Dried Oregano & Basil (~1 Tbsp each)

Knorr Beef Stock (1/2 container)

Heat on stove.

Cheesy Meatloaf

~1/4 breadcrumb crumbs

~1/4 Quick Cook Oatmeal

1 cup chopped Onions

2 Garlic cloves, chopped

1/2 cup Ketchup, divided into 1/4 cups

1/4 cup chopped fresh Parsley

2 Tbsp grated Parmesan

1 Tbsp Horseradish

1 Tbsp Dijon Mustard

3/4 tsp dried Oregano

1/4 tsp Salt

1/4 tsp Pepper

White Cheddar, diced into chunks

1.5 lbs lean ground Sirloin

1 large Egg, lightly beaten

Preheat oven to 425 F.

Sauté onions & garlic.

Combine onion mix, breadcrumbs, oatmeal, beef in food processor, mix.

In bowl, mix beef mixture w/ ketchup, parsley, parmesan, horseradish, mustard, oregano, s & p and egg.

Form into a log and stuff cheddar chunks into it.

Bake at least 25 minutes or until done.

Creamy Pepper Steak (in thick sauce)

Steaks

Salt and Black Pepper

4 Tbsp Butter

4 Tbsp Brandy

1 Tbsp Cornstarch

¾ cup Heavy Cream (185ml)

Sprinkle steaks w/ pepper & press in well. Melt 2 Tbsp butter, add steaks & sear over high heat to brown on both sides.

Melt remaining butter, stir in cornstarch, black pepper, salt, & cook, stirring constantly for 3-4 min.

Stir in cream & brandy & heat, stirring.

Pour over steaks & simmer gently 2-3 min.

Pepper Steak (Stir-Fry)

2 Tbsp Veg Oil

2 cups (2-4) Bell Peppers (various colors), cut into strips

1 medium Onion, cut into wedges

2 cloves, Garlic, minced

Mushrooms, sliced

2-4 Filet Mignons, chunked (w/ bacon)

1 can Beef broth

~ 1 Tbsp Soy Sauce

~ ½ tsp ground Ginger

A little Flour

Rice

In wok (or skillet) over med-high heat, in ~ 1 Tbsp hot oil, stir fry peppers, onion, garlic, & mushrooms until crisp-tender. Add bacon chunks.

Add steak, stir fry. Drain a little and add flour and mix.

Add broth, soy, & ginger.

Cover & simmer, until done.

Serve with rice.

Beef Potstickers

Dumpling Skins

Ground Beef

S & P

Garlic Powder

Ground Ginger

Soy Sauce

Chili Paste

Red Onion

Carrot

Garlic, minced

A few Mushrooms

Sauté grd beef with S & P, garlic powder, grd ginger, soy sauce & chili paste.

Drain & cool.

Puree w/ red onion, carrot, garlic and mushrooms.

Fill dumpling skins w/ mix.

Sauté, then steam.

Beef Roulades w/ Blue Cheese & Walnuts

2 (10 oz) Rib Eye Steaks, pounded

Essence

½ cup crumbled Blue Cheese

½ cup chopped roasted Walnuts

2 Tbsp Olive Oil

Serve with:

2/3 cup Blue Cheese Moray Sauce → → → → Under Sauce: Blue Cheese Sauce

8 New Potatoes, cut into fourths, roasted, warm

Long chives

2 tbsp finely diced Red Peppers

2 Tbsp finely diced Yellow peppers

2 Tbsp chopped Chives

Essence

Preheat oven to 450°. Season meat with essence. Sprinkle cheese and walnuts over meat.

Roll meat into roulades. Tie with butcher's twine. In sauté pan, heat the olive oil. When pan is smoking hot, sear roulades on all sides. Place in oven and roast ~ 5-6 minutes for rare to med-rare.

Remove from oven and slice on the bias.

Beef Roulads

2lbs. thin sliced sirloin-tip

¾ lb of mild pork sausage

½ teaspoon of poultry seasoning

¼ cup of Madeira

½ lb. of bacon or enough to wrap rolls

1 tbs. of butter

2 onions

2 sliced carrots

1 sliced garlic clove

Pouch made of 1 stalk of celery, 4 sprigs of parsley, 1 bay leaf, and pinch of thyme,

1 tbs. of flour

Red Wine

Beef Bouillon

Mix sausage, poultry seasoning, and Madeira together.

Place pork mixture on slice of beef and roll up. Wrap with bacon.

Heat 1 tbs. of butter in shallow casserole and spread on bottom sliced onions and carrots.

Place beef rolls side by side on top of vegetables. Add the minced garlic and pouch.

Put dish in moderate heat of 375 F oven and cook until rolls take on color.



Sprinkle with flour and red wine and broth to come to top of meat (can add more broth and wine). Bring to boil, cover, and braise 1 to 1 ½ hours.

Discard pouch. In the Blender blend vegetables and liquid to make sauce. Adjust taste and pour over rolls. Serve with mashed or parsley potatoes and red cabbage.



Sesame Beef

(Japanese)

1/8 lb Lean Beef

2 Tbsp Soy Sauce

¼ cup Rice Wine

2 Tbsp Mirin (Sweet Rice Wine)

1 ½ Tbsp White Sesame Seeds (toasted)

Serve w/: Cooked broccoli & carrots.

Cut beef in thin slices & marinate for 30 min. in soy sauce, rice wine, mirin, & sesame seeds.

Heat 1 Tbsp oil in pan & stir fry beef; set aside.

To pan, add:

¼ cup Beef Broth

2 Tbsp Sherry

1 Tbsp Soy Sauce

3 Tbsp Hoisin Sauce

1 Tbsp cornstarch

Add beef and serve with rice.

Alternative:

Sauté beef, carrot sticks, asparagus & green onions (green portion – not chopped; full length).

Lay beef flat & place carrot stick & asparagus in center.

Roll-up beef & tie w/ a green onion stalk.

Then, place beef into sauce & sprinkle w/ sesame seeds.

Grilled Flank Steak

1 ½ lb Beef Flank Steak

Honey-Ginger Marinade:

¼ cup Red Wine

¼ cup Soy Sauce

¼ cup dry Sherry (or Chicken Broth)

¼ cup Honey

½ tsp ground Ginger

3 Green Onions, sliced

1 clove Garlic, finely chopped

Mix all.

Make cuts in diamond pattern on both sides of beef. Place beef in dish w/ marinade.



Cover & refrigerate at least 4 hours, but no longer than 24 hours (turning occasionally).
Grill.

Steak with Horseradish Chimichurri

Filet Mignon, seasoned with Essence

Chimichurri

2/3 cup Parsley

2 Tbsp chopped Green Onions

2 Tbsp Water

1 Tbsp Horseradish

1 Tbsp Red Wine Vinegar

1 tsp +/- Olive Oil

1 Garlic clove

Puree Chimichurri ingredients in food processor, then warm.

Sauté beef & slice thin.

Beef Wellington

For the Duxelles:

3 Pints (1 1/2 Pounds) White Button Mushrooms (could also add Shitake)

2 Shallots, roughly Chopped

4 Cloves Garlic, roughly Chopped

2 Sprigs Fresh Thyme, leaves only

2 Tbsp unsalted Butter

2 Tbsp Extra-Virgin Olive Oil

Salt and Black Pepper

For the Beef:

3-lb center cut beef tenderloin (filet mignon), trimmed

Extra-virgin olive oil

Salt and Black Pepper

12 thin slices Prosciutto

6 sprigs of fresh Thyme, leaves only

2 Tbsp Dijon mustard

Flour, for rolling out puff pastry

1 pound puff pastry, thawed if using frozen

2 large eggs, lightly beaten

1/2 tsp Sea Salt

Minced chives, for garnish

Green Peppercorn Sauce: (optional or make a Demi-Glaze or Port Wine Sauce)

2 tablespoons olive oil

2 shallots, sliced

2 cloves garlic, peeled and smashed

3 sprigs fresh thyme, leaves only

1 cup brandy

1 box beef stock



2 cups cream
2 tablespoons grainy mustard
1/2 cup green peppercorns in brine, drained, brine reserved

NOTE: Photos of preparation process at the end of recipe.

For the Duxelles:

Add mushrooms, shallots, garlic, and thyme to a food processor and pulse until finely chopped.
Add butter and olive oil to a large sauté pan and set over medium heat.
Add the shallot and mushroom mixture and sauté for 8 to 10 minutes until most of the liquid has evaporated.
Season with salt and pepper and set aside to cool.

Tip:

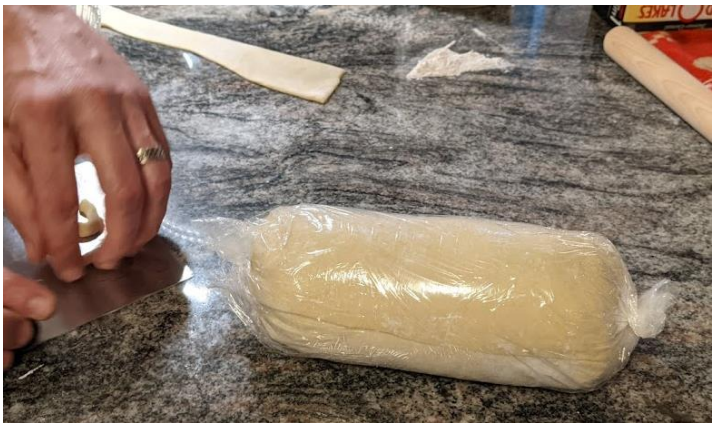
Mushrooms are 90% water; the long, slow cooking of duxelles will evaporate the water and concentrate the mushroom flavor. Save any leftover duxelles in the freezer.

For the Beef:

To prepare the beef: Tie the tenderloin in 4 places so it holds its cylindrical shape while cooking.
Drizzle with olive oil, then season with salt and pepper and sear all over.
Lay or shingle the prosciutto so it forms a rectangle that is big enough to encompass the entire filet of beef.
Evenly spread a thin layer of duxelles on top.
Season the surface of the duxelles with salt and pepper and sprinkle with fresh thyme leaves.
When the beef is seared, remove from heat, cut off twine and smear lightly all over with Dijon mustard.
Allow to cool slightly, then roll up in the duxelles covered prosciutto using the plastic wrap to tie it up nice and tight. Tuck in the ends of the prosciutto as you roll to completely encompass the beef.
Roll it up tightly in plastic wrap and twist the ends to seal it completely and hold it in a nice log shape.
Set in the refrigerator for 30 minutes to ensure it maintains its shape.
Preheat oven to 425 degrees F.
On a lightly floured surface, roll the puff pastry out to about a 1/4-inch thickness.
Depending on the size of your sheets you may have to overlap 2 sheets and press them together.
Remove beef from refrigerator and cut off plastic.
Set the beef in the center of the pastry and fold over the longer sides, brushing with egg wash to seal.
Trim ends if necessary, then brush with egg wash and fold over to completely seal the beef - saving ends to use as a decoration on top if desired.
Top with coarse sea salt. Place the beef seam side down on a baking sheet.
Brush the top of the pastry with egg wash then make a couple of slits in the top of the pastry to allow the steam to escape when cooking.
Bake for 40 to 45 minutes until pastry is golden brown and beef registers 125 degrees F on an instant-read thermometer.
Remove from oven and rest before cutting into thick slices.
Garnish with minced chives, and serve with Green Peppercorn Sauce, Roasted Fingerling Potatoes with Fresh Herbs and Garlic, and Warm Wilted Winter Greens.

Green Peppercorn Sauce:

Add olive oil to pan after removing beef. Add shallots, garlic, and thyme; sauté for 1 to 2 minutes, then, off heat, add brandy and flambé using a long kitchen match. After flame dies down, return to the heat, add stock and reduce by about half. Strain out solids, then add 2 cups cream and mustard. Reduce by half again, then shut off heat and add green peppercorns.





Black Beans & Rice w/ Smoked Sausage & Shrimp (Susie)

- ~ 1 Tbsp Olive Oil
- 1 Onion, chopped
- 2-3 cloves Garlic, minced
- 1 cup White Rice
- 1-1 ½ cups Broth (Chicken, Vegetable) or Water
- 1-3 tsp ground Cumin
- Cayenne Pepper
- Chipotle Pepper
- 1-2 cans Black Beans

In pot, over med-high heat, add oil, onions , & garlic & sauté for about 4 minutes. Add rice & sauté ~ 2 min. Add broth/water, bring to boil, cover & lower heat, simmer ~ 20 min. or until rice is done. Add black beans & spices, S & P. Continue cooking a few more minutes. If too thick, add more water. If too watery, continue cooking until desired thickness. In skillet, sauté sausage, remove & drain. In same pan, sauté shrimp. When done, add to beans and rice.

Breads/Doughs

Asparagus Cheese Puffs

- ½ lb Asparagus, cut into ¼" pieces & blanched.
- ¾ cup milk
- 5 Tbsp Butter, cut into small pieces
- ½ tsp Salt
- ¾ cup All-Purpose Flour
- ¼ tsp Curry Powder
- pinch Cayenne
- 3 lg Eggs
- 1 cup coarsely grated Manchego Cheese
- ½ cup finely grated Parmesano-Reggiano



Preheat oven to 400°.
Line 2 baking sheets w/ parchment.
Bring milk & butter to boil over med-high heat.
Combine salt, flour, curry, & cayenne in a small bowl.
Remove milk from heat & add the flour mix.
Mix w/ wooden spoon 'til thickens & pulls away from sides.
Place pan back on heat & cook ~ 20-30 sec., until mix becomes a little dry.
Scrape mix into lg bowl & let cool slightly.
Add eggs, 1 at a time, until each is incorporated.
Add asparagus & both cheeses to the dough & mix until combined.
Season w/ S & P.
Spoon rounded Tbsps of mix onto sheet.
Bake ~ 15-20 min., until golden.
Makes 4 servings. Serve w/ salmon.

Biscuits (Josh's adapted from Alton Brown)

2 cups flour (White Lily preferred)
4 teaspoons baking powder
1/4 teaspoon baking soda
3/4 teaspoon salt
2 tablespoons butter
2 tablespoons shortening
1 cup buttermilk, chilled

Heat oven to 450°F.

In a large mixing bowl, sift together the flour, baking powder, baking soda, and salt. Working quickly (so the fats don't melt), use your fingertips to rub the lard and butter into the dry mixture until it resembles coarse crumbs.

Make a well in the center of the dry mixture and pour in the chilled buttermilk.

Stir with a wooden spoon until the dough just begins to come together.

It will be very sticky.

While it's still in the bowl, fold the dough over on itself two times so that it picks up any remaining flour, and then turn it out onto a lightly floured work surface.

Dust the top of the dough with flour and, with floured hands, gently fold the dough over itself eight more times, turning one quarter turn between each folding motion.

Press dough into a 1-inch-thick round.

Cut out biscuits with a floured 2 1/2-inch cutter, being sure to press straight down through the dough without twisting. Flour the cutter between cuts.

Center biscuits on a baking sheet, shoulder to shoulder, so that they just touch.

Reform scrap dough, working it as little as possible, and continue cutting until you have 8 biscuits total.

Bake until biscuits are tall and light gold on top, 15 to 20 minutes.



Cheddar Biscuits

2 cups Unbleached Flour
2 Tbsp toasted Wheat Germ
4 level tsp Baking Powder
½ tsp Salt
6 Tbsp cubed cold Butter
¼ cup grated Cheddar Cheese (1 oz)
¾ cup Buttermilk

Preheat oven to 425. Butter baking sheet. In bowl of mixer, combine flour, wheat germ, baking powder, & salt & process briefly to combine. Add butter & cheese & process until mix looks like coarse meal.

Pour in buttermilk, then process until dough comes together, ~ 15 SECONDS.

Turn dough onto floured board & allow to rest for 5 min.

Knead 3 times only, then pat into a circle ¾" thick.

Cut into small biscuits.

Place dough on baking sheet and bake for 10 min in upper third of the oven, until puffed and golden.

Yields: about 3 dozen.

*** Best Fresh!

OR

1 ¼ lbs Bisquick
3 oz Cheddar Cheese
11 oz cold H₂O

To cold water, add Bisquick & cheese, blend until dough is firm.

Bake at 375° for 10-12 min.

Brush hot biscuits w/ garlic spread.

Garlic Spread

½ cup melted Butter
1 tsp Garlic Powder
¼ tsp Salt
1/8 tsp Onion Powder
1/8 tsp dried Parsley

Mix all.

Calzone/Pizza Dough

1 pkg Active Dry Yeast
1 tsp Honey
1 cup warm H₂O (105°-115°F)
3 cups All-Purpose Flour
1 tsp Salt
1 Tbsp Olive Oil + more for brushing

In small bowl, dissolve yeast & honey in ¼ cup warm H₂O.

In mixer w/ dough hook, combine flour & salt.

Add oil, yeast mix, & remaining $\frac{3}{4}$ cup water & mix on low speed until dough comes cleanly away from sides of bowl & clusters on dough hook, ~ 5 min.

Turn dough out onto clean work surface & knead by hand 2-3 min. or longer.

Dough should be smooth & firm. Cover dough w/ clean, damp cloth towel & let rise in warm spot ~ 30 min.

Divide dough into 4 balls. Work each by pulling down sides & tucking under bottom of ball. Repeat 4-5 times.

On smooth surf., roll ball under palm of hand until top of dough is smooth & firm (~ 1 min).

Cover dough w/ damp towel & let rest 15-20 min.

(At this point the balls can be wrapped in plastic & refrigerated for up to 2 days).

Oven at 500°+.

Calzones bake for **12 min.**

Pizza bake for **8 min.**

Calzones

1 $\frac{1}{2}$ cup warm Water (105°-115°F)

1 envelope dry Yeast

2 Tbsp Olive Oil

1 $\frac{1}{2}$ tsp Salt

4 cups Flour

1 lg Red Bell Pepper

2 Tbsp Olive Oil

1 $\frac{1}{4}$ lb Red Onions, sliced

Mushrooms

Italian Sausage

3 cups grated Mozzarella Cheese (~ 12 oz)

12 oz Goat Cheese

4 tsp dried Oregano

Could substitute:

Mozzarella Cheese

Pepperoni

Tomato Pizza Sauce

Pour 1 $\frac{1}{2}$ cups warm water into large bowl. Stir in yeast. Let stand until yeast dissolves, ~ 5 min. Mix in oil & salt. Add 3 $\frac{3}{4}$ c flour, ~ $\frac{1}{2}$ c at a time. Turn dough in oiled lg bowl; turn to coat.

Cover bowl w/ plastic wrap. Let dough rise in warm draft-free area until doubled, ~ 1 hour 15 min.

Sauté red onion in oil & mushrooms, until brown (~ 25 min).

Set aside.

Sauté sausage.

Mix cheese together w/ oregano w S & P.

Preheat oven to 400F.

Roll out $\frac{1}{4}$ of the dough. Layer $\frac{1}{2}$ w/ cheese, onions, cheese, sausage, cheese, bell peppers, cheese.

Fold dough over & pinch together w/ fork.

Using spatula, transfer calzones to foil-lined sheets sprayed w/ oil.

Pierce tops w/ knife.

Bake 30 min.

Skillet Cornbread

~ 1tsp Sugar
2 tsp Salt
1/3 cup Butter, soft
2 Eggs
1 1/3 cups All-Purpose Flour
1 Tbsp Baking Powder
1 1/3 cups Cornmeal
1 cup milk (1-1 1/3 c)

400°.
Grease 8" skillet.
Mix sugar, salt, butter.
Stir in eggs one at a time.
In separate bowl, mix flour, baking powder, & cornmeal.
Stir flour mix into egg mix & alternate w/ milk.
Beat until blended.
Bake 20 min.



Corn Pone

2 cups white corn meal
1 teaspoon salt
Onion Powder
Black Pepper
1 1/2 cups cold water (or enough to make a soft mixture that can be spooned like pancake batter)
4 tablespoons vegetable oil
Preheat oven to 475°F (245°C).

Mix corn meal, salt and water.
Heat oil in a 9-inch round iron skillet in the hot oven until hot.
Carefully spread mixture evenly in hot skillet and spoon some of the fat that comes to the edges up on top of the batter.
Bake for about 15 minutes or until golden brown. Broil for the last 2 to 3 minutes to make it extra golden brown and crispy around the edges.
Makes 8 servings.

Blue Cheese Straws

4 ½ oz Blue Cheese (1/2 c packed)
¼ cup + 2 Tbsp All-Purpose Flour
3 Tbsp Cornstarch
2 ½ Tbsp unsalted Butter, softened
1/8 tsp Salt
1/8 tsp grd Pepper
¾ tsp Poppy Seeds
Combine blue cheese, flour, cornstarch, butter, salt, & pepper (pulse in food processor or w/ fork). Flatten dough onto wax paper & place in refrigerator until firm, ~ 1 hour (or up to 1 day).
Preheat oven to 375°.
Line baking sheet w/ parchment paper. Cut dough into ~ 1/8" thick strips. Sprinkle poppy seeds over dough & press lightly to help adhere; twist ends.

Bake about 15 min., until crisp & brown.

Let cool.

Good for ~ 1 month; recrisp in a 350° oven.

Try w/ other cheeses: Cheddar, Parmesan, Swiss, etc...

Salmon is excellent!!!

Flaky Tart Pastry

1 cup All-Purpose Flour

¼ tsp Sugar

Large pinch Salt

6 Tbsp cold unsalted Butter, cut into bits

~ 2 ½ Tbsp ice Water

In food processor or with fork, combine flour, sugar, & salt. Add butter & pulse until mix resembles coarse meal. Add ice water & pulse 'til dough comes together; add more water if necessary. On a lightly floured surface, shape into disk, wrap in plastic & refrigerate 'til chilled (~ 30 min).

Makes one 13" tart shell.

-Smoked Salmon & Onion Tart

1 Flaky Tart Pastry Shell, cooked

1 Onion, thinly sliced

S & P

Egg Wash: 1 lg Egg Yolk mixed w/ ½ tsp Water

4 oz thinly sliced Smoked Salmon, cut into strips

3 Tbsp Crème Fraiche or Sour Cream

1 Tbsp chopped Parsley

1 tsp finely chopped Dill

Juice of ½ a Lemon

Preheat oven to 450.

Put uncooked tart pastry on parchment on a baking sheet.

Spread onion slices on the tart in a single layer, leaving a 1" border. Season w/ salt & pepper. Fold the edges of the pastry over onto the onion & brush with egg wash.

Bake for ~ 15 min, or until pastry is almost golden. Arrange salmon on top and put back in oven for no more than five min. (more like 2-3min). Take out. Warm sour cream just barely & drizzle it with a fork over tart.

Sprinkle w/ parsley, dill, & lemon juice & serve.

-Asparagus & Goat Cheese Tart

1 Flaky Tart Pastry Shell

½ lb soft Goat Cheese

10 pencil-thin asparagus stalks, cut into 1" pieces

2 tsp Olive Oil

S & P

Egg Wash

3 Prosciutto slices, torn into pieces.

Spread goat cheese onto pastry shell, leave 1" border. Toss asparagus w/ oil & arrange on tart; season w/ S & P. Fold pastry edges onto topping & brush w/ egg wash.
Bake ~ 20 min or until golden at 450°. Add pieces of Prosciutto and serve.

Flour Tortillas

3 cups Flour
½ tsp Baking Powder
1 tsp Salt
½ heaping cup Shortening or Lard
1 cup warm Water (more or less; even a lot less)

Sift flour & salt & baking powder.
Mix in bowl with lard & add water gradually.
Knead to make a smooth dough.
Let stand in oiled bag or bowl for 20 min.
Make ~2 inch balls, then press or roll out.
Cook on hot, dry cast iron skillet, turning over once.

Makes ~1 dozen.

Fry Bread

2 cups Flour
½ Tbsp Baking Powder
½ tsp Salt
1 Tbsp Powdered Milk
½ + ¼ cups warm Water (1/3 c)

Put flour in bowl. Add baking powder & salt. Add powdered milk. Mix all together. Pour water into bowl & mix with hands until soft.
Form into a ball and pat back & forth & pull until flat & round.
Melt 1 cup lard in pan (or oil).
Put dough into hot fat; turn until brown on both sides.

Or

Tibetan-Style Stovetop Bread (Balep Korkun)

1 1/2 cups all-purpose flour
1 tsp baking powder
1/2 tsp salt
1 cup water
1 T olive oil

Mix together the flour, baking powder, and salt.
Add 1 cup of water and stir until a wet dough forms.
It should stick to itself when stirred, but still be slightly runny.
Add the olive oil to a medium-sized cast iron skillet.
Pour the dough into the center of the pan and spread it out slightly with a rubber spatula.
Sprinkle water around the edge of the dough (like 1 Tbsp amount).
This will steam the bread, giving it that fluffy center.
Cover the pan with a lid.



Place over medium heat.
Cook for 10 minutes.
Resist the temptation to check the bread during this time.
You don't want to let any steam out.
Carefully flip the bread with a spatula.
Reduce heat to low-medium. Cover and cook for 5 more minutes.
Remove from heat and let cool slightly.

Hushpuppies (Paula's)

¾ c S.R. Flour

¼ c S.R. Cornmeal

~ ¼ tsp Baking Soda

~ ½ c Buttermilk

½ Egg

~ 1/8 c Onion

Salt

Parsley

350°.

Jalapeno-Jack Corn Muffins

1 cup Yellow Cornmeal

1 cup All-Purpose Flour

2 tsp Baking Powder

½ tsp Baking Soda

2 Tbsp Sugar (or less – optional)

1 tsp Salt (or more – optional)

1 cup Buttermilk

2 Eggs, lightly beaten

¼ cup melted Butter

1+ cup Jack Cheese

2 Jalapenos, diced

1 Jalapeno, cut into 12 slices

Preheat oven to 400.

Spray muffin tin w/ non-stick spray.

In lg bowl, combine cornmeal, flour, baking powder, baking soda, sugar, & salt.

In another bowl, whisk together buttermilk, eggs, butter, cheese, & jalapenos (diced).

Add wet ingredients to dry & stir.

Place one slice jalapeno on top of each.

Bake ~ 25 min.

Makes 12.

Onion-Cheese Bread

½ cup (or ¼ cup) chopped Onion

2 tsp Oil

1 ½ cups Biscuit/Baking mix

1 Egg
½ cup Milk
¾ cup (3 oz) shredded Cheddar
3 tsp dried Parsley
1 Tbsp Butter, melted

Sauté onions until tender.

Place biscuit mix in bowl, add egg & milk, mix to combine.

Then, stir in onion, ½ cup cheddar & parsley.

Spread batter into a greased 8" round baking pan. Sprinkle w/ remaining cheese & parsley. Drizzle on melted butter.

Bake at 400° for 15 min.

Basic Pizza Dough 'Thin Crust'

Combine:

1 ½ cups warm Water (105°-115°).
2 Tbsp Sugar
2 ¼ tsp Active Dry Yeast (one ¼ oz packet)

Proof until foamy, ~ 5 min.

Mix:

4 cup All-Purpose Flour (00 Flour)
1 Tbsp Sea Salt

Mix in standing mixer bowl, fitted w/ dough hook.

Add oil (3 Tbsp Olive Oil) to yeast mix.

Pour yeast mix into flour mix & knead on low speed for 10 min. Dough will be elastic & slightly sticky.

Place dough in a lightly oiled bowl, turn to coat. Cover w/ plastic wrap & let rise in a warm place until doubled, ~ 1 hour.

Punch down dough & divide into 3 pieces.

Shape into balls & place on floured work surface. Lightly brush dough balls w/ oil, cover w/ plastic & let rise ~ 45 min.

Preheat oven to 550°.

Rolls

1 Tbsp Active Dry Yeast (~ 1 ½ pkgs)
2 cups Water (105°-115°)
1 Tbsp Sugar
1 ¼ tsp Salt
5-5 ½ cups All-Purpose Flour
Olive Oil
Yellow Cornmeal
Coarse Salt

Dissolve yeast in warm water in mixing bowl.

Stir in sugar & salt & let sit ~ 10 min.



Add flour, 1 cup at a time, beating w/ the dough hook on low speed until moderately stiff, smooth dough forms.

Cover dough w/ olive oil & let rise in warm place, covered w/ towel, for ~ 1 hour.

Punch down dough.

Turn onto a lightly floured surface. Cover & let rest ~ 10 min.

Shape into 14 balls.

Grease baking sheet. Let rise for 5 min.

Slash tops in 2 places w/ sharp knife.

Brush tops w/ water & sprinkle on coarse salt.

Set oven to 400.

Place in oven & place 1 or 2 pans w/ boiling water in them next to the rolls.

Bake 25-30 min.

Strawberry-Banana Bread

1 ½ cups Flour	(3 cups)
½ tsp Baking Soda	(1 tsp)
½ tsp Salt	(1 tsp)
½ Tbsp Cinnamon	(1 Tbsp)
1 cup Sugar	(2 cups)
2 Eggs	(4 eggs)
½ cup Vegetable Oil	(1 cup)
1 cup diced Strawberries	(2 cups)
1 over-ripe Banana, mashed (or 2)	(2-4)
1-2 tsp Vanilla (Optional)	(2-4)
½ cup Walnuts (Optional)	(1 cup)
= 1 Loaf	= 2 Loaves

Sift together flour, soda, salt, cinnamon, & sugar.

Add eggs & oil, strawberries, & bananas.

Pour half mix into a greased (cooking spray) loaf pan.

Bake at 350°F for ~ 65 min.

Cool in pan 10-15 min.

Then transfer to wire rack.

Try with:

Mixed Berries

Blueberries

Blueberry & Banana

Peaches & extra Cinnamon

Apples & extra Cinnamon

Banana & Nuts

Banana & Kiwi

Mango

Melon

Popovers ('Yorkshire Pops')

½ cup All-Purpose Flour

¼ tsp Salt

2 Eggs (try 1 egg)

½ cup Milk

Combine flour & salt. Whisk together eggs & milk. Stir into dry ingred. Just until blended. Pour into 4 greased & floured 8 oz custard cups or 6-8 greased muffin cups. Place cups on baking sheet & bake at 425° for 20 min. (If using muffin pan, heat pan in oven prior to pouring in batter and bake at 450° for ~ 12 min).

Serve with Filet Mignon w/ dry rub crust (peppercorns, fennel, lavender), sliced thin and fanned in plate w/ port wine reduction.

Yorkshire Poppers

2 eggs

1 cup Milk

1 cup Flour

½ tsp Salt

Fresh cracked Pepper

¼ cup reserved Beef Drippings or melted Butter

Preheat oven to 450°. Place popover or lg muffin pan in oven for 10 min. to heat up.

In bowl, beat eggs until foamy & light. Whisk in milk until combined. Add flour, S & P, beat just until batter is smooth.

Pour beef drippings in the bottom of hot pan.

Then pour in batter and bake for 10 min.

Reduce oven temp to 350° and cont. baking for 15-20 min more until puffy and brown.

Serve immediately.

Yields: 6 servings.

Or

- Flour -- 2 cups
- Salt -- 1 teaspoon
- Eggs, beaten -- 6
- Milk -- 2 1/2 cups
- Pan drippings from Roast Prime Rib

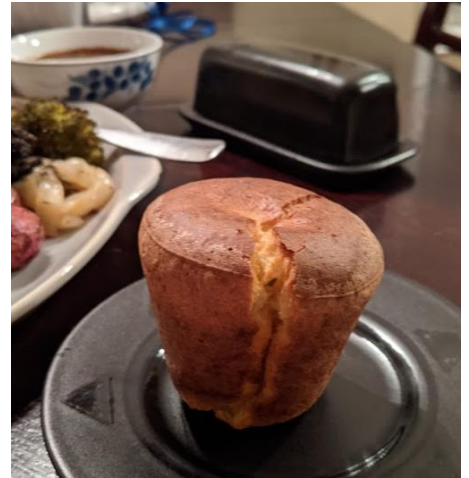
In a large bowl, beat together the flour, salt, eggs and milk until all lumps are removed and the batter is smooth. Chill for at least 4 hours or overnight. It is important that the batter be very cold.

Preheat oven 425°F. Remove all but about 1/4 cup of fat from the pan used to roast a prime rib. Get the pan hot in the oven.

Remove the pan from the oven. Whisk the batter to get it smooth, then pour it all at once into the hot roasting pan. Return the pan to the oven and bake 20-25 minutes, or until the pudding is puffed and lightly browned. Serve immediately.

Variations

- **For Individual Puddings:** Instead of using a roasting pan, pour some of the pan drippings into 6-8 wells of a 12-serving muffin tin and heat the pan in the oven. Pour equal amounts of batter into each well and bake until puffed, 10-15 minutes.



Breakfast

Asparagus & Prosciutto Eggs with Lemon-Chive Vinaigrette

Asparagus, steamed
Prosciutto
Eggs
Toast

Lemon-Chive Vinaigrette

1 ½ Tbsp Lemon Juice
2 ¼ tsp Parmigiano Reggiano
1 tsp Chives
Garlic Powder, couple of dashes
Salt
Pepper
Dijon – Optional because it is very good without it!
3 Tbsp Olive Oil

Combine all ingredients, except oil, mix well, then gradually whisk in oil.

Fry eggs or poach.

Place Prosciutto slices on plate, add asparagus on top, then the egg, drizzle with vinaigrette, add diced chives. Serve with toast wedges and fresh fruit.



Biscuits & Gravy

½ lb Pork Sausage
3 Tbsp Flour
2 cups hot Milk
S & P
1 batch Biscuits

Sauté sausage. Drain off fat, except for 2 Tbsp. Stir in flour & cook for a min.

Add hot milk and some crumbled sausage bits.

Simmer (add a little water if necessary or more milk) and allow to cook down for about an hour or more to build flavor and cook out the flour taste. Season with salt and pepper.

Serve over warm biscuits and sausage.



Went a little crazy with the sausage in this gravy, but delicious!

Salmon Eggs Benedict

4 Egg Yolks
2 tsp Orange Peel, shredded
¼ cup O.J.
1 tsp Dijon-style Mustard
¼ - ½ tsp Hot Sauce
½ cup or less Butter, melted

2 small Croissants. Split & lightly toasted
4 ½ oz slices of Smoked Salmon
4 medium Eggs, poached or over-easy

Sauce:

In double broiler, combine yolks, orange peel, OJ, mustard, hot sauce.

Place on double broiler. Med-low.

Whisk 'til sauce thickens & forms a ribbon (it gets very frothy at this pt).

Remove from heat & slowly add melted butter.

Top croissant halves w/ smoked salmon & egg, then pour sauce over top.

Can also sprinkle on fresh dill.



Salmon Deviled Eggs or Caviar Deviled Eggs

½ cup Smoked Salmon, minced
¼ cup Sour Cream
¼ cup Mayo
1 Tbsp Lemon Juice
S & P
6 Hard-Boiled Eggs

Cut peeled eggs in half.

Slip out egg yolks & mash w/ fork.

Mix in all other ingredients.

Cover & chill.

Fill egg w/ salmon mix.

Garnish w/ paprika.

For Caviar Deviled Eggs:

Sour Cream
Mayo (if desired)
Lemon Juice
S & P
Caviar

Mash egg yolks with all ingredients except caviar.

Thoroughly mix and then fold in caviar.

Spoon into egg white halves and place dollop of caviar on top.



Susie & Josh's French Toast

1 Egg
Milk
Lots of Cinnamon
Dash Nutmeg
Dash Ginger
Dash Vanilla Extract

Mix all in bowl until frothy.

Bread
Buttered Skillet

Dip bread in batter/mix & sauté in pan.

Serve w/ an **Orange Marmalade Syrup**:

Orange Marmalade
Honey
Corn Syrup
Water to thin.



Sausage and Cheese Grits Casserole

½ pound pork sausage (or less)
1 cup Instant Grits (3 packages)
Water (enough boiling water to making instant grits a little soupy, but not too much)
2 tablespoons butter
1 ½ cups shredded sharp Cheddar cheese (or any cheese you've got & extra for the top)
½ cup Milk
3 eggs, beaten

Heat oven to 350°F.

Spray shallow 3-quart casserole (9x13) with cooking spray.

Sauté sausage over medium heat until no longer pink; drain.

Meanwhile, Make grits and stir in butter & 1-1 ½ cups of the cheese until melted. Stir in milk, eggs, and sausage.

Pour grits mixture into casserole.

Sprinkle with remaining ½ cup cheese.

Bake casserole uncovered 25-30 min or until center is set.



Pancakes

-Chocolate Chip Pancakes with Raspberry Sauce

1 ½ cups All-Purpose Flour
3 Tbsp Sugar
1 tsp Baking Powder
½ tsp Baking Soda
¼ tsp Salt
2 Eggs

1 (8 oz) carton dairy Sour Cream
1 cup Milk
¼ cup Butter, melted
½ cup Semisweet Chocolate Chips
1 tsp Oil
Whipped Cream
Fresh Raspberries

Put flour, sugar, baking powder, baking soda, and salt in bowl & whisk together.

In medium bowl whisk eggs. Add sour cream. Whisk until smooth.

Stir in milk & melted butter.

Add egg mix to dry ingredients.

Whisk just until dry ingred. Are wet.

(the batter should be a little lumpy, not smooth).

Gently fold in chocolate. Set batter aside.

Heat griddle over medium heat

Pour a tsp of oil onto pan. Stir batter again.

For larger pancakes: ladle 1/3 cup batter

For smaller pancakes: ladle ~1 Tbsp+

Cook for 1-2 min. on the first side or until it's surface bubbles.

Flip pancakes and cook 1-1.5 min. more.



Raspberry Sauce

1 (12 oz) pkg frozen raspberries, thawed

3 Tbsp Sugar

3 Tbsp Lemon Juice

¼ cup Orange Juice

Put ingredients in food processor and blend. Press sauce through sieve.

Makes 1 ½ cups.

Melt-in-your-mouth Pancakes

2 cups Bisquick

1 cup Milk

1 Tbsp Sugar

2 Tbsp Lemon Juice

2 tsp Baking Powder

2 Eggs

Stir all 'til blended & cook on griddle.

Chicken

Aloha Chicken

2 ½ lbs Chicken pieces
1 cup Chicken Stock
1 Tbsp Butter
1 cup Green Pepper, diced
1 cup Radishes, thinly sliced
1 cup Pineapple Chunks in Water, unsweetened
½ cup Reserved Juice from Pineapple
1 tsp Soy Sauce, low sodium
2 Tbsp Flour
S & P
4 ½ cup Rice, cooked
Chow Mein Noodles, Optional garnish



Sauté chicken.

Then sauté radishes, green peppers, & pineapple until crisp-tender, but not brown.

Mix chicken stock w/ pineapple juice & soy sauce. Add to pan.

Mix flour w/ 1 Tbsp cold water. Add to vegetables.

Add chicken, s & p, and cook until everything is hot and sauce is thick.

Serve over rice and sprinkle on chow mein noodles for garnish.

Chicken in Avgolemono Sauce with Carrots, Dill & Orzo

(ahv – go – LeMON – oh) - Greek Sauce

Olive Oil

Chicken, diced or chunked

Salt & Pepper

Chicken Broth (1 ¼ cups)

Dried Dill (~1 tsp)

1 cup Orzo

Carrots, sliced

2 Eggs

2 Tbsp Lemon Juice

Sauté chicken, remove.

Add broth & dill to pan. Begin to reduce.

Cook orzo and carrots together until orzo is done. Drain & toss with olive oil.

Beat eggs, lemon juice, salt & pepper together in dish. Whisk into sauce in a very thin stream. Whisk over low heat for several minutes until thickened. Do NOT let simmer.

Add chicken back in and serve over orzo & carrots.



Serve with: fruity, low-oak Chardonnay

Basil Chicken

¾ tsp coarsely ground Pepper

4 Chicken Breasts

1/3 cup Butter, melted

¼ cup chopped Basil

Basil Butter:

½ cup Butter, softened

2 Tbsp minced fresh Basil

1 Tbsp grated Parmesan

¼ tsp Garlic Powder

1/8 tsp each S & P

Fresh Basil for garnish

Press ground pepper into chicken.

Combine the 1/3 cup melted butter and the ¼ cup chopped basil; stir well.

Brush chicken lightly with melted butter mix.

Basil Butter:

Combine ½ cup softened butter, 2 Tbsp basil, Parmesan, garlic powder, salt, & pepper in a bowl.

Beat at low speed until mix is well blended & smooth.

Transfer to a serving bowl; set aside.

Bake chicken at 350°-375° for 20-25 minute in pan w/ a little water or sauté or grill the chicken.

Serve with Basil Butter mixture.

Butter Chicken - Makhan Wala Chicken

1.5 lb Chicken (chopped 1 - ½ inch cubes), then ground

3 tablespoon butter

¾ cup tomatoes (chopped finely)

1 onion (chopped finely)

¼ cup cashew (grounded smoothly)

¼ cup almond (grounded smoothly)

1 - 2 teaspoon chili powder (according to taste)

1 teaspoon ginger paste

1 teaspoon garlic paste

2-3 inch piece of Cinnamon stick (alternate: use Cinnamon powder)

¼ teaspoon turmeric powder

Salt to taste

Heat butter in medium heat and fry onions and cinnamon sticks till onion turns transparent. Add turmeric, chilly, ginger and garlic paste, salt and a little water. Heat few more seconds with continuous stirring. Add tomatoes and heat few more seconds with continuous stirring. Add grounded cashew and almond paste and some more water to make it into a thick gravy. (Add more or less water while cooking to get according to your preference for consistency of gravy.) When the mixture starts to boil, add the chicken and cook until it is fully cooked. Before you take chicken off the heat, add rest of the butter over it.

Cajun Chicken & Sausage Sauté

Oil

1 cup chopped Onion

Garlic, minced

1 Green Bell Pepper, chopped

½ lb Sausage, smoked, sliced

½ lb Chicken, diced

2 cans diced Tomatoes
Essence (or Cajun Seasoning)
Celery, diced or ½ tsp Celery Salt

Sauté onion, bell pepper, & sausage ('til onion is translucent & softened).
Add chicken, sauté.
Add cans tomatoes, Cajun seasoning & salt & minced garlic.
Bring to a boil, reduce & simmer 5-6 min.

Serve w/ rice.

Chicken in Champagne Sauce

Chicken
Butter
S & P
Chopped Onion (~ ¼ cup)
Flour (few Tbsp)
Cognac or Brandy (few tsp)
Pinch of Bay Leaf
1 cup Chicken Broth
¼ bottle Champagne (dry)
Thyme
Mushrooms, sliced
Cream (or Milk w/ cornstarch)

In skillet, sauté onions in butter until translucent, add chicken and sauté over medium heat, 5-10 min.
Remove chicken and onions from pan.
Make a roux with flour and butter/oil.
Add chicken broth, cognac, bay leaf, champagne, S & P, thyme, chicken and onions.
Bring to a boil, reduce heat, cover & simmer gently. Simmer about 10 min.
Mushrooms: Place mushrooms in separate skillet w/ cream. Bring to boil, then, simmer 2 min.
Add mushrooms to chicken dish and simmer 5-10 min or until thickened.
Serve w/ rice.

Chicken in Cherry Sauce

1 lb Bing Cherries, pitted
1/2 cup OJ
<1/4 cup Soy Sauce
<1/8 cup Brown Sugar
<1/4 cup Honey (or Agave Nectar)
2 Tbsp Lemon Juice (half a Lemon)
Garlic, minced
2 tsp minced Ginger
Onion, diced finely
Chicken

Sauté chicken & set aside.
Sauté onion, ginger, garlic. Add cherries, sauté a couple of minutes.



Mix together OJ, Soy, Sugar, Honey, Lemon in dish.
Add liquids to pan.
Blend all ingredients together and let simmer.
Add chicken back to pan & simmer.

Chipotle Grilled Chicken

Great for Margarita night 😊

Marinade

½ can Chipotle peppers in adobo sauce
~ ¼ - ½ cup Cider Vinegar
2-4 Tbsp light Brown Sugar
4-5 crushed Garlic cloves
½ cup Olive Oil
Onion Powder
Splash Worcestershire Sauce
S & P

Sauce

½ can Chipotle (don't use all the peppers if you don't want it too hot!)
1 small Onion
2 cloves Garlic
~ ¼ cup Cider Vinegar (enough to deglaze onions)
½ cup Water (fill can of chipotles with water to get rest of sauce)
Splash Worcestershire
Splash Soy Sauce
Honey
Brown Sugar
Chicken Bullion (~ ½ Tbsp)
Ketchup



Sauté onions. Add garlic. Deglaze with vinegar.
Add in peppers & sauce, add in water. Add rest of ingredients, except ketchup.
Boil 10 minutes to reduce, add in ketchup to thicken.

Grill chicken, regularly add on sauce to coat & glaze.
Serve with black beans, rice, corn & guacamole.

Chicken w/ Coffee-Molasses BBQ Sauce

2 Tbsp Butter
2 lg Shallots, finely chopped
3-4+ medium Garlic cloves, minced
2 tsp ground Cumin
2 tsp ground Coriander
1 Tbsp Tomato Paste
½ cup dry Sherry
2 cups Chicken Stock
¼ + c (?) strong Coffee
2 Tbsp Molasses, unsulphured

3 Tbsp Honey
Chicken
Cayenne or Chipotle Pepper

Sauté shallots & garlic in oil/butter over med-low heat until soften & begins to brown (~ 8 min).
Add coriander & cumin & chile powder & cook for ~ 30 seconds.
Add tomato paste & cook over mod-high heat, stirring until glossy (~ 1 min).
Add sherry, reduce to syrup (~ 7 min).
Add stock, coffee, & molasses & simmer for 1 hour (until reduced to 1 ½ cups).
Stir in honey & reduce until thick. Season w/ S & P.

Sauté chicken & serve w/ baked potato & corn chowder w/ Chipotle chili.

Coq au Vin Blanc

(Chicken in white wine with mushrooms)

1 whole chicken - cut into pieces (sub chicken thighs - best with skin and bones)
2 strips bacon
1/2 -1 lb mushrooms (a large package) - slice
2 shallots (or onions) - finely chopped
2 cloves garlic
2 cups or so white wine - Chablis/ Chardonnay
2 cups or so chicken broth
butter
olive oil
Tarragon
poultry season
salt & pepper
flour
1 lemon
corn starch

In a pan, or pot or dutch oven (something with a tight-fitting lid - Le Creuset is perfect)
add a bit of olive oil and brown bacon slices. Remove to side. Add butter to pan to give enough fat to cook chicken. Season flour with poultry seasoning/salt/pepper and lightly flour chicken. Brown chicken well on all sides - 3-4 minutes per side at least - rotating breasts to brown all sides. Remove chicken from pan. Remove oil if in excess. Sauté shallot 1 minute, add in garlic, sauté 1 minute more, add in mushrooms, add salt and pepper and tarragon; cook down for 2-3 minutes. Add in wine, bring to a boil. Put chicken back in pot, add in broth to almost cover chicken. Bring to a boil, put lid on and cook on low simmer for at least 1 hour, or let go for 1.5-2 hours. Take chicken out carefully, as it may be falling off the bone. Remove mushrooms. Pour liquid into a gravy separator and pour back liquid sans most fat into pot, boil down to concentrate flavor. Add in more tarragon; squeeze in 1 fresh lemon of juice. Thicken with corn starch (or more flour and butter). Put chicken & bacon back in pot and keep warm until served.

Serve with Rice or potatoes, buttered peas, and some bread. Serve with a Chardonnay or a Vouvray.

Chicken with Dill, Lemon, Cream Sauce (Susie's)

Chicken, large diced, sautéed
1 Shallot, chopped fine
1 cup Chicken Broth

2 Tbsp Lemon Juice
1 tsp Dijon Mustard
2 tsp Dill
½ cup Cream

Sauté shallots, add broth, lemon juice, & mustard. Boil.
Add chicken, reduce heat & simmer about 20-30 minutes.
Add dill & cream and reduce.
Serve with rice.

Chicken Divan

3 Chicken Breast Halves (sautéed/cooked & chopped)
Broccoli
Shredded Cheddar Cheese
Breadcrumbs
1 can Cream of Chicken Soup or Cream or Mushroom Soup
¼ cup Milk

Mix soup w/ milk & pour into 13 x 9 inch dish.
Add chopped chicken, broccoli, & cheese.
Cover w/ breadcrumbs.
Cook 350° for 50-60 min, until brown.

Chicken & Dumplings

Chicken

1 (2 ½ lb) Chicken, cut up
3 ribs Celery, chopped
1 large Onion, chopped
2 Bay Leaves
2 Chicken Bouillon cubes
1 tsp Seasoning (1c Salt, ¼ c Black Pepper, ¼ c Garlic)
1 (10 ¾ oz) can Condensed Cream of Celery or Chicken Soup

Dumplings

2 cups Flour
1 tsp Salt
Ice Water

To Start Chicken

Place chicken, celery, onion, bay leaves, bouillon, & seasoning in large pot.
Add 4 quarts water, simmer over medium heat for ~40 minutes.

To Prepare Dumplings

Mix flour & salt.

At center of mound, drizzle ice water.

Using fingers, & moving from the center to the sides, gradually incorporate ~ ¾ cup ice water.
Knead the dough and form it into a ball.

Roll out dough (it will be firm), work from center to 1/8 inch thick.



Let the dough relax for several minutes.

Add cream of soup to the pot & gently simmer over medium-low heat.

Cut dough into ½ inch pieces & drop into simmering broth.

Do NOT stir, instead gently move the pot in circular motion to move the dumplings around & get them submerged.

Cook until they float on top & are no longer doughy. ~3-4 minutes.

Add chicken back in and serve.

Creamy Chicken Enchiladas

2 Tbsp Butter

1 Onion, thinly sliced

¾ cup shredded cooked Chicken (or chunked/sliced)

¼ cup canned, diced Green Chilis (or diced Jalapenos)

3 oz Cream Cheese (diced)

¼ - 1/3 cup Whipping Cream

S & P

¼ cup Corn Oil

4 6" Flour Tortillas

1 cup grated Monterey jack Cheese

Prepared Salsa



Melt butter in skillet over low heat. Sweat onion until limp, but not brown, ~ 10 min.

Remove from heat.

Mix in chicken, chilis, cream cheese, cream, S & P.

Preheat oven to 375°.

Heat oil in small skillet over med heat.

Add tortillas 1 at a time & fry 'til begins to blister, turning once, ~ 1 min. Drain (or place on oven range eyes on med-high for a second or so to crisp).

Spoon ½ cup chicken filling down center of each tortilla & roll. Place enchiladas seam side down in glass baking dish.



Make cheese sauce:

2 Tbsp Butter

2 Tbsp Flour

2 cups Milk

Cheese

Make roux, add milk & cheese.

Pour over enchiladas.

Bake until cheese bubbles, ~ 20 min.

Serve with salsa.

Chicken Francese

Chicken Breasts

2 heaping Tbsp finely grated Parmesiano Reggiano

4 Tbsp very finely chopped Parsley

1 Egg, beaten well

Flour for dredging

¼ cup Olive Oil

¼ cup dry White Wine

1 cup Chicken Stock

6 thin, round slices of Lemon, seeds removed

2 Tbsp Butter

Pound chicken thin and cut into smaller same size medallions.

Season with S & P.

Place cheese & parsley in egg and blend.

Dip chicken into egg mixture (allow excess to drip off), then dip into seasoned flour.

Sauté over med-high heat. Drain on plate.

Dump out oil and add wine to pan, over high heat reduce to 2 Tbsp.

Add chicken stock and lemon slices. Boil 5 min, then remove lemon slices.

Keep boiling sauce until it reduced to ½ cup.

Turn heat to low.

Swirl in butter to thicken sauce.

Add cutlets to sauce and coat.



Fried Chicken

Buttermilk

Salt

Tabasco Sauce (several dashes)

Flour (~ 1 – 1 ½ cups)

Cornstarch (1/8 – ¼ cup)

S & P

Cayenne Pepper (pinch)

Oil

Chicken

Combine buttermilk, salt, & Tabasco sauce.

Add Chicken, coat.

Combine flour, S & P, cornstarch, cayenne.

Coat chicken.

Fry in oil. & drain.

Chicken w/ Red Grapes

Chicken breasts

Red Seedless Grapes

Butter

1 small Shallot or Onion, thinly sliced or diced

¼ cup dry White Wine or Rosé Wine

¼ cup Heavy Cream

2 Tbsp Chicken Broth
2 tsp chopped fresh Tarragon or ½ tsp dried
S & P

Lightly coat chicken with flour & sauté in butter or oil. Set aside.
Add onion & sauté a few min.
Add wine, cream, broth, & tarragon.
Increase heat to high, boil until reduced to ~ 1/3 cup (~ 2 min).
Add grapes & toss for a few seconds.
Season with S & P.
Pour over chicken.
Serve w/ rice.

Chicken Do Pyaza

Chicken

2 medium Onions, sliced
1 ½ cup Tomato Purée
½ Tbsp Garlic, chopped
1 Tbsp Ginger, chopped
1 Jalapeno, chopped
½ - 1 tsp Red Chili Pepper
1 tsp Garam Masala Powder
½ tsp Coriander Powder
¼ tsp Turmeric Powder
Salt
3 ½ Tbsp Vegetable Oil
Cilantro for garnish

Cut chicken into pieces.
Sauté chicken.
Add ginger, garlic, jalapeno, & onions, sauté over med heat for 2 min.
Add tomato purée, garam masala, turmeric, red pepper, coriander, & salt.
Bring to boil and then cook on medium for 5 min.
Add chicken back to pan.
Stir well to coat chicken.
Add water.
Bring to boil on high 7 reduce heat to medium.
Cook until chicken is tender and sauce is thickened.

Garam Masala

4 tsp Black Pepper
2 tsp Cloves
4 tsp Cinnamon
3 tsp Brown Cardamon
2 tsp Cumin Seeds
2 tsp Bay Leaves
1 tsp Coriander Seeds



Mix all & lightly roast.
Grind into a fine powder.

Kung Pao Shrimp or Chicken

Chicken, cut/sliced thin or Shrimp, shelled & deveined

1 Onion, diced or chopped

1 Green Bell Pepper, diced or chopped

Dry Roasted Peanuts

~ ½ tsp Dark Sesame Oil

Bamboo Shoots (Optional)

2 Scallions with green portion

Seasoning Sauce:

2 Garlic cloves, minced or fine diced

2 Tbsp Soy Sauce

1 tsp Fish Sauce

1 tsp Rice Wine or dry Sherry

½ cup Chicken Stock

Sauté chicken in vegetable or peanut oil with S & P and a little cayenne.

Add onions, S & P.

Add green pepper.

Add sesame oil.

Sauté a few min.

Add sauce, boil.

Thicken with cornstarch.

Add more cayenne & Srirachi garlic-chili sauce.

Serve with Jasmine rice.

Chicken in Meyer Lemon Sauce over Farfalle with Green Beans and Quick Pickled-Sautéed Lemon Rinds

You can blanch a thinly sliced lemon to remove some of its bite, then simmer it again in a pot of heavily sugared and salted water. You'll end up with lemon slivers that are salty, sweet, sour and bitter. They get even better when you fry them in oil, letting their flavors caramelize and turn honeyed. This technique works particularly well with Meyer lemons but regular lemons can work, too. If you use this substitution, blanch them in plain water twice before simmering them in the sugar-salt mixture.

1 ½ pounds boneless, skinless chicken thighs or breasts,

cut into 1/2-inch strips

3 tablespoons extra virgin olive oil

2 teaspoons minced rosemary

Kosher salt

½ teaspoon black pepper



1 ½ Meyer lemons
2 tablespoons sugar
2 leeks, thinly sliced
2 garlic cloves, finely chopped

Toss the chicken with 1 tablespoon oil, rosemary, 1 teaspoon salt, and pepper.

Trim the ends from 1 lemon, quarter lengthwise and remove the seeds. Slice quarters crosswise into 1/8-inch slices.

Bring a small pot of water to a boil over high heat. Add the lemon slices, lower the heat and simmer for 5 minutes. Drain under cold running water. Rinse out the pot and refill it with 1 cup water, the sugar and 1 tablespoon salt. Bring to a boil. Drop in the blanched lemon slices and simmer for 3 minutes. Drain under cold running water, pat dry.

Heat a skillet over high heat for 5 minutes. Add 2 tablespoons oil. It should start to shimmer immediately; add the lemon slices and stir-fry quickly until golden. Stir in the leeks and reduce heat to medium-high. Cook until leeks are soft and golden, about 3 minutes. Stir in garlic and cook 1 minute. Push the leek mixture to one side of the skillet; stir in the chicken mixture and sear, without moving, about 4 minutes. Mix in the leeks and continue cooking until the chicken is no longer pink, about 3 to 6 minutes more. Drizzle with juice from the remaining lemon half, to taste.

Rustic Chicken Mole

Chicken – sauté

Salsa

Chicken Broth (1 cup)

3 Tbsp Chili Powder

2 Tbsp Creamy Peanut Butter

2 Tbsp Cocoa

~ 6 Semi-Sweet Chocolate Chips

Mix all & simmer, add chicken.

Serve with rice & refried beans.

Tomatoey Chicken Mole

Chicken – sauté

Tomato Sauce (15 oz)

Salsa (1/2 cup)

3-4 tsp Cocoa Powder

12-24 Semisweet Chocolate Chips (6 chips = ~ 1 tsp)

1 tsp Cumin

1 tsp Oregano

½ tsp Garlic Salt

LARGE pinch ground Cloves, Nutmeg, Allspice.

Mix all, simmer.

Add chicken & simmer.

Serve with rice & refried beans.



Chicken w/ Mustard Seed & Onion Sauce

5 Tbsp Veg Oil
2 Tbsp Yellow Mustard Seeds
1 Onion, thinly sliced
1 ½ tsp minced fresh Ginger or powder
1 tsp Turmeric
2 Garlic cloves, minced
½ tsp Honey
1/8 tsp Cayenne Pepper
1 cup Chicken Stock
½ cup Heavy Cream (or Crème Fraiche)
S & P
Chicken breasts or tenders
All-Purpose Flour for dredging
1 Tbsp chopped Parsley or Cilantro
** (for a more Indian flavor add whole or ground Fenugreek) **



Warm 2 Tbsp oil in pan, add mustard seeds & cover pan.
When seeds begin to pop, remove pan from heat & wait until popping stops.
Uncover pan; the seeds will be dark gray.
Return pan to heat & add onion.
Cook 'til soft, but not brown (~ 5 min).
Add garlic, ginger, turmeric, honey, & cayenne & cook, stirring 'til fragrant (~ 3 min).
Add chicken stock & boil over high heat 'til reduced by half (~ 5 min).
Add cream & cook over moderate-high heat, stirring occasionally until sauce lightly coats spoon (~ 4 min).
Season with S & P.
Pound chicken, season with S & P, then dredge lightly in flour (shake off excess).
In large skillet, heat oil, add chicken & brown over mod-high heat (~ 2 min/side).
When done spoon sauce over chicken & sprinkle parsley or cilantro.
Serve with rice & green beans.
Serve with white wine (Gewurztraminer).

Spicy Orange Chicken

Chicken
Olive Oil
S & P
1 large Onion, halved & thinly sliced
4 cloves Garlic, minced
1 tsp Orange Zest
1 cup Orange Juice
½ cup Chicken Broth
½ cup Hot Salsa
1 (15 oz) can Black Beans
Avocado, chopped

Sauté chicken. Remove from pan.
Add onion & garlic to pan. Cook 'til tender.
Return chicken to pan. Add orange zest, OJ, chicken broth, & salsa.
Bring to boil, reduce heat.

Cover & simmer for 35-40 min.
Add beans & heat.
Serve w/ avocado chunks & pita chips.
Serve over rice.

Red Hot Pita Chips

1 Egg White, slightly beaten
2 Tbsp Olive Oil
2 tsp Dijon-style Mustard
2 cloves Garlic, minced
1 tsp ground Cumin →
½ tsp Salt →
½ tsp Chili Powder → or Essence
½ tsp Paprika →
dash Red Pepper →
Pita Bread, cut into pieces

Preheat oven to 350°.
Whisk together egg white, oil, mustard, garlic, & spices.
Brush pitas with oil mix.
Place on baking sheet.
Bake 13-15 minutes & cool.

Orange-Rosemary-Cashew Chicken

Chicken breast
1 medium Onion, thinly sliced
1/3 cup Orange Juice Concentrate, melted
Fresh/dried Rosemary (~ 1 tsp – 1 Tbsp or more)
Salt
Cayenne Pepper
2 Tbsp Flour/Cornstarch
3 Tbsp Water
¼ - ½ cup Cashews

Place chicken & onions in crockpot.
Combine OJ, rosemary, salt, & cayenne; pour over chicken & onions. Add water to cover some of the chicken.
Cook on high 1-2 hours.
Halfway through, remove chicken & sauté over high heat, then return to crock.
When done, remove chicken.
Mix together cornstarch & water, add to sauce and boil.
Add cashews & pour over chicken.

Serve over rice or pasta.

Parmesan Chicken w/ Balsamic Butter Sauce

Good Olive Oil (~ ¼ cup)
Good Parmesan Cheese, grated (~ ¼ cup)
Oregano, dried (~ 1-2 tsp)
Garlic, minced (1-2)

Mix all in pan & coat chicken with it & sprinkle with sea salt & bake in pan @ 425° for ~20 min. or sauté in pan.
Balsamic vinegar (reduce a little in pan).
1 can chicken stock (add to vinegar & reduce).
Add butter.

Peanut Chicken Dish

2 Tbsp Peanut Oil
1 Tbsp Ginger, peeled & grated
1 clove Garlic, finely chopped
Chicken, cut into bite-sized pieces
1 tsp Chili Pepper (powder?)
3 Tbsp Chunky Peanut Butter
Chili Sauce
4-6 Scallions, thinly sliced
1 cup unsweetened Coconut Milk
S & P
1 Cucumber, peeled, seeded
Sesame Oil, drizzle
Peanuts, chopped
Cilantro leaves to garnish

In skillet over medium-high heat sauté ginger & garlic until aroma is released.
Stir in chicken & cook until golden brown.
Stir in chili pepper, peanut butter, & chili sauce.
Stir in scallions & coconut milk & simmer until thick (~ 3 min). Season with S & P.
Spoon over rice & garnish with cucumber, peanuts, & cilantro.
Serve with Basmati rice.

Peanut Thai Curry Chicken with Asparagus & Rice

Peanuts (Thai Curry & Lemongrass flavored peanuts)
Coconut Milk
Soy Sauce
Lime
Thai Basil
Green Curry Paste (&/or Sriracha)
S & P
Onion
Chicken
Asparagus

Blend peanuts & add coconut milk slowly. Add green curry paste, Thai Basil, S & P, soy, lime. Blend.
Sauté onions a few minutes, add chicken, then asparagus.
Add in coconut milk sauce & simmer for ~5-10 minutes.
Add in more basil and cook a few more minutes.
Taste to adjust spices. If it needs sweetening add honey.
Garnish with Green Onions

Chicken in Pepperoncini Sauce

Chicken (or Pork Tenderloin)

1-2 cups Chicken Broth

½ bottle of Pepperoncini Peppers with liquid

Salt

Pepper

Italian Seasoning (basil, marjoram, oregano, rosemary, and thyme)

Put all in crockpot.

Serve with rice, mashed potatoes or Israeli couscous.

Can add more broth and make into a soup.

Can also use Pork tenderloin instead of chicken.



Italian Seasoning Mix

1 1/2 teaspoons dried oregano

1 teaspoon dried marjoram

1 teaspoon dried thyme

1/2 teaspoon dried basil

1/2 teaspoon dried rosemary

1/2 teaspoon dried sage

Chicken Piccata

Chicken breasts, pounded thin

Salt & Pepper

All-purpose flour, for dredging

6 Tbsp Butter

5 Tbsp Olive Oil

1/3 cup Lemon Juice

1/2 cup Chicken Stock

1/4 cup Capers

1/3 cup Parsley



Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.

Sauté chicken in butter & oil for ~3 min. then flip and do other side. Remove and transfer to plate.

Add lemon juice, stock and capers.

Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor.

Check for seasoning.

Return all the chicken to the pan and simmer for 5 minutes. Remove chicken to platter.

Add ~2 Tbsp butter to sauce and whisk vigorously.

Pour sauce over chicken and garnish with parsley.

Dill Chicken Salad with Cashews (Josh)

A nice use of leftover chicken, best with roasted chicken.

Cooked chicken – at least 2 cups chopped into small pieces

1 stalk chopped celery

½ cup roasted cashews

Herbs – good with fresh dill and chives

2 tablespoons mayonnaise
1 tablespoon spicy mustard
2-3 tablespoons greek yogurt
5-6 olives
Spoonful of capers
Salt and pepper

Separate meat from bone and skin – bone and skin can be used for making broth.

Chop up chicken into small pieces.

Wash and chop celery to small diced.

Chop herbs.

Combine in bowl with chicken, mayo, mustard, and yogurt.

Chop up olives and add to bowl with capers. Salt and pepper to taste.

Crush cashews using a pan or other method.

Mix well until desired consistency.

Avoid using too much mayo to the salad to highlight chicken and cashews.



Chicken Spinach Bake

1 package frozen, chopped Spinach, thawed

1 Egg

1/8 tsp Onion Salt

~ 1/8 tsp ground Nutmeg

1/3 – ½ cup grated Parmesan Cheese

1/3 – ½ cup Italian-Seasoned Breadcrumbs

~ 5 Chicken breast

S & P to taste

1 ½ Tbsp Butter, melted

Make Cheese Sauce (Optional):

6 Tbsp Butter

¼ cup All-Purpose Flour

½ tsp Salt

2 cups Milk

2 cups Cheddar, shredded

1 cup sliced Mushrooms

Drain and squeeze out xs water from spinach. Beat egg, onion salt, & nutmeg.

Add spinach & some Parmesan (~ ¼ cup). Mix well. Combine breadcrumbs & rest of Parmesan. Sprinkle chicken w/ S & P with crumb mix. Place in greased baking pan.

Spread 2 Tbsp spinach mix onto each breast.

Sprinkle with remaining crumb mix, drizzle with butter. Bake at 350° for 35-40 min.

Cheese Sauce:

Melt 4 Tbsp butter: blend in flour & salt. Stir to form a smooth paste.

Add milk; cook & stir 'til thickened & bubbly.

Add cheese & stir 'til melted.

Sauté mushrooms in remaining butter. Stir into cheese mix.

Pour over chicken.

Thai Green Curry Chicken

½ stalk Lemongrass (or 2 jarred stalks)

Chicken breasts

S & P

Veg Oil

2 cups unsweetened Coconut Milk (1 can)

1 Tbsp Thai Green Curry Paste

1 tsp Lime Zest or Juice

¼ cup Chicken Stock

1 Tbsp fish Sauce (Nam Pla)

½ Poblano Chile, minced (or dash Cayenne)

1 Tbsp Thai Basil

1 Tbsp Cilantro

Serve with rice.

Season chicken with S & P and sauté in oil.

Transfer to platter.

Add coconut milk & boil; scrape up brown bits.

Cook over mod-high heat until reduced (~ 10 min).

Stir in curry paste & simmer over mod heat for 5 min.

Return chicken & add lemongrass, stock, fish sauce, & lime.

Simmer covered partially for ~ 10-15 min.

Add poblano (cayenne), basil, & cilantro.

Simmer ~ 5 min.



Thai Massaman Chicken Curry (Susie's) (for **Panang Curry** use Peanuts)

Chicken

1-2 Potatoes, cut into small chunks

1/3 cup Onion, diced

1 small Red Bell Pepper

2 Tbsp Oil

1 thumb-sized piece of Ginger, grated

4-5 Garlic cloves, grated/minced

Chili Flakes (½ – ¾ tsp)

--- Make a paste of these.

1 stalk Lemongrass, minced

½+ cup Chicken Stock

¼ cup fine chopped, dry-roasted/sautéed in skillet + handful more whole Cashews to finish

3 Bay Leaves

1 tsp Turmeric

1 tsp grd Coriander

1 tsp grd Cumin seed

1/8 tsp grd Cardamon

1 tsp Tamarind

~3-6 Tbsp Fish Sauce



Brown Sugar
Cinnamon
Cloves, ground
Peanut Butter, several Tablespoons
(1) 14oz can Coconut Milk (not Lite) (400 ml)
1 can Coconut Cream
Fresh Lime Juice
Avocado
Basil, fresh



Sauté chicken and set aside.
Sauté onion, add bell pepper.
Add paste, chicken stock, cashews, bay leaves, turmeric, coriander, cumin, cardamom, tamarind juice (~1/2 can), fish sauce, brown sugar, dash cinnamon and dash cloves.
Add cans of Coconut Milk and Cream.
Add extra crushed/ground cardamom (3-4 tbsp).
Add chicken and potatoes.
Taste for additional peanut butter, fish sauce, brown sugar, tamarind juice or lime juice.

Thai Red Curry Chicken

2 tablespoons canola or peanut oil
1 onion—finely chopped
2 teaspoons Thai red curry paste (or 3 teaspoons for a hotter curry)
2 cloves garlic—finely chopped
1 cup coconut milk
1 cup chicken stock
2 tablespoons fish sauce
1 tablespoon brown sugar
½ teaspoon salt
1 zucchini (courgette)—sliced into thin rounds
1 red pepper (capsicum)—julienned
1 cup Jasmine rice
12 oz (360g) uncooked skinless chicken breast fillets—cut into bite-sized pieces
2 tablespoons cornstarch (cornflour) mixed to a paste with 2 tablespoons water
2 tablespoons lemon juice
4 large fresh basil leaves—finely sliced

HEAT the oil in a large saucepan over a medium heat and cook the onion for 5 minutes, stirring occasionally. ADD the curry paste and garlic and cook, stirring, for a minute. ADD the coconut milk, stock, fish sauce, sugar and salt, then bring to the boil. ADD the red pepper and zucchini, cover with a lid, then reduce the heat to medium and simmer for 12 minutes. WHILE the curry simmers, cook the rice. ADD the chicken to the curry and simmer, covered, for a further 8 minutes. ADD the cornstarch paste and stir continuously until the curry thickens, then stir in the lemon juice and basil. SERVE on a bed of rice

*****Changes (Josh)

- added fresh chopped ginger, a bit more garlic (3 cloves total)
- first, browned chicken in oil (canola)

- removed after just browned, but very rare, and added in onions, a bit of broth was required to prevent over browning/burning
- add in everything else and follow as above.
- Note – 14 ounces each of coconut milk and broth were used (1 can each), 3 ‘big’ tsp of curry paste used

Chicken in Tomatillo Sauce

- ~ 7 large Tomatillos
- 1 cup Chicken Broth
- 1/3 cup Cilantro
- Chipotle Chile Powder
- ¼ cup chopped Onion
- Salt
- Pepper
- 2 cloves Garlic, roasted

Boil tomatillos ~ 10 min. Drain, place tomatillos, broth, & rest ingred. In blender & purée. Put on stove & reduce to appropriate consistency.
Serve over sautéed chicken & with rice & sliced cucumbers.

Chicken with Tomatoes & Balsamic Vinegar

- 1/3 cup Chicken Broth
- 3 Tbsp Balsamic Vinegar
- 1 tsp chopped Rosemary or ½ tsp dried
- Chicken breasts
- 2 Tbsp Olive Oil
- ½ cup Onions
- 1 tsp finely minced Garlic
- 1 can Plum Tomatoes, drained
- ¼ tsp Salt
- Ground Black Pepper

Combine chicken broth, vinegar, & rosemary; pour over chicken, cover, and refrigerate overnight.
Remove chicken and pat dry, reserving marinade. Sauté chicken.
Remove chicken from pan; add onions & garlic.
Sauté over medium heat for 5 min., until onions are soft.
Add marinade and simmer.
Add chicken and simmer, covered for 25 min.
Remove chicken & keep warm.
Add tomatoes, salt, & pepper; simmer ~ 5 minutes or until thick.
Pour sauce over chicken.

Chicken Tortillas w/ Black Bean Salsa & Avocado Puree

- 1 Avocado
- 2 Tbsp Sour Cream or Plain Yogurt
- 2 tsp Lime Juice
- S & P
- Chicken – sautéed
- Flour Tortillas
- Black Beans – 1 can

1 Tomato
1 Jalapeno
2 tsp Lime Juice
¼ tsp Chili Powder/Pepper
S & P

Purée ½ avocado with 2 Tbsp sour cream & ~ 2 tsp lime juice and S & P.

Add coarse chopped & mashed avocado.

Mix bl beans, chopped tomatoes, chopped jalapenos, 2 tsp lime juice, chili powder/pepper, S & P.

Put all in flour tortilla.



Susie's Chicken w/ White Beans and Tomatillos

Chicken (2-3 breasts)

White Beans (1-2 cans) + enough water to rinse can well

Garlic (1 large clove or 2 small)

Tomatillos (pureed)

Sauté chicken. Heat beans and garlic in pan, when bubbling, smash some of the beans to make thick sauce.

Heat pureed tomatillos. Serve with rice.

Serve all together.

Chicken in Wine Sauce

Chicken

S & P

Olive Oil

1 cup Onion, chopped

1/2 cup Carrot, thin sliced

1/2 cup Celery, thin sliced

1 Tbsp garlic, minced

2 cups dry White Wine

1 cup Chicken Stock

2 Tbsp All-Purpose Flour

3 Tbsp Tarragon

3 Tbsp Parsley

1 Tbsp Dijon Mustard

1 Bay Leaf

1 Tbsp unsalted Butter

2 cups Cherry Tomatoes

Bacon

Preheat 325 F.

Sauté chicken, remove.

Add onion, carrot, celery & garlic, cook several min.

Add wine, cook for 2 min, scraping up bits.

Return chicken to pan.

Combine stock & flour, whisk together until smooth, add to pan.
Stir in tarragon, 2 Tbsp parsley, mustard, & bay leaf. Bring to boil.
Cover & simmer for ~45 min OR bake for ~45 min.
Add tomatoes, bacon & parsley.

Cornish Game Hens

Cook according to instructions on hens.

Cover skin with salt, pepper, rosemary and add butter under the skin.

Stuff with onions, garlic, olives.



Basic Crepes

1 cup all-purpose flour (½ c)
2 eggs (1)
½ cup milk (¼ c)
½ cup water (¼ c)
¼ teaspoon salt (1/8 t)
2 tablespoons butter, melted (1 Tb)

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
→or put in blender and let sit overnight.
Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

For Breakfast:

Crepe w/ Cream Cheese (Lightly mixed in Cinnamon) & Strawberry Jam, folded over & drizzled with Nutella, Honey, & Powdered Sugar.

Other Ingredients:

Prosciutto
Smoked Salmon
Parmesan Reggiano
Scrambled Eggs
Kiwi (& Oranges)



Savory Crepes

3 Eggs
1 cup Flour
Water
Butter



Beat eggs well. Add flour & water, mix well.

Consistency should be more liquidy than pancake mix (very liquidy).

If too thick, add water.

If too thin, add flour.

Heat pan to mod-high heat.

Desserts

Apple Cake in a Jar

For 12 cakes

3 1/3 cups All-Purpose Flour
1/2 tsp Baking Powder
1 1/2 tsp Salt
1/2 tsp Nutmeg
1/2 tsp Allspice
2 tsp ground Cinnamon
2 tsp Baking Soda
2/3 cup Vegetable Oil
2 1/3 cup Sugar
4 Eggs
2 cups Applesauce
1 cup chopped Walnuts

For 6 cakes

(1 1/2 cup + 1/6 cup)
(1/4 tsp)
(3/4 tsp)
(1/4 tsp)
(1/4 tsp)
(1 tsp)
(1 tsp)
(half of 2/3)
(1 1/6 cups)
(2)
(1 cup)
(1/2 cup)

Preheat oven to 375°.

Grease six to twelve 1/2 pint, wide-mouth canning jars.

Sift flour, baking powder, salt, nutmeg, allspice, cinnamon, & baking soda into a large bowl.

Cream together shortening/oil and sugar on low speed, then increase to medium.

While mixer is running add eggs, one at a time.

Stop mixer and scrape down sides.

Stir in applesauce.

Stir in sifted flour mix and walnuts.

Pour into a measuring cup.

Carefully pour into jars. Fill halfway.

Place jars on baking sheet and bake for 45 min.

When done, the top of the cake will spring back when pressed with a finger, and the sides will come away from the jar.

Remove from oven and let cool 10-15 min.

Cake will still be warm, but not hot.

Place circle of waxed paper on top of the jar and seal with lid.

** They don't last long so eat immediately or store in the refrigerator.

Amazing Apple Pie

Apples, sliced (~ 1 full apple bag)(Macintosh work well).
Butter (~ 6 Tbsp)
Vanilla (1 Tbsp)
Water (1/2 cup) + (1/4 cup)
Cornstarch (2 Tbsp)
Light Brown Sugar (1 cup)
Sugar (1 cup)
Cinnamon (1 tsp)
Nutmeg (1/4 tsp)

Sauté apples* in butter (~ 6 Tbsp) for ~2 min.
Add 1 Tbsp Vanilla to ½ cup water.
Add to apples. Simmer a few min.
Add 2 Tbsp cornstarch to ¼ cup water and add to apples.
Add 1 cup light brown sugar, 1 cup sugar, 1 tsp cinnamon, ¼ tsp nutmeg.
Simmer over low-med heat 'til thick & bubbly.
Pour into crust & lay another on top.
Cook 375-400° for ~35-45 min.



* Sauté apples in batches. Leave few apples to be sautéed/cooked towards the end, so they retain their shape.

Crumbly Apple Pie

Crust:

1 cup Flour
½ tsp Salt
1/3 cup chilled Butter
¼ cup Ice Cold Water
~ tsp Cinnamon-Sugar
~ tsp ground Cinnamon

Filling:

7 Granny Smith Apples, peeled, cored, sliced thin
½ cup Sugar
½ tsp Cinnamon
¼ tsp Nutmeg
¼ tsp Salt
1 Tbsp Butter, melted
1 Tbsp Corn Syrup
~3-4 Tbsp Cornstarch

Topping:

¾ cup Brown Sugar, firmly packed
¾ cup Flour
½ tsp nutmeg
1/3 cup Butter, chilled, cut into pieces
1 tsp Cinnamon

Preheat oven 400°.

To prepare crust:

In bowl, mix together flour & salt. Using pastry blender or 2 knives, cut in butter into flour mix until coarse crumbs form. Add water, 1 Tbsp at a time, tossing with fork, until dough forms. Shape into disk, wrap in plastic wrap, & chill for 30 min.

On floured surface, roll out dough into a 12" circle. Fit into a 9" pie pan. Trim off excess dough, leaving a 1" overhang. Make a decorative edge.

To prepare filling:

Mix all together. Spoon into crust.

To prepare topping:

In bowl, mix together brown sugar, flour, & nutmeg.

Using pastry blender, cut butter into brown sugar mix until coarse crumbs form.

Sprinkle apples evenly with topping.

Bake until top is lightly browned and filling is bubbly, ~ 35 min. If pie begins to over-brown, cover loosely with foil.

Easy-Quick Apple Pie

1 can Apple Pie Filling

2 Granny Smith Apples (or other baking apples)

¼ cup Sugar

¼ tsp Cinnamon

1/8 tsp Nutmeg

1/8 tsp Salt

Mix all together & pour into an unbaked pie crust & cover with pieces of another unbaked pie crust & bake according to directions of frozen pie crust package (or at 400 for ~35 min).



Applesauce

9 lbs (~ 27 medium size) Apples, peeled, cored, & sliced

1 ½ cups Water

1 – 1 ½ cups Sugar

1-2 tsp ground Cinnamon

Combine apples & water quart pan.

Bring to boil over med-high heat, stirring often.

Reduce heat, cover, and simmer, stirring often, until apples are soft (~ 30 min).

Add sugar & cinnamon, if desired; bring to boil. (Sauce will be slightly chunky; whisk to remove larger chunks or potato masher).

For canning:

Fill prepared, hot jars with hot sauce, leaving ½ inch headspace. Gently run a narrow, nonmetallic spatula between sauce and jar sides to release bubbles. Wipe rims & threads clean; top with hot lids, then firmly screw on bands. Process in boiling water canner for 15 min for pints, 20 minutes for quarts.

For freezing:

Ladle sauce into freezer container, leaving ½ inch headspace for pints, 1 inch headspace for quarts; apply lids. Let cool; freeze or refrigerate.

Makes 6 pints or 3 quarts

Storage: Up to 1 year for canned.
Up to 10 months for freezer
Up to 1 week for refrigerator

JARS

Clean jars & lids with soap & water.

Place jars only in boiling water, cover, bring back to boil.

When boiling again: time 15 minutes, then take off heat & let sit in hot water.

Place lids in boiling water, bring back to boil & time 5 min., then take off heat & let sit.

No need to boil rims.

Take out of water & place upside down to drain on a clean towel for just a few seconds.

Turn jar over & fill (leaving ~ 1/3 – ½ inch headspace).

Put lid on then screw on cap 'rim.' Not too tight.

French Apple Tart

1 sheet Puff Pastry, thawed

or

make Crust:

1 cup Flour

½ tsp Salt

1/3 cup Butter

¼ cup Ice Water

~ tsp Cinnamon-Sugar

~ tsp ground Cinnamon

Sugar

Mix flour & salt. Cut in butter. Add water (1 Tbsp at a time). Shape into disk. Wrap in plastic & chill ~ 30 min. Roll out & press into lightly greased pie pan.

6 Golden Delicious Apples, peeled, cored, halved, & sliced thin.

¼ cup Sugar

2 oz (1/2 stick) cold Butter, sliced thin

½ cup Apricot Jam, heated & strained

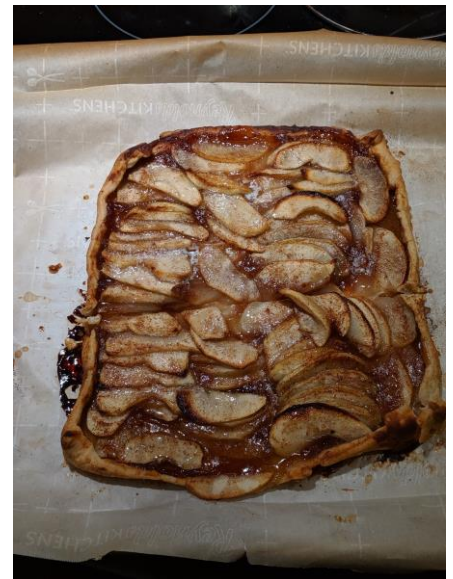
Preheat oven to 375°.

On lightly floured surface roll out puff pastry dough into a 13 inch round & fit into pie pan (fluted tart pan).

Arrange apples decoratively, overlapping.

Sprinkle sugar on top of apples, top with butter slices and bake for ~45 min.

Brush with heated apricot jam while the tart is still hot.



Apple Puff Pastry Hand Pies

2 sheets puff pastry
6 apples peeled, cored, coarsely diced
1 teaspoon all purpose flour or corn starch
1 teaspoon cinnamon
dash of ground cloves
pinch of nutmeg
pinch of allspice
1 egg beaten
Turbinado sugar or powdered sugar for garnish dusting optional

Preheat oven to 350 degrees F.

In small sauté pan, heat apples over medium heat, for about 5-7 minutes, stir in flour or corn starch and cook until softened.

Add spices, stir, and remove from heat.

On lightly floured surface, roll out 1 sheet of puff pastry to approximately 9" x 13" rectangle size.

Using a wide mouth drinking glass, or 4" diameter mold, cut out rounds of puff pastry. You should be able to get about 6 rounds per sheet.

Place about 2 teaspoons of apple filling in center of each puff pastry round. Fold over, pinch edges together, then seal with fork tines.

Poke a few holes in top of hand pie to allow for ventilation.

Place on ungreased cookie sheet or baking stone.

Use pastry brush and apply egg wash.

Bake for 20-25 minutes until crusts are golden brown.

Remove from oven, cool on wire rack.

Garnish with optional turbinado sugar or powdered sugar, if desired.



Apple Torte (Viennese-Austria)

Pastry:

½ cup Butter
1 cup sifted All-Purpose Flour
2 Tbsp Sugar
1 Egg Yolk
Grated Lemon Rind (or Lemon Juice ~ 1-2 Tbsp)

Filling:

2 ½ lbs (1-5) tart Apples, peeled, cored, quartered, & sliced to 1/8 inch.
¼ cup granulated Sugar
¼ cup Lemon juice
2 Tbsp H₂O
Cinnamon

Topping:

1 lbs (1-2) tart Apples, 1/8 inch slices
1 Egg White, lightly beaten
Juice of ½ Lemon

Glaze:

½ cup Apricot Preserves, put thru sieve

2 Tbsp Sugar

Prepare pastry:

Place butter, flour, sugar, egg yolk, & grated Lemon rind (or juice) in mixing bowl & work 'til smooth. Wrap in waxed paper & refrigerate 30 min.

Roll out pastry.

Butter & lightly flour an 8" pie plate.

Arrange pastry in pan. Chill.

Prepare the filling:

Place apples in saucepan & add sugar, lemon juice, water, & cinnamon.

Cover tightly & bring to boil.

Simmer 10 min.

Set aside to cool.

Preheat oven to 300°.

Pour the filling into the pastry shell & prepare the topping. Cover filling with apple slices, arranging them in a circular pattern with the slices slightly overlapping. Brush topping w/ egg white & sprinkle w/ lemon juice.

Bake torte 'til crust is brown, ~1 hour.

Prepare glaze by combining apricot preserves w/ sugar in a double broiler, stirring 'til smooth.

Spread glaze over top of torte.

Serve at room temp.

B'soffene Brataepfel (Tirolean Baked "Drunken" Apples)

serves 4

For this southwestern Austrian specialty absolutely do **not** use any of the flavored or green Peppermint Schnapps that are available on the American market. If you must, you may substitute the Austrian Schnapps with Italian "Grappa." The alcohol will evaporate during the cooking and the flavor will be superb.

4 whole Golden Delicious apples, cored, peeled

1/4 cup "Schnapps" (preferably made from apple or pear)

1/2 cup raisins

1 Tablespoon lemon juice

1/2 cup granulated sugar

1/4 teaspoon powdered cinnamon

1/2 cup white wine

Enough Oil to brush a pie pan (use any suitable unflavored vegetable oil)

Enough Aluminum Foil to cover the pie pan

Place one oven rack in the middle of the oven and preheat oven to 425 degrees F. Brush the pie pan with oil. Place apples in the oil-brushed pan so that they are not touching each other. Drizzle the apples with the lemon juice to prevent apples from turning brown. Soak raisins in Schnapps.

In a small sauce pan, on medium heat, heat the wine, the cinnamon, and the sugar, stirring until everything is syrupy & the mixture boils (~10 min). Divide soaked & drained raisins into 4 portions (keep the Schnapps juice) & stuff them into the apples.

Spoon half of the wine sugar syrup and the leftover Schnapps juice over the apples. Cover everything with aluminum foil and bake covered for about 30 minutes or until the apples are soft. 10 minutes before removing from oven pour over the apples remaining wine juice. Serve everything warm, not too hot, topped with sweetened whipped cream.

Bananas, Caramelized (similar to Bananas Foster)

Bananas, cut

Butter

Brown Sugar

Orange Juice of some type (OJ, V8 Splash, anything), just a drizzle; 1-2 tsp

Lemonade, just a drizzle, ~1 tsp

Melt butter in pan, add brown sugar, add bananas. Sauté for about a minute or so then add orange juice.

Sauté 'til thick, then add lemon.

Serve over waffles.

Bananas Foster Cheesecake

Crust:

¾ cup All-Purpose Flour

¾ cup finely chopped Pecans

4 Tbsp (1/2 stick) Unsalted Butter, melted

3 Tbsp Sugar

2 Tbsp (packed) Light Brown Sugar

1 ½ tsp Vanilla

Filling:

2 (8 oz) pkgs Cream Cheese at room temp.

1 ¼ cups Sugar

2 Tbsp Cornstarch

3 Lg Eggs

2 cups puréed Bananas (from ~4 bananas)

1 cup Sour Cream

1 ½ Tbsp fresh Lemon Juice

1 tsp grd Cinnamon

pinch of Salt

Topping:

1 cup Sour Cream

¼ cup Sugar

¼ tsp Vanilla

Bananas Foster Sauce:

Bananas, chopped or sliced (lengthwise or crosswise)

Dark Rum

Butter

Brown Sugar

Cinnamon

Vanilla

Sauté bananas in butter, add brown sugar, cinnamon, & vanilla. When very bubbly & gooey, deglaze w/ rum.

For Crust:

Preheat oven to 350°.

Wrap outside of springform pan w/ Al-foil. Combine flour, pecans, butter, sugar, brown sugar, & vanilla in large bowl. Mix well. Press mix into bottom of pan.

For Filling:

Beat cr cheese until smooth. Gradually add sugar. Beat in cornstarch. Add eggs, 1 at a time, beating until just blended after each add'n. Add puréed bananas, sour cr, lemon juice, vanilla, cinnamon, & salt. Beat until combined.

Transfer filling to crust-lined pan. Place pan in large roasting pan. Add enough hot water to pan to come 1 inch up sides of pan.

Bake until center is just set, ~ 1 hour & 15 min.

Remove cake from oven.

For Topping:

Mix together sour cr, sugar, & vanilla in bowl until blended.

Spread topping over cheesecake.

Bake until topping is set, ~ 10 min. Turn off oven.

Let cake stand in oven until cooled to room temp., ~ 2 hours.

Refrigerate cake until well chilled (overnight).

Cut around cake to loosen; remove pan sides.

Prepare Bananas Foster Sauce & pour over each slice.

Blueberry Pie

Pie Crust (Deep Dish) (check instructions on package for filled crust)

6 cups Blueberries or 2 packages (16 oz)

3 Tbsp Lemon Juice

6 Tbsp Cornstarch

1 – 1 ¼ cups Sugar

Toss blueberries & lemon juice. Sprinkle w/ combined cornstarch & sugar.

Let stand ~30 minutes.

Pour blueberry mix in pie crust & arrange a lattice work over top of pie.

Bake at 425° for 45 min. – 1 hour.

Can place foil over crust edge if it begins browning too quickly.

Brownies

4 oz Bittersweet Chocolate (not unsweetened) or Semi-Sweet.

3 oz Milk Chocolate

1 stick (1/2 cup) unsalted Butter

¼ cup Nutella

½ cup All-Purpose Flour

½ tsp Baking Powder

½ cup Sugar

2 large Eggs

Preheat oven to 350°F.

Butter & flour a 9" square baking pan.

Put chocolate in a double broiler, melt chocolate with butter & Nutella.

Remove from heat.

Sift flour, baking powder & pinch of salt.

Whisk sugar into chocolate mix until it's glossy & smooth.

Add eggs.

Stir in flour mix & any nuts or chocolate chips/chunks until just combined.

Pour batter into pan & bake for 35-40 min. or until knife comes out clean.

Bourbon Fudge Brownies

1/4 cup bourbon
1/4 cup semisweet chocolate chips
1 1/2 cups all-purpose flour
1/2 cup unsweetened cocoa
1 teaspoon baking powder
1/2 teaspoon salt
1 1/3 cups sugar
6 tablespoons butter, softened
1/2 teaspoon vanilla extract
2 large eggs
Cooking spray

Oven 350 degrees.

Bring bourbon to a boil in a small saucepan, then remove from heat.

Add chocolate chips, stir until smooth.

Combine the flour, cocoa, baking powder, and salt with whisk.

Combine sugar and butter in a large bowl; beat with a mixer at medium speed until well combined. Add vanilla and eggs; beat well.

Add flour mixture and bourbon mixture to sugar mixture, beating at low speed just until combined.

Spread batter into a 9-inch square baking pan coated with cooking spray.

Bake at 350 degrees for ~25 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on wire rack.

Big Bad Butterscotch Brownie – Bogart's

1/2 pound (2 sticks) butter
1 1/2 cups brown sugar
2 eggs
1 tablespoon vanilla
2 1/2 cups flour
1 1/2 teaspoons baking powder
2 teaspoons salt
1 1/4 cups butterscotch chips, divided

Preparation

Preheat oven to 325 degrees. Grease a (9- by 12- by 2-inch) baking dish.

In a mixing bowl, cream together butter and sugar. Add eggs, one at a time, followed by vanilla. In a separate bowl, mix together flour, baking powder and salt to combine well. Slowly add flour mixture to butter mixture, beating to combine well. Stir in 1 cup butterscotch chips.

Spread batter into greased pan and top with 1/4 cup butterscotch chips.

Bake 30 to 40 minutes until a tester inserted into the center of the pan comes out clean. Let cool for 10 minutes before cutting into 3-inch squares. If desired, serve a la mode with coffee ice cream.

Makes 12 brownies.



Buttermilk Small Pies (Susie)

Crust:

2½ cup all-purpose flour
3 tablespoons granulated sugar
¾ cup cold unsalted butter, cubed
10-11 tablespoons ice cold buttermilk

Filling:

1 cup granulated sugar (or 1c Wh Sugar & 1c Raw)
3 tablespoons all-purpose flour (or 2 Tbsp)
3 eggs, well-beaten
½ cup (1 stick) butter, melted and cooled
1 cup buttermilk
Grated zest of 1 lemon
3 tablespoons fresh lemon juice (or 1-3 Tbsp)
Optional: Vanilla & Nutmeg



Preheat your oven to 325 degrees F. (or whole pie at 300 for ~1 hr)

Crust:

Whisk together the flour and sugar, then add in the cubed butter and cut it into the flour with a pastry cutter or your hands, until pea-sized crumbs form.

Add in the buttermilk, 1-2 tablespoons at a time, until the dough comes together and forms a ball.

Wrap the dough in plastic wrap and **chill for 15 minutes**, just to get it nice and cold.

Divide your dough into 2 pieces, lightly flour your work surface and roll the dough out to about ⅛-inch thick.

Lightly grease your pans (regular sized muffin pans) & cut dough into circles a bit bigger than your muffin cups. Place the circles of dough into your muffin cups, crimping the edges as necessary.

Cover the pans with plastic wrap and place in the fridge while you make the filling

Filling:

In a bowl, combine the sugar and flour. Add the eggs, butter, buttermilk, zest and lemon juice and stir until well-blended.

Put ~2-3 teaspoons of filling in for each pie.

Bake the pies on the middle rack of the oven for 20 minutes or so, until the crust is slightly golden and the filling is set.

Allow them to cool in the pans, then pop them out and serve.

These will keep well in an airtight container at room temperature for up to 3 days, or frozen in an airtight container for up to 3 months.

To freeze:

Freeze them in airtight containers separated by sheets of parchment paper.

To thaw:

Just leave them on the counter for a few hours, then pop them in a 400 degree F oven on a cookie sheet for 3-4 minutes to get them soft and warm again.

Note:

Don't be concerned if after baking there is a little pooling of butter around the edges; it will be reabsorbed as it cools.

Cherry Pie Cookies

1 package refrigerated Pie Crusts (2 crusts)
21 oz Cherry Pie Filling
1 Egg
1 Tbsp Sugar

Preheat the oven to 350.

Line cookie sheet with parchment paper and set aside.

Allow crusts to warm slightly to make them easier to work with.

Dust work area with flour and slightly roll out crusts.

Use a knife to chop pie filling into smaller pieces and spread over top of one crust.

Cut other crust into 1/2" strips or stars.

use strips to create a lattice top over filling covered crust.

Cut out circles and transfer to prepared baking sheet.

Beat egg in bowl until well blended.

Brush lattice tops with egg wash and sprinkle with sugar.

Bake for 20-25 minutes or until golden brown.



Chocolate Ganache Cupcakes

¼ lb Butter, room temp
1 cup Sugar
4 extra large Eggs, room temp
1 (16 oz) can Chocolate Syrup (Hershey's)
1 Tbsp Vanilla
1 cup Flour

For Ganache

½ cup Heavy Cream
8 oz good Semisweet Chocolate Chips
1 tsp instant Coffee granules

Line muffin tins with 12 paper liners.

Preheat oven to 325.

Cream butter & sugar until light & fluffy.

Add eggs, 1 at a time.

Mix in chocolate syrup & vanilla.

Add flour & mix until just combined.

Don't overbeat, or the cupcakes will be tough.

Scoop batter into muffin cups & bake for 30 minutes, or until just set in the middle.

Don't over bake!

For Ganache

Cook cream, chocolate chips, & instant coffee in top of a double broiler over simmering water until smooth & warm, stirring occasionally.

Dip the top of each cupcake in the Ganache.

Do NOT refrigerate.

Chocolate Mousse Cake w/ Raspberry Puree/Sauce

2 stick (1/2 lb) unsalted Butter
6 oz Semisweet Chocolate (cut into pieces)
2 oz unsweetened Chocolate
5 large Eggs, separated, + 3 large Eggs Yolks
1 cup + 2 ½ Tbsp granulated Sugar
1 ½ pints Raspberries (~3 cups)
2 Tbsp Fruit Liqueur (opt'l)
~1 Tbsp Confectioners' Sugar
Mint Sprigs, for garnish

Preheat oven to 325°.

Butter an 8" springform pan & set it on a baking sheet.

In a bowl set over a saucepan with 1" of simmering water, combine butter with semi-sweet & unsweetened chocolates.

Stir until melted; let cool.

In a medium bowl, beat the egg whites 'til stiff peaks form. In another bowl, beat 1 cup of sugar with egg yolks 'til thickened & pale (~3 min).

Stir chocolate mix into egg yolks, then stir in ½ the egg whites. Using a spatula, fold in the remaining egg whites.

Pour batter into prepared pan & bake for 50 min., or 'til cake is well risen & cracked in a few places.

Transfer to a rack & let stand 10 min.

Run knife b/w side of pan & cake & remove & let cool completely.

In food processor, puree 1 pint raspberries with remaining 2 ½ Tbsp sugar & liqueur; strain to remove seeds.

Cut a template from stiff paper over top.

Garnish with raspberries, mint sprigs raspberry sauce.

Skillet Blueberry Cobbler with Fresh Mint

½ stick unsalted Butter. melted
1 cup All-purpose Flour
1 – 1 ½ tsp Baking Powder
½ tsp Salt
¼ cup Sugar
¾ cup Milk
2 cups fresh Blueberries
1/3 cup water
½ cup Sugar

Preheat oven to 350°.

Preheat cast iron skillet in oven, then pour in melted butter.

In mixing bowl combine flour, baking powder, salt, sugar, & milk.

Pour evenly over the butter.

In a bowl combine berries, water, & sugar (heat sugar & water to dissolve sugar, then coat berries).

Spoon evenly over batter, but do not stir.

Bake 40-45 min.

Batter rises to become buttery top crust.

Garnish with powdered sugar, blueberries, & fresh mint.



Cobbler (Peach Cobbler, Blueberry Cobbler, Mixed Berries)

1 cup Flour
1 cup Sugar
1 cup Milk
1 stick Butter
Berries

or

Blueberry Cobbler

½ stick unsalted Butter
1 cup All-purpose Flour
1 – 1 ½ tsp Baking Powder
½ tsp Salt
¼ cup Sugar
¾ cup Milk
2 cups fresh Blueberries
1/3 cup water
½ cup Sugar



Preheat oven to 350°.

Pour melted butter into a shallow 1 ½ quart baking dish.

In mixing bowl combine flour, baking powder, salt, sugar, & milk.

Pour evenly over the butter. In a bowl combine berries, water, & sugar (heat sugar & water to dissolve sugar, then coat berries).

Spoon evenly over batter, but do not stir.

Bake 40-45 min.

Batter rises to become buttery top crust.

Peach Cobbler

2 large Peaches (peeled & sliced)
½ tsp Cinnamon
1 tsp Vanilla
1 ½ cups Sugar
½ cup Butter, melted
1 cup All-Purpose Flour
2 tsp Baking Powder
¼ tsp Salt
dash Nutmeg
¾ cup Milk

In bowl, combine peaches & ¾ cup sugar, cinnamon, & vanilla; set aside.

Pour butter into 8" square pan.

In bowl, combine flour, baking powder, salt, nutmeg, & remaining sugar; stir in milk until combined.

Pour over butter.

Top w/ peaches.

Bake at 375° for 45-50 min. or 'til golden.

Nieman Marcus Cookies

½ cup Butter
½ cup Brown Sugar
½ cup White Sugar
1 Egg
½ tsp Vanilla
1 cup Flour
1 ¼ cup Blended Oatmeal (measure first, then blend to fine powder)
¼ tsp Salt
½ tsp Baking Powder
½ tsp Baking Soda
1 oz Chocolate Chips
½ a 4 oz Hershey Bar (grated)
¾ cup Chopped Nuts

Cream butter & both sugars, add eggs, & vanilla, mix together with flour, oatmeal, salt, baking powder & soda.
Add chocolate chips, grated Hershey bar & nuts.
Roll into balls & place 2 inches apart on cookie sheet.
Bake 6 minutes at 375°. (DO NOT bake any longer!!)
Makes ~28 cookies.

Cookie Bowl

1 ¼ cups All-Purpose Flour
½ cup Unsweetened Cocoa Powder
¼ cup blanched, slivered Almonds, finely ground
½ tsp Salt
4 Tbsp (1/2 stick) Butter, softened
2/3 cup Sugar
1 Egg
½ tsp Vanilla Extract

Cover the outside of a loaf pan or glass/metal bowls with foil and spray with oil.
In medium bowl, mix together flour, cocoa powder, almonds, & salt.
In a large bowl, using electric mixer set on medium speed, beat together butter, sugar, egg, & vanilla until light & fluffy.
Beat in flour mixture.

Preheat oven to 350°.
Roll dough out on floured surface to 1/8-inch thickness.
Cut out rounds with cookie cutter.
Cover prepared pans/bowls with cutouts, overlapping them slightly.
Bake cookie bowl until edges are firm, ~10-12 min.
Transfer pan to a wire rack & cool completely.

Coconut Vanilla Cake (Susie)

2 sticks (1 cup) Butter, room temp.
1 cup Sugar
3 large Eggs
2 cups All-Purpose Flour

1 tsp Baking Soda
2 tsp Baking Powder
1 tsp Salt
½ cup Sour Cream
½ Coconut Milk (mostly solids, if possible)

350 oven.
Butter & flour a bundt cake pan.
Cream butter & sugar 'til light & fluffy.
Add eggs, blending well after each.
Mix Flour, soda, powder, & salt, then add to butter mix.
Add sour cream & coconut milk & mix well.
Add vanilla (thick batter).
Pour into pan.
Bake 40-45 min. or so.
Cool on rack completely.

Coconut-Cream Cheese Frosting

Cream Cheese (1/2 – whole pkg)
Coconut Milk
Powdered Sugar

Mix until tastes good.

Coconut-Filled Chocolates

2 2/3 cups (7 oz) flaked Coconut
½ cup Sweetened Condensed Milk
2/3 cup Confectioners' Sugar
¼ cup sliced Almonds, finely chopped
2 Tbsp unsalted Butter, at room temp. (melt if preferred)
¼ tsp Vanilla
Semisweet Chocolate chips, more than 1 bag

In a large bowl, combine the coconut, milk, sugar, almonds, butter, & vanilla.

Mix well.

Cover & refrigerate for 1 hour.

Remove from the refrigerator & form into balls about the size of pecan.

Put back in refrigerator.

Line a baking sheet with parchment.

In a bowl set over simmering water or in a double broiler, melt the chocolate.

Using 2 toothpicks, dip each ball into the chocolate, covering them evenly.

Place them on the prepared sheet.



Coconut Macaroons (Traditional)

~3 cups Sweet Coconut
½ can (14 oz can) Sweetened Condensed Milk
1 tsp Vanilla Extract
¾ tsp Almond Extract

350°F oven.

Combine coconut, milk, & extracts; mix well.
Drop by teaspoonful onto foil-lined & greased pan.

Bake 8-10 min.

Immediately, cool on rack.



Cream Puff Pastry Swans

Choux Pastry: (NOTE: This is éclair batter/dough)

For 12 Pastries

For 6 Pastries

½ c (1 stick)	Unsalted Butter	(¼ cup)(½ stick)
1 cup	Water	(½ cup)
¼ tsp	Salt	(1/8 tsp)
1 ½ tsp	Sugar	(¾ tsp)
1 cup	All-Purpose Flour	(½ cup)
3- 4	large Eggs	(1-2)

Pastry Cream:

For 12 Pastries

For 6 Pastries

For 3 Pastries

¾ cup	granulated Sugar	(6 Tbsp)	(4 Tbsp or ¼ cup)
1/3 cup	Flour	(2 Tbsp + 2tsp)	(1 ¾ Tbsp)
¼ tsp	Salt	(1/8 tsp)	(dash)
2 cups	Milk	(1 cup)	(1/2 cup+)
3	Egg Yolks, beaten	(1)	(1)
2 Tbsp	Butter	(1 Tbsp)	(1/2 Tbsp+)
1 ½ tsp	Vanilla Extract (3/4 tsp)		(3/4 tsp)
½ cup	Whipping Cream	(1/4 cup)	(~1/4 cup)

Pastry:

Oven 425°. Line sheet pan w/ parchment paper.

In lg pan, bring butter, water, salt and sugar to a boil over med-high heat.

Remove pan from the heat and add the flour all at once.

Stir quickly until all the flour is incorporated, ~1 min.

Return to heat and cook, stirring constantly, for 1-2 min.

Transfer dough to bowl of electric mixer. Beat at med speed for 1 min to cool dough down a little.

Add eggs, one at a time, beating well after each addition; beat until the dough loses its “slimy” look, and each egg is incorporated. (You may only need 3 eggs, depending on your climate.)

The dough should be thick, but fall slowly and steadily from



beaters when you lift them out of the bowl.

Using a pastry bag fitted with a 1/2" tip, pipe out 12 swan heads. (You're aiming for something between a numeral 2 and a question mark, with a little beak.)

Remove the tip from the bag and pipe out 12 swan bodies. These will be about 3" long, and about 2" wide. One end should be a bit narrower than the other.

Use your fingers to smooth out any bumps or points of dough that remain on the surface.

Bake 15 min at 425°, reduce heat to 375°, bake until puffed up & light golden brown, ~25 min.

Try not to open the oven door too often during the baking. Let cool on the baking sheet.

Pastry Cream:

In saucepan combine salt, sugar, flour. Gradually whisk in milk.

Whisk over medium heat until boils, then 2 min, until thick. Take off heat.

Add a little to beaten egg yolk, add rest of yolk into custard.

Cook over med heat for 2 min., remove from heat and add Butter & Vanilla and transfer to bowl.

Cover with plastic wrap & refrigerate. When pudding is chilled, whip cream to form soft peaks and gently fold in to pudding. Keep covered and chilled until ready to use.

Assemble Swans:

Cut top off of swan body (~1/3 to 1/2). Cut the removed top down the center to make 2 wings.

Pipe or dollop pastry cream into the body, insert head, and add wings.

Sprinkle with powdered sugar.



Crème Brulee

2 Eggs

3/4 cup Milk

1/4 cup Heavy Cream

3 1/2 Tbsp Sugar

Cinnamon

Nutmeg

Vanilla

Light Brown Sugar

Mix all in bowl, except Brown sugar.

Pour into ramekins, place on pan with water in it; about half-way up the ramekin.

Bake 40-55 min ('til knife comes out clean) @ 350°-325°F.

Cool & chill.

Add brown sugar & flame.



Alternative method:

Mix all in pan & heat mix over low-medium heat until smooth & custardy.

Pour into ramekins & chill.

Add brown sugar & flame.

Other Custards made with the same ingredients.

Caramelized Figs

Fresh Figs
Butter
Brown Sugar

Slice figs lengthwise.
Sprinkle brown sugar on figs.
Melt butter in sauté pan.
Place in pan, sliced side down over medium-high heat.
Sauté until bubbly and caramelized.

Serve with Goats Cheese.



Toblerone Fudge

1 (3.52 oz) Toblerone Chocolate Bar
3 oz Semisweet Chocolate
¼ cup Marshmallow Crème
1 oz Unsweetened Chocolate, chopped
1 tsp Vanilla

1 1/3 cup Sugar
¾ cup Sweetened Condensed Milk
1/3 cup Whipped Cream
1/3 cup Water
2 Tbsp unsalted Butter, cut into pieces
2 Tbsp Honey
¾ cup Chopped toasted Almonds (opt'l)

Line pan with foil. Place 1st 5 ingredients in a metal bowl.
Combine sugar, milk, cream, water, butter, & honey in a saucepan.
Stir over medium-low heat until sugar dissolves, ~ 15 min.
Increase heat to high & bring to a rolling boil.
Reduce heat to medium-high & stir constantly with wooden spoon until candy thermometer reads 236°F (~10 min).
Pour mix over chocolates.
Stir vigorously until chocolate melts & fudge thickens.
Pour into pan & cool in refrigerator.

Raspberry or Blueberry Custard Kuchen

1 + ½ cups All-Purpose Flour, divided
½ tsp Salt
½ cup Butter
2 Tbsp Whipping Cream
½ cup Sugar
3 cups Berries

Topping:

1 cup Sugar
1 Tbsp Flour
2 Eggs, beaten

1 cup Whipping Cream
1 tsp Vanilla

In a bowl, combine 1 cup flour & salt; cut in butter 'til the mix resembles coarse crumbs.
Stir in cream; pat into a pan.

Combine the sugar & remaining flour; sprinkle over crust.

Arrange berries over crust.

For topping:

Combine sugar & flour. Stir in eggs, cream, & vanilla; pour over berries.

Bake @ 375° for 40-45 min. or 'til lightly browned.

Serve warm or chilled. Store in refrigerator.

Lemon Bars

1 ½ cups All-Purpose Flour
2/3 cup Confectioners' Sugar
¾ cup Butter, softened
3 Eggs, lightly beaten
1 ½ cups Sugar
3 Tbsp All-Purpose Flour
¼ cup Lemon Juice
Additional Confectioners' Sugar

Combine flour, sugar, & butter; pat into greased
13"x9"x2" baking pan.

Bake at 350° for 20 min.

In a bowl, whisk eggs, sugar, flour, & lemon juice
until frothy; pour over the hot crust.

Bake at 350° for 20-25 min. or 'til light golden brown.

Cool on wire rack.

Dust with powdered sugar.

Cut into squares.

Yields: 3-4 dozen.



Buttermilk Lemon Chess Pie

Crust

2 cups All-Purpose Flour + extra
1 tsp Salt
1 tsp Sugar
¾ cup (1 1/2 stick) chilled butter, cut into cubes
1/2 cup (or more) cold Buttermilk

Filling

1 1/2 cups Sugar
1/2 cup (packed) Light Brown Sugar
1 1/2 Tbsp Yellow Cornmeal
1 Tbsp All-Purpose Flour
5 Large Eggs, beaten
2/3 cup Buttermilk

1/2 cup (1 stick) unsalted Butter, melted
1 3/4 Tbsp fresh Lemon Juice
1 Tbsp freshly grated Lemon Zest
pinch Salt

Need: 9.5" diameter Deep Dish Pie Pan

Crust

Mix Flour, Salt, Sugar in bowl.

Add butter, mix until pea-sized pieces of butter form.

Add 1/2 cup Buttermilk; pulse until moist clumps form.

Form into a ball; flatten into a disk.

Wrap in plastic wrap & chill for 1 hour.

Preheat oven to 350.

Roll out dough to ~14" round.

Transfer to pie pan, leave 1 inch overhang, tuck overhang under and crimp edges.

Line dough with parchment paper or foil; fill with baking beans.

Bake crust until edges just begins to darken, ~30 min.

Remove baking beans & parchment and continue to bake a few more minutes. (~15-20 min).

Let cool completely.

Filling

Preheat oven to 350.

Whisk together sugars, cornmeal, & flour.

In another bowl, whisk together eggs, buttermilk, butter, lemon juice, lemon zest, vanilla, salt (mix may look curdled).

Slowly whisk in dry ingredients.

Pour filling into crust & bake until filling is set around edges but jiggles in center, ~1 hour to 1 hour 15 minutes.

Let cool completely on wire rack.

Note: When its removed from oven it may look like there's tons of liquid separated out, this will reabsorb into filling and crust as it cools.

Lemon Meringue Pie

(Quick & Easy)

One Pie Crust (Graham Cracker or Shortbread), prebaked according to package (~375 for 7 min).

1 can Comstock Lemon Pie Filling

Meringue:

3 Egg Whites

2 ½ Tbsp Sugar

½ Tbsp Cinnamon & Sugar

Dash of Cream of Tartar

Dash of Vanilla

Whip these ingredients.

Pour filling into pre-baked crust, top with meringue & bake @ 350 for ~15 min.

Mango-Custard Pie (Susie)

2 cups pureed Mango (2 cans sliced mango, pureed) **Could substitute Papaya or Passionfruit

1 Tbsp Lime Juice

¼ cup Evaporated Milk

¼ cup sift All-Purpose Flour

¾ cup White Sugar

½ tsp Cinnamon

2 Eggs, beaten

Preheat oven to 350°.

Mix together mango, lime juice, & milk.

In separate bowl, mix flour, sugar, & cinnamon.

Stir flour mix into mango mix.

Whisk until smooth, then mix in beaten egg.

Pour in pie crust.

Bake for ~65 min, then chill before serving.

Meringues

4 Whites

¼ tsp Salt

¼ tsp Cream of Tartar

Beat to soft peaks.

4 Peppermint candies, crushed

Or

Brown Sugar & Vanilla

Line sheet pan with foil or silpat.

Drop meringues on pan.

Sprinkle with peppermints or whatever topping.

Bake ~1 ½ hours @ 225°F.

Turn off oven & open door.

Can leave in oven overnight.



Pear-Pudding Souffles

1 cup Dry White Wine

1 cup Water

½ cup Sugar

2 large ripe Bartlett Pears, peeled, halved, & cored

2 large Egg Yolks

3 Tbsp Egg Whites (egg whites are easier to measure if they have been slightly beaten)

Preheat oven to 375°.

Butter 2 (1 cup) ramekins & dust with sugar.

In pan, combine white wine, water, & sugar – bring to boil; stir to dissolve sugar.

Add pears & simmer until very soft.

Transfer pears to food processor & puree until smooth (add water if necessary).

Note: might be a good idea to squeeze out as much juice as possible and remove some of the pulp so souffle rises better.

Boil the pear cooking liquid over high heat until it reduces to 1/3 cup (~20 min).

Let pear syrup cool completely.

In another pan, cook the pear puree over mod'y low heat, stirring to reduce to ½ cup, ~15 min.

In small bowl, whisk egg yolks with 1 Tbsp pears syrup.

Set the bowl over a pan of boil water & thicken ~ 2 min.

Put egg yolk into the pear purée & stir to blend.

In another bowl, beat egg whites until firm peaks form.

Add 1 Tbsp pear syrup & beat egg whites until glossy.

With a rubber spatula, fold 1/3 beaten whites into pear purée mix, then fold in remaining egg whites just until blended.

Spoon mix into prepared ramekins.

Bake soufflés for ~20 min, or until golden & well risen.

Serve at once.

Pecan Pie Squares

Crust:

2 sticks + 2 Tbsp Butter

1 cup + ¼ cup Light Brown Sugar

Salt

Blend.

? 1-2 cups Flour – Add last. Dough should be crumbly.

Press into a 9x13 pan (lined with foil & sprayed).

Score with fork & chill.

Bake at 375° for 18-20 min.

Filling:

½ cup Butter (1 stick)

½ cup Light Brown Sugar

6 Tbsp Honey

2 Tbsp Heavy Cream

½ tsp Vanilla

Boil.

Then add Pecans (1/2 – 1 large package).

Pour into crust.

Bake @ 350° for 15-20 min.

Cool completely (& chill).

Then cut into squares.

Peppermint Meringues

2 egg whites

1/8 teaspoon salt

1/8 teaspoon cream of tartar

1/2 cup white sugar
2 peppermint candy canes, crushed

Preheat oven to 225 degrees F (110 degrees C). Line 2 cookie sheets with foil.

In a large glass or metal mixing bowl, beat egg whites, salt, and cream of tartar to soft peaks. Gradually add sugar, continuing to beat until whites form stiff peaks. Drop by spoonfuls 1 inch apart on the prepared cookie sheets. Sprinkle crushed peppermint candy over the cookies.

Bake for 1 1/2 hours in preheated oven. Meringues should be completely dry on the inside. Do not allow them to brown. Turn off oven. Keep oven door ajar, and let meringues sit in the oven until completely cool. Loosen from foil with metal spatula. Store loosely covered in cool dry place for up to 2 months.

Pig Picking Cake

Cake:

1 pk Yellow Cake Mix
1 can (11 oz) Mandarin Oranges
4 Eggs
½ cup Veggie Oil

Mix cake mix, juice from oranges can, eggs, & oil.

Then fold in oranges.

Pour into 2 greased 9"-round cake pans.

Bake ~26 min at 350°.

Cool cakes completely.

Frosting:

8 oz Cool Whip
large can (14 oz) crushed Pineapple
1 pk Instant Vanilla Pudding

Place cool whip in bowl.

Pour on pineapples & juice, then evenly sprinkle on granular pudding mix.

Now stir all together.

Make cake ~2 days before serving for flavors to marry.

Pralines

Mix together in saucepan:

1 c Brown Sugar
2 c White Sugar
3 Tbsp Karo White Corn Syrup
¾ c Evaporated Milk diluted with ½ cup Water

Cook to boiling, stir constantly. Cont. cooking, stirring occasionally to 236°, or until a few drops form a soft ball when dropped into cold water.

Remove from heat.

Cool enough that you can put your hand comfortably on the bottom of the pan.

Stir in 2 tsp maple flavoring OR 1 tsp each Vanilla & Maple Flavorings.

Stir in 1 ½ cups Pecans.

Beat until candy holds it's shape.

Drop rapidly from a spoon onto waxed paper to form patties ~4" in diameter.

Pumpkin Bread

1 ½ cups Flour

1 ¾ cups Sugar

¾ tsp Cinnamon

¾ tsp Nutmeg

¾ tsp Salt

1 tsp Baking Soda

½ cup Oil

1/3 cup Water

2 Eggs

½ can Pumpkin

¾ cup chopped Walnuts

Mix together flour, sugar, cinnamon, nutmeg, salt, & baking soda.

Add oil, water eggs, & pumpkin.

Mix well with hand mixer.

Stir in nuts.

Pour into greased & floured loaf pan. Bake 1 hour at 350o or 'til knife comes out clean.

** These breads freeze well. **

Pumpkin Cookies

¼ cup Shortening

½ cup firmly packed Light Brown Sugar

1 Egg

½ cup Pumpkin purée

1 cup All-Purpose Flour

½ Tbsp Baking Powder

1 tsp Cinnamon

¼ tsp Salt

¼ tsp Nutmeg

1/8 tsp Allspice

½ cup Raisins

½ cup chopped Walnuts

In large mixing bowl cream together shortening & sugar.

Beat in eggs; blend in pumpkin purée & mix thoroughly.

In separate bowl, stir together flour, baking powder, cinnamon, salt, nutmeg, & allspice.

Stir into creamed mixture, mix thoroughly.

Stir in raisins & walnuts.

Drop rounded teaspoonfuls of dough onto lightly greased baking sheets.
Bake in 375°F (190°C) oven for 15 min or 'til golden.

Makes about 35 cookies.

Libby's Pumpkin Pie

¾ cup Sugar
1 tsp Flour
½ tsp Salt
1 tsp grd Cinnamon
½ tsp Ginger
¼ tsp grd Cloves
2 large Eggs
1 can Pumpkin (15 oz)
1 can Evaporated Milk (12 oz)
Pie Crust (deep dish)

Mix together sugar, flour, salt, cinnamon, ginger, & cloves in bowl.
Beat eggs in large bowl.
Stir in pumpkin & sugar-spice mix, then milk.
Pour into pie crust.
Bake at 425° for 15 min.
Reduce temperature to 350°; bake 40-50 min.

Susie's Pumpkin-Pecan Pie

Follow directions for Libby's Pumpkin Pie. When done spread pecan mix on top of pie & serve.

Libby's Pumpkin Pie
Pecans, chopped
Brown Sugar
Butter Maple Syrup

Melt butter (clarify it), add brown sugar & melt.
Add pecans & mix. Then pour in enough maple syrup to make mixture spreadable.



Pumpkin Puree

Cut pumpkin in half and remove seeds and fibrous strings.
Cut pumpkin into very large dice/pieces (4-8 pieces).
Line a large sheet pan with foil.
Place pumpkin pieces on it.
Bake at 375° for 1 ½ hours, until soft.
Remove pulp from rind.
Blend pulp until smooth in blender, food processor, or mixer.
To create really thick puree, put the pulp into a cheesecloth and squeeze out excess water.
*Freezes nicely.

Pumpkin Pie Spice

½ tsp Cinnamon
1/8 tsp grd Ginger
1/8 tsp grd Nutmeg
1/8 tsp grd Cloves
?1/8 tsp grd Mace? (optional)

Makes 1 tsp

Rhubarb Tart (Tarten)

Filling:

1 lb Rhubarb, sliced
4 oz Sugar
A little Water

Pastry:

8 oz Flour
1 oz Sugar
Pinch of Spice (Nutmeg, Mace, & Allspice)
4 oz Fat
1 tsp Cinnamon
A little Water (enough to bring the dough together)
Split in half & roll out both halves for a top & bottom.

Line a plate or tin with half the pastry.
Fill with fruit, cover with sugar & a little water.
Cover with rest of pastry & cut hole in top.
Bake for 45 min.

Oven: 400°F for 20 min.
350°F until finished.

*OR cut the recipes by 4 & fill into 2 small tins & bake at 350 for 45 min..

Alternatives:

Apples
Plums
Gooseberries
Fruit mixes

Strawberries with Custard Sauce (Susie's)

(similar to Sabayon, except no White Wine, instead I use milk)

Strawberries with sugar.
~1 tsp Vanilla
Cinnamon
2 cups Milk
2 Eggs
½ cup Sugar
Heat milk & cinnamon.

Beat eggs & sugar until they are thick & pale yellow. Put on heat, to thicken slightly.
Slowly add HOT milk, stirring constantly.
Add vanilla.
Cook over low heat until custard thickens. (should leave a thick coat on back of spoon).
Do not boil!
Remove from heat, pour into bowl, cool, cover & refrigerate until ready to use.
Makes ~2 cups.

Rhubarb - Strawberry Pie (Susie's)

1 1/4-1 1/2 c. sugar
3 tbsp. cornstarch
1/4 tsp. salt
1/4 tsp. ground nutmeg
3 c. rhubarb, cut into 1/2" pieces
2 c. sliced fresh strawberries
1 tbsp. butter
Pastry for double crust pie



In large mixing bowl stir together sugar, cornstarch, salt and ground nutmeg. Add rhubarb pieces and sliced strawberries, toss gently to coat fruit. Let stand for 15 minutes.

Meanwhile, prepare and roll out pastry. Line a 9 inch pie plate with half of the pastry. Trim pastry to edge of pie plate. Pour fruit mixture into pie plate. Dot with butter, place pastry on top of filling. Cut slits in top to allow steam to escape seal and flute edge. OR Create Lattice design on top of pie. Bake at 350 degrees for 1 hour.

White Chocolate Pumpkin Snickerdoodles

1/2 cup (115g) unsalted butter
1/4 cup (50g) packed light or dark brown sugar
1 cup (200g) granulated sugar, divided
1 teaspoon pure vanilla extract
6 Tablespoons (86g) pumpkin puree* (use the rest of the can in any of these pumpkin recipes)
1 and 1/2 cups (188g) all-purpose flour (spoon & leveled)
1/4 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon baking soda
2 teaspoons ground cinnamon, divided
1 teaspoon pumpkin pie spice*
1/2 cup (90g) white chocolate chips or chunks

1. Melt the butter in the microwave. In a medium bowl, whisk the melted butter, brown sugar, and 1/2 cup granulated sugar together until no brown sugar lumps remain. Whisk in the vanilla and pumpkin until smooth. Set aside.
2. In a large bowl, toss together the flour, salt, baking powder, baking soda, 1 and 1/2 teaspoons cinnamon and pumpkin pie spice. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft. Fold in white chocolate chips. They may not stick to

the dough because of the melted butter, but do your best to have them evenly dispersed in the dough. Cover the dough and chill for 30 minutes or up to 3 days. Chilling the dough is imperative for this recipe.

3. Take the dough out of the refrigerator. Preheat the oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats.
4. Roll the dough into balls, about 1.5 Tablespoons of dough each. Mix together the remaining 1/2 cup of granulated sugar and 1/2 teaspoon of cinnamon. Roll each of the dough balls generously in the cinnamon-sugar mixture and arrange on 2 baking sheets. Slightly flatten the dough balls because the cookies will only slightly spread in the oven.
5. Bake for 11-12 minutes or until the edges appear set. The cookies will look very soft in the center. Remove from the oven. If you find that your cookies didn't spread much at all, flatten them out with the back of a spoon when you take them out of the oven. If desired, press a few white chocolate chips into the tops of the warm cookies. This is only for looks!
6. Cool cookies on the baking sheets for at least 10 minutes before transferring to a wire rack to cool completely. The longer the cookies cool, the even better they taste! The flavor gets stronger and the texture becomes chewier. I usually let them sit, uncovered, for several hours before serving. Chewiness and pumpkin flavor are even stronger on day 2.
7. Cookies stay fresh covered at room temperature for up to 1 week.

Notes

1. **Make Ahead & Freezing Instructions:** You can make the cookie dough and chill it in the refrigerator for up to 3 days. Allow to come to room temperature, then continue with step 3. Baked cookies freeze well up to 3 months. You can also freeze the cookie dough balls for up to 3 months before baking. It's best to freeze them without the cinnamon sugar topping. When you are ready to bake, remove the dough balls from the freezer, let sit for 30 minutes, preheat the oven, then roll into the cinnamon sugar topping. Here are my tips for how to freeze cookie dough.
2. **Pumpkin:** Squeeze as much of the moisture out of the pumpkin puree as you can before adding it to the cookie dough. I simply squeeze the puree with paper towels. See photo in the post for a visual. This will help produce a less cakey cookie. Less moisture is a good thing here! Measure 6 Tablespoons AFTER the pumpkin has been squeezed/blotted. Do not use pumpkin pie filling.
3. **Pumpkin Pie Spice:** Instead of pumpkin pie spice, you can use 1/4 teaspoon ground nutmeg, 1/4 teaspoon ground cloves, and 1/2 teaspoon allspice.
4. **Chilled Dough:** If you are chilling the pumpkin cookie dough for longer than 30 minutes, the cookie dough will likely have to sit on the counter at room temperature for at least 15 minutes before scooping/rolling because it will be quite cold and solid. The amount of time it needs to sit at room temperature depends on how long the dough has chilled. If I chill my cookie dough for around 24 hours, I let it sit at room temperature for about 25 minutes.

White Russian Tiramisu

½ cup ground Coffee Beans

1 ¾ cup cold H₂O

¼ cup Kahlua (any coffee-flavored liqueur), divided: 2 Tbsp + 2 Tbsp

½ cup (3 ½ oz) Mascarpone Cheese (can substitute w/ cream cheese)

1 (8 oz) block Cream Cheese

1/3 cup packed Brown Sugar

¼ cup granulated Sugar

24 Ladyfinger (2 [3 oz] package)

Cocoa Powder for sprinkling

1. Make coffee to make 1 ½ cups. Cool. Combine cooled coffee & 2 Tbsp Kahlua in a shallow dish.
2. Combine cheese & beat w/ mixer at high speed 'til smooth.

Add 2 Tbsp Kahlua & sugar; beat until well-blended.

3. Quickly dip ladyfingers in coffee mix (soak up only ~1/4 of the ladyfinger.

Place, dipped side down, in the bottom of an 8" square baking dish.

4. Spread half of cheese mix over ladyfingers, sprinkle w/ cocoa powder.

Repeat with remaining ingredients.

5. Place toothpicks in each corner of dish, on sides & in center to prevent plastic wrap from sticking to cheese.

Cover with plastic wrap. Chill for at least 2 hours. Makes ~12 servings.

Tiramisu-Style Coffee-Toffee Cake

1 pkg White Cake Mix

1 cup strong brewed Coffee (room temp.)

4 Egg Whites

4 Heath Candy Bars (1.4 oz each), chopped

Frosting:

4 oz Cream Cheese

2/3 cup Sugar

2 cups Whipping Cream (1 pint)

1/3 cup Chocolate Syrup

¼ cup strong brewed Coffee + extra for sprinkling on cake

2 tsp Vanilla Extract

Heath Candy Bars, chopped (one 1.4 oz size)

Line two 9 inch round baking pans w/ waxed paper & grease.

In mixer, beat cake mix, coffee, whites on low speed.

Fold in chopped candy bars.

Pour into pans, bake @ 375° for 25-30 min.

Cool completely.

For Frosting:

In a chilled mixing bowl, beat cream & sugar until smooth.

Add cream, choc. syrup, ¼ cup coffee, & vanilla.

Beat in high until fluffy.

Cut each cake in half, lengthwise.

Place one on plate, drizzle w/ coffee & top w/ frosting, add next layer & cont. until all done.

Sprinkle w/ Heath bars.

Dressings/ Spreads/Vinaigrettes/Butters/Chutneys

Cranberry-Orange Compote

Mandarin Oranges or Orange wedges

3 cups Sugar (1 cup)

3 Tbsp St. Germain (1+ Tbsp)

1 package fresh/frozen Cranberries (1 cup)

Bring sugar & water to boil, reduce a few minutes, closer to a syrupy consistency, then add St. Germain.

Continue to boil, then add oranges & let steep off the heat for as long as you can (from 2 hrs to 24 hrs).



Place cranberries in saucepan, add enough of syrup to cover cranberries.
Bring to boil, reduce heat to medium & simmer until berries are soft & begin to burst, ~5-7 min.
Mix in oranges.

Fig Preserves (Susie's)

1 lb Figs
1 cup Sugar (Start with ¼ cup and add more if needed)
H₂O
Cinnamon
~1/16 cup Lemon Juice

Peel & chop figs.
Combine sugar & lemon juice in pan.
Add enough water to dissolve sugar.
Add figs & dash Cinnamon.
Cook ~45 min.
Stir frequently.
Blend.
Cool.

Garlic-Caper-Olive-Lemon Dressing

Garlic, roasted, minced
Lemon Juice
Olive Oil
Capers
Green Olive Paste Mix all.

Orange-Vinaigrette

½ cup OJ
½ cup Balsamic Vinegar
2 Tbsp Olive Oil
2 Tbsp minced Onion
1 Anchovy Fillet, minced or ~1 tsp Anchovy Paste
Parsley
Basil
Mint
S & P Mix all.

Orange-Cranberry Relish

1 bag Frozen/Fresh Cranberries
1 cup Sugar
Zest of 1 Orange
Juice of 1 Orange
Splash of Grand Marnier Mix all in food processor & refrigerator.

Cayenne & Buttermilk Dressing

Great for: Fried Green Tomatoes
 Any Fried Seafood
 Deep Fried Onions

½ cup + 1/8 cup Mayo
½ cup Buttermilk
½ Tbsp Red Wine Vinegar
1 tsp minced Garlic
1/8 cup finely chopped Chives
½ Tbsp Lemon
1/8 cup Parmesan
½ tsp S & P
½ tsp Essence

Mix all.

Makes ~1 ¼ cups.

Green Pepper Chutney

~10 Green Chiles
1-4 small Yellow or Green Bell Peppers or Banana Peppers
1-2 Green Tomatoes
Parsley, fresh
Mint, fresh
Lime Juice

Process in food processor.

*Could add:

1-2 Red Tomatoes
Onion/Shallot
Garlic
Ginger

Pimento Cheese Spread (5 Cheeses)

5 Cheeses:
Smoked Gouda
Smoked Mozzarella
White Cheddar
Parmesan
Cream Cheese
Roasted Red Pepper

Mix all and grill the sandwich. SLURP!

Onion Relish

Onions, Vidalias
Butter
Olive Oil
Cayenne Pepper
Brown Sugar
Worcestershire Sauce
H2O (enough to moisten; not much)

Sweet Onion Relish

Vegetable cooking spray
4 3/4 cups chopped Vidalia or other sweet onion
1 cup thinly sliced Vidalia or other sweet onion
1/4 cup minced celery
1/2 cup sugar
1/4 teaspoon salt
1/2 teaspoon celery seeds
1/8 teaspoon pepper
1/2 cup cider vinegar
1/4 cup water
2 ounces diced pimiento (1 jar), drained

Coat a large saucepan with cooking spray; place over medium-high heat until hot. Add onions and celery, and sauté 10 minutes or until tender. Stir in sugar and remaining ingred; bring to a boil. Reduce heat, and simmer, uncovered, for 25 minutes, stirring frequently. Let cool. Spoon into a bowl; cover and chill 8 hours.

Yield: 4 cups (serving size: 1/4 cup). Source: Cooking Light - July 1994

Vidalia Rosemary Marmalade

3 slices of bacon
2 tbs olive oil
3 lbs of vidalia onions, peeled and slice thin
1 1/2 tsp kosher salt
20 grinds of black pepper
1 bay leaf
the needles from a couple of stalks of rosemary
1 1/2 cup white sugar
3/4 cup brown sugar
1 cup red wine (I used a cab merlot)
1/2 cup rosemary wine syrup (you can just add 1 1/2 cups red wine if you don't have the syrup)
3/4 cup balsamic vinegar

In a large pan or heavy pot over medium heat, cook the bacon until the fat is rendered and the bacon is crispy. Remove the bacon with a slotted spoon and set aside (or eat it immediately like I did). Add the olive oil, the onions and salt to the pan, mix well and cover.

Let the onions steam until they have given off their water. At that point, remove the lid, add the black pepper, rosemary and the bay leaf and start the caramelization process. Don't let them burn while this is happening so that means don't go too far from them.

They need to be stirred frequently and babysat until they get all nice and golden and melty.

Only then do you add the wine, the sugars and the balsamic vinegar.

Now that you have added all of that sugar to the pan, you can't leave it!

Keep stirring and babysitting it until it reduces down to a jammy consistency.

It's done when you can drag a wooden spoon across the bottom and it leaves a channel that only slowly starts to fill back in.

You have to be really patient though because it really takes quite a long time to reduce the jam down, but it is really worth it.

Tahini Dressing

For Salads, Fish, Salmon & Couscous.

4-5 cloves roasted Garlic
~2 Tbsp Tahini Paste
~1-2 Tbsp Olive Oil
~2 Tbsp Water (same amt of water as tahini paste)
Juice from ½ Lemon
~2 Tbsp Mayo (same amt of mayo as tahini paste)
Heavy Cream, enough for desired thickness
Salt to taste
Pepper to taste
Cilantro to taste
Whisk all together in order.



Olive-Caper Tapenade (Black Olives)

½ cup Flat-Leaf Parsley
1/8 cup Mint Leaves
¼ cup Olive Oil
2 Tbsp Capers, drained
1/8 tsp crushed Red Pepper Flakes
1 can Black Olives

In food processor, pulse parsley, mint, oil, capers & red Pepper until finely chopped.
Add olives & pulse until finely chopped.
Serve on small slices of French bread or crackers.

Green Olive Tapenade

1 cup Green Olives, pitted & chopped very finely
1 clove Garlic
1 Salt Cured Anchovy
1 tsp fresh chopped Tarragon
1 Tbsp fresh chopped Italian Parsley
1 Tbsp Olive Oil
½ each Fresh Lemon, juiced

Mix all.

Tzatziki

The key to great tzatziki is the thick creamy texture!
16 ounces (2 cups) of strained Greek yogurt
4 to 10 cloves of garlic, finely chopped
1/2 cup of diced or grated cucumber (Kirby or "English")
1 tablespoon of olive oil
2 teaspoons of lemon juice

Prepare all ingredients in advance. Combine oil and lemon juice in a medium mixing bowl. Fold the yogurt in slowly, making sure it mixes completely with the oil. Add the garlic, according to taste, and the cucumber. Stir until evenly distributed. Garnish with a bit of green and serve well chilled.

Yield: about 2 1/2 cups

Add mint or dill: Slight variations include 1-2 tablespoons of finely chopped fresh dill and/or fresh mint. Tasty additions!

Storage:

Tzatziki will store safely in the refrigerator for several days. If excess liquid accumulates on top, just pour it off.

Tzatziki Sauce

- 2 (8 ounce) containers plain yogurt
- 2 cucumbers - peeled, seeded and diced
- 2 tablespoons olive oil
- 1/2 lemon, juiced
- salt and pepper to taste
- 1 tablespoon chopped fresh dill
- 3 cloves garlic, peeled



In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

Wasabi Vinaigrette

Excellent w/ a Tuna, Avocado, mixed green Salad. Can also add Cucumbers.

- 2 Tbsp fresh grated Wasabi (or can substitute with 1 Tbsp fresh grated Horseradish & 2 tsp Wasabi powder)
- 1 Tbsp thin Soy Sauce
- Juice of 1 Lemon
- 1 tsp Sugar
- 1/3 cup Oil
- Salt to taste

In bowl, mix wasabi with soy sauce, juice, & sugar.
Whisk in the oil.

Drinks

Lemonade

Makes 2 quarts

- 2 quarts + 3/4 cup cold Water
- 3/4 cup Sugar
- 1 cup fresh Lemon Juice
- 1 Lemon, thinly sliced

In saucepan, combine 3/4 c water w/ sugar.
Boil, then simmer until sugar is dissolved.
Remove from heat & let cool to room temp.

In large pitcher, combine 2 quarts water w/ lemon juice & sugar syrup.
Add lemon slices & refrigerate.

Sangria

Small Amount: 1 bottle Red Wine total (can mix 2/3 bottle Merlot + 1/3 bottle Chianti)

Large Amount: 4 bottles Red Wine total (can mix 3 bottles Merlot + 1 bottle Chianti)

<u>Small</u>	<u>Large</u>
¼ cup Triple Sec	(1 cup)
¼ cup granulated Sugar	(1 cup)
¼ cup OJ	(1 cup)
Orange slices	
Lemon slices	
Lime slices	

Add sliced fruits to container, gently mash with wooden spoon, but don't crush.

Add wine, triple sec, orange juice, & sugar.

Stir to dissolve sugar.

Allow to chill in refrigerator for at least 2 hours.

Masala Chai Tea

3 cups Water

1 cup Milk

¼ cup Sugar (or to taste)

½ tsp grd Cardamon

~3 dashes Ginger

~3 dashes Cinnamon

3 Tbsp loose Black Tea (Darjeeling)

In saucepan, combine water w/ milk, sugar, cardamom, ginger, & cinnamon & bring to boil.

Remove from heat & add tea.

Let brew until the chai turns light caramel color, ~4 min.

Strain & serve.

Mom's Iced Tea

6 small Tea Bags

~3 cups Water

~ ¾ cup Sugar

Put water in pan, add bags.

Bring to a boil, turn off & let sit (steep a long time).

Put in pitcher & mix in ~ ¾ cup sugar.

Triple Sake Martini

1 oz Sake 1 oz Cream Sake

1 oz Plum Wine

Splash Lime Juice

Combine all in shaker over ice.

Strain into Martini glass.

Smoothies

1 ripe Banana
½ bag Frozen Fruit (Strawberries or Blueberries)
Apple Juice
Soy Milk or Regular Milk; can also add Protein Powder

Add frozen fruit to a blender.
Add apple juice, enough to cover most of the fruit.
Add ¼ - ½ cup soy milk and banana.
Blend.
Others: Bananas, Peanut butter or PBJ (Peanut butter, Blueberries/Strawberries)



Best Mojito (Susie & Josh)

MINT-INFUSED simple syrup:

Mix 1 cup water with 1 cup sugar in a saucepan and heat until the sugar dissolves. Then let it steep with a handful of mint leaves for an hour or so. Strain out the leaves and store in the fridge till you're ready to use it.

Pour 1 oz mint-infused simple syrup into a tall glass.
Add a handful of mint leaves and muddle it together.
Add crushed ice. Muddle some more.
Add to that 1-1/2 to 2 ounces of light rum (depending on the kind of day you had.)
Squeeze in the juice of half a lime.
Add a splash of club soda and stir. (or water)
Garnish with a mint sprig and a slice of lime.



Duck

Duck Confit

Duck Legs
Duck Fat
Garlic
Salt
Pepper
Thyme

Preheat the oven to 225°F.
Melt the duck fat in a small saucepan/cast iron skillet with garlic.
Add duck seasoned with salt, black pepper and thyme.



Duck Confit Cassoulet

Duck Confit

Duck Legs
Duck Fat
Garlic
Salt
Pepper
Thyme

Preheat the oven to 225°F.

Melt the duck fat in a small saucepan/cast iron skillet with garlic.

Add duck seasoned with salt, black pepper and thyme.

Cassoulet

Olive Oil, 5 Tbsp extra-virgin
Pancetta, 2- 1/2-inch-thick slices of (4 ounces), cut into 1/2-inch dice
Onion, 1 medium, cut into 1/2-inch dice
Great Northern Beans, 1 pound dried or dried flageolets (rinsed and picked over, then soaked for 2 hours and drained)
4 Thyme sprigs
2 quarts Water
1 quart Chicken Stock
1 large head of Garlic, separated into cloves and peeled
Salt
4 pieces of Duck Leg Confit, trimmed of excess fat
3/4 pound French garlic sausage, sliced crosswise 1/2 inch thick or Duck Sausage
4 ounces lean slab bacon, cut into 1-inch cubes or fine diced Prosciutto
2 cups coarse fresh Bread Crumbs
2 tablespoons chopped Parsley

In a large saucepan, heat 3 tablespoons of the olive oil. Add the pancetta and cook over moderate heat until the fat has been rendered, ~5 min. Add the onion and cook, stirring occasionally, until softened, ~7 min.

Add the beans, thyme sprigs, water and stock and bring to a boil.

Simmer over low heat, stirring and skimming occasionally, until the beans are al dente, ~1 hour.

Add the garlic cloves to the beans and simmer until the garlic and beans are tender, ~15 min.

Discard the thyme sprigs. Season the beans with salt and let cool to room temperature.

Cover and refrigerate the saucepan overnight.

Preheat the oven to 350°.

Rewarm the beans over moderate heat. Transfer the beans to a large, deep baking dish.

Nestle the duck legs, garlic sausage and bacon into the beans.

Bake for ~40 min, until the cassoulet is bubbling and all of the meats are hot. Remove and let rest for 15 min.

In a skillet, heat the remaining 2 Tbsp of olive oil. Add the breadcrumbs and cook over moderately high heat, stirring, until browned and crisp, ~ 3 min.

Sprinkle the breadcrumbs and the parsley over the cassoulet and serve.

Make Ahead The cassoulet can be prepared through Step 3 and refrigerated for up to 2 days.

Rewarm before proceeding.



Susie's Roast Duck Stuffed w/ Apples & Grapes w/ Cherry-Port Madiera Sauce

Stuffing:

4 Green Apples, cored & sliced, but not peeled
1 ½ cup Seedless (seeded) halved sweet Grapes
1 tsp Salt

For Basting:

White Wine & Apple Cider

Prick the skin of the duck well all over with a sharp fork.

Place in a hot oven, 400F, & roast for 1 hour, pricking skin with fork and basting every 20 min. Reduce oven temp. to moderate, 350F, & cont. to roast for 2 hours more, pricking the duck & basting every 20 min.



Sauce:

1 Shallot, minced
3 Tbsp Chicken Stock
2-3 cups Dried Cherries
6 oz Port or Madeira Wine
2 tsp fresh ground Black Pepper
3 tsp ground Coriander
Pinch Sugar

Sauté shallots, add cherries, wine, stock, pepper, & coriander and reduce. Let reduce on low heat until very thick.

*Could substitute Blackberry-Port Sauce for the Cherry-Port Sauce.

Blackberry-Port Sauce

1 cup Blackberries
1 cup Port Wine
3 Tbsp Sugar, plus sugar to taste
1 3-inch Cinnamon Stick
2 fresh Thyme Sprigs
¼ tsp Red Pepper Flakes

To make the sauce, in a pan over medium heat, combine blackberries, port, sugar, cinnamon, thyme, & red pepper flakes.

The amt of sugar will depend on sweetness of berries.

Boil, then reduce heat to med. & simmer, uncovered, until liquid is reduced by 1/3 & berries are tender, ~25 min.

Remove & discard the cinnamon stick & thyme sprigs.

Transfer the contents of the pan to a blender & puree until smooth, ~35 sec.

Strain through a fine-mesh sieve into a small clean saucepan & set aside.

Roasted Duck Breast with Port Wine and Cherry Sauce

2 pounds duck breast
salt and freshly ground black pepper
1 pound fresh cherries, pitted
1 shallot, finely minced
1 tablespoon sugar
2/3 cup Port
6 tablespoons butter, cut into 3 pieces
4 sprigs rosemary

Preheat oven to 375°. Season duck with salt and pepper. In an ovenproof skillet over medium heat, place the breast skin side down. Cook until the skin turns golden brown, about 6 minutes. Place the skillet in the oven and roast the duck until it's still slightly pink, ~ 12 to 15 minutes. Remove from the pan, set aside, and allow to rest. In the same skillet over medium heat, combine the cherries, shallot, sugar and Port. Simmer for 5 to 6 minutes, or until cherries are cooked through. Turn off the heat and whisk in the butter pieces, one at a time. Season with salt and pepper. Slice the duck and fan out on plates. Spoon the warm sauce around the duck and garnish each plate with a rosemary sprig. Serves 4

Serve with Thyme-Roast Sweet Potato Fries & Green Peas



Black Pepper and Rosemary Rack of Lamb with Pomegranate Jus Sauce (Susie's)

Rack of Lamb (frenched)
Black Pepper
Salt
Rosemary, finely chopped
Olive Oil

Coat rack with herbs/spices, sear in skillet and place on foil-lined pan in oven 425°F for ~15-20 min.

Let rest about 5 min. Cut legs.

Pomegranate Jus Sauce

Shallot or Onion, diced
Red Wine
Beef or Lamb Broth
Rosemary
S & P
Pomegranate Seeds



Sauté onion in same skillet used for lamb, add red wine, simmer a bit, then add broth and rosemary. Simmer.

To thicken add cornstarch.

Remove pomegranate seeds and add to sauce.

Pour over lamb.

To Serve:

Serve with Roasted Potatoes, Mushrooms and Artichokes and a side salad.

Place potato, mushrooms and artichokes on plate, add lamb legs and pour sauce over all.

Roasted Potatoes, Mushrooms and Artichokes

Small Potatoes, various colors, quartered if necessary

Small Onions, various colors

Mushrooms, quartered

Carrots, small chop

Artichoke hearts

Coat all in olive oil, sprinkle with salt and pepper and rosemary.

Roast at 425 for ~20-30 min.

Middle Eastern Lamb & Rice (Josh's)

1 medium onion finely chopped

¾-1lb ground lamb

olive oil

2 Tbsp or more tomato paste

¼ cup or so water

½-1 Tbsp coriander

½ Tbsp fennel

Tsp All spice

Grind in mortar and pestle

Tbsp cumin

Fenugreek

Pepper

Toast spices in dry pan

Rice: saffron (Big pinch)

Salt, pepper, a bit each of: red pepper (ground), garlic, cumin.

Sauté onions until brown, then add ground lamb & when halfway done add spice mixture, S & P.

Cook until lamb is browned.

Drain off oil!!!!

Mix tomato paste & water together, then add it to the lamb.

Cook until sauce thickens.

Serve with the saffron rice.

Pasta

Black Bean Lasagna

2 cups chopped Onion

1 cup chopped Green Bell Pepper

1 cup chopped Red Bell Pepper

4 Garlic Cloves, minced

2 cups or 2 cans Chopped/Diced Tomatoes, drained

1 ½ tsp grd Cumin
1 tsp grd Coriander
4 Jalapenos
2 cans Black Beans, drained
3 Tbsp chopped fresh Cilantro
1 (8 oz) Sour Cream
1 large egg, lightly beaten (or 2 eggs)
1 (16 oz) bottle Chunky Salsa
Cooking Spray
12 cooked Lasagna Noodles
1 ½ cup shredded Monterey Jack Cheese
Add Cornstarch to thicken!

Preheat oven to 375°F.

Heat skillet to med-high heat.

Add onion, bell peppers & garlic; sauté 6 min.

Add tomato, cumin, & coriander; cook 3 min.

Add jalapeno & beans; cook 3 min.

Remove from heat; cool 10 min.

Stir in cilantro, sour cream, & egg.

Spread 3 Tbsp salsa in bottom of 13x9-inch baking dish coated with cooking spray.

Arrange 4 noodles slightly overlapping over salsa & top w/ half of the bean mix., ½ cup cheese, & 3 Tbsp salsa.

Repeat layers, ending w/ noodles.

Spread rest of salsa over noodles & sprinkle w/ cheese.

Cover & bake @ 375° for 30 min., uncover & bake 15 min. more.

Let stand 5 min. Makes 8 servings.

Chickpea, Lemon, & Rosemary Sauce over Rigatoni or Penne

1 can Chickpeas
Olive Oil (~ ¼ cup)
1 Lg clove Garlic (~ ½ - 1 Tbsp minced)
¼+ tsp crushed Red Pepper Flakes
2 Tbsp Lemon Juice
S & P
1 tsp chopped Rosemary (or sprig of fresh/dried)
Parsley

Pour chickpea juice into saucepan w/ rosemary, boil & reduce to half the amt.

Add lemon juice & garlic & red pepper flakes, boil.

S & P. Add olive oil & whisk.

Add chickpeas & boil.

Serve.

For richer sauce:

Add cream & butter.

(make roux (½ T flour: ½ T butter), add milk or cream, then sauce from above).



Basic Pasta Dough

3 ½ - 4 cups All-Purpose Flour

4 Extra Large Eggs

½ tsp Olive Oil

Mound 3 ½ cups flour in the center of a large wooden cutting board.

Make a well in the middle of the flour & add the eggs & olive oil.

Using a fork, beat together eggs & oil & begin to incorporate the flour, starting w/ the inner rim of the well.

As you expand the well, keep pushing the flour up from the base of the mound to retain the well shape.

The dough will come together when half of the flour is incorporated.

Start kneading the dough w/ both hands, using the palms of your hands.

Once you have a cohesive mass, remove the dough from the board & scrape up & discard any leftover bits.

Lightly re-flour the board & continue kneading for 6 min.

The dough should be elastic & a little sticky.

Wrap the dough in plastic & allow to rest for 30 min. at room temp.

Roll or shape as needed.

Eggplant and White Beans over Pasta

2 Tbsp Olive Oil

1 med Onion, finely chopped

1 clove Garlic, minced or chopped

Salt and Ground Black Pepper

Oregano, ~1 Tbsp

Basil, ~1 Tbsp

Garlic Powder, ~1 tsp

Eggplant, diced large

1 can Diced Tomatoes

1 bunch of Kale, Spinach or other leafy green

1 can Cannellini Beans or other white bean (like white kidney bean)

Pasta, such as Penne

Parmesan Cheese ** the parmesan cheese really makes the dish, don't overlook it!

In skillet, cook onion, garlic, salt & pepper, until onion become translucent over med heat.

Add the herbs and spices & cook ~1 min.

Add eggplant, can of tomatoes, plus a little extra water to rinse out can.

Cook for a few minutes.

Add Kale.

Cook 10 minutes on low (simmering).

Add cannellini beans. Cook another 5-10 minutes.

Sprinkle shredded parmesan all over before serving.

**this dish can cook for a while to combine flavors

Gnocchi

2 Lg Russet Potatoes

3-4 cups Flour

Boil Potatoes, rice them.

Slowly add flour & knead until dough is smooth.

Cut off a small piece of dough & roll out to ~ ½ inch diameter "log," ~12" long.

Cut off pieces ~1 inch.

Form Gnocchi:

Take fork in one hand & hold tines straight up facing towards the ceiling.

Hold gnocchi at top of index finger & place bottom of fork tines on it & roll the gnocchi down the finger.

Boil gnocchi in salted water.

It's done when they rise to the top (~2-3 min).

Sauces:

Tomato-Pancetta/Prociutto Sauce or Garlic Cream w/ Balsamic Onions

Parisian Style Gnocchi with Duck Confit and Cherry Port Wine Sauce (Susie's)

Gnocchi

1 cup (8 oz) Water

8 tablespoons (1 stick, 4 ounces) unsalted butter

3/4 teaspoon (about .15 ounces) kosher salt

1 1/4 cups (6.25 ounces) all-purpose flour

1 tablespoon Dijon mustard

1/2 cup (about 1 ounce) freshly grated Parmesan cheese

3 large eggs

2 tablespoons chopped fresh parsley leaves

2 tables finely sliced chives

Olive Oil



Duck Confit

Duck parts/pieces

Duck Fat

Cherry Port Wine Sauce

2 cups low-sodium chicken or beef stock

1 cup defrosted pitted dark cherries, halved

Splash Grand Marnier in hot pan (OPTIONAL)

1 cup red tawny port wine

2 sprigs fresh thyme

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Swiss Chard

Cantal Cheese, Shaved

Gnocchi

Pâte à Choux

Bring water, butter, and salt to a boil in a medium saucepan over high heat. Add flour all at once and stir with a wooden spoon until a smooth dough forms. Reduce heat to medium-low and continue to stir, beating dough forcefully and rapidly to prevent it from sticking to the pot. Continue cooking until dough pulls away from sides of pot leaving a thin layer and steams slightly.

Transfer hot dough to the bowl of a stand mixer fitted with a paddle attachment. Add mustard and cheese and beat on medium-low speed. Add eggs one at a time, allowing dough to fully incorporate egg before adding the next one. When final egg has been added, add herbs and beat to combine.

Transfer mixture to a gallon-sized zipper-lock bag or a pastry bag fitted with a 1/2-inch tip.

Let mixture rest 15 to 25 minutes at room temperature. Meanwhile, bring a large pot of salted water to a simmer and have a rimmed baking sheet. If using a zipper-lock bag, cut off a 1/2-inch opening in one corner. Holding the bag over the boiling water, squeeze the mixture out of the bag, cutting it off with a paring knife into 1-inch lengths and letting them fall directly into the simmering water. Continue cutting off as many as you can in one minute, then stop.

When all gnocchi have floated to the top, continue cooking until gnocchi are fully cooked to the center, about 3 minutes longer. Lift gnocchi with a fine mesh strainer or a metal spider and transfer to rimmed baking sheet. Drizzle with a little bit of olive oil and toss to coat. Repeat with remaining dough. Cooled gnocchi can be refrigerated until ready to continue cooking.

Cherry Port Sauce

In a small saucepan over medium-high heat, add the stock, cherries, port wine, and thyme. Bring to a boil, then reduce heat to low and simmer until reduced by half, about 25 minutes. Season with salt and pepper, discard the herbs, and set aside. (The sauce can be processed with an immersion blender if a thicker texture is preferred. Make sure to discard the herbs before processing).

Sauté swiss chard in butter and olive oil.

Add some minced garlic and red pepper flakes, salt, and squirt of lemon juice.

Add shaved Cantal Cheese on the plate.

Manti with Yogurt Sauce

For Filling:

2 Tbsp Olive Oil

1 Lg Onion, finely chopped

1 lb grd Lamb

½ cup chopped fresh Parsley

S & P

For Pasta:

2 cups All-Purpose Flour

1 tsp Salt

1 Lg Egg

½ cup Water + a little more if necessary

For Yogurt Sauce:

2 cup Plain Yogurt

4 Garlic cloves, mashed to paste w/ 1 tsp salt

For Butter Sauce:

½ stick (¼ cup) Unsalted Butter

¾ tsp fine quality Sweet Paprika

Salt

4 dashes Hot Pepper Sauce or more to taste

Shredded fresh Mint leaves for garnish

To Make Filling:

Heat oil until hot, but not smoking, add onion & cook, stirring until softened, ~5 min.

Stir in the lamb & parsley, cook, breaking lumps until lamb changes color.

Remove from heat and season w/ salt & pepper. Set aside.

To Make Pasta:

Sift 2 cups flour and the salt together in bowl.

Make a well in center and place egg & ½ cup water in the well.

Work dough w/ hands into a smooth dough.

*May need more water if rolling pasta by hand or less water if using a hand-turned pasta machine).

Knead dough for at least 10 min until smooth and elastic..

Cover dough w/ towel & let rest for 1 hour.

Divide dough into 4 pieces.

Roll out each piece to 1/16 inch thick w/ a rolling pin or a pasta machine, & cut into 3" squares.

Place 1-2 tsp filling into the center of each square.

Moisten the entire outer edge w/ water, bring the 4 corners together in the center & pinch tight to seal.

Place manti in a lightly floured baking sheet in a single layer.

To Make Yogurt Sauce:

Drain yogurt at room temp thru a very fine mesh strainer over a bowl for 30 min & discard whey.

Stir together yogurt & garlic in a bowl & let stand at warm room temp until ready to use.

To Make Butter Sauce:

Cook butter over moderate heat until it's very light brown, remove the skillet from the heat, & stir in paprika, salt, & hot pepper sauce.

Bring water to boil in large pot, cook manti, stirring to keep from sticking, ~7 min.

Serve manti hot with yogurt sauce, drizzle on butter sauce, & garnish w/ mint leaves.

Thai-Style Fried Noodles, "Pad Thai"

1 cup Dry Roasted, Unsalted Peanuts

8 oz Chantaboon Rice Noodles or Lo Mein Noodles

5-6 cloves Garlic, finely chopped

2 Tbsp chopped Shallots (or small Red or Purple Onions)

¼ cup dried or ½ cup fresh cooked Shrimp or Chicken (marinated in garlic powder, salt, pepper, red pepper, soy sauce, sesame oil, fresh cilantro)

1 Tbsp Fish Sauce

¼ cup Sugar

2 tsp Tamarind concentrate mixed w/ 5 tsp Water

1 medium Egg, beaten

¼ cup chopped Chives

½ cup roasted Peanuts, very coarsely broken up

1 cup Bean Sprouts

½ cup Tofu that's been marinated in dark sweet soy sauce (optional)

Cook Chicken, then shrimp in wok, then remove & add garlic & shallots, stir fry until they begin to change color.

Add remaining ingred. except egg & bean sprouts and stir fry until tofu is nearly cooked.

Cont. to stir with one hand, slowly drizzle in beaten egg to form a ribbon of cooked egg.

Add bean sprouts & cook for no more than 30 seconds.

Remove from pan to serve platter.

Topping for Pad Thai:

1 Tbsp Lime Juice

1 Tbsp Tamarind Juice

Dash Fish Sauce

Use this to marinate ½ cup uncooked Bean Sprouts, ½ cup chopped Chives, & ½ cup coarsely ground Roasted Peanuts.

Sprinkle this on top of the Pad Thai.

Serve with Lime wedges and Cucumber slices/wedges.

Josh's Cold Rainbow Pasta Salad w/ Olives

Rainbow Pasta, cooked & drained

Olive Oil

Italian Dressing

Green Olives

Capers

S & P

Mix all. Great warm or cold.

Goat-Cheese Stuffed Raviolis w/ Tomato Sauce

1 (6 oz) pkg Goat Cheese

2 Red Potatoes, peeled & mashed w/ S &P

Thyme

Mushrooms, sautéed in oil or butter

S & P

Wonton Wrappers

Mash all ingredients together.

Spoon into wonton wrappers & seal.

Boil for 4 minutes.

Sauce:

1 can Tomato Sauce

dash Spatini (optional)

Oregano

Basil

Sugar

S & P

Chopped fresh Tomatoes

Green Olives

Pastitsio (Yamili's [from Cornell] Recipe)

Venezuela

Béchamel Sauce

¼ stick Butter

1/8 cup Flour

2 cups Milk (hot)

Nutmeg

Make Roux. Add milk & nutmeg. ****Make a lot of Béchamel!!**

1 lb ground Beef or Lamb

½ medium Onion

Cinnamon (¼ - 1 tsp)

Allspice (few shakes)
Nutmeg
1/6-1/8 cup Tomato Paste
¼+ cup Red Wine
Can Petit Diced Tomatoes
½ of an 8 oz. Can Tomato Sauce
Oregano
Couple pinches Sugar

Ziti Pasta (~1 cup)
Parmesan Cheese
1 large Egg Yolk

Sauté beef, remove from pan, & drain grease from pan. Add olive oil & sauté onions until soft, add cinnamon, allspice, nutmeg, tomato paste, & wine.

Cook until wine is almost gone.

Add meat back to pan along with tomatoes, sauce, oregano, sugar, salt & pepper.

Cook over low heat for 20-30 min.

Meanwhile, prepare pasta.

Heat oven to 375°.

Butter a 9x9 baking pan/dish.

Layer pasta on bottom, half the béchamel, the meat sauce, & parmesan.

Add egg yolk to Béchamel.

Add rest of béchamel (plus yolk) & top with more Parmesan.

Bake ~40 minutes or until golden.

Pesto-Meatballs w/ Angel-Hair Pasta

2 cups Chunky Tomato Sauce

½ lb ground Beef

¾ cup Breadcrumbs

2 ½ Tbsp Pesto

Red Wine

Salt

Pasta

Mix beef, crumbs, pesto, & salt. Form Balls.

Sauté & deglaze w/ red wine.

Add tomato sauce & simmer ~20 min.

Pumpkin & Basil Sauce over Ziti Pasta

1 lg Garlic clove, finely chopped (or minced)

¼ tsp crushed Red Pepper flake

¼ cup canned pumpkin or fresh squash

¼ cup (1/2 stick) Unsalted Butter

½ tsp Salt

Lots of fresh grd Pepper

1/8 tsp Nutmeg

¼ cup Parmesan

½ cup fresh Basil leaves, coarsely chopped

Combine garlic, red pepper, pumpkin, butter, s & p, nutmeg, & parmesan in a double broiler bowl.
Place over boiling water & mix until butter is melted & mixed in.
Take off heat & add in basil.
Mix well.
Prepare ziti pasta & mix pumpkin-basil sauce w/ hot pasta & serve.
*Can be served as a lunch or side dish.

****If using Squash:**

Sauté squash & garlic in oil w/ salt, pepper, & pinch of nutmeg.
Smash & make mushy.
Take off heat & add parmesan & basil & a little butter if too thick.
Toss w/ macaroni or other pasta.

Susie's Smoked Sausage in Tomato Sauce over Tortellini

½ can Tomato Paste
1 can Stewed, Sliced (or chunked) Tomatoes
1 can Tomato Sauce
1 can Beef Broth
Onion, chopped
Garlic, chopped
Tomato, chopped (Plum/Roma is good)
Black Olives
Pinch of Oregano
Smoked Sausage
Thyme
S & P
Tortellini (herb & garlic & cheese)

Sauté onion & garlic until translucent.
Add stewed tomatoes, paste, sauce, broth, oregano, salt, pepper, & chopped tomatoes.
Simmer ~30-40 min.
Sauté sausage slices (thin), sprinkle w/ thyme.
Drain on paper towel.
Put sausage & black olives in sauce & cook 2-3 min.
Serve over tortellini or other pasta.

Susie's Spinach Souffle stuffed Manicotti w/ Tomato Sauce

Manicotti Shells
Spinach Soufflé
Tomato Sauce (Susie's...under Sauces)
Mozarella Cheese
Parmesan Cheese

Cook shells & cool.
Cook spinach soufflé.
Stuff shell w/ spinach soufflé.
Place a thin layer of sauce in bottom of baking dish, place stuffed shells in pan.
Cover w/ sauce & cheeses.

Bake @ 400°F for 10-15 min. or until cheese melts.

**Can stuff individual large pasta shells w/ spinach soufflé & serve as an appetizer.

Pork

Anise-Pork & Potatoes (Susie)

Pork (substitute Tofu)

Anise

S & P

Ginger

Potatoes

Rice

Pork or tofu, sliced, sautéed w/ Anise, S & P and sliced ginger (3-4 pieces).

Potatoes, lg dice & boil (save potato water)

Put potatoes in w/ pork & add potato water as needed to keep moist & saucy.

Serve w/ rice.



Basil & Tarragon Pork Loin

5 Tbsp Olive Oil (good kind)

Black Pepper

1 Tbsp Red Wine Vinegar

1 clove Garlic, crushed

fresh Parsley (~1 Tbsp)

~2 Tbsp minced Onion

Combine all in plastic bag, seal & marinate ~24 hours.

Pork Loin

fresh Basil

fresh Tarragon

Black Pepper

Butter

White wine

Sear pork in pan.

Add herbs to all sides of pork.

Bake uncovered for ~30 min.

Take out of pan.

To pan, add butter & let it start to brown, then add white & reduce.

Green Chile Chorizo & Green Queso Fundido Verde

Green Chile Chorizo (Chorizo Verde)

Makes about 1 1/2 pounds (3 generous cups)

- 1 large fresh poblano chile
- 1 or 2 fresh serrano chiles, stemmed and roughly chopped
- 1 medium bunch of cilantro, tough lower stems cut off, the leafy part roughly chopped
- 1 1/2 lbs grd pork (pork needs to be a little fatty - 25 to 30%)
- 3 tablespoons spinach powder or just spinach
- 2 teaspoons salt



1. Prepare the flavorings.

Roast the poblano chile ~ 4" below a very hot electric broiler, turning regularly until blistered & blackened all over, ~10 min for the broiler. Can place in paper bag to soften blistered skin.

Cool until handle-able, rub off the blackened skin, tear open and pull out the stem & seeds.

Rinse to remove any seeds or bits of skin. Roughly chop, put in food processor, with the serrano(s) & cilantro. If using fresh Spinach, add to processor now.

Pulse until uniformly chopped, then run the machine until you have a coarse puree.

2. Finish the sausage.

In a large bowl, combine the pork with the green seasonings, spinach (if powdered) and salt - mix with your hands.

Cover & refrigerate for several hours before using.

Green Queso Fundido (Queso Fundido Verde)

Serve 4 as a soft taco filling or tapa

- 2 Tbsp olive or vegetable oil
- 1 medium white onion, sliced 1/4-inch thick
- 5 ounces (a generous 1/2 cup) green chorizo
- 3 Tbsp white wine, beer, tequila or water
- 2 cups coarsely chopped spinach leaves
- 8 oz Chihuahua or Monterey Jack or Quesadilla or Asadero, shredded (~ 2 cups)
- warm Corn or Flour tortillas
- Salsa

1. Heat oil in a large (10-inch) skillet over medium heat.

Add onion & chorizo & cook, stirring regularly & breaking up any clumps, until the chorizo is cooked through, ~10-15 min.

Add beer or other liquid & spinach; stir until the liquid has evaporated & the mix is again dry looking.

2. Reduce the heat to medium-low, sprinkle the cheese evenly over the vegetables and stir slowly and constantly until just melted—too long over the heat and the cheese will become tough, oily and stringy. Immediately scoop into a warm serving dish (a small fondue dish with a tea light below is ideal) and serve with warm tortillas and salsa for making soft tacos.

NOTE: If you use beer, Monterey Jack is the best cheese.

Pork Tenderloin

Garlic Powder

Lemon Zest

Thyme, dried

Rosemary, fresh, chopped fine

Coat tenderloin with herbs and sear in skillet over high heat, then put in 420 degree oven for 20-25 minutes.

Remove from pan and make a quick sauce.

Add white wine & water to pan, reduce and add butter.

Serve with: Baked Zucchini (Tortini) & Crispy Scalloped Potatoes with Chive Cream Cheese

Baked Zucchini (Tortini)

Zucchini, cut very thin on mandolin

Garlic, 1 clove, diced

Onion, 1 small, diced

Parsley

Salt

Pepper

Parmesan

Sauté zucchini with garlic, onion, parsley, S & P for a few minutes.

Cool for a couple of minutes.

On sheet pan, layer zucchini in circle, disc, ~3 inches in diameter.

Sprinkle with cheese, add another layer.

Keep doing this for about 4 layers.

Bake in oven (420) for ~10 minutes or so.

Crispy Scalloped Potatoes with Chive Cream Cheese

Potatoes, cut very thin on mandolin

Salt

Pepper

Thyme

Chive Cream Cheese

Half & Half (optional)

Sauté potatoes in skillet until beginning to turn golden.

Start layering in individual ramekins.

Between layers add salt & pepper & thyme (can also add some cream cheese b/w layers too).

Dollop of cream cheese on top.

Can drizzle half & half over top if desired, for a creamier dish.

Bake (420) for ~15-20 minutes.

Pork Tenderloin in Mustard Cream Sauce

1 1/2 pounds pork tenderloin (2 small tenderloins)

2 tablespoons olive oil

5 tablespoons butter

1 teaspoon shallot, minced

1/4 cup dry white wine

2/3 cup chicken stock
2 1/2 tablespoons dijon mustard
2/3 cup heavy cream
1 teaspoon fresh basil, finely chopped
1 teaspoon fresh parsley, finely chopped
1 tsp fresh chives, finely chopped, for garnish

Sear pork on all sides, then place in oven at 350.
add 1 tablespoon butter and shallot to pan and cook over moderate heat until softened. Add wine, stock and mustard and simmer, scraping brown bits, until reduced by half. Add cream and basil and simmer until thickened. Stir in parsley, and salt and pepper to taste. Pour sauce over pork and garnish with chopped chives.
Serve with Asparagus & Snow Peas



Susie & Josh's Pork Tenderloin w/ Port Wine Reduction Sauce

Marinade:

Olive Oil (1 part)
Red Wine Vinegar (1 part)
Garlic, minced or diced
Fresh Rosemary (or Thyme)
Black Pepper
Pork Loin

Sauce:

Port Wine
Shallot or Onion, diced
Beef or Chicken Broth
Water (if needed to dilute flavor)



Reduce all for sauce. Salt pork loin & sear over high heat, then roast at 375-400° for 20-30 min.

Pork Tenderloin with Prosciutto Sun-Dried Tomato Cream Sauce

Pork Tenderloin, thick sliced
2 tablespoons butter
4 ounces chopped imported prosciutto
2 tablespoons chopped fresh sage leaves
1 small red onion, minced (about 1/4 cup)
2 tablespoons chopped sun-dried tomatoes in oil
1/2 cup dry white wine
1+ cup Chicken Broth
2/3 cup heavy cream
1/2 teaspoon pepper
1/4 teaspoon salt

Sear tenderloin. Put in 425°F oven for ~20 -25 min. Take out and let rest.

To the same skillet, add prosciutto, sage, and onion. Cook for ~5 min, stirring occasionally, until onion is



tender. Add sun-dried tomatoes. Add wine, scraping the bottom of the pan with a wooden spoon to remove any browned bits, and let the wine reduce. Stir in heavy cream, pepper, and salt. Let thicken.

EXCELLENT with: **Prosecco** or **Pinot Grigio**

Grilled Sausage & Peppers on Rolls

3 Bell Peppers, assorted colors, sliced thin
2 Onions, sliced thin
2 lg Garlic cloves, minced & mashed to a paste w/ a pinch of salt
¼ tsp Fennel Seeds
¼ cup Olive Oil
8 hot or sweet Italian Sausage Links
4 Hero Rolls

In lg skillet sauté bell peppers, onions, garlic paste, & fennel seeds in oil over mod-high heat.

Season mix w/ S & P.

While the veggies are cooking, in a well-seasoned ridged grill pan or large skillet, grill the sausage lengths over mod-high heat, turning once, for 6-10 min, or until they're cooked through, and halve them lengthwise.

Halve roll lengthwise, leaving 1 edge uncut to form a hinge, and fill them with the pepper mix & the sausage.

Yields 4 servings.

Italian Sausage with Beans and Penne

- 4-5 sausages links (1 per person)
- 1 large yellow or white onion
- 1 -2 cups cut sweet bell or banana pepper
- 3-4 large cloves garlic sliced thin
- 2 cans of white beans (great northers, mixed beans - pintos ok)
- 1 can of diced tomato
- 1/2 cup dry white wine
- salt, white pepper, basil, oregano
- water

Brown sausages on all sides in a dutch oven or larger pot, render fat. Take out sausages and take off fat, leaving a enough for flavor. Add 1/4 cup olive oil. Sauté onions and peppers and some salt until just soft, add in garlic and rest of spices/herbs, sauté 1 more minute until soft, add in wine, turn up heat to reduce liquid, add in tomatoes, and beans, and then water to cover beans. Put sausages back into pot. Reduce heat to low and put on lid. Stir occasionally. Cook for ~ 45 min.

Cook pasta in salted water until al dente. add a bit of olive oil to cooked and drained pasta. Serve bean sauce over pasta and give each person a whole sausage.

Smothered Black Eyed Peas w/ Sausage

1 lb Smoked Sausage (Hillshire Farms), sliced in half lengthwise, cut ¼" slices, ~4 cups
2 cups chopped Yellow Onion (1 medium)
Salt
Fresh ground Black Pepper
4 cloves Garlic
4 Bay Leaves
5 sprigs fresh Thyme

3 tsp finely chopped Parsley
8 cups Chicken Stock
1 lb Black-Eyed Peas

In lg pot, medium heat, render sausage for 5 min.
Stir in the 1 cup of onions, bay leaves, thyme, & parsley.
Season with salt & pepper.
Sauté for 5 min. until onions are wilted.
Stir in chicken stock, peas, & 1 Tbsp of garlic.
Bring the liquid up to simmer & cook for 1 ½ hours, or until the peas are tender.

Pot Roast

(Stew)

Onion, chopped fine (~1/2)
Garlic, chopped fine
Carrots, chopped fine
S & P
Celery Salt
Garlic Powder
Thyme
S & P
Bay Leaf

Pot Roast
Onion, Quartered
Garlic (5-10 cloves), halved
Carrots, chunked
Potatoes, cut (big)
Beef Broth (1 can Consommé, 2 Boullion Cubes)
Water (1-3 cups)
Burgundy Wine/ Red Wine

Sauté onion, garlic, carrots in oil & butter w/ salt, pepper, & celery salt, until wilted (clear).
Sear roast on all sides.
Put in pot w/ consommé + 2 cans water + 2 boullion cubes (2 cups) + 1 cup water + wine.
Deglaze pan w/ 1 cup water & add to pot.
Add celery salt, garlic powder, & pepper.
Simmer several hours.
Add rest of veggies & cook 'til they are tender & serve w/ rice or mashed potatoes.

Potatoes w/ Ham au Gratin - Very CHEDDARY!!!

4-5 cups diced Potatoes
1-2 cups chopped Green Onions
5 Tbsp Butter
5 Tbsp All-Purpose Flour
2 ½ cups Milk
½ - 1 Tbsp Worcestershire Sauce
½ tsp Salt
½ tsp Pepper

¼ tsp Paprika
2 cups Cheddar
2 cups diced Ham
Breadcrumbs

Boil Potatoes & onions together 'til tender.

Make White Sauce: melt butter, add flour, cook, then slowly add milk. Add Worcestershire sauce, mustard, S & P, Paprika.

Stir 'til thick.

Place ½ the cooked potatoes on bottom of 8x8 or 9x9 pan.

Cover potatoes w/ ½ cheese.

Spread all ham on top of cheese.

Spread on rest of potatoes.

Pour white sauce over all.

Sprinkle with rest of cheese.

Sprinkle with breadcrumbs on top of cheese.

Bake @ 350 for ~10 min.

Serves 6-8.

Pork Wellington (Susie's)

1 pork tenderloin
Pinch kosher salt
Pinch black pepper (freshly ground)
2 tablespoons plus 1 teaspoon olive oil
2 tablespoons butter (unsalted)
1 pound mushrooms (cremini)
1 shallot (minced)
1 clove garlic (minced)
1 teaspoon fresh thyme (chopped)
1/4 cup white wine
Stone Ground Mustard
Dijon Mustard
1 sheet frozen puff pastry (thawed)
2 tablespoons all-purpose flour (or amount needed to dust work surface)
1 large egg yolk (beaten with 1 teaspoon water)
Optional: Bernaise sauce

Preheat oven to 400 F.

Season the pork tenderloin with Kosher salt and freshly ground pepper. Sear in olive oil. Brown evenly on all sides. Transfer the tenderloin to a plate or cutting board and allow to cool.

Make Duxelle:

Finely chop the mushrooms in a food processor. Melt the butter and 1 teaspoon olive oil in the skillet. Add the minced shallot and sauté 2 minutes. Stir in the chopped mushrooms, garlic and continue to sauté until the



mushrooms have exuded most of their liquid.

Deglaze the skillet with the white wine and continue cooking until the liquid has evaporated and the mushrooms are almost dry. Transfer to a plate and allow to cool.

Lay out puff pastry.

Evenly spread 1/2 of the mushroom duxelles over pastry.

Lay the pork tenderloin on pastry. Rub tenderloin with both mustards.

Roll up pastry and seal shut with egg wash.

Place seam-side down in backing dish/pan. Make about 4 small cuts in top of pastry to vent and brush remaining egg wash over top and sprinkle on sea salt.

Bake 20-25 minutes, let it rest 10-15 minutes on a cutting board.

Slice and serve with Béarnaise sauce.



Quiche

Bacon Cheddar Quiche

One 9 inch baked Pie Shell

½ - 1 cup Shredded Cheddar

½ - 1 cup diced Bacon, cooked

6 Eggs

1 cup Milk

½ tsp Herbs (Thyme, Oregano,..)

½ tsp Salt

Sprinkle cheese & bacon into pre-baked pie shell.

Beat together eggs, milk, herbs, & salt, pour over cheese.

Bake at 375 'til knife comes out clean, ~45 min to 1 hour.

Quiche Lorraine

One 9 inch unbaked Pie Shell

Line Shell w/:

6 slices cooked Bacon, broken

12 slices Gruyere/Swiss Cheese

Mix together:

4 Eggs

1 Tbsp Flour

Dash Nutmeg

½ tsp Salt & Cayenne to taste



2 cups Light Cream (½ & ½)
1.5 Tbsp melted Butter

Pour mix over cheese & bake @ 375° for 40 min. or until set and crust is brown.

Many variations:

Salmon-Broccoli Quiche

Smoked Salmon
Broccoli

Quiche with Jalapenos and Cheddar



Salmon and Asparagus



Everything Bagel Seasoned Quiche with Cream Cheese, Topped with Smoked Salmon, Capers and Dill:



Homemade Ricotta

Makes about 2 cups

4 cups whole milk

2 cups heavy cream

1 teaspoon kosher salt

3 tablespoons good white wine vinegar

Line a large sieve over a deep bowl w/ 2 layers of dampen cheesecloth.

Pour the milk and cream into a stainless steel or enameled pot such as Le Creuset. Stir in the salt.

Bring to a full boil over medium heat, stirring occasionally.

Turn off the heat and stir in the vinegar or lemon juice.

Allow the mixture to stand for 1 minute until it curdles.

It will separate into thick parts (the curds) and milky parts (the whey).

Pour the mixture into a cheesecloth-lined sieve and allow it to drain into the bowl at room temperature for 20-30 min, occasionally discarding the liquid that collects in the bowl.

The longer you let the mixture drain, the thicker the ricotta.

Transfer the ricotta to a bowl, discarding the cheesecloth and any remaining whey.

Use immediately or cover with plastic wrap and refrigerate. Will keep refrigerated for 4 to 5 days.

Salads

Avocado-Egg Salad (Susie)

1 Avocado

1 Hard-Boiled Egg

1 Onion, chopped (soaked in salt water for ~30 min) or Onion Powder

S & P

Mash avocado, dice egg & combine all & serve on tortilla chips.

Black Bean & Barley Salad (Kwanzaa Salad)

1 cup Quick-cook Barley

1 can Black Beans, drained

1 large Red Bell Pepper

1 large Green Bell Pepper

¼ cup Parsley, chopped

2 Shallots, finely chopped

¼ cup Olive Oil

2 Tbsp White Wine Vinegar

1 ½ tsp grd Cumin

½ tsp Sugar

Salt & Pepper

6-8+ drops Hot Pepper Sauce

Bring 2 cup water & 1 tsp salt to boil in a medium saucepan. Stir in barley & simmer, 8-10 min.

Remove from heat & let stand 3 min.

Meanwhile, in a large bowl, combine beans, bell peppers, parsley & shallot.

Add cooked barley & toss.

In a small bowl, whisk together oil, vinegar, cumin, sugar, salt, pepper, & hot sauce.

Pour over salad and toss. (High in Vitamin C).

Caprese

Tomatoes

Mozzarella

Basil

Olive Oil

Balsamic Vinegar



Cucumber & Feta Salad

Cucumber, diced (cold)

Feta, crumbled (cold)

Tomatoes (Optional)

Lemon Juice

Salt

Olive Oil

Thyme

Oregano

Pepper

Parsley



Whisk together & pour over cukes & feta.

Serve over sautéed chicken (olive oil, s & p, thyme, & oregano).

Egg Salad (Susie)

Hard Boiled Eggs, diced

Smash some yolks separately

Mayo

S & P

Mustard (Optional)

Mix all.

Quinoa Salad

1 cup Quinoa (pronounced: keen-waa)

Kalamata Olives, about a handful, but will depend on your preference, diced fine

Green Olives (OPTIONAL), diced fine

2 Bell Peppers, different colors, diced fine

Cucumber, diced fine

5-10 Cherry Tomatoes, sliced in half or quartered

Feta Cheese, crumbled, as much as you like (I like a lot)

Parsley, finely chopped or torn small (about 1-2 Tbsp)

Olive Oil, ~1 Tbsp

Lemon Juice, from 1 Lemon

Salt & Pepper



Cook Quinoa according to package directions, take off heat when finished & transfer to a lg bowl.

Add all ingredients from olives to parsley, stir together.

In a small bowl, mix together olive, lemon juice, salt and pepper.

Pour over quinoa and stir in.

****NOTE:** Try to dice all ingredients the same size (except the tomatoes and feta cheese).

Strawberry Salad

Lettuce Greens (Spring Mix)
Strawberries
Walnuts
Blue Cheese (or Goat Cheese or feta)
Balsamic Vinaigrette

Toss all.



Tuna-Egg Salad (Josh & Susie)

Tuna Fish (1 can)
Hard Boiled Egg (1-2)
Old Bay Seasoning
S & P
Mayo

Mix all.

Sauces/Marinades

Arby's Style Sauce

1 cup Ketchup
2 tsp Water
¼ tsp Garlic Powder
¼ tsp Onion Powder
¼ tsp Pepper
¼ tsp Salt
½ tsp Tabasco Sauce

Combine all in pan & cook over medium heat, stirring until sauce begins to boil, 5-10 min.

Remove sauce from heat.

Cover & allow to cool.

Store in refrigerator.

Keeps for a month or two.

Makes 1 cup.

Bearnaise Sauce

1 Tbsp plus 1 cup (2 sticks) unsalted butter, cut into cubes
3 Tbsp minced shallots
Kosher salt and freshly ground black pepper
2 Tbsp Champagne vinegar or white wine vinegar
2 large egg yolks
1 Tbsp (or more) fresh lemon juice
1 Tbsp finely chopped fresh tarragon



Melt 1 Tbsp butter in a small saucepan over medium heat.

Add shallots and a pinch of salt and pepper; stir to coat.

Stir in vinegar, reduce heat to medium-low, and cook until vinegar is evaporated, 3-4 minutes.

Reduce heat to low & continue cooking shallots, stir frequently, until tender & translucent, ~5 min longer.

Transfer shallot reduction to a small bowl and let cool completely.

Meanwhile, fill a blender with hot water to warm it; set aside.

Melt remaining 1 cup butter in a small saucepan over medium heat until butter is foamy.

Transfer butter to a measuring cup so it is easier to pour later.

Empty water from blender.

Combine egg yolks, lemon juice, and 1 Tbsp water in warm blender.

Purée mixture until smooth.

With blender running, slowly pour in hot butter in a thin stream of droplets, discarding milk solids at bottom of measuring cup.

Continue blending until a smooth, creamy sauce forms, 2-3 minutes.

OR No Blender Method: whisk egg yolks, lemon & water together, then slowly drizzle in butter while whisking.

Pour sauce into a medium bowl.

Stir in shallot reduction and tarragon and season to taste with salt, pepper, and more lemon juice, if desired.

DO AHEAD: Can be made 1 hour ahead. Cover and let stand at room temperature.

Bisque Sauce for Fish - Susie

2 tablespoons butter

1 small clove garlic

1 tablespoon finely chopped onion

1 teaspoon Shrimp Stock (clam base or lobster base)

1 cup heavy whipping cream

2 tablespoons sherry

salt and pepper, to taste

paprika, optional

Creole or Cajun seasoning, optional

ground nutmeg, optional

Melt butter in saucepan over medium-low heat. Press garlic or smash and mince very finely; add to butter.

Add the chopped onion and Shrimp Stock. Sauté for about 1 minute. Add cream and sherry; bring to a simmer.

Reduce heat and simmer for 5 to 8 minutes, to reduce the sauce by about 1/4 to 1/3.

Taste and add salt and pepper, along with other seasonings.

Coffee BBQ Sauce

½ cup Ketchup

~ 1/3 cup Dark Brown Sugar

¼ cup brewed Espresso

1/8 cup Red Wine Vinegar

½ medium Onion (or ~1-2 Tbsp Onion Powder)

1 ½ Jalapenos, halved & seeded or for milder: dash Jalapeno Juice

1 Garlic cloves, crushed (or ~ ¼-½ Tbsp Garlic Powder)

1 Tbsp Molasses

1 Tbsp dry Mustard Powder, mixed with 1 Tbsp water

1 Tbsp Worcestershire

1 Tbsp ground Cumin
~ 1/8 tsp Cayenne Chile Powder (or Ancho Powder)

Combine all ingredients & boil. Simmer over low heat ~20 min.
Let cool. Purée. Refrigerate 2 weeks.

Chipotle-Chile-Spiked BBQ Sauce

1 ½ tsp Veg. Oil
1 medium Onion, chopped
1 tsp chopped Garlic
¼ cup Bourbon
½ cup Cider Vinegar
2 ½ Tbsp Brown Sugar (light)
1 canned Chipotle Chile in Adobo Sauce, stemmed (freeze the rest)
¾ tsp Whole-Grained Mustard
1 cup Chicken Stock
¾ cup Chili Sauce
½ cup Tomato Sauce
S & P

Brown onions in oil ~10 min.
Add garlic & cook ~2 min., add bourbon & simmer ~2 min.
Stir in vinegar, sugar, chipotle chiles, mustard, ancho chile powder, bay leaves, & allspice and boil.
Cover & cook over low heat ~30 min.
Add stock, chili sauce & tomatoes, cover partially & cook over low heat until reduced by half (~1 hour).
Remove from heat & cool.
Discard bay leaf & puree.
Refrigerate ~1 week.

Downhome BBQ Sauce

½ cup Brown Mustard
¼ cup Red Wine Vinegar
1/6 cup Brown Sugar
1 Tbsp Tomato Paste
½ tsp Cayenne
1 ½ Tbsp Butter
½ Tbsp Molasses
1 ½ Tbsp Worcestershire Sauce
½ Tbsp powdered Onion
½ Tbsp Powdered Garlic
S & P

Mix all. Add extra water. Boil.

Jamaican BBQ Sauce

1 Bacon strip
¼ cup chopped Onion
1 Tbsp chopped Green Onion
½ Tbsp chopped Jalapenos
½ cup Ketchup

¼ cup chicken Stock
¼ cup Molasses
1 Tbsp Cider Vinegar
1 Tbsp Lemon Juice
½ Tbsp Soy Sauce
½ Tbsp Worcestershire Sauce
½ Tbsp Brown Mustard
½ Tbsp minced Thyme
½ tsp Salt
½ tsp Pepper
¼ tsp ground Cinnamon
¼ tsp ground Nutmeg

Crisp bacon.
Discard & in drippings sauté onions & jalapeno.
Stir in remaining ingred.
Boil.
Remove heat & cool.

Josh & Susie's BBQ Sauce

1 can (12 oz) or 2 (6 oz) cans Tomato Paste
6-7 dashes Malt Vinegar
7 Tbsp Cider Vinegar
2 Tbsp White Vinegar
2 Spoonful Dijon Mustard (smooth)
6 Tbsp Light Brown Sugar
1 ½ spoonful Honey
1 tsp to ½ Tbsp ground Black Pepper
10 Dash Texas Pete
4 Dash Worcestershire
½ Tbsp Onion Powder
½ Tbsp Garlic Powder
1 tsp Salt
½ tsp Ginger
¾ tsp Orange Peel
½ tsp Liquid Smoke
½ tsp dried Oregano
½ tsp dried Basil
H₂O for thinning

Mix all & heat for 10-30 minutes.

Dry Rub

2 1/2 Tbsp Paprika
2 Tbsp Salt
2 Tbsp Garlic Powder
1 Tbsp Black Pepper
1 Tbsp Onion Powder



- 1 Tbsp Cayenne Pepper
- 1 Tbsp dried Oregano
- 1 Tbsp dried Thyme

Rub all over Pork Shoulder and smoke for 4-10 hours, watch temperature and periodically baste.
If smoking for only 4 hours, finish in oven.

K.C. Masterpiece Original Barbecue Sauce

- 2 cups Water
- ¾ cup Light Corn Syrup (USE LESS)
- ½ cup Tomato Paste
- ½ cup Vinegar
- 3 Tbsp Molasses
- 3 Tbsp Brown Sugar (USE LESS)
- 1 tsp Liquid Smoke
- ½ tsp Salt
- ¼ tsp Onion Powder
- ¼ tsp Pepper
- 1/8 tsp paprika
- 1/8 tsp Garlic Powder

Combine all ingredients in a medium pan over high heat and whisk until smooth.
Bring mix to boil, then reduce heat to simmer for 45-60 minutes or until thick.
Cool then store in covered container in refrigerator overnight for flavors to develop.
Makes 1 ½ cups.

Blue Cheese Sauce

- 4 oz (125 g) Blue Cheese
- 1 Tbsp Mustard
- 1 Tbsp Double Cream/Heavy cream
- 1 clove Garlic, peeled & crushed
- Freshly milled White Pepper
- 1 Tbsp Soy Sauce
- 3 Tbsp Olive Oil
- 2 Tbsp Parsley, chopped

Mash cheese with the mustard, cream, garlic, pepper, & soy sauce.
Mix in the oil & parsley.
Serve with cold meats & salads.
GREAT with Beef Roulades!!

Or

Heat:

- 1/2 cup heavy cream
- 1/3 pound blue cheese (crumbled)
- 1 teaspoon Worcestershire sauce

Or



Make a bechamel:

2 tablespoons butter
2 tablespoons flour
1 1/4 cups milk, heated
Salt
Freshly ground pepper

Coriander-Cumin Spice Rub (for Pork/Chicken)

~1 Tbsp Coriander
~2 tsp Cumin
~1-2 tsp Curry
~ ¼ tsp Cinnamon
~ ½ + cup Peanuts, ground
 -Toast all in pan (few seconds)
Olive Oil

Mix all together into paste & spread on pork. (Put oil on pork & salt, then add rub).
Grill pork.
Serve with sautéed squash & Lemon-Herb Couscous.

Crawfish or Shrimp Gravy

Bacon
6 Tbsp All-Purpose Flour
1/2 cup each finely chopped Onion, Bell Pepper, &
Celery
1/4 cup seeded, finely chopped Jalapenos
3 Tbsp finely chopped Garlic
2 tsp Cajun Spice Mix (below)
3 cups Chicken Broth
1 lb. peeled Crawfish Tails or Shrimp
Salt & Pepper
Cayenne Pepper
1/2 cup chopped Scallions



Cook bacon in cast iron skillet until crisp. Transfer to paper towels.
In about 6 Tbsp of bacon grease add 6 Tbsp flour, reduce heat to low, make dark roux.
Whisk constantly until roux is one shade darker than peanut butter, ~10 min.
Add onion, pepper, celery, jalapenos & garlic.
Cook, stirring frequently until onion is soft, ~20 min.
Increase heat to medium, add in crumbled bacon, spice mix, then broth.
Simmer, stirring often, until thickened, ~20-25 min.
Stir in crawfish/shrimp, cook, stirring for about 3 min.
Season with salt & pepper & cayenne if necessary.
Add scallion & serve.

Cajun Spice Mix

5 Tbsp Salt
2 Tbsp Cayenne Pepper
2 Tbsp Garlic Powder

2 Tbsp Sweet Paprika
1 Tbsp dried Oregano
1 Tbsp dried Thyme
1 Tbsp Black Pepper
1 Tbsp Onion Powder

Parsley-Caper Sauce

(An Italian-style sauce – excellent on chicken, fish, or turkey)

2 cups fresh Parsley
¼ cup Capers
3 cloves Garlic, crushed
2 Tbsp Chicken Broth
1 Tbsp Olive Oil
1 Tbsp Mayo
1 Tbsp Lemon Juice
1 tsp Dijon Mustard
¾ tsp Anchovy Paste

In food processor, combine parsley, capers, & garlic; pulse until finely chopped.

Add remaining ingred.

Process until well blended.

If made in advance place plastic wrap directly on its surface to avoid discoloration & refrigerate.

Serve with chicken, fish, turkey, & sautéed veggies (squash, zucchini), roasted potatoes & sliced tomatoes.

Garlic Cream Sauce w/ Balsamic Onions

Garlic Cream

½ cup Roasted Garlic, smashed
4 cups Heavy Cream
Salt
Cayenne

Mix all, boil, & reduce. Allow to thicken.

Balsamic Onions

Onions, sliced
Butter
S & P
~ ¼ cup Balsamic Vinegar
~ ¼ cup Chicken & Beef Stock
2 Tbsp Sugar
3 sprigs Thyme

Sauté onion in butter until golden over med-high heat.

Season with S & P.

Add balsamic, stock, sugar, & thyme.

Cook 'til liquid is syrupy (~15-20 min).

If syrupy & onions aren't cooked enough add a little water.

Serve with **Gnocchi**.

Habanero Pepper Sauce

12 Habanero chiles, stems removed, chopped
1/2 c chopped onion
2 cloves garlic, minced
1 TB vegetable oil
1/2 c chopped carrots
1/2 c distilled vinegar
1/4 c lime juice

Sauté onion and garlic in oil until soft.

Add carrots with a small amount of water.

Bring to boil, reduce heat, and simmer until carrots are soft.

Place mixture in blender with chiles, and puree until smooth.

Combine puree with vinegar and lime juice; simmer 5 minutes to combine flavors.

Put mixture into sterilized bottles and seal.

Homemade Hot Sauce (Susie & Josh's)

"Tennessee Sue"

"Tennessee Jed"

Medium:

2 Tomatoes

1 Onion Slice

Salt

4 Tobasco Peppers

White Vinegar

White Wine Vinegar

Hot:

Add more peppers (~12)

Japanese Mayo Sauce (Josh's)

Mayonnaise: about a ½ cup

Dashi stock: about 4-5 Tbsp

Soy sauce: 1-2 Tbsp

Onion powder

Paprika

Ginger: 1 tsp

Wasabi: ½ tsp

Mirin: same as soy 1-2 Tbsp

Mix well, add Dashi slowly to get desired consistency

Mango-Aloha Salsa

1 cup finely chopped Pineapple

1 cup chopped Mango

1 cup coarsely chopped Red Bell Pepper

1 cup cubed Kiwi

¾ cup chopped Red Onion

1/3 cup chopped fresh Cilantro

2 Tbsp Lime Juice

2 tsp chopped Jalapeno

Combine all & chill for 2 hours.

Serve over Fish or Chicken.

Mango Salsa (Soft Chicken Tacos)

1 cup diced Plum Tomatoes

1 cup diced Mango

¼ cup diced Red Bell Pepper

¼ cup diced Red Onion

¼ cup chopped fresh Cilantro

3 Tbsp Lime Juice

1 Tbsp minced Jalapeno

S & P

Combine all & let stand 30 min. @ room temp.

Serve with **Chicken or Fish**.

Soft Chicken Tacos

Flour Tortillas

Shredded cooked Chicken

Sour Cream

Mango Salsa

Mango-Habanero Salsa

1 cup cubed Mango

1/3 – ½ cup chopped Onion

1/8 cup White Vinegar

1/8 cup Water

1/8 cup Lime Juice

½ Tbsp Veg. Oil

1/8 tsp Salt

1 ½ Yellow Tomatoes, chopped

¼ - 1 ½ Habanero Peppers

Place all in food processor & process until smooth.

Lavender Dry Marinade/Crust with Lavender

Equal amounts of:

Cracked Black Pepper

Cracked White Pepper

Crushed Fennel Seeds

Crushed lavender

Salt

Pictured: lavender encrusted filet

Rub on **Lamb**, **Beef**, or **Chicken**.

Sauté in Olive Oil.

Serve with **Blue Cheese Mashed Potatoes!**



Josh Simple Marinara

Dice one medium-large **Onion** and chop up a few cloves 4-5 **Garlic**.

Sauté in good olive oil until sweating nicely.

Add in fresh **Oregano & Basil**.

Cook until you're worried about the onions and deglaze with **Red Wine** (Cabernet is great!) Cook down to concentrate.

Add in chopped **Tomatoes**, and **Tomato Sauce**, canned is ok.

Season all along with salt and pepper.

Add a bit of **Balsamic Vinegar**, cook down for a while, longer is better.

Probably best overnight.

Marinara (Susie's Super Simple)

Tomatoes of all sorts (Cherry, Grape, Roma, a few larger)

Puree

Marinara a la Susie

Tomato Sauce, 1 can

Spicy Bloody Mary Mix, small can

Onion, small, diced

Garlic, 2 cloves

Oregano

Stone Ground Mustard

Mix all, bring to boil, simmer.

Merlot-Cherry Reduction Sauce

Good with Rack of Lamb

2 cups Merlot

2 cups fresh pitted cherries (can substitute bottled Morello cherries)

2 cloves Garlic, chopped

1 Shallots, chopped

4 cups Lamb/Chicken Stock

1 Tbsp unsalted Butter

Salt

Pepper

Balsamic Vinegar

Combine wine, cherries, garlic & shallots over high heat & reduce until the mixture is almost dry, ~10 min.

Add stock & balsamic & decrease the heat to medium, & reduce until the sauce is thick & coats the back of a spoon, 10-15 min.

Add butter & stir until melted.

Season to taste with salt & pepper.



Mojo Sauce (Chipotle-Lime Sauce)

Onion, ~ ½ an onion fine diced

Garlic, ~2 cloves fine diced

Olive Oil

S & P

Can of Chipotles in Adobo Sauce

Lime, Juice of ~2 limes

Water

Brown Sugar, ~1-2 teaspoons depending on taste.

Sauté onions and garlic in olive oil with salt and pepper for ~ 5-10 min over medium-high to medium heat.

If onions and garlic start to stick add a few splashes of water to the pan (it will help them sweat and become translucent).

Add can of chipotles & sauce to pan, once it starts to bubble, cover & reduce to low heat, let cook ~ 10-15 min.

Use an immersion blender/stick to blend everything together, add the juice of 2 limes and some water while doing this (maybe about ¼ to ½ cup).

Once blended taste and add a little brown sugar and more water if needed and cover with lid.

Let simmer over low heat for 45 minutes to an hour or more if you have the time.

Mustard-Sour Cream Sauce

(Pork Chops, Chicken, EXCELLENT with Biscuits!!)

¼ cup Chicken Stock

¼ cup Sour Cream

2 tsp Dijon Mustard

2 tsp Stone-ground Mustard

½ tsp Cornstarch

Blend & heat. Add Parsley.

Mustard-Dijon-Dill Sauce

1 cup Plain Yogurt

2 Tbsp Dijon Mustard

1 tsp Dill

1 tsp Sugar

Place all in a pan & heat just long enough to melt everything.

- Do NOT overheat or it will separate & be ruined!

Serve with **Pork Chops** or **Chicken**.

OR

Chicken Stock

Dijon Mustard

Stone Ground Mustard

Dill

Cream

Onion-Mustard Sauce

(Good with Fish Cakes)

½ Small Onion, minced (1)

¼ cup White Wine (½ cup)

¼ cup Heavy Cream (½ cup)

1 Tbsp Cold Butter (2)

1/8 cup Whole-Grain Mustard (¼)

S & P

In pan, combine onion & wine & simmer over mod.
Heat until wine is reduced to ~1 Tbsp (~5 min)
Add cream & bring to boil. Transfer the mix to blender & puree.
Add butter & puree until smooth. Stir in mustard & S & P.

Orange-Tequila Sauce

(Serve on Fish)

2 Tbsp chopped Onion
2 Garlic cloves, minced
2 cups Chicken Stock
2 Tbsp Almonds, crushed
½ tsp ground Coriander
1/8 tsp Fennel Seeds, crushed
½ small Cinnamon stick or dash ground
½ cup OJ
2 Tbsp Tequila
1 tsp Honey
¼ tsp Salt
1/8 tsp Pepper

Sauté garlic & onions ~3-4 min., add broth, almond, coriander, fennel, & cinnamon.
Reduce heat & simmer ~20 min.
Add OJ, Tequila, honey, & salt & pepper.
Remove cinnamon stick & process until smooth & strain.

Oriental-Style Sauces

Garlic-Soy

Minced Garlic (1/2 tsp) + Garlic Juice (1/2-1 tsp)
Soy Sauce (4-6 Tbsp)
Sesame Oil (1-4 dashes)
Chili Oil (1-2 dashes)

Honey-Soy

~ ¼ cup warm Honey
~2 Tbsp Soy Sauce

Orange Hollandaise

4 Egg Yolks
2 tsp Orange Peel, shredded
¼ cup O.J.
1 tsp Dijon-style Mustard
¼ - ½ tsp Hot Sauce
½ cup or less Butter, melted

In double broiler, combine yolks, orange peel, OJ, mustard, hot sauce.
Place on double broiler. Med-low.
Whisk 'til sauce thickens & forms a ribbon (it gets very frothy at this pt).



Remove from heat & slowly add melted butter.

Great with Salmon and Croissants.

- 2 small Croissants. Split & lightly toasted
- 4 ½ oz slices of Smoked Salmon
- 4 medium Eggs, poached or over-easy

Top croissant halves w/ smoked salmon & egg, then pour sauce over top.
Can also sprinkle on fresh dill.

Orange-Mint Sauce

(with Chicken)

- 1 cup OJ
- 1 Tbsp Orange Peel
- ½ cup Mint
- ¼ cup Sugar
→ Soak
- 5 Tbsp Vinegar (Wh)

Boil vinegar a few seconds & add OJ mix.

Asian Peanut Butter & Garlic Sauce

- 1 large Garlic clove, minced
- few dashes, Ginger
- 2 Tbsp Chunky Peanut Butter
- 2 Tbsp H₂O
- 1 Tbsp Sugar
- 2 Tbsp Soy Sauce (Chinese)
- 1-3 Tbsp Sesame Oil (Japanese) or 1 T Dark Sesame & 1-2 T Light Sesame
- 1 Tbsp Red Wine Vinegar
- 1 tsp Chile Paste
- Large Pinch dried Cilantro (or ½ cup fresh, chopped)

Whisk all ingredients together in double-broiler until mixed & heated through.

Serve over spaghetti noodles, egg noodles, soba, rice noodles, or over rice or with Chicken, Pork, or Beef Satay.

Peanut Satay Sauce (Sate Indonesian-Style for Gado Gado-Coconut Milk Peanut Sauce)

- 1/3 cup Peanut Butter
- 4 tsp red curry paste
- 3 tsp Kecap Manis (Indonesian sweet soy sauce)
- 1 tsp Low Sodium Soy Sauce
- 1 tsp Sambal Oelak (or other chilli paste)
- 1/2 tsp salt
- 1 large Garlic, minced or powder
- 1 1/2 tbsp Lime juice (juice of 1 lime)
- 1/2 cup Coconut Milk, full fat
- ~1/2 cup water



Sprinkle of Ginger Powder

Mix all ingredients in a small saucepan over medium low heat.

Bring to simmer then cook for 5 minutes, stirring regularly so the bottom doesn't catch, until it thickens.

If too thick, just add more water - should be able to drizzle it.

Taste and adjust as follows: lime for more sour, salt, sugar for sweet.

Cover and keep warm.

Creamy Pesto Sauce

Make a **Roux**. (1:1) (i.e., 2T : 2T)

Add 1 cup **Milk**.

Add **Pesto** (~5 T)

Serve over Shell Pasta (or any) & with Salmon sprinkled with Lemon Juice & Capers or just Pasta.

Piccata Sauce

White Wine

Chicken Stock

Lemon Juice

Lemon Rind/Zest

Salt

Pepper

Capers

Butter

Parsley

Serve with Chicken or Fish

Pineapple Glaze (for Seafood, Chicken, Veggies)

1 cup Pineapple Juice - Substitute Guava Juice or Passionfruit

½ cup White Wine Vinegar

1 tsp Ginger, finely chopped

3 Tbsp Soy Sauce

3 Tbsp Light Brown Sugar, firmly packed

6 Tbsp Ketchup, prepared or homemade

3 Tbsp Lime Juice

1 tsp fresh ground White Pepper

Combine pineapple, vinegar, ginger, soy, & brown sugar in small saucepan & bring to a boil.

Reduce heat to low & simmer until volume is reduced by half, ~30 minutes.

Add ketchup and cook ~5 min.

Remove from heat and add lime juice & white pepper.

Put glaze on grilled tuna steaks.

OR

Make Tuna Burgers: use ground tuna, form into patties, refrigerate at least 30 min.

Brush both sides with glaze & cook in skillet over med-high heat; basting often with glaze.

Pizza Marinara (Susie)

Onion, fine diced
Garlic, sliced
Tomatoes, chopped and deskinning and seeded
Basil
S & P
Ground Mustard
¼ of Chicken Bouillon cube

Sauté onion in olive oil until soft with S & P, add garlic, then basil.
Add tomatoes, ground mustard, and bouillon.
Boil and reduce.

Pizza Marinara

20 canned peeled Italian Plum Tomatoes – seeded
2 tsp minced Garlic
1 tsp Oregano
6 Tbsp Extra-Virgin Olive Oil
1 tsp Salt
or
-1 tsp Oregano
+2 oz Mozzarella
+3 torn Basil Leaves

Pizza Sauce

1 can diced Tomatoes
1 can Whole Tomatoes
Thyme
Oregano
Garlic Powder
Sugar
Salt & Pepper

Dump cans in pan with a little extra water (enough to clean out cans).
Add Thyme, Oregano, & Sugar.
Boil for a while.
Add garlic powder, onion powder, S & P, & reduce.
Purée.
Reduce more until thick.

Puttanesca Sauce (Caper, Bl. Olive Tomato Sauce)

2 Garlic cloves, finely chopped
1-2 can(s) Whole or sliced Tomatoes (or ~1 lb Fresh Tomatoes)
3 Tbsp Olive Oil
½ tsp dried Oregano
~ ¼ tsp Crushed Red Pepper
½ tsp Salt
Fresh Ground Pepper

¾ cup Black Olives, coarsely chopped
2 Tbsp Capers
¼ cup grated Parmesan
½ cup Parsley, coarsely chopped

Combine garlic, tomatoes, oil, oregano, red pepper, salt, pepper, olives, capers, & parmesan in saucepan.
Simmer until ready. Serve w/ Bow-Tie Pasta, etc...

Sage Pesto

3 Tbsp chopped fresh Sage
2 cloves Garlic
¼ cup Parmesan
½ tsp Salt
¼ tsp Pepper
2 Tbsp chopped Parsley
¼ cup Walnuts
½ cup Olive Oil Mix all.

Sawmill Gravy - Sausage Gravy (Susie's)

½ lb+ Sausage
1-3 Tbsp Flour
1 ½ cups Milk

Sauté sausage, then set aside.
In reserved sausage grease (~1-2 Tbsp)
Add in flour, ~3 Tbsp, cook flour on medium heat.
Do NOT let it darken!
Add in a little milk and keep cooking flour.
Add rest of milk and let thicken.
Add sausage into gravy and salt and pepper to taste.

Note: You do NOT need as much sausage in the gravy as is in the picture (that was a bit of overkill).

Scotch Pan Sauce (with Beef) - Susie

1/4 cup Scotch
3/4 cup Chicken/Beef Stock
1 Tbsp Grainy Mustard
1/2 tsp Worcestershire Sauce
2 Tbsp Cream
Butter
Dash Lemon Juice

Beef
Rub beef with:
Thyme
Tarragon
Paprika
Pepper



Onions

Mushrooms

→ Sauté onion and mushrooms together with same beef spices.

Serve sauce over beef with mushrooms and Onions.

Shrimp Newburg Sauce (good w/ Cheddar Cheese Soufflé)

3 Tbsp Butter

1 ½ Tbsp Flour

< ½ tsp Salt

Nutmeg

Paprika

1 cup Light cream (½ & ½)

½ cup Milk

2 Egg Yolks (slightly beaten)

2 Tbsp Sherry

1 ½ cup cooked cut-up Shrimp



Melt butter, remove from heat.

Stir in flour, nutmeg, paprika, & salt 'til smooth.

Add light cream & milk.

Over medium heat bring to boil, stirring.

Remove from heat.

Combine egg yolks & sherry & stir in white sauce, mix well.

Pour egg yolk mix back into pan.

Add shrimp, stirring over low heat 'til thickened.

Cold Sour Cream-Tarragon Sauce (Gr. Goddess Sauce)

Good w/ Fish Cakes

¼ cup Sour Cream

½ Tbsp Tarragon } Stir 'til smooth

Stir in:

1 Tbsp Chives

1 tsp Lime Juice

½ cloves minced Garlic or Garlic Powder Serve.

Steak Marinade

¼ cup Hoisin Sauce

1 Tbsp Rice Wine Vinegar

1 Tbsp Soy Sauce

1 Tbsp Lemon Juice

1 Tbsp grated Ginger root

1 Tbsp minced Garlic Marinate.

Make a Sauce with the Marinade:

To marinade add:

¼ - ½ cup Beef Broth

Heat all to boil and thicken.

Susie's Steak Sauce

Cook chopped **Garlic** & chopped **Green Onions** in 2 Tbsp **Butter**.

Add 1 ½ -2 Tbsp **Flour**.

Add ½ cup **Beef Broth**, add **Worcestershire** (few drops), **A-1 Bold** or regular A-1 (few drops).

Add few dashes **Beer**.

Add **Cornstarch** for thickness.

Stroganoff Sauce

Serve w/ Steak, Chicken, & Rustic, sliced baked Potato.

Red Wine Stock:

Butter

1 ½ cups (1 Large) Onion, chopped

1 Tbsp Tomato Paste

2 cloves Garlic, chopped

1 cup Red Wine

1 can Beef Broth

Thyme

Sauté onion in oil & butter 'til lightly brown.

Add tomato paste, cooking until it turns dark.

Add garlic & cook for 30 seconds.

Deglaze w/ red wine, scraping up all brown bits.

Add broth & thyme; simmer until reduces by half, ~10 min.

Strain Stock.



Stroganoff Sauce:

Mushrooms, sliced

2 Tbsp Butter

2 Tbsp Flour } Roux

1 ½ cup Red Wine Stock

1 Tbsp Dijon Mustard

Sour Cream (Optional)

Blue Cheese (Optional)

Sauté shrooms in oil & butter over medium-high heat for very short time (still white in color).

Make roux over low heat, until it browns slightly.

Add wine stock, mustard & shrooms.

Simmer until sauce thickens.

Stir in Sour Cream & serve or sprinkle in Blue Cheese & serve, then sprinkle on more Blue cheese.

Susie's Teriyaki Sauce (Sweet, Simple, Quick Sauce)

¼ cup Soy Sauce
¼ cup Sake
2 Tbsp Mirin
1 Tbsp White Sugar (or 2 Tbsp)(could also try Brown Sugar)

Combine all over medium heat & simmer until thick & sugar is dissolved.

Teriyaki Sauce

For 1 cup.

½ cup Soy Sauce
½ cup H₂O
1 Tbsp Rice Vinegar
1 Tbsp Brown Sugar (Light)
½ tsp Dry Mustard
½ tsp powdered Ginger
½ tsp Garlic Powder
½ tsp Hot Sauce
1 Tbsp Cornstarch

Mix all, except cornstarch.

Boil. Thicken w/ cornstarch.

Serve on Chicken or fish or veggies.

Diablo Sauce (Tomato-Jalapeno Sauce)

Onion, ~ ½ an onion fine diced

Garlic, ~2 cloves fine diced

Jalapeno, 1-2 diced

Olive Oil

S & P

Oregano, ~1 Tablespoons

Cumin, ~1- 1.5 Tablespoons

Smoked Paprika, ~1 Tablespoons

Chili Powder, a few shakes

Can diced Tomatoes (or Petit diced)(if you use fresh, watch out for skins and higher acid-so you may need more sugar to cut the acid)

Brown Sugar, ~1 tablespoon depending on taste

Lemon, juice of 1 lemons

Sauté onions and garlic in olive oil with salt and pepper for a couple of minutes over medium-high to medium heat, then add the jalapeno and all the herbs and spices (oregano thru chili powder).

Sauté for about 5-10 minutes. - If onions and garlic start to stick add a few splashes of water to the pan (it will help them sweat and become translucent).

Add can of tomatoes, cover and cook over medium-low heat for about 10-15 minutes, then blend with an immersion blender/stick.

Add brown sugar and lemon juice and let simmer over low heat, covered for 45 min to an hour or more.

Tomato-Pancetta Sauce

8 Pancetta slices, chopped
½ - ¾ tsp dried Red Pepper Flakes
1 Tbsp dried Parsley
2 cloves Garlic, chopped
2 (28 oz) cans whole Italian Tomatoes
Salt

Heat oil, add Pancetta, pepper flakes, & parsley.
Cook to slightly brown.
Add garlic & cook ~2 min.
Pulse tomatoes in processor (choppy). Add to pan.
Salt.
Let simmer, ~1 hr.



Susie's Basic Tomato Sauce

1 can Tomato Sauce
2 cans Diced Tomatoes (or several Fresh, skinned)
½ can Tomato Paste
Basil
Oregano
Thyme
Marjoram
Spatini
Garlic
Onion Simmer for 1-3 hours.



Tomato Ragu (for Lasagna or Spaghetti)

2 Tbsp Olive Oil
2 oz finely chopped Pancetta
1 cup chopped Onion
½ cup chopped Celery
¼ cup minced Carrot
2 Tbsp minced Shallots
1 Tbsp minced Garlic
4 oz ground Veal Round
4 oz ground Pork Sausage
8 oz ground Beef Chuck
2/3 cup dry Red Wine
1 ½ cups Meat Stock
2 cups Milk
1 cup peeled, seed & crushed Plum Tomatoes
Salt & Pepper

Preheat oven 375.
Sauté celery, onions, carrots, shallots, & garlic in oil for 1-2 minutes.
Add ground meats & sauté until brown, ~4-5 min.



Strain off fat and put meat in saucepan.
Deglaze pan with red wine. Add stock & milk. Season w/ salt & pepper.
Bring up to a boil and reduce to a simmer.
Simmer for 1 hour & add the crushed tomatoes.
Continue simmering for 45 min or until mixture resembles a thick, meaty stew.

Tzatziki

The key to great tzatziki is the thick creamy texture!

16 ounces (2 cups) of strained Greek yogurt
4 to 10 cloves of garlic, finely chopped
1/2 cup of diced or grated cucumber (Kirby or "English")
1 tablespoon of olive oil
2 teaspoons of lemon juice

Combine oil and lemon juice in a medium mixing bowl. Fold the yogurt in slowly, making sure it mixes completely with the oil. Add the garlic, according to taste, and the cucumber.
Stir until evenly distributed. Garnish with a bit of green and serve well chilled.

Yield: about 2 1/2 cups



Add mint or dill: Slight variations include 1-2 tablespoons of finely chopped fresh dill and/or fresh mint. Tasty additions!

Storage:

Tzatziki will store safely in the refrigerator for several days. If excess liquid accumulates on top, just pour it off.

Tzatziki Sauce

2 (8 ounce) containers plain yogurt
2 cucumbers - peeled, seeded and diced
2 tablespoons olive oil
1/2 lemon, juiced
salt and pepper to taste
1 tablespoon chopped fresh dill
3 cloves garlic, peeled

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

Yogurt-Dill Sauce

Great on Asparagus & Potatoes

1 cup Plain Yogurt
1/4 cup Mayo
1/3 cup Dijon
2 heaping Tbsp fresh Dill
S & P

Mix all & pour over food.

Sausage Dishes

Black Beans & Rice w/ Smoked Sausage & Shrimp (Susie)

~ 1 Tbsp Olive Oil
1 Onion, chopped
2-3 cloves Garlic, minced
1 cup White Rice
1-1 ½ cups Broth (Chicken, Vegetable) or Water
1-3 tsp ground Cumin
Cayenne Pepper
Chipotle Pepper
1-2 cans Black Beans

In pot, over med-high heat, add oil, onions & garlic. Sauté for ~4 min. Add rice & sauté ~2 min. Add broth/water, bring to boil, cover & lower heat, simmer ~ 20 min. or until rice is done.

Add black beans & spices, S & P. Continue cooking a few more minutes.

If too thick, add more water.

If too watery, continue cooking until desired thickness.

In skillet, sauté sausage, remove & drain. Sauté shrimp. When done, add to beans and rice.

Smothered Black Eyed Peas w/ Sausage

1 lb Smoked Sausage (Hillshire Farms), sliced in half lengthwise, cut ¼" slices, ~4 cups
2 cups chopped Yellow Onion (1 medium)
Salt and Black Pepper
4 cloves Garlic
4 Bay Leaves
5 sprigs fresh Thyme
3 tsp finely chopped Parsley
8 cups Chicken Stock
1 lb Black-Eyed Peas

In lg pot, medium heat, render sausage for 5 min.

Stir in the 1 cup of onions, bay leaves, thyme, & parsley.

Season with salt & pepper.

Sauté for 5 min. until onions are wilted.

Stir in chicken stock, peas, & 1 Tbsp of garlic.

Bring the liquid up to simmer & cook for 1 ½ hours, or until the peas are tender.

Italian Sausage with Beans and Penne

4-5 sausages links (1 per person)
1 large yellow or white onion
1 -2 cups cut sweet bell or banana pepper
3-4 large cloves garlic sliced thin
2 cans of white beans (great northers, mixed beans - pintos ok)
1 can of diced tomato
1/2 cup dry white wine
salt, white pepper, basil, oregano
water

Brown sausages in large pot, render fat.

Remove sausages and fat, leave a enough for flavor. Add 1/4 cup olive oil.

Sauté onions and peppers until soft, add garlic and rest of spices/herbs, sauté 1 more minute until soft, add in wine, turn up heat to reduce liquid, add in tomatoes, and beans, and then water to cover beans. Put sausages back into pot. Reduce heat to low and put on lid. Stir occasionally.

Cook for ~ 45 minutes.

Cook pasta in salted water until al dente. add a bit of olive oil to cooked and drained pasta. Serve bean sauce over pasta and give each person a whole sausage.

Italian Sausage & White Bean Cassoulet

2-4 mild Italian Sausages

Olive Oil

2 medium Onions, coarse chopped

2 Garlic cloves, chopped fine

~1.5 tsp mixed fresh herbs (Rosemary, Thyme, Sage) or dried

1 Bay Leaf

½ cup chopped Parsley

1 can diced Tomatoes & the Juice

1 can White beans (Canellini, Navy, Great Northern), drained

For Topping:

1 Tbsp Olive Oil

Bread Crumbs

Garlic clove, minced or chopped fine

Parsley

Sauté sausages in oil over med-high heat, drain.

Sauté onions & garlic.

Add herbs (including bay leaf & parsley), tomatoes & juice, s & p.

Boil mix, stirring, ~5 min.

Cut sausages into slices, add to mix.

Add beans & cook until beans are tender.

Sprinkle topping over sausage/bean mix.

Serve w/ crusty bread.

Sausage, Peppers, & Onions over Creamy Polenta (Josh)

Italian Sausage (4-5 links)

Peppers, Bell & Banana, sliced (about 3 cups total)

1 large sweet Onion sliced

Tomatoes, peeled and cored (4 nice size) and chopped

Fresh basil

Fresh oregano

Polenta:

1-1.5 cups dry Polenta

4.5 -5 cups water

Salt

Bring salted water to a boil in a large, deep pot. Slowly stir in polenta and bring back to a boil. Reduce to a simmer and simmer uncovered, stirring often for ~ 30 minutes until thick. Add in fresh herbs if you like, or some parmesan cheese. Put on a lid and cut off heat.

Render the sausage in a large skillet until brown on all sides. Add in onions and sauté until just translucent; add in peppers and sauté until just starting to soften. Add in the fresh herbs and give a stir. Add in the tomatoes and cook down until a sauce forms.

Cover and simmer until ready to serve.

Add in salt and pepper and more herbs if necessary.

Plate warm polenta in middle of plate and cover with a generous portion of sausage and peppers and enough sauce to mix in with the polenta.

Grilled Sausage & Peppers on Rolls

3 Bell Peppers, assorted colors, sliced thin

2 Onions, sliced thin

2 lg Garlic cloves, minced & mashed to a paste w/ a pinch of salt

¼ tsp Fennel Seeds

¼ cup Olive Oil

8 hot or sweet Italian Sausage Links

4 Hero Rolls

In lg skillet sauté bell peppers, onions, garlic paste, & fennel seeds in oil over mod-high heat.

Season mix w/ S & P.

While the veggies are cooking, in a well-seasoned ridged grill pan or large skillet, grill the sausage lengths over mod-high heat, turning once, for 6-10 min, or until they're cooked through, and halve them lengthwise.

Halve roll lengthwise, leaving 1 edge uncut to form a hinge, and fill them with the pepper mix & the sausage.

Yields 4 servings.

Susie's Smoked Sausage in Tomato Sauce over Tortellini

½ can Tomato Paste

1 can stewed, sliced (or chunked) Tomatoes

1 can Tomato Sauce

1 can Beef Broth

Onion, chopped

Garlic, chopped

Tomato, chopped (Plum/Roma is good)

Black Olives

Pinch of Oregano

Smoked Sausage

Thyme

S & P

Tortellini (herb & garlic & cheese)

Sauté onion & garlic until translucent.

Add stewed tomatoes, paste, sauce, broth, oregano, salt, pepper, & chopped tomatoes.

Simmer ~30-40 min.

Sauté sausage slices (thin), sprinkle w/ thyme.

Drain on paper towel.

Put sausage & black olives in sauce & cook 2-3 min.
Serve over tortellini or other pasta.

Seafood

Seafood Alfredo (Josh's)

Fried Seafood (BATTER)

Great for Fish!

Batter:

1. Flour
2. Milk
3. Cornmeal
4. Fry!

Calamari (Josh)

Squid

Flour

Salt

Pepper

Garlic Powder

Olive Oil

Clean and pat dry squid.

Dredge in flour seasoned with salt, pepper and garlic powder.

Sauté in olive oil.

Drain and salt.

Crawfish & Shrimp Beignets

1 cup All-Purpose Flour

1 tsp Baking Soda

1 cup Water

2 tsp minced Garlic

½ Red Bell Pepper, chopped

3 Scallions, chopped

8+ drops Tobasco

2 drops Worcestershire Sauce

½ lb Crawfish meat or Shrimp

Veg. Oil for deep frying.

Sift together flour & soda & whisk in 1 cup water.

Stir in garlic, bell pepper, scallions, Tobasco, & Worcestershire, pinch of salt & seafood, stir the batter until it's combined well.

Let stand, covered w/ a dampened cloth for 1 hour.



In deep fryer, heat oil to 325.

Add Tablespoon of batter in batches & fry beignets, turning once, for 30-40 seconds, until golden.

Oatmeal Crab Cakes

Whole Wheat Crackers, 2-3 crackers, crushed into crumbs

½ Tbsp Quick Oats

½ tsp Onion Powder

1 tsp dried Parsley

¼ tsp dry ground Mustard

½ tsp Old Bay Seasoning

1/8 Cup nonfat unflavored Yogurt

1 Tbsp Worcestershire Sauce

1 Egg White

½ lb Jumbo Crab Meat

Salt

Pepper

Thyme



In bowl, mix crushed crackers, oats, onion powder, parsley, mustard, & Old Bay.

In another bowl, whisk yogurt, egg white, & Worcestershire. Fold in crabmeat.

Combine cracker mix with the yogurt-egg white mixture. Fold in.

Sauté in pan with olive oil in skillet OR bake at 375 F for 10 minutes.

Orange Sauce

1/8 Cup Mayo

<1/2 Jalapeno, minced

1/2 tsp Capers

3/4 tsp grated Orange Zest

2.5 tsp OJ

Combine all.

Maryland Style Crab Cakes

1 lb fresh Lump Crabmeat

1 sweet red Pepper, seeded & finely diced

1 sweet Yellow Pepper, seeded & finely diced

1 Tbsp finely chopped Garlic

1-2 Jalapenos, finely chopped

1/3 cup fresh Cilantro, chopped

1/3 cup mayo

1 cup fresh White Bread Crumbs or Panko

3 Tbsp Old Bay Seasoning

1 tsp each of Salt & Pepper

Olive Oil

Remove any shells from crabmeat.

Mix crab with peppers, garlic, jalapeno, cilantro, & Mayo.

Add Old Bay, 4 Tbsp Panko, salt, & pepper.

Mix well & refrigerate for at least 20 min.

On wax paper sprinkle with rest of Panko.

Make crab patties (~3/4" thick), pat with crumbs & refrigerate again for ~1 hour to firm up.
Preheat oven 375.
Sauté crab cakes in oil in skillet.
Place in oven for 6-8 minutes after sautéing.

Serve with a Chili Mayo and a Mango Salad.

Crab Rangoon

1 pkg (8 oz) Cream Cheese
1 can (6 oz) Crabmeat, drained & flaked (Do NOT use too much Crabmeat!)
2 Green Onions or Scallions, thinly sliced
1 clove Garlic, minced
2 tsp Worcestershire Sauce
½ tsp Lite Soy Sauce

In medium bowl, combine all until well blended.

1 pkg (48 count) Won Ton Skins
Spray Oil

Preheat oven to 425.
Place ~1 tsp filling in center of Won Ton skin.
Pull bottom corners down & overlap slightly; moisten one corner & press together.
Lightly spray baking sheet.
Arrange Rangoons on sheet and lightly spray to coat.
Bake 12-15 min. or until golden.
Serve hot with Sweet-Sour Sauce or Mustard Sauce.

Soft Shelled Crab

Soft Shelled Crabs
S & P
Flour (or Panko Breadcrumbs or Cornmeal or combo)
Parsley
Old Bay Seasoning (Optional)
Lemon
Butter/Oil

Dredge crabs in flour (seasoned with salt, pepper, parsley) and sauté in butter/oil for ~2 minutes per side or so, until crisp.



Fish Cakes

12 oz White Fish (cut in ½" pieces)
1 Egg, beaten
¼ cup fine dry Bread Crumbs
2 Tbsp finely chopped Onion
4 tsp Mayo

1 Tbsp Dijon-style Mustard
1 Tbsp Parsley
1 tsp Lime Peel / Juice
¼ tsp Salt
2 Tbsp Cornmeal
1 Tbsp Cooking Oil

In a bowl, combine egg, bread, onion, mayo, mustard, parsley, lime, & salt.
Add fish; mix well. Form patties.
Coat w/ cornmeal. Fry in oil until golden.

Island Spiced Fish (Josh & Susie's)

Cumin
Coriander Seeds
Cinnamon
Paprika
Nutmeg
Ginger
Allspice
Orange Peel
Pepper

Mix all mortar & pestle.

Hot Sauce (Habanero)
Butter & Wine
Tilapia Fillets

Rub spice mix on fish & bake with hot sauce, butter, & a little wine.

Fish w/ Potato-Cream Sauce & Mushroom-Cream Sauce

White Fish (Tilapia, Flounder, ...)
Dijon Mustard
Parsley, chopped
Bread Crumbs
Flour Olive Oil & Clarified Butter

On one side of fish spread Dijon mustard, add parsley (to cover), sprinkle w/ bread crumbs (to cover), & sprinkle on flour.

Sauté in skillet, prepared side down.

Sauté ~3 min per side.

Potato-Cream Sauce

~3 Tbsp Veal Stock
Mashed Potatoes
Cream
Butter
Parsley

Add stock to potatoes & purée w/ cream.
Bring to boil & whisk to a liquid consistency.
Add cream & butter & parsley.
*If too thick, add more stock.
*If not thick enough, add more potatoes.

Mushroom-Cream Sauce

Mushrooms (sliced)
Cream
Veal Stock
Whipped Cream (1 spoonful)

Cook together, then add whipped cream last (off the heat).

Serve:

Potato sauce on plate in big circle.
Mushroom Sauce in Center.
Fish on top of mushrooms.
Garnish with parsley.

Baked Flounder w/ Scallop Stuffing

½ cup Butter
1 clove Garlic, minced
1 small Onion, finely chopped
½ lb Scallops, chopped
Salt
Pepper
Dry White Wine
Fine Bread Crumbs
6 Flounder Fillets
¼ cup Butter, melted
½ cup hot Water

White Sauce:

2 Tbsp Butter
2 Tbsp Flour
1 cup Milk
Salt
Pepper
Dry White Wine

OR

Butter
Flour
Water
Heavy Cream/Milk
Salt & Pepper
White Wine
Fish Stock or Anchovy Paste
Dash of Lemon juice

Sauté garlic & onion in butter until translucent.
Add scallops & cook 2-3 minutes.
Season with salt & pepper & white wine to taste.
Add enough breadcrumbs to prepare moist stuffing.

Preheat oven to 350-375.

Place flounder fillet, dark-side up, place scallop stuffing in center. Fold both end and overlap fillet; secure with toothpick.

Pour melted butter & water into baking dish, place fillets in dish & bake ~20 minutes.

White Sauce:

Make roux, add milk, salt, pepper, & wine. Increase heat to medium, whisk constantly until thick. Cook several minutes over low heat, stirring.

When fish is done (20 min), pour on white sauce and return to oven, continue cooking until sauce begins to bubble.

Fried Fish

2 cups S.R. Flour

½ cup S.R. Cornmeal

Mix together.

Salt Fish & add Old Bay.

Flour fish & fry @ 325.

White-Fish baked in Lemon-Wine Sauce with Capers

White fish, eg. Tilapia filets

Lemons or lemon juice (2-4 Tbsp)

2-4 pats of butter

dry white wine (1/4 cup)

2-3 Tbsp capers

Salt and white pepper

Pre heat oven to 425.

Place filets on foil on baking sheets. Pour wine, lemon juice over fish (or place lemon slices on fish). Place pats of butter on fish (1/filet).

Salt & pepper to taste

Add capers on to fish.

Bake for 10 minutes.

Fish with Tatziki-Israeli Couscous

Talapia

Couscous

16 ounces (2 cups) of strained Greek yogurt

4 to 10 cloves of garlic, finely chopped

1/2 cup of diced or grated cucumber (Kirby or "English")

1 tablespoon of olive oil

2 teaspoons of lemon juice



Prepare all ingredients in advance. Combine oil and lemon juice in a medium mixing bowl. Fold the yogurt in slowly, making sure it mixes completely with the oil. Add the garlic, according to taste, and the cucumber. Stir until evenly distributed. Garnish with a bit of green and serve well chilled.

Yield: about 2 1/2 cups

Add mint or dill: Slight variations include 1-2 tablespoons of finely chopped fresh dill and/or fresh mint. Tasty additions!

Lobster

Steam

Boil

Broil or bake in oven in butter.

Serve with drawn/melted butter or a Hollandaise Sauce.



Same with **Crab legs**.



Hot Mustard Salmon w/ Miso-Glazed Asparagus

2 Tbsp Dijon Mustard

2 tsp Honey

1 tsp Hot (Chile-Garlic) Sauce

Salmon

Asparagus

1 tsp Olive Oil

S & P

1 Tbsp Miso Paste

1 Tbsp Lime Juice

In small bowl, combine mustard with honey & hot sauce.

Spread mix on salmon & refrigerate ~10-20 min.

Preheat oven to 500.

On large, rimmed baking sheet, drizzle asparagus w/ olive oil & roll in it.

Season w/ s & p. Roast ~4 min.

In bowl, combine miso with lime juice.
Brush asparagus w/ paste generously.
Roast ~3 min.
Keep warm. Bake Salmon in 400-425° oven for ~15 min.
Wine: Chardonnay

Salmon Quesadillas (Josh)

Flour Tortillas
Salmon
Basil & Dill
S & P
Mozzarella Cheese
Guacamole or Salsa

Place in oven on baking sheet (~350°) until salmon is cooked & cheese has melted.

Salmon Roulades

2 Tbsp Butter
2 Tbsp Flour
Make roux.
Add: 1 DL (= 0.1 L or 1/10 L or 100 ml or ~**6.8 Tbsp** or 0.425 cups) Water
3 DL White Wine (~20.4 Tbsp or ~**1.3 cups**)
3 DL Heavy Cream (~20.4 Tbsp or ~**1.3 cups**)
~1 cube Fish Boullion (by Knorr)

Salmon Fillets (cut into strips)
Salt
White Pepper
White Cheddar, shredded

Season salmon sides w/ salt & white pepper.
Sprinkle side w/ white cheddar & roll up.
Pour sauce on & bake.
Bake ~15 min @ 375.

Optional sides:

Potatoes, riced with parsley or Saffron & Thyme New Potatoes
Beans (Green or Wax with parsley garnish).

Pesto-Crusted Salmon w/ Citrus-Soy Sauce, Baby Spinach & Cherry Tomatoes

Salmon Fillets
S & P
Olive Oil
Pesto
Breadcrumbs
Butter

Baby Spinach

Cherry Tomatoes

Preheat oven to 350.

Season fillets with salt & pepper.

Sear for a few seconds on each side, then place in an oven pan.

Spread a layer of basil pesto over top of fillets & sprinkle w/ bread crumbs.

Add some butter to pan, cover & bake 10-15 min.

Citrus-Soy Sauce

Olive Oil

¼ cup Ginger, minced

1/8 cup Shallots, minced

1/16 cup garlic, minced

½ cup dry White Wine

1/16 cup Champagne Vinegar (or White Wine Vinegar)

1 Tbsp Soy Sauce

¾ Tbsp Fish Sauce

½ cup Grapefruit Juice

¾ cup OJ

1/8 cup Lemon Juice

¾ cup Chicken Broth

½ cup Olive Oil

Sauté ginger over medium heat, ~1 min.

Add shallot & garlic & cook ~1 min.

Deglaze w/ white wine, vinegar, soy, fish sauce, & all 3 juices.

Reduce to ½ cup.

Add stock, boil, & cook ~3 min.

Strain & whisk in oil.

Baby Spinach:

In oil cook spinach w/ small amt of water, s & p.

Drain.

Cherry Tomatoes:

Boil in water.

Salmon w/ Saffron Cream Sauce

1 ½ cup dry White Wine (good wine may make a difference here!!)

½ cup minced Shallots

1 cup Whipping Cream

Generous pinch of Saffron

Olive Oil

Salmon

S & P

Boil wine w/ shallots until reduced to a few Tbsp (~12 min).

Add cream & saffron; boil until reduced to ~ ¾ cup (~10 min).

Thicken slightly.

Strain & discard solids.

Bake salmon 400-425 for 15-20 min.

Serve with Rice or Roasted Potatoes or Green Beans.

Salmon Wellington

1 pkg Puff Pastry

2 Salmon Fillets

~6 Tbsp Shallots, minced

~4 Tbsp chopped fresh Tarragon

1 Egg, beaten for glaze

> ½ cup Dry White Wine

< ½ cup White Wine Vinegar

½ - 1 stick Butter

Preheat oven to 425.

Roll out pastry & cut into 2 squares.

Place salmon in center of pastry, sprinkle fish w/ s & p, shallots, & tarragon.

Brush edges of pastry w/ egg & fold pastry over & seal edges.

Place on baking sheet, cut slits in top of pastry pkg & brush w/ egg.

Bake ~20 min, then let stand for ~10 min (to rest).



Boil wine, vinegar, & shallots in pan, until reduced to ~5-6 Tbsp (~8 min).

Remove pan from heat & add butter (a Tbsp at a time), whisking until melted before adding the next piece of butter.

When consistency is to your liking, whisk in tarragon, season w/ s & p.

Serve w/ Asparagus covered in Butter, Parmesan, & Walnuts (under Sides).

Smoked Salmon Club Sandwich

Veggie Spread (recipe below)

2 Tbsp Sour Cream

Smoked Salmon

1 ½ cups lightly packed Spinach or Sorrel Leaves

1 med. Cucumber, thinly sliced

Veggie Spread

1 (3 oz) pkg Cream Cheese, softened

1 small zucchini, finely chopped (~ 2/3 cup)

1 small Carrot, finely chopped (~ 1/3 cup)

1 small Banana Pepper, finely chopped (~ 1/3 cup)

2 Tbsp Chives, chopped

Mix all together, cover & chill.

Spread 1 slice of bread w/ sour cream.

Arrange salmon on top of sour cream.

Arrange spinach leaves on top of salmon.

Place another slice of bread on top of spinach.
Spread veggie spread on top of bread.
Arrange cucumbers on top of spread.
Spread sour cream on remaining bread slice.

Flaky Tart Pastry (Smoked Salmon & Onion Tart)

1 cup All-Purpose Flour
¼ tsp Sugar
Large pinch Salt
6 Tbsp cold unsalted Butter, cut into bits
~ 2 ½ Tbsp ice Water

In food processor or with fork, combine flour, sugar, & salt. Add butter & pulse until mix resembles coarse meal. Add ice water & pulse 'til dough comes together; add more water if necessary.
On a lightly floured surface, shape into disk, wrap in plastic & refrigerate 'til chilled (~ 30 min).
Makes one 13" tart shell.

Smoked Salmon & Onion Tart

1 Flaky Tart Pastry Shell, cooked
1 Onion, thinly sliced
S & P
Egg Wash: 1 lg Egg Yolk mixed w/ ½ tsp Water
4 oz thinly sliced Smoked Salmon, cut into strips
3 Tbsp Crème Fraiche or Sour Cream
1 Tbsp chopped Parsley
1 tsp finely chopped Dill
Juice of ½ a Lemon

Preheat oven to 450.
Put uncooked tart pastry on parchment on a baking sheet.
Spread onion slices on the tart in a single layer, leaving a 1" border. Season w/ salt & pepper. Fold the edges of the pastry over onto the onion & brush with egg wash.
Bake for ~ 15 min, or until pastry is almost golden. Arrange salmon on top and put back in oven for no more than five min. (more like 2-3min). Take out. Warm sour cream just barely & drizzle it with a fork over tart.
Sprinkle w/ parsley, dill, & lemon juice & serve.

Asparagus & Goat Cheese Tart

1 Flaky Tart Pastry Shell
½ lb soft Goat Cheese
10 pencil-thin asparagus stalks, cut into 1" pieces
2 tsp Olive Oil
S & P
Egg Wash
3 Prosciutto slices, torn into pieces.

Spread goat cheese onto pastry shell, leave 1" border. Toss asparagus w/ oil & arrange on tart; season w/ S & P. Fold pastry edges onto topping & brush w/ egg wash.
Bake ~ 20 min or until golden at 450°. Add pieces of Prosciutto and serve.

Scallops & Shrimp in a Pernod or Sambuca Cream Sauce

Shrimp
Scallops
1 Tbsp Butter + 1 Tbsp Olive Oil
Essence

Season shrimps & scallops with essence & sauté.

Sauce

1 Tbsp Butter
1 Tbsp Flour
1+ Tbsp Sambuca or Pernod
1 Cup Cream (or mix of dairy) → ~ ¾ c Half & Half + ~ ¼ c Milk
Fresh Tarragon
Salt
White Pepper
Paprika
Nutmeg (Optional)

Make roux, off heat add sambuca, add half & half, thicken, add tarragon, salt, pepper, & paprika. Pour over scallops & shrimp.



Sancerre-Poached Scallops with Parmesan Grits

1 quart chicken stock or low-sodium broth^{[P]_{SEP}}
1 cup quick-cooking grits
1/4 cup finely grated Parmigiano-Reggiano
6 tablespoons unsalted butter
Kosher salt
Pepper
1 shallot, sliced
2 garlic cloves, crushed
2 cups Sancerre (or Sauvignon Blanc)
12 jumbo sea scallops (1 1/2 pounds)
1/2 cup hazelnuts—toasted, skinned and chopped
Snipped chives, for garnish

In a medium saucepan, bring the chicken stock and 1 cup of water to a boil.

Gradually stir in grits, simmer over med-low heat, stir frequently, 'til the grits are tender, ~15 min.

Remove from heat and stir in the cheese and 2 Tbsp of the butter and Parmesan.

Season with salt and pepper.

Keep warm over very low heat; stir in tablespoons of water if too thick.

Meanwhile, in another med saucepan, melt 2 Tbsp of the butter over med heat.

Add the shallot, garlic and a generous pinch of salt and cook until softened, ~3 min.

Carefully add the wine and bring to a simmer.

Add the scallops and simmer until cooked through, 5 to 7 minutes.

Transfer the scallops to a plate and keep warm.

Discard the poaching liquid.



In a small skillet, melt the remaining 2 Tbsp of butter.

Add the hazelnuts and cook, stirring, until warmed, ~2 minutes.

Serve the scallops over the grits, topped with the warm hazelnuts and snipped chives.

Bengali Shrimp (Susie)

Shrimp

Mustard Seeds (Brown), ground

Water (~1/4 cup)

Turmeric

Salt

Cayenne

Green Chilis, chopped (1+)

Olive Oil

Mix all.

Let stand a few min.

Steam shrimp, ~12 min.

Serve with rice & cooked spinach.

Chile-Vinegar Cooked Spinach

2 small Shallots

1 Garlic clove (or 1 Tbsp minced)

Olive Oil

1 bag Spinach (1 lb)

½ cup Chicken Broth

1 tsp Chile Paste

Black Pepper

Sauté shallots & garlic on oil until browning, add spinach & sauté until wilted.

Add broth & chile paste & black pepper.

Boil until reduce to reduce almost no liquid.

Caye-Inspired Orange Habanero Shrimp

¾ -1 lb Shrimp

2 med or 1 large Onion

1 large Green Bell Pepper

Olive Oil

Sauté onions & peppers in oil with a bit of salt & pepper.

When soft, add shrimp.

Let cook ~2 min, add in orange glaze (below), & mix; take off heat.

Serve with good rice, like Jasmine.

Spicy Orange Glaze

3-4 med cloves Garlic

1 'chunk' fresh Ginger

1 small can of chunked Pineapple + juice
½ cup Orange Juice
1 cup Fish Stock (1 cube Knorr Bullion)
1-2 Tbsp Orange-based Habanero pepper sauce (Belize!)

Let ingredients meld & reduce under medium heat for ~20 min.
Thicken if needed.

Barbecue Shrimp from Pasquale Manale's in New Orleans

3 slices Bacon, chopped fine
3 sticks unsalted Butter (Susie tip: Use mainly Olive Oil here)
2 Tbsp Grey Poupon Mustard
1 ½ tsp Chili Powder
¼ tsp Basil
¼ tsp Thyme
2 tsp Pepper
1 Tbsp Onion, chopped fine
1 Tbsp Crab Boil (Old Bay Seasoning)
½ tsp Tabasco Sauce
1 ½ lb Shrimp

Sauté bacon, then add remaining ingredients. Stir well.
Add shrimp, stir.
Bake at 375 for 10-20 min.
When done remove shrimp to platter.
Put sauce in bowls for dipping.
Serve with crusty French bread.

Shrimp & Blue Cheese Grits (Susie's)

Shrimp, peeled
Essence Seasoning
Instant Grits
Water or Milk
Blue Cheese

Sauté shrimp in Essence.

Prepare Instant grits according to package.
Add a little milk to smooth the grits and make more creamy/saucy, then add blue cheese.
Serve shrimp over grits.



Shrimp Etouffé (or Crawfish)

3 Tbsp Brown Roux (3 Tbsp Flour : 3 Tbsp Butter → brown slowly)
¼ cup Celery, finely chopped
2 Tbsp Green Onions, finely chopped
1 clove Garlic, minced
2 Tbsp Parsley, chopped
1 tsp Salt

1 tsp Cayenne Pepper
1 cup Water
1 ½ lb Shrimp or Crawfish meat
Cooked Rice

Heat roux, celery, onion, garlic.
Cook & stir ~4 min (celery should be transparent).
Add parsley, salt, cayenne, & water. Mix well. Add shrimp or crawfish.
Cover & cook over med heat for 15 min.
Serve over rice.

Shrimp with Goat Cheese & Tomatoes on a bed of rice

Shrimp
Goat Cheese
Thyme
Tomatoes
Rice
Parsley

Make rice.
Line bottom of baking dish with foil.
Mix shrimp, cheese, thyme, & parsley, place in dish and bake @ 325-350 for ~10 min.
Broil to brown top.
Add tomatoes & serve.

** Makes a great Lunch, Light Dinner, or Appetizer.**

Shrimp and Scallop Ceviche

1/4 cup kosher salt, plus more for seasoning
(6 large) 1 lb medium shrimp, peeled and deveined
(6 small-medium) 1/2 lb bay scallops
(1) 2 lemons, juiced
(1) 2 limes, juiced
(1) 2 oranges, juiced
(1/2 cup) 1 cup peeled, seeded and diced cucumber
(1/4 cup) 1/2 cup finely chopped red onion
(1) 2 serrano chiles, seeded and finely chopped
(1/2 cup) 1 cup seeded and diced tomatoes
(1/2) 1 Hass avocado, peeled, seeded, and chopped into 1/2-inch pieces
(1/2 Tbsp) 1 tablespoon roughly chopped fresh cilantro leaves, plus leaves for garnish
~~(1/8 cup) 1/4 cup extra-virgin olive oil~~



Put a 4-quart stockpot over high heat and fill with 2 quarts of water.
Season the water with 1/4 cup kosher salt and bring to a boil.
Once the water comes to a boil, add the shrimp & scallops to the pot and immediately turn off the heat. Let the shrimp sit until just cooked through, ~ 2 minutes.
Remove the shrimp & scallops from the water and spread out on a sheet pan to cool & chop (cut each into ~ 1/4 size).
Add shrimp & scallops to a glass bowl, add lemon, lime and orange juices and stir in the cucumber, red onion

and chiles. Refrigerate for ~1 hour.

Stir the tomatoes, avocado, chopped cilantro, and olive oil into the shrimp and scallop mixture.

*Allow it to sit at room temperature for 30 minutes, then season to taste with kosher salt.

To serve, divide the ceviche between 6 chilled martini glasses, garnish with cilantro leaves.

Catfish Fillets w/ Egyptian Tahini Sauce

1 Garlic clove

¼ cup well-stirred Tahini

1/3 cup Water

1 ½ Tbsp fresh Lemon Juice

¼ tsp ground Cumin

¼ tsp Salt

2 tsp Coriander Seeds

Catfish Fillets (or other white fish)

1 Tbsp Olive Oil

2 Tbsp chopped Parsley

Coarsely chop garlic & puree with Tahini, water, lemon juice, cumin, & salt, 'til smooth.

Roughly crush coriander seeds with back of knife.

Sauté fish over moderate-high heat ~2 min per side. Sprinkle with crushed coriander.

Place pool of Tahini in plate, top w/ fish, sprinkle w/ crushed coriander, oil from plate, & parsley.

ORANGE POACHED TROUT

2 cups orange juice

2 cups water

3 Tbsp wine vinegar

1 onion, sliced

1 1/2 tsp salt, divided

6 whole pepper corns

2 whole allspice berries

1 bay leaf

3 sprigs fresh parsley

2 large trout

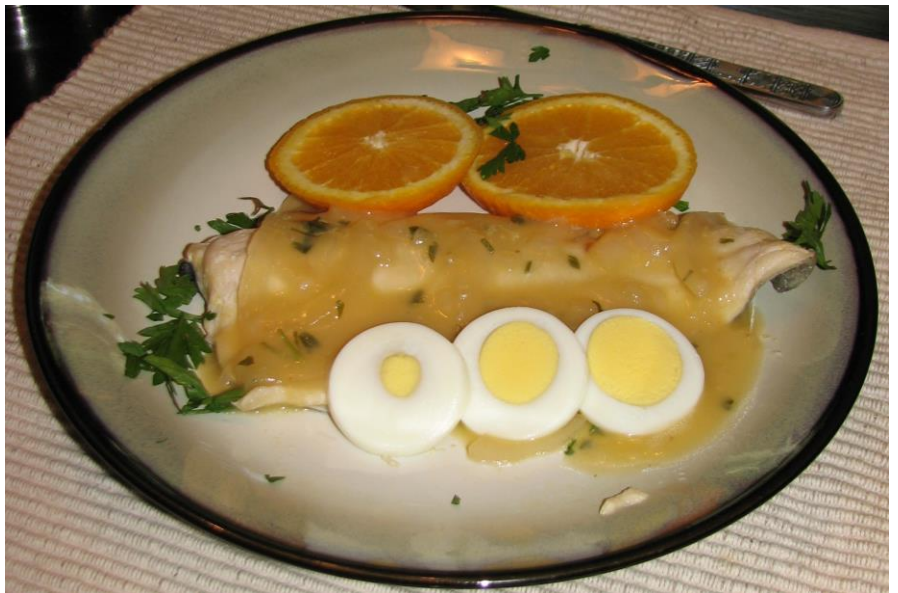
2 Tbsp butter

3 Tbsp chopped onions

2 Tbsp chopped parsley

1/4 tsp dried leaf tarragon

2 Tbsp flour



In a large skillet, bring OJ, water, vinegar, sliced onions & 1 tsp salt to a boil.

Tie the four spices in cheesecloth, add to skillet & simmer for 30 min.

Add trout & simmer for 6-8 min or until it flakes with fork.

Remove fish and keep warm.

In small saucepan melt butter.

Add chopped onions, parsley, tarragon and 1/2 tsp salt.

Cook until onion is tender, blend in flour & cook 2 min.

Gradually add 2 cups poaching liquid stirring until it comes to a boil and thickens.

Serve sauce over trout. Good for brunch with toast and sliced hard boiled eggs.

Southwestern Walnut Encrusted Trout (Josh)

Crust Seasoning:

- Crushed Walnuts
- Chipotle Pepper Powder
- Cumin
- Onion Powder
- Salt & Pepper
- Cilantro
- Parsley

Sear fish with seasoning in Butter/Olive Oil.

Bake in oven to finish.

Deglaze pan with White Wine & Lime Juice. Boil down to concentrate & stir in Butter for Buerre Blanc-pan sauce

Serve with: Black Beans with Lime Juice, Garlic, Pepper.
 Rice cooked with Chicken Broth & Corn.

Tuna Casserole (Mom)

Egg Noodles, cooked (put in a large bowl)

Heat can of Mushroom Soup & can of Milk.

Add 1-2 cans Tuna & mix with noodles.

Bake @ 350 for 30-45 minutes.

Sesame-Crusted Tuna Salad with Edamame

- Tuna
- Sesame Seeds (White and Black)
- Soy Sauce
- Mirin
- Honey
- Lettuce Greens
- Radishes, julienned
- Cucumber, Julienned
- Mushrooms, julienned
- Edamame
- Caviar, optional

Whisk together soy, mirin, honey.

Coat tuna with salt, pepper and sesame seeds.

Sear in hot pans. Let rest, slice.

Serve over salad greens.

Tuna Salad Sandwich w/ Black Olive Dressing

Dressing

- ¾ cup Parsley
- ¾ cup Black Olives
- ½ cup Olive Oil
- 4 Anchovy Fillets, minced
- 3 Garlic cloves, minced or powder
- 1 ½ Tbsp Lemon Juice



1 Tbsp Thyme

S & P

Snow Peas

2 cans Tuna

4 crusty Baguettes

2 Tomatoes, sliced

4 hard boiled Eggs, sliced

In bowl, mix parsley, thyme, olives, olive oil, anchovies, garlic, lemon juice, s & p.

Blanch snow peas in boiling, salted water for ~1 min. Drain & refresh in ice water. Pat dry and slice lengthwise.

Add tuna to 6 Tbsp of dressing & lightly toss.

Spread baguettes w/ rest of dressing, on bottom arrange snow peas, tomato, tuna, thin sliced egg.

Serve.

Tuna with Pineapple Glaze

1 cup Pineapple Juice

½ cup White Wine Vinegar

1 tsp Ginger, finely chopped

3 Tbsp Soy Sauce

3 Tbsp Light Brown Sugar, firmly packed

6 Tbsp Ketchup, prepared or homemade

3 Tbsp Lime Juice

1 tsp fresh ground White Pepper

Tuna Steaks

Salt & Pepper

To prepare glaze

Combine pineapple, vinegar, ginger, soy, & brown sugar in small saucepan & bring to a boil.

Reduce heat to low & simmer until volume is reduced by half, ~30 minutes.

Add ketchup and cook ~5 min.

Remove from heat and add lime juice & white pepper.

Put glaze on grilled tuna steaks.

OR

Make Tuna Burgers: use ground tuna, form into patties, refrigerate at least 30 min.

Brush both sides with glaze & cook in skillet over med-high heat; basting often with glaze.

Tuna w/ Wasabi-Vinaigrette & Seaweed Salad

2 Tbsp Mustard Oil (or 2 Olive Oil + 2 dashes powdered Mustard)

6 Tbsp Veg Oil

8 Tbsp Olive Oil

1 Tbsp Wasabi Powder

1 ½ Tbsp Lemon Juice

1 Tbsp Rice Vinegar

1 Tbsp Dijon Mustard

1 Tbsp Chili Paste

2 Tbsp Soy Sauce

Salt

Combine all in bowl & whisk well.

Tuna – Sear on both sides.
Seaweed Salad (purchased or homemade)
Toast Points
Caviar

To Serve

Slice tuna thin & drape in middle of plate.
Arrange seaweed salad around on side.
Drizzle sauce/vinaigrette around other side of plate & over tuna.
Dollop caviar on top of tuna and arrange toasts.

OR

Can use Salmon.
Serve with Avocado-Egg Salad & tortilla chips.

Avocado-Egg Salad

1 Avocado
1 Hard-Boiled Egg
1 Onion, chopped (soaked in salt water for ~30 min) or Onion Powder
S & P
Mash avocado, dice egg & combine all.

Seaweed Salad

2 oz dried Wakame Seaweed
1/3 cup Rice Vinegar
1 Tbsp Salt
1 Tbsp Sugar
½ tsp toasted Sesame Oil
½ cup Soy Oil
2 small Red Chile Peppers or Flakes
4 Tbsp Sesame Seeds, toasted

Place Wakame in mixing bowl & soak in tepid water for 20-30 min.
Remove from water, squeeze dry, & trim away tough spine.
Cut into thin strips & place in large bowl.
Combine vinegar, salt, sugar, & both oils.
Pour over Wakame, add pepper, & toss.
Sprinkle w/ sesame seeds.

Fajitas – Shrimp & Scallops

½ lb Shrimp
½ lb Scallops
½ large Red Onion
½ large Yellow Onion
1 small Green Bell Pepper
1 small Red Bell Pepper
4 cloves Garlic
Salt & Pepper
Chipotle Powder
Ancho Chili Powder

Sauté vegetables until soft in olive oil.

Add salt, pepper, chipotle & ancho chili powder, & cumin.

Cover, simmer on low until veggies are soft. Add 1/8 – ¼ cup Cilantro (fresh!!)

Sauté shrimp & scallops with similar seasonings until just cooked.

Add seafood in with vegetables. Add 1 Tbsp lime juice.

*Serve in flour tortillas; avocado, sour cream, tomatoes.

Serve with Black Beans – Refrieds

1 can Black beans

Cumin, Ancho, salt, pepper, garlic

1 tsp Lime juice

Cook to meld flavors. Smash with a potato masher.

Sides

Walnut-Parmesan Asparagus

Asparagus

Walnut, coarse chopped

Parmesan or Blue Cheese

Butter

Garlic, minced

Steam asparagus until tender, place in dish with melted butter, top with walnuts, garlic, & parmesan cheese.

Bake ~5 min., until cheese is melted.

Baked Beans

2 can Pork & Beans (or other brown bean)

1 chopped Onion

1 chopped Bell Pepper

2 tsp Mustard

2 Tbsp Ketchup

2 Tbsp Worcestershire

3 strips Bacon

½ cup Brown Sugar

Cook ~45 minutes.

Pickled Beets (Mom's via Aunt Berta's (my granddad's sister-Dad's Aunt))

1 can Beets

1 cup Sugar

1 cup Cider Vinegar

Drain can beets, cut sliced beets.

Heat 1 cup sugar + 1 cup Cider vinegar.

Pour over beets & let stand for a couple of days in refrigerator.

Black-Eyed Peas in Slow Cooker

1 1/2 lbs Black-Eyed Peas, rinsed and soaked
4 cups Water
Smoked ham/**Bacon**/Pancetta
1 medium **Onion**
2 cloves minced Garlic
Green Chiles (or some hot pepper), to taste
1 1/2 tsp Chili Powder
1 1/2 tsp Black Pepper
1 tsp Cumin

Soak beans overnight.

Add all to slow cooker.

Put on high for 30 min to 1 hour, then on low for at least 6 hours or overnight.

Cuban-Style Black Beans

1 pound dried black beans, rinsed and drained
2 medium white onions, halved lengthwise
2 medium green bell peppers, halved
4 bay leaves, divided
8 cups cold water
3 garlic cloves
1 tablespoon kosher salt, divided
6 tablespoons extra-virgin olive oil, divided
1/4 cup dry white wine
1 1/2 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1 teaspoon tomato paste
1 teaspoon ground black pepper
Chopped cilantro (optional)
Lime wedges (optional)



Combine black beans, 1 onion half, 1 bell pepper half, 2 bay leaves, and 8 cups cold water in a pressure cooker. Lock lid into place and set pressure to HIGH (15 pounds); bring up to pressure over high heat. When pressurized, reduce heat to medium and cook 15 minutes. Remove from heat, release pressure, and let stand until pressure is completely released. Remove lid. Discard onion, bell pepper, and bay leaves.

Meanwhile, finely chop remaining onion and bell pepper halves. Smash garlic on cutting board with flat side of a chef's knife. Sprinkle with 1 teaspoon salt, then rub salt into garlic with the knife to form a paste.

Heat 1/4 cup oil in a large skillet over medium. Add chopped onions, chopped bell peppers, and garlic-salt paste. Cook, stirring occasionally, until onions are translucent, about 8 minutes. Stir in remaining 2 bay leaves, wine, cumin, oregano, and tomato paste. Cook, stirring, until tomato paste is incorporated and wine has evaporated, 2 to 3 minutes.

Place uncovered pressure cooker over medium heat. Stir in onion-bell pepper mixture; season with black pepper and remaining 2 teaspoons salt. Simmer until beans are cooked through, about 30 minutes. Drizzle with remaining 2 tablespoons oil.

Serve black beans with cilantro and lime wedges, if desired, and season to taste.

Smothered Black Eyed Peas w/ Sausage

1 lb Smoked Sausage (Hillshire Farms), sliced in half lengthwise, cut ¼" slices, ~4 cups
2 cups chopped Yellow Onion (1 medium)
Salt
Fresh ground Black Pepper
4 cloves Garlic
4 Bay Leaves
5 sprigs fresh Thyme
3 tsp finely chopped Parsley
8 cups Chicken Stock
1 lb Black-Eyed Peas

In lg pot, medium heat, render sausage for 5 min.
Stir in the 1 cup of onions, bay leaves, thyme, & parsley.
Season with salt & pepper.
Sauté for 5 min. until onions are wilted.
Stir in chicken stock, peas, & 1 Tbsp of garlic.
Bring the liquid up to simmer & cook for 1 ½ hours, or until the peas are tender.

Blue Cheese Coleslaw (Josh & Susie)

White/Green Cabbage
Red Cabbage
Carrots
Red Onion
*Can use store bought Coleslaw Mix + Red Onions

½ cup Mayo
1 Tbsp prepared Horseradish
Blue Cheese, crumbled
S & P

Mix in bowl.
Add cabbage & onion and fold together.



Broccoli Cheese Casserole (Mom)

Broccoli (2 pkgs Frozen)
2 eggs, beaten
1 small Onion, chopped
½ cup Mayo
1 cup grated Velveeta Cheese
1 can Cream of Mushroom Soup
Bread Crumbs

Cook broccoli according to package & drain.
Add all ingred. (But, ½ cup cheese)
Sprinkle remaining cheese on top & then sprinkle bread crumbs on top of that.
Bake @ 350 for 40-45 min in a greased 9 x 13" pan.

Brussel Sprouts (Susie's)

Oil & Butter

Brussel Sprouts

S & P

Essence

H2O

Balsamic Vinegar

Caramelize sprouts in oil & butter, add water & vinegar, reduce. Add more water if needed to caramelize nicely.

Brussels Sprouts with Butternut Squash and Pomegranate Seeds

1 large Butternut Squash

2 1/2 pounds Brussels Sprouts

4 Red Onions, cut into chunks

1/2 cup Olive Oil

1 tablespoon Chili Powder

Salt

Black Pepper

1 cup Pomegranate Seeds



OPTIONAL: Susie's Note:

Add Bacon or Prosciutto

Preheat the oven to 375 degrees F.

Dice the squash fine (into ~1/2 dice) and place on baking sheet.

Cut Brussels sprouts in half if. Arrange them on the baking sheets with the squash and add the red onions.

Drizzle the vegetables with the olive oil, sprinkle with the chili powder, salt and pepper and toss. Roast until browned, 25 to 30 minutes.

Put the vegetables into a serving dish, sprinkle on the pomegranate seeds.

Toss and serve immediately.

Add bacon (optional).

Butternut Squash Bread Pudding (Stuffing)

½ lb Squash, roasted w/ s & p diced

½ lb Sourdough Bread, diced

½ Tbsp Butter

½ med Leek, white & tender green part only, chopped

½ Garlic, minced

3-4 Eggs

2/3 cup Milk

2/3 cup Heavy Cream

½ tsp Thyme, chopped

1/16 tsp Nutmeg

Preheat oven to 400°.

Butter an 8 x 8" pan.

On baking sheet, toast bread until crispy, ~10 min.

Reduce heat to 350 °.

In skillet sauté leeks & garlic, mod-high for ~2 min.

Reduce heat to moderate-low & cook for ~20 min.

In bowl whisk eggs, add in milk & cream, thyme, nutmeg, s & p.

Add bread.

Let stand ~15 min.

Gently fold in squash & leeks & transfer to prepared dish.

Bake for ~1 hour.

Moroccan Carrot Salad (Cold)

Serve with Indian or Middle Eastern Dishes.

Carrots, 3 cups, thinly sliced

¼ tsp Coriander, grd

¼ tsp ground Cumin

¼ tsp Cayenne

1 Tbsp Lemon Juice

~1 Tbsp Olive Oil

1 Tbsp minced Parsley

1 small clove Garlic, minced or powdered

Salt

Boil sliced carrots on high for ~5 min.

Drain & cool.

Whisk all ingred. in bowl.

Add carrots & toss.

Serve at room temp.

Ginger Carrots (Josh)

Carrots

Butter

Ginger, powder

Salt

Pepper

Parsley

First, steam the carrots, then sauté in butter with ginger, s & p, & parsley.

Serve.

Spicy Chickpeas (Indian Side Dish, Serve w/ Chicken Do Pyaza)

2 Tbsp Olive Oil

1 med Onion, finely chopped

1 clove Garlic, minced

1 tsp Coriander

½ tsp Cumin

1/8 tsp Cayenne

1/8 tsp Turmeric

1 can Chickpeas, drained

Salt and Ground Black Pepper

*Optional: 1 tsp Lemon Juice
2 Tbsp chopped Cilantro

In skillet, cook onion & garlic, s & p, until onion begins to brown over moderately-high heat.
Add the 4 spices & cook ~1 min.
Add chickpeas & more s & p & cook until heated through.
* If adding lemon & cilantro – do just before serving.

Lime & Chipotle Collard Greens

½ - 1 med Onion, thin sliced
1 clove Garlic, minced
Oil
½ Chipotle Pepper, chopped or Chipotle Powder
1-2 cups Chicken Stock
1 lb Collard greens
S & P
Splash or two of Lime Juice

Sauté onion & garlic in oil with chiles. Add stock & boil. Add greens. Season with s & p.
Cover & simmer over mod-low heat, ~40 min. Take off heat. Add lime juice.

Creamed Collard Greens

Several large bunches of Collard Greens
Oil
1 cup chopped, cooked Bacon
2 large Shallots
3 Tbsp All-Purpose Flour
1 1/2 tsp Sweet Paprika
1-2 cups Whole Milk
1-2 cups Heavy Cream
Salt and Black Pepper

Cook bacon, drain.
Add shallots to pan over medium heat, ~5 min.
Add flour & paprika, stir constantly for 2 min. Whisk in milk & cream, bring to boil, whisk often.
Stir in collards, reduce to low. Simmer, stirring often, until greens are tender & sauce thickens, ~30 min.
Season with salt & pepper.
Garnish with bacon pieces.

NOTE:

This is for preparing a LOT of greens so, remember to cut ingredient amounts when making a smaller amount.

Sautéed Greens

2 large bunches greens (chard, collards, kale or mustard)
1 tablespoon Olive Oil
½ - 1 Onion, Diced
2-4 cloves Garlic, thinly sliced or diced or minced
Few pinches Red Pepper flakes (optional for heat)
1 tablespoon Sherry Vinegar or Cider Vinegar



1/2 teaspoon Salt, or more to taste

Rinse greens well.

Tear or cut leaves away from stems and discard stems.

Coarsely chop.

Heat oil in large skillet over med-high heat.

Cook onions a few minutes, add garlic and pepper flakes, then add greens, a few handfuls at a time, stirring in between. Put lid on to initiate wilting.

Once all greens are wilted in pan, stir in vinegar and salt.

Cover. Cook until just tender, 2-15 minutes, depending on the type of greens and your preference.

Elote – Mexican Street Corn

Corn on Cob

Mayo

Chili powder (Cayenne)

Cilantro

Grated Mexican Cheese or Parmesan

Lime Juice

Grill corn. (Can wrap in foil and grill). Slather corn in mayo, chili powder, cheese and lime juice.



Corn Pudding (Mom)

2/3 cup Sugar

2 Eggs, stirred (not beaten)

2 Tbsp Flour

½ tsp Salt

1 ½ cup Milk

½ stick Butter, melted

2 cups fresh, frozen, or canned Corn

Mix & put in greased pan (8 x 8).

Bake @ 350 for 45 min – 1 hr (light brown on top).

Lemon-Herb Couscous

1 small Onion, chopped

1 clove Garlic, minced

Olive Oil

½ - 1 Chicken Bullion Cube } Sauté

Couscous --Prepare according to package.

Fresh Parsley, chopped

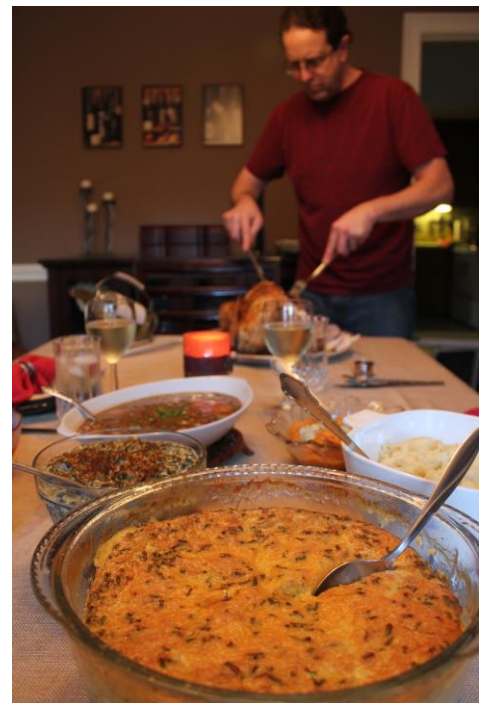
Fresh Basil, chopped

Fresh Mint, chopped

Lemon Juice

Toss all together & serve.

Good w/ Coriander-Cumin-Spiced-Rubbed Pork/Chicken & sautéed Squash.



Cranberry: Orange-Cranberry Relish

1 bag Frozen/Fresh Cranberries

1 cup Sugar

Zest of 1 Orange

Juice of 1 Orange

Splash of Grand Marnier

Mix all in food processor & refrigerator.



Cucumber & Feta Salad

Cucumber, diced (cold)

Feta, crumbled (cold)

Lemon Juice

Salt

Olive Oil

Thyme

Oregano

Pepper

Parsley

Whisk together & pour over cukes & feta.

Serve over sautéed chicken (olive oil, s & p, thyme, & oregano).

Grilled Eggplant, Tomatoes, & Feta Towers

1 small-medium Eggplant

Olive Oil

1 Tomato

Feta Cheese

Spice Mix (for lamb): Lavender, Fennel Seeds, Black Pepper, White Pepper, Salt.

Prepare grill.

Preheat oven to 350°.

Spread eggplant slices & tomato slices on a greased foil-lined sheet pan & season with spice mix on one side.

Place eggplant on grill, when done transfer to plate.

Place sheet pan with tomatoes on it on grill to warm & bubbly tomatoes; just a few min.

Assemble towers:

Using wide spatula, layer eggplant slice, tomato slice, & basil leaf in a ramekin.

Sprinkle with ~ 1 tsp Feta.

Repeat once more and top with an additional eggplant slice. Press down lightly.

Place ramekins on a baking sheet & bake until heated through (~10-25 min).

Drizzle with olive oil & garnish with basil.

A great side dish for Lamb chops (with Lavender-Fennel Dry Spice Rub) & Caramelized Figs.

Green Beans with Balsamic-Shallot Butter

1/2 cup Balsamic Vinegar

2 large Shallots, finely chopped

4 Tbsp Butter, room temp.

2 lb fresh Green Beans

Salt and Pepper

Sauté shallots with balsamic.

Bring to a boil until reduced to about 1 Tbsp.

Partially cook beans in boiling water for about 5 minutes.

Toss beans with shallot-balsamic glaze.

Green Beans w/ Green Olives & Garlic

Green Beans

Green olives with Pimentos, chopped

Garlic, minced

Hot Pepper Flakes

*If using fresh beans, boil in salty water, then flash with ice water.

Add garlic to hot oil, along w/ chopped olives, sauté a few seconds to a minute (enough to heat).

Plate green beans, pour garlic & olives over beans & hot pepper flakes & toss.

Green Beans with Mustard-Seed Butter

½ Tbsp Yellow Mustard Seeds

1 medium Shallot, thin sliced

1/6 cup Sherry Vinegar

1/16 cup Water

1/8 cup Heavy Cream

¼ stick Butter

1/16 cup Whole-Grain Mustard

S & P

1 lb Green Beans

In lg skillet, toast mustard seeds over med-high heat w/ lid on 'til they start popping.

Add shallots, vinegar, & water to skillet & simmer over mod-low heat 'til liquid is reduced to 1 Tbsp, ~12 min.

Add cream & simmer over mod. heat 'til thick, ~5 min.

Transfer to bowl & let cool.

Stir in butter & mustard.

Season with salt & pepper.

Boil green beans in salted water, ~8 min. Drain.

Add mustard butter & toss with salt & pepper.

Hushpuppies (Paula's)

¾ c S.R. Flour

¼ c S.R. Cornmeal

~ ¼ tsp Baking Soda

~ ½ c Buttermilk

½ Egg

~ 1/8 c Onion

Salt

Parsley

350° Oven

Potatoes Sides:

Blue Cheese & Walnut Roasted Potato Slices (Susie)

~10 small Red Potatoes, cut into ~ quarter inch slices or wedges

1 Tbsp Olive Oil

¼ tsp Salt
1/8 tsp Pepper
4 oz (1 cup) crumbled Gorgonzola (or other good Blue Cheese)
½ cup chopped Walnuts or Pecans
2 Tbsp chopped fresh Chives

Heat oven to 400°F.

In bowl, combine potato slices & oil; toss to coat.

Sprinkle with s & p.

Bake for 20 min or until tender.

In small bowl, combine cheese & nuts & chives; mix well.

Top each potato slice w/ cheese mixture & place back in oven & warm thru (until cheese begins to melt slightly).

Crispy Scalloped Potatoes with Chive Cream Cheese

Potatoes, cut very thin on mandolin

Salt

Pepper

Thyme

Chive Cream Cheese

Half & Half (optional)

Sauté potatoes in skillet until beginning to turn golden.

Start layering in individual ramekins.

Between layers add salt & pepper & thyme. (can also add some cream cheese b/w layers too).

Dollop of cream cheese on top.

Can drizzle half & half over top if desired, for a creamier dish.

Bake (420) for ~15-20 minutes.

Herbed Potatoes (Mom)

12 med Potatoes (golf ball size) – cook whole; cool; peel & dice

4 slices White Bread (ends), cubed

½ lb Velveeta, shredded

1 tsp Salt

¼ tsp Pepper

1 Tbsp Parsley

Mix all together, put in 9 x 13 inch greased pan (don't pat down).

Mix 2 sticks **Butter** (melted) in another pan & add ¾ cup **Milk**.

Pour over top of potatoes.

Sprinkle ~ 1/3 cup **Seasoned Bread Crumbs** on top.

Bake @ 350 for ~45 minutes.

New Potatoes w/Thyme & Saffron

1 cup Chicken Stock

Pinch of Saffron Threads

4 Tbsp unsalted Butter

3 lbs New Potatoes, quartered

2 med Shallots or dehydrated minced Onion

Thyme, several lg pinches
2 Bay Leaves (1 broken in half)
S & P

Heat stock to boil, crumble in saffron & minced onion & steep for at least 15 min.
Melt butter in skillet, add potatoes & cook at least 4-5 min (coat potatoes well with butter).
Add bay leaf (leaves), cook ~1 min.
Add thyme, cook ~1 min.
Add infused stock and s & p.
Cover & cook over low heat until tender, ~15 min.
Uncover & cook, until reduced.

New Potato Salad w/ Sautéed Onion Vinaigrette

3 Tbsp Olive Oil
1 lg Spanish Onion, finely sliced
1 lg Shallot, finely sliced
2 cloves Garlic, finely chopped
½ cup Sherry Vinegar
2 lbs New Potatoes, boiled & quartered
¼ cup finely chopped Parsley
S & P

Sauté onions 'til golden brown.
Add shallots & garlic & cook ~1 min.
Remove from heat.
Add vinegar.
Pour over warm potatoes, add parsley & stir. S & P

Risotto Sides:

Risotto

6-8 cups Chicken or Beef or Veal Broth
3 Tbsp Olive Oil
½ cup finely chopped shallots (~2)
1 cup Arborio rice
½ cup White Wine
4-6 Tbsp unsalted Butter
½ cup Parmesan
¼ cup chopped Parsley
S & P

Heat stock in pan; keep hot.
Sauté shallots in oil, 'til translucent.
Add rice and cook, stirring, 'til rice begins to make clicking sounds (~3-4 min).
Add wine to rice. Cook until rice absorbs wine.
Add hot stock, 1 ladle at a time; keep doing until rice has absorbed as much liquid as it can and is looking creamy.
*At this time could add cooked mushrooms or pumpkin puree, etc...
Remove from heat.
Stir in butter, parsley, salt & pepper.



Serve immediately.

Pictured is a **Lemon Risotto. Follow same procedure as above adding Lemon Juice and Zest.

Corn, Tomato, & Basil Risotto (Susie's)

Onion, diced

Olive Oil

Rice, 1 cup

White Wine (~ ½ cup)

Chicken Broth (~2-3 cans), heated in separate pot.

Tomatoes, diced (Romas, cherry, or any regular just drain the juice)

Corn, ½ can (a couple of spoonfuls of corn pureed or use creamed corn)

Basil, julienned

Parmesan &/or Goat Cheese

Sauté onion in oil 'til translucent.

Add rice and stir 'til the rice begins to click a bit.

Add wine, reduce.

Begin adding the hot broth, a couple of spoonfuls at a time.

Stir almost continuously 'til broth is absorbed.

Continue adding broth in the same manner 'til rice is tender and creamy (~20-30 min).

Add in corn; stir together.

Stir in cheese (Goat Cheese).

Fold in tomatoes and basil, serve immediately.

Moroccan Style Risotto (Susie and Josh)

*a nice use of leftovers when you have humus!!

Israeli Couscous (the Large, pearl couscous), cooked per package directions

Bacon Grease

Olive Oil

Kale, pre-cooked

Squash, pre-cooked

Onions, pre-cooked

Humus

Water

Pork Tenderloin or Chicken, pre-cooked

Salt and Pepper

Lemon Juice

* Can use all leftovers: grilled squash and onions, grilled pork tenderloin, cooked kale

Cook couscous according to package directions.

Chop up all of the leftovers into small cubes, rough chopped to approximate the size of the couscous. Sauté in a pan with bacon fat and olive oil.

Add some salt and pepper.

Add in a few large spoonfuls of humus about a 1/2 cup.

Add some lemon juice and some water to thin out humus to desired consistency.

Add cooked couscous and stir in.

Add in a bit more water and simmer on low.

Adjust seasonings, add in a bit more olive oil or lemon juice or humus as desired.
Serve in a bowl like risotto! Yum!!

Butternut Squash Risotto

1 small Squash (~1 ½ lbs)
1 ¾ cups Chicken Broth
½ cups Water
1 small Onion, chopped (~ ½ cup)
1 lg Garlic clove, sliced thin or minced
1 ¼ tsp minced, peeled Gingerroot
3 Tbsp unsalted Butter
½ cup Arborio Rice (or other long-grain rice)
¼ cup Dry White Wine
2 Tbsp chopped fresh Chives

Preheat oven to 450°F.

Halves squash lengthwise & disregard seeds.

Peel one half & cut into ¼ inch dice.

Put remaining half, cut-side down in oiled baking pan w/ diced squash & season with s & p.

Bake squash, stirring diced occasionally, 'til tender & browned lightly, 15-20 min.

Scoop out flesh of halved squash and dice.

In saucepan, bring broth & water to a simmer.

In another pan cook onion, garlic, ginger in butter over mod-low heat, 'til softened.

Stir in rice & cook over mod heat, stirring, ~1 min.

Add wine & cook, stirring 'til absorbed.

Add broth a ladle (~ ¼ cup) at a time, 'til absorbed.

When half the broth has been added, add the diced squash & cont. adding broth, 'til creamy.

Stir in chives, s & p to taste.

Serve immediately.

Sausage Stuffing or Dressing

1 pkg Regular flavor Jimmy Dean Pork Sausage
4 oz mushrooms
2/3 cup diced Onions
½ - 1/3 cup diced Carrots
2/3 cup diced Celery
1 Garlic clove, minced
½ pkg frozen Spinach, thawed, drained
1 tsp dried Rosemary
½ tsp Black Pepper
½ pkg Breadcrumbs or ½ lb fresh, toasted
1 cup Chicken Broth
½ Egg, lightly beaten

325 oven.

Cook sausage over med-high heat; drain.

Add mushrooms, onion, carrots, celery, & garlic.

Cook 10 min.

Transfer to bowl, add remaining ingred.



Pour into a buttered casserole.

Bake ~1 hour.

Spinach with Boursin

Spinach

Chicken Broth

Boursin Cheese

Cooked spinach in a little chicken or vegetable broth and serve with Boursin Cheese on top.

Chile-Vinegar Cooked Spinach (Susie)

2 small Shallots

1 Garlic clove (or 1 Tbsp minced)

Olive Oil

1 bag Spinach (1 lb)

½ cup Chicken Broth

1 tsp Chile Paste

Black Pepper

Sauté shallots & garlic on oil until browning, add spinach & sauté until wilted.

Add broth & chile paste & black pepper.

Boil until reduce to reduce almost no liquid.

Sautéed or Creamed Spinach

Spinach

Olive Oil

S & P

Garlic/Onion Powder (Optional)

Cream or Coconut Milk (Optional)

Sautéed Squash

Squash

Olive Oil

Garlic

Cumin

S & P

Paprika

Sauté garlic, add squash, add spices, cover & sauté 'til soft.

** Add plenty of good Olive Oil.

Souffle Sides:

Cheddar Cheese Soufflé

4 Eggs, room temperature, separated

2 Tbsp Butter

3 Tbsp Flour

½ tsp Salt

dash Pepper

dash Paprika



¾ cup Milk
2 cups (1/2 lb) grated Sharp Cheddar Cheese
¼ tsp Cream of Tartar (or 1 ½ heaping spoonfuls of
Cornstarch)

350 oven.
In bowl, let egg white warm to room temp.
Make roux with salt, pepper, cook/mix until smooth.
Stir in milk. Over med heat bring to boil, stirring, remove
from heat.
Add cheese & stir 'til melts.
Let cool, then stir in slightly beaten egg yolks.
Beat egg whites with cream of tartar or cornstarch until
stiff peaks form.
Gently fold whites into mixture.
Pour into a greased 2 Qt soufflé dish. Make a divet ~1"
toward center of soufflé with spoon.
Set dish in pan with ~1" water up the sides.
Bake 50-60 min.
Serve immediately.
Serve with [Shrimp Newburg Sauce](#).



Goat Cheese and Thyme Soufflé

2 Tbsp Parmesan Cheese, grated
2 Tbsp unsalted Butter
¼ cup All-Purpose Flour
½ cup Milk
2 Tbsp Dry White Wine
½ tsp Mustard
½ tsp Anchovy Paste
3 ½ oz. Goat Cheese, crumbled
1 ½ tsp Thyme
Salt & Pepper
2 Lg Eggs, separated + 3 Lg Egg Whites
¼ cup grated Sharp White Cheddar
Cornstarch

Preheat oven to 375.
Butter a 1 qt soufflé dish.
Add parmesan & turn dish to coat w/
cheese.
In medium saucepan, melt butter over low heat.
Add flour, whisk.
After roux is ready, whisk in milk, wine, mustard, anchovy paste, & cook, whisking, until sauce is smooth &
thick (~8 min).
Remove from heat & stir in goat cheese & 1 tsp thyme.
Season w/ salt & pepper & stir in egg yolks.
In a large bowl, beat egg whites w/ a pinch of salt & cornstarch until soft peaks form.
Fold/stir 1/3 of whites into soufflé mix, then fold remaining whites until just a few streaks remain.



Pour into prepared dish.

Sprinkle top with cheddar, thyme, & pepper.

Bake for ~25 min.

** Can also bake in two 2-cup ramekins but reduce cooking time.

Southwest Relish

1 cup Corn

2/3 cup chopped Red Onion

¼ cup Cilantro

3 Tbsp Lime Juice

1 Tbsp Olive Oil

1 medium Avocado, cut into bite-sized pieces

1 clove Garlic, finely chopped

1 can (15 oz) Black Beans, rinsed & drained

Mix all ingredients.

Cover & refrigerate at least 1 hour to blend flavors.

Serve with chicken.

Thyme-Roasted Sweet Potatoes

4 medium sweet potatoes, peeled and cut into 1 1/2-inch-thick rounds

3 tablespoons olive oil

4 large garlic cloves, minced

1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish

1/2 teaspoon kosher salt

1/2 teaspoon red pepper flakes

Preheat oven to 400°F. In large mixing bowl, combine all ingredients and toss.

Arrange potato slices in single layer on heavy rimmed baking sheet or in 13x9-inch baking dish. Place on top rack of oven and roast until tender and slightly browned, ~40 min.

Serve warm or at room temperature, garnished with thyme sprigs.

Thyme-Roasted Sweet Potatoes

4 medium sweet potatoes, peeled and cut into 1 1/2-inch-thick rounds

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1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish

1/2 teaspoon kosher salt

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Preheat oven to 400°F. In large mixing bowl, combine all ingredients and toss. Arrange potato slices in single layer on heavyweight rimmed baking sheet or in 13x9-inch baking dish. Place on top rack of oven and roast until tender and slightly browned, about 40 minutes. Serve warm or at room temperature, garnished with thyme sprigs.

Thai Basil & Sweet Corn

4 cloves Garlic, chopped

2 small Chilies

2 Tbsp Cilantro

2 Tbsp Fish Sauce or Soy Sauce
2 cups Corn Kernels
1 Tbsp Brown Sugar
½ cup Thai Basil
Oil

Puree garlic, chilies, cilantro, & soy sauce into paste. Set aside.
Heat oil in wok/pan – fry the paste on high ~30 seconds to 1 minute, stirring.
Add corn & brown sugar.
Stir-fry until warm & add basil at last minute. 2-4 servings.

Tostones/Patocones (Susie's)

Tostones in Puerto Rico, Venezuela

Patacones in Costa Rica, Columbia

Green Plantains

Oil
Garlic
Lime Juice
Water
Salt



Peel plantains, cut into ~ 1 inch chunks, sauté for ~1-2 minutes and remove.

Drain on paper towel (to cool a few minutes).

Smash the chunks with a plate and wax paper, dip in garlic-lime water (this step is not critical and can be left out) and, then fry in oil again. Salt immediately.

Serve with Guacamole or a Cilantro-Yogurt Sauce.

Cilantro-Yogurt Sauce

½ bunch cilantro
4 scallions
½ habanero chile or Jalapeno
2 limes
Kosher salt
1 cup sour cream or Greek yogurt

Put all in blender.

Baked Zucchini (Tortini)

Zucchini, cut very thin on mandolin
Garlic, 1 clove, diced
Onion, 1 small, diced
Parsley
Salt
Pepper
Parmesan

Sauté zucchini with garlic, onion, parsley, S & P for a few minutes.

Cool for a couple of minutes.

On sheet pan, layer zucchini in circle, disc, ~3 inches in diameter.
Sprinkle with cheese, add another layer.
Keep doing this for about 4 layers.
Bake in oven (420) for ~10 minutes or so.

Zucchini & Yellow Squash Tian

1 Zucchini, sliced
1 Squash, sliced
Olive Oil
Yellow Onions, 3-4
Thyme
Red Pepper Flakes
S & P
Basil (fresh, minced)
Nice Olive Oil
Garlic, minced
All-Purpose Flour
1 Roasted Red Bell Pepper
Breadcrumbs
Grated Parmesan

Preheat oven to 350.

Cut zucchini & squash & lay flat on clean towel; salt & allow liquid to be released (~20 min).

In a small bowl combine good olive oil, basil, & garlic, let sit ~15 min.

Sauté onions over med heat w/ thyme, salt, pepper, red pepper until caramelized, ~15 min.

Toss zucchini & squash w/ flour.

Pour a little basil oil in bottom of 8 x 8 (or 9 x 9) pan, cover w/ all onions, lay row of zucchini, then squash (alternate until gone), add julienned roasted red pepper b/w zucchini & squash rows, drizzle w/ rest of basil oil, sprinkle w/ breadcrumbs, then Parmesan.

Bake for ~40 min.

Smoothies

1 ripe Banana
½ bag Frozen Fruit (Strawberries or Blueberries)
Apple Juice
Soy Milk or Regular Milk

Add frozen fruit to a blender.

Add apple juice, enough to cover most of the fruit.

Add ¼ - ½ cup soy milk and banana.

Blend.



Soups/Stews

Creamy Artichoke Soup

2 Tablespoons Extra-Virgin Olive Oil
2 Leeks, white part only, washed well and chopped
1 clove Garlic, minced
1 small Potato, peeled and chopped
Cognac or Brandy, just a couple of drops (Optional)
1 (8-Oz) pkg frozen Artichoke Hearts, thawed
2 cups Chicken Stock
1/2 teaspoon Salt
1/4 teaspoon freshly ground Black Pepper
2 Tablespoons Mascarpone Cheese or Cream Cheese
2 Tablespoons chopped Chives, for garnish

Heat olive oil in a heavy, large pot over medium heat. Add the leeks and the garlic and stir. Add the potatoes and cook for 5 minutes, stirring often.

If adding Cognac, do so now.

Add the artichokes, stock, salt, & pepper & cook until the veggies are tender, ~20 min.
Puree.

Cook a bit longer to thicken.

Add cream cheese.

Asparagus Soup (Susie's)

1 Shallot, chopped fine
1.5 bunches Asparagus, diced
1 medium Potato, diced very small
2-4 cups Vegetable Stock
Salt & White Pepper

Sauté shallots in olive oil for about 1-2 minutes, then add asparagus & saute for a few more minutes.

Add broth & potatoes, bring to boil.

Turn heat to medium & simmer for 20-30 minutes or more.

Puree soup.

Garnish with Parmesan cheese that's been crisped in a pan/skillet over med-high heat & very thin slices of asparagus that's been browned in the skillet.

Old-Fashioned Beef Stew – See recipe under **Beef**

Winter Beef Stew – See recipe under **Beef**

Bisque (Lobster, Shrimp, Crab, or Crawfish) (Susie)

Lobster, Shrimp, Crab, or Crawfish Meat
1 medium Onion, minced
1 Lg Carrot, minced
1 clove Garlic, minced
1 stalk Celery, minced
½ cup dry Sherry
1 cup Stock

1 Tbsp Tomato Paste
1 sprig/Tbsp Thyme
1 Bay Leaf
¼ tsp Paprika
2 cups Cream (1 pint)
S & P

Sauté minced veggies in olive oil.
Add sherry: deglaze & reduce.
Add stock & boil.
Add tomato paste, thyme, bay leaf, paprika, s & p.
Add cream.
Season further.
Add meat.
Thicken.

Roasted Yellow & Red Bell Pepper Bisque

1 lb Yellow Bell Peppers, halved lengthwise & seeded
1 lb Red Bell Peppers, halved lengthwise & seeded
4 Garlic cloves, chopped fine
4 cups Chicken Broth
2 cups Heavy Cream
½ cup Dry White Wine
1 Tbsp Sugar
Tabasco to taste
S & P
Crème Fraiche or Sour Cream for garnish

To Roast Peppers:

Preheat oven to 400.
In shallow baking pan, roast peppers (w/ olive oil) until skin begins to darken, ~15 min.
Cut peppers into pieces.
Keep colors separate.

For Soup:

In blender puree yellow peppers w/ half the garlic (2 cloves) & transfer to a small saucepan.
Puree red peppers w/ remaining garlic (2 cloves) & put into another saucepan.

Add to **each** pan 2 cups chicken broth, 1 cup cream, ¼ cup white wine, 1 ½ tsp sugar, hot sauce, S & P.
Boil mixtures until reduced to ~2 ½ cups each and thicken (cook ~30 min then add starch).

To Serve:

Pour some of each soup into separate cups.
Pour simultaneously into bowls (from opposite sides) & garnish w/ a drizzle of sour cream.

* Could add corn to the soups.
** Yellow is the tastiest!

Black Bean Chili

1-2 cans Black Beans
½ Lg Onion (Red/Purple Onion), diced
2 cloves Garlic, diced
1 ¼ tsp Cumin
1/3+ tsp Paprika
1/16 tsp Cayenne or ***10-20 dashes Texas Pete**
2/3+ tsp Chili Powder (for chili)
2/3 tsp Oregano
1 can diced Tomatoes w/ juice
1/8 tsp Sugar
Salt
Pepper
Butter for sautéing

In pan/stock pot, sauté onions in butter.
Add garlic, sauté 'til translucent.
Add spices & some water (so nothing sticks).
Sauté 3-5 min.
Add tomatoes & juice, add ~ ½ -1 can water, sugar, & a little salt.
Simmer 10-30 min.
Stir in black beans & enough water to rinse can.
Simmer ~10+ min.
Add salt & pepper to taste.

Serve over cornbread!!
Garnish with Avocados.

Black Bean Soup

¼ cup chopped Onion
1 garlic clove, minced
1 can Black Beans
1 Roasted Red Pepper, chopped (or Chipotle Chile – if dried, place in boiling water & let stand 15 min or until soft).
2 cups Water
¼ tsp Oregano
1/8 tsp Cumin
1 can Chicken Broth
¼ tsp grd Red Pepper
1 can diced Tomatoes & Green Chiles, undrained (or 1 can Stewed Tomatoes)

Sauté onion in olive oil, ~2 min.
Add garlic, sauté ~1 min.
Add beans, red pepper (or Chipotle), water, oregano, cumin, & broth; bring to boil.
Cover & reduce heat to simmer ~10-20 min +/-.
Stir in grd red pepper & tomatoes.
Serve w/ [Hot Pita Chips](#) (under “Spicy-Orange Chicken”).

Bouillabaisse

* Great with just about any fresh Sea Food: Suggested ...

- 1 pound sea scallops; bay scallops are fine but much smaller
- 1 pound medium to large shrimp, shelled and de-veined
- 1 pound mussels, scrubbed well, beards removed
- 3/4 pound red snapper fillets
- 3/4 pound monkfish fillets (or other white fish such as halibut or grouper)

- 1/4 pound butter
- 8 tablespoons olive oil
- 4 garlic cloves, minced
- 1 onion, diced
- 1 carrot, diced
- 1/2 leek, diced
- 1/2 celery stalk, diced
- 1/2 dry white wine
- 6 cups fish stock (vegetable stock also works)
- 2 tomatoes, peeled, seeded and chopped
- 1 can tomato paste (approximately 6 ounces)
- 20 threads of saffron
- Fresh black pepper, to taste
- 2 small potatoes, peeled and diced
- 1/4 teaspoon anise seeds
- 2 fresh chervil sprigs



Preheat oven to 350 degrees.

Wash and clean the seafood. Cut snapper and monkfish into 1.5- to 2-inch pieces and place each type of seafood into individual baking pans, or lay seafood side-by-side in one pan.

Add the butter and olive oil to a large pot. Add garlic, onion, carrot, leek and celery, and sweat -- cooking without browning, covered over a low flame -- until vegetables are soft. Deglaze the mixture with the half-cup of white wine and reduce the volume by half on medium heat. Add cold water to the pot to cover the vegetables and heat mixture on medium heat. Add the stock, chopped tomatoes, tomato paste, saffron threads, chervil and freshly ground (or crushed) black pepper to taste. Simmer for 90 minutes total and skim regularly. After 45 minutes, add potatoes. After 90 minutes strain sauce, return potatoes and liquid to the pot and simmer until desired consistency. Correct seasoning to taste.

Fully cover each type of seafood in its individual baking pan with the sauce. Bake for 10 minutes or until seafood is cooked through and the mussels have opened. Discard any unopened mussels. Add seafood and sauce from each pan to bowls. Serve immediately.

Broccoli & Cheese Soup

- 1 cup chopped Onions
- 2 Garlic cloves, minced
- 3 cups Chicken Broth (2 cans & 1 Bullion)
- 1 (16 oz) pkg chopped Broccoli (or 2 pkgs 10 oz)
- 2 ½ cups 2% Milk
- 1/3 cup All-Purpose Flour
- ¼ tsp Black Pepper
- 8 oz Velveeta

In large saucepan, sauté onions & garlic, 'til tender (~3 min).

Add broth & broccoli.

Bring to boil, reduce heat to medium & cook 10 min.

Combine milk & flour, whisk together, & add to soup.

Cook 5 min.

Remove from heat & add cheese, stir 'til melted.

Process some of the soup w/ mixer or blender.

Serve w/ sandwich, breads, baked potato, or plum tomato slices (w/ bread crumb & mozzarella).

Cannellini-Bean Soup w/ Sage Pesto

6 cloves Garlic

1 Tbsp Olive Oil

1 cup chopped (~1 med) Onion

2 Shallots, peeled & chopped

2 cans Cannellini Beans w/ liquid (White Kidney Beans or Navy)

1 tsp Salt

½ tsp Black Pepper

2 Tbsp ½ & ½

Sage Pesto

Roast garlic: heat oven to 400. Place in Al-foil in oven for ~30 min.

Prepare soup: In pan, heat oil & sauté onion & shallots 'til soft (~10 min).

Stir in broth, beans, salt & pepper.

Simmer 20 min.

Squeeze roasted garlic from its papery skin into soup.

Puree. Serve w/ pesto drizzled on top.

Sage Pesto

3 Tbsp chopped fresh Sage

2 cloves Garlic

¼ cup grated Parmesan

½ tsp Salt

¼ tsp Pepper

2 Tbsp chopped fresh Parsley

¼ cup chopped Walnuts

½ cup Olive Oil

Put all except Olive Oil in food processor 'til well combined. Slowly add olive oil.

Chickpea Puree/Soup with Squid & Pasta

2 (15 oz) cans Chickpeas

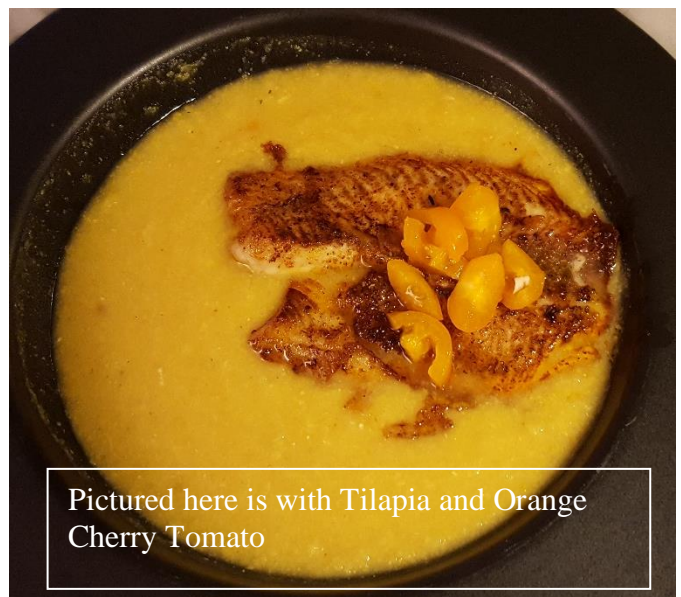
1 Tbsp Olive Oil

Salt & Black Pepper

1 1/3 cup small pieces mixed pasta (broken pieces of spaghetti, fettuccini, Angel hair, etc...)

1 Tbsp Butter

2 Tbsp finely chopped Parsley



Pictured here is with Tilapia and Orange Cherry Tomato

In a pot combine chickpeas & their liquid + ~1 cup water. Puree, add 1 Tbsp olive oil, S & P.

Heat through over medium-low heat.

Cook pasta until al dente.

While pasta is cooking, sauté squid in olive oil over medium-low heat. (only a few minutes)

Drain pasta & add to squid, with butter & parsley. Toss until butter is melted.

Divide chickpea soup into bowls and top with squid & pasta.

Susie adapted this from: La Cucina Italiana - April 2012, p. 26



Chili

1 lb ground Beef

1 ½ Tbsp Oil

½ med Onion, chopped

½ Red Bell Pepper, chopped

1 ½ cloves Garlic, minced

¼ tsp Black Pepper

½ tsp Cumin

¼ tsp ground Chipotle Pepper

¼ tsp crushed Red Pepper

Chili Powder

1 ½ cups Water

1 can Tomato Puree or Sauce

1 (16 oz) can chopped "Chili Ready" Tomatoes

1 can Red Beans (Kidney Beans), drained (or 2 cans)

½ - 1 tsp Salt

Brown beef, drain, & set aside.

Heat oil over med-high heat, add onions.

Sauté for 4-5 min.

Add red bell pepper & garlic & cook 2-3 min.

Add black pepper, cumin, hot peppers, & **chili powder**.

Add water, tomato puree, chopped tomatoes, beans, & salt.

Add beef.

Boil & simmer; covered.

Simmer 1-2 hours.

NOTE: Add corn chips (Fritos) to make a Petro (2nd photo)



Thai Chicken Coconut Soup

1 can Coconut Milk

¾ Tbsp chopped Scallions

¾ tsp Lemon Grass

~1-2 Tbsp chopped Cilantro (Fresh)

cubed Chicken

½ cup Mushrooms

¼ Carrot, grated

1 ½ - 2 Limes, juiced

1 Chile (or Cayenne Powder or Sam bal)

¼ tsp Galangal Powder

Heat coconut milk.
Add ingredients up to chicken.
Sauté chicken & mushrooms.
Add to coconut milk.
Add carrots, lime, chile, galangal, & simmer until thickened.

Corn Soup/Chowder w/ Chipotle Chile

1 dried Chipotle Chile – (place in bowl & cover w/ boiling water. Let stand 5-10 min or until soft. Drain, cut & remove seeds, then chop) or use ground Chipotle Powder.

Olive Oil

~ ½ cup diced Onion

~2 tsp minced Garlic

2 cups Corn or 2 cans Corn

½ tsp Chili Powder

½ tsp Cumin

1 can Chicken Broth

¾ cup Evaporated Milk

~ ½ cup diced Red Bell Pepper

~ ½ cup diced Green Bell Pepper

Cilantro

Salt

Sauté

Onion & garlic & chile (if fresh) over medium heat, 'til soft.

Add corn, chile powder, cumin, & grd Chipotle powder (if using), sauté ~5 min.

Add broth; simmer ~10 min.

Stir in milk.

Blend/process until smooth (leave some corn whole).

Add bell peppers, cilantro, & more salt & cumin if needed.

Heat for ~5 minutes more.

Cucumber Soup

3 Cucumbers

¼ cup+ fresh Mint

2 Tbsp Lime Juice

½ cup Chicken Broth

Salt & Pepper

Place cukes & mint in blender, puree.

Add rest & puree.

Gazpacho

4 Tomatoes, cored & peeled

2 Garlic cloves, peeled (can use roasted)

1 small Onion, coarsely chopped

1 Carrot, coarsely chopped

1 Cucumber, peeled & coarsely chopped

1 Green Pepper or Banana Pepper, seeded & coarsely chopped

2 sprigs fresh Parsley
¼ cup chopped fresh Basil, or 2 Tbsp dried
¼ - ½ cup Lemon Juice to taste
¼ cup Olive Oil (if wanted)
3 cups cold V-8 Juice (or a combo with water)
Salt
Pepper

*Can also add bread and blend to thicken.

**Can also make Seafood Gazpacho by adding:

~2 Tbsp grated Horseradish
~ ¼ cup chopped, fresh Cilantro
~2 Tbsp Worcestershire Sauce
Dash of Liquid Crab Boil

Serve with Lump Crabmeat or Lobster

Puree/dice the veggies & herbs together with the lemon juice and oil (if using), then add the V-8.
Season and chill for a few hours.



Spicy Ginger Soup

1 qt Vegetable Broth
2" piece of fresh Ginger, cut in half
Pinch of Sugar
1/3 cup Rice Vinegar
¼ cup Soy Sauce
2 Tbsp Fish Sauce
½ tsp Sambal

Over med-low heat, combine broth, ginger, sugar, rice vinegar, soy sauce, fish sauce, & sambal.
Simmer 15 min.

Accompaniments for soup:

Tofu
Broccoli
Udon Noodles
Green Onions
Cilantro
~ ½ cup Peanuts

Pan Fried Tofu

1 lb firm Tofu
1 cup Bread Crumbs (Panko or Saltines)
pinch Cayenne Pepper
½ tsp Paprika
S & P
2 Eggs, slightly beaten
2 Tbsp Oil (Peanut Oil)

Cut tofu in half & make thin & cover w/ paper towels & squeeze out water.

Combine breadcrumbs, cayenne, paprika, s & p.

Dip tofu into egg, then into seasoned crumbs.

Sauté 4 min each side over med-high heat.

In Sesame Oil, fry ginger & garlic w/ chilis for 2 min.

Add broccoli & sauté ~3 min (until soft), season w/ S & p.

Cook Udon noodles.

Place noodles in bowl, add soup, then broccoli, lay tofu on top & garnish w/ green onions, cilantro, & peanuts.

Hungarian Beef Stew with Nokedli (aka Spaetzle)

Beef

Bacon/Pancetta

Onion

Garlic

Carrot

Yellow Bell Pepper

Paprika (4 Tbsp)

Caraway Seeds

Bay leaf

S & P

Tomatoes, can

Water/Broth, 1 can

Nokedli-Spaetzle

2 eggs

1/2 teaspoon salt

3/4 cup water

Nutmeg (Optional)

2 cups all-purpose flour

1 large pot filled with salted boiling water

Place large pot filled with salted water and bring to boil.

Combine eggs, salt, and water, beating well with whisk.

Add flour, a little at a time.

Add only enough flour to make a soft, sticky dough.

Let mixture rest for about 10 mins.

Beat mixture again.

Using the side of a teaspoon, spoon small amount of dough into boiling water.

Dipping the spoon in the hot water will remove the dough from the spoon (if you have a spaetzle maker, that makes it easier as you want very small noodles).

The noodles are done when they float to the top.

Remove from water with large, slotted spoon, and place in colander.

Rinse with cold water.

You may want to make the dumplings in 2 or 3 batches so they don't overcook.

Serve with chicken paprikas.

The dumplings are also nice added to a stew.

You can heat the dumplings in a frying pan with melted butter.

Do not let the dumplings get too brown or crisp.

Susie's & Josh's Black-eyed Pea Jambalaya

Smoked Sausage, diced
Chicken, diced
Green Bell Pepper, diced →
Onion, diced → The Trinity (mirepoix = carrot, onion, celery)
Celery, diced →
Garlic
3 cups Chicken Broth
3 cups Water
Thyme
Parsley
Bay leaf
Essence
1 cup Rice
2 cans Black-eyed Peas
Shrimp

Render sausage & set aside.
Sauté chicken & set aside.
Sauté bell pepper, onion, celery, garlic, thyme, parsley, bay leaf essence.
Add stock & water, boil, reduce some.
Add rice, boil until rice is tender.
Add beans. Cook ~5-10 min.
Add shrimp.

Lentil Soup

4 Beef Ox Tails (or any meat bone)
1 chopped Onion →
1 chopped stalk Celery → mirepoix
1 chopped Carrot →
3-4 cloves chopped Garlic
1 bag (1 lb) dry Lentils
1 (6 oz) can Tomato Paste
2 qts Water

Brown bones in oil, season w/ s & p.
Add onions, celery, carrots, garlic, & cook until onions are clear.
Add water & lentils & bring to boil.
Cover pan, & simmer for 45 min to 1 hour.
Add in tomato paste & cont cooking for 20-30 min.
Remove bones and cut away fat, pick meat off the bones.
Place meat back into soup.
Serve with crusty bread.

Mushroom Soup

½ Onion, diced
Mushrooms, diced
2 Tbsp Soy Sauce

1+ Tbsp Dill
2 Tbsp Paprika
½ tsp Lemon Juice
¼ cup Flour
¼ cup Sour Cream/Yogurt

Add:

1 cup H2O
1 cup Half and Half
½ cup Cream
OR
1.5 cup H2O
1 cup Cream
S & P

Sauté onion and mushrooms until well reduced.
Add soy sauce, dill, paprika and lemon juice.
Stir together sour cream and flour and then stir that in.
Can make smooth by blending with immersion blender.
Add water, half & half and cream.
Reduce until thick.
Season with salt and pepper.

Note: Can replace water with stock and/or add white wine.

French Onion Soup

Olive Oil and **Butter**

3-4 onions, sliced
2 garlic cloves, chopped
2 bay leaves
Thyme
S & P
1 cup red wine, about 1/2 bottle
3 Tbsp all-purpose flour
2 quarts beef broth

Baguette, sliced
Gruyere grated
Parmesan grated

Melt butter in a large pot over medium heat.
Add the onions, garlic, bay leaves, thyme, and salt and pepper and cook until the onions are very soft and caramelized, about 25 minutes.
Add the wine and some water, bring to a boil, reduce the heat and simmer until the wine has mostly evaporated and the onions are dry, about 5 minutes.
Dust the onions with the flour and give them a stir.
Turn the heat down to medium low so the flour doesn't burn and cook for 5-10 minutes to cook out the raw flour taste.
Now add the beef broth, bring the soup back to a simmer, and cook for 10-30 minutes.
Season, to taste, with salt and pepper.



Toast bread slices.

Ladle soup into individual ramekins, place bread on top, add Parmesan and then Swiss.

Melt in oven about 350 degrees F until cheese melts. Could broil for color.

Ginger-Pumpkin Soup with White Beans and Kale

2 Tbsp Olive Oil

1 med Onion, finely chopped

1 Celery stick, diced

1 clove Garlic, minced

Large (1-2 inch) piece of Ginger, thin sliced, chopped or minced

Ground Black Pepper

Salt

1 tsp Coriander

1+ tsp Cumin

¼+ tsp Cayenne

1/4 tsp Turmeric

¼ tsp Fenugreek

A dash of Cinnamon

Pumpkin, 1 can or fresh, chopped and smashed

1 can or box Vegetable Stock

1 bunch of Kale, Spinach or other leafy green

1 can Cannellini Beans or other white bean (like white kidney bean)

In skillet, cook onion, garlic, ginger, salt & pepper, until onion begins to become translucent over medium heat.

Add the spices & cook ~1 min.

Add Pumpkin and stock (also can a little more water). Cook for a few minutes.

Blend all together until smooth.

Add Kale or Spinach.

Cook 10-15 minutes on low (simmering).

Add cannellini beans. Cook another 5-10 minutes.



Pumpkin Soup

2 Tbsp Olive Oil

1 med Onion, finely chopped

1 Celery stick, diced

1 clove Garlic, minced

Large (1-2 inch) piece of Ginger, thin sliced, chopped or minced

Ground Black Pepper

Salt

1 tsp Coriander

1+ tsp Cumin

¼+ tsp Cayenne

1/4 tsp Turmeric

¼ tsp Fenugreek

A dash of Cinnamon

Pumpkin, 1 can or fresh, chopped and smashed

1 can or box Vegetable Stock

In skillet, cook onion, garlic, ginger, salt & pepper, until onion begins to become translucent over medium heat.

Add the spices & cook ~1 min.

Add Pumpkin and stock (also can a little more water). Cook for a few minutes.

Blend all together until smooth.

Simmer ~20 min.

To Serve:

Can serve in hollowed out small sugar pumpkins (aka, pie pumpkins).

Southwestern Shrimp & Corn Soup (Susie)

1 Onion, chopped

2-3 Garlic cloves, minced

½ tsp ground Cumin

½ tsp ground Coriander

½ tsp dried Oregano

~ 1/3 cup Green Chile Chutney

1 can White Hominy

1 can Chicken Broth

1 can Corn

1 lb Shrimp

Few dashed Garlic-Chile Hot Sauce

Sauté onion in oil a few min.

Add garlic & cumin, coriander, & oregano.

Sauté a few min.

Add broth, then corn juice hot sauce & hominy juice.

Boil; simmer ~15 min.

Add hominy & cook 2-3 min.

Add corn & shrimp & cook a few min until shrimp turns pink.

Squash Soup

2 Large Butternut Squashes or one frozen bag

2 Onions or Leeks (If using leeks: use white part and a tiny bit of the light green)

Garlic

Celery, chopped

Carrot, chopped

Ginger

Cinnamon

Nutmeg

Cardamom

Salt and Pepper

Thyme

Sage

Vegetable stock

A little Heavy Cream

Sauté onion, garlic, celery, carrot, & ginger.

Add squash, herbs & spices.

Cook for a bit, then add stock. Boil. Puree.

Simmer for a while (30 min. or so).

Add cream towards end.

Vegetable Soup (Susie's)

Onions, chopped

Garlic, chopped

Cilantro, fresh, chopped

Vegetable Stock or Chicken Stock (49 oz) + a little water to rinse the can

Spinach, Frozen chopped

Potatoes, chopped

Carrots, chopped

Sun-Dried Tomatoes, chopped

Celery Salt

Sauté onions, garlic, S & P in oil on medium. Add cilantro and sauté longer. Add Chicken broth & enough water to rinse can a little. Bring to boil. Add spinach and bring to boil. Add potatoes, carrots, sun-dried tomatoes, S & P & celery salt. Bring to a boil, then turn to low and simmer about 1-1.5 hours.

Spices

Essence

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried oregano

1 tablespoon dried thyme

Combine all ingredients thoroughly.

Coriander-Cumin Spice Rub (for Pork/Chicken)

~1 Tbsp Coriander

~2 tsp Cumin

~1-2 tsp Curry

~ ¼ tsp Cinnamon

~ ½ + cup Peanuts, ground

-Toast all in pan (few seconds)

Olive Oil

Mix all together into paste & spread on pork. (Put oil on pork & salt, then add rub).

Grill pork.

Serve with sautéed squash & Lemon-Herb Couscous.

Dry Marinade/Crust

Equal amounts of:

Cracked Black Pepper

Cracked White Pepper

Crushed Fennel Seeds
Crushed lavender
Salt

Rub on **Lamb, Beef, or Chicken.**

Sauté in Olive Oil.

Serve with **Blue Cheese Mashed Potatoes!**

Pumpkin Pie Spice

½ tsp Cinnamon

1/8 tsp grd Ginger

1/8 tsp grd Nutmeg

1/8 tsp grd Cloves

?1/8 tsp grd Mace? (optional) Makes 1 tsp

Spring Rolls with 3 Dipping Sauces (and Vietnamese Summer Rolls)

1 cup shredded Napa Cabbage

1 cup shredded Carrot

½ cup finely sliced Green Onion

1 Red Pepper, thinly sliced

6 large Shiitake Mushrooms, grilled & sliced thin

2 cups Bean Sprouts (Optional)

½ cup chopped Cilantro

S & P

8 very thin 8" square Spring Roll Wrappers

Combine all in bowl & season with s & p.

Lay spring roll wrapper on flat surface, pointed edge towards you.

Put a 1/8 of filling in bottom 1/3 of wrapper, bring edge over the filling, fold in the sides tightly.

Dab top pointed edge with water & roll tightly.

Serve with sauces.



Garlic-Soy Dipping Sauce

½ cup Soy Sauce

¼ cup Rice Vinegar

2 Tbsp Peanut Oil

1 tsp hot Sesame Oil

1 tsp minced Garlic

Pinch of Sugar Combine all.

Spicy Peanut Dipping Sauce

2 Tbsp finely chopped Garlic

½ cup smooth Peanut Butter

½ cup Soy Sauce

1 tsp Sugar

1 Tbsp Tice Vinegar

1 Tbsp Chile Oil

½ cup Cilantro, finely chopped Combine all and add cilantro just before serving.

Honey-Soy Dipping Sauce

¼ cup Honey

2 Tbsp Soy Sauce Mix well.

Spring Rolls (Wild Mushroom)

1 lb assorted Mushrooms

2 Tbsp Oil

3 large Shallots, peeled & finely chopped

2 Tbsp finely grated Ginger

2 tsp Five Spice Powder

½ cup finely chopped Scallions

½ tsp Black Pepper

2 Tbsp Sesame Oil

1 lb pkg Egg Roll Wrappers

½ cup water

½ cup Peanut Oil for frying

Dipping Sauce:

¼ cup Honey

2 Tbsp Soy Sauce

Clean mushrooms and process into ¼" bits.

Sauté mushrooms over high heat ~2-3 min.

Add shallots & ginger, sauté until translucent.

Sprinkle in five spice & scallions, season with salt & pepper and stir in sesame oil.

Set aside to cool.

Lay wrappers flat, brush with water, place a dollop of mushroom mix in center & roll.

Seal the ends with water.

Refrigerate for several hours.

Heat oil to 345° & fry.

Turkey

Turkey (Susie's Awesome Roast Turkey w/ Gravy)

Turkey Breast

Butter

Water

Essence

Thyme

Rosemary, Fresh

Salt

Rub all over bird.

Stuff butter & rosemary under skin.

Put in pan with a little water.

Bake according to package.



When done put pan on eye of stove.

Put flour & milk ($\frac{1}{4}$ cup : $\frac{1}{2}$ + cup) in Tupperware, shake vigorously & pour into pan.

Add salt & pepper & stir until thickened.

Smoked Turkey

Turkey (Smoke 1 hour per pound)

Onions

Garlic

Thyme or Rosemary

$\frac{1}{2}$ cup White Wine

Super Smoking Sauce &/or Essence or BBQ Rub

Rinse and dry turkey.

Separate skin from meat & insert Butter (mixed with S & P & thyme).

Stuff w/ onion, thyme, & garlic.

Place onion, garlic, thyme, wine & water in pan and place in smoker.

Place turkey in smoker.

Cover tightly and smoke.

Towards the end of cooking add smoking sauce and replace lid.



Super Smoking Sauce

Oil or Butter

$\frac{2}{3}$ cup Sherry or Red Wine

2 Tbsp Worcestershire Sauce

2 Tbsp Soy Sauce

2 Garlic cloves, finely chopped

$\frac{1}{2}$ cup Parsley

2 tsp Salt

1 cup Water

Combine all, boil, lower heat & simmer for ~30 min.

Veggie

Baked Eggplant Parmesan

Eggplant slices are coated with breadcrumbs and Parmesan cheese and baked between layers of tomato sauce and mozzarella cheese. Fresh basil layered in one of the layers adds lots of flavor!

2 eggplant, peeled and cut into 1/2-inch slices

1 tablespoon salt, or as needed

1 cup Italian-style breadcrumbs

$\frac{1}{4}$ cup grated Parmesan cheese

2 eggs, beaten

~28 ounce Marinara sauce

$\frac{1}{4}$ cup grated Parmesan cheese

1 (16 ounce) package shredded mozzarella cheese, or as needed



1/2 teaspoon dried basil

Place eggplant slices in a colander; sprinkle both sides of each slice with salt. Allow to sit for at least 3 hours.

Wipe excess moisture from eggplant slices with paper towels.

Preheat oven to 350°F. Grease a baking sheet.

Mix breadcrumbs and 1/4 cup Parmesan cheese together in a bowl.

Dip eggplant slices in beaten egg; coat with bread crumb mixture. Arrange coated eggplant slices in a single layer on the prepared baking sheet.

Bake in the preheated oven until lightly browned and crisp, ~ 5 minutes per side.

Cover the bottom of a 9x13-inch casserole dish with a layer of marinara sauce; top with a layer of eggplant slices. Sprinkle with ~1 Tbsp of the remaining Parmesan cheese and 1/3 the mozzarella cheese. Repeat layers with remaining ingredients, ending with a cheese layer. Sprinkle with basil.

Bake in the preheated oven until cheese is bubbling and golden brown, ~ 35 minutes.

Fried Green Tomatoes with Tomato Vinaigrette

½ cup Buttermilk

1 Egg

1 Tbsp Flour

Salt & Pepper

1 large Green Tomato, cut into ½" slices

Oil for frying

½ cup Cornmeal

For Dressing:

1 large Tomato, seeded & chopped

1 Garlic clove, minced

1 Shallot, minced

8 freshly picked Basil Leaves + extra for garnish

3 Tbsp Balsamic Vinegar

½ cup Extra Virgin Olive Oil

Salt & Pepper

Tabasco Sauce

4 oz Ricotta Salata, crumbled (or Feta or Goat Cheese)

In shallow dish, whisk together buttermilk, egg, flour, salt & pepper.

Place cornmeal in another shallow dish and season with salt.

Place tomato slices in mix, then in cornmeal.

Fry in oil until golden.

Drain.

To Make Vinaigrette:

Combine tomato, garlic, shallot, basil, & vinegar in blender.

Blend until smooth & add oil in stream with salt & pepper and Tabasco.

To Serve:

Place fried tomatoes on plate, drizzle with dressing & top with crumbled cheese.

Garnish with fresh Basil.

Josh's Potato & Butternut Squash Curry w/ Saffron Rice

1 large Onion
4-5 medium Red Potatoes
1 Butternut Squash
1 can Veg Broth
Salt & Pepper
~1 tsp Fenugreek Seeds
~1 tsp Coriander Seeds
~1 Tbsp Black Mustard Seeds
~3-4 cloves Garlic
~2 Tbsp Curry Powder
Cayenne
1-2 Tbsp Cornstarch

Sauté onion & garlic in olive oil until just sweating, add salt & pepper.
Add in whole coriander, fenugreek, & mustard seeds.
Add cubed squash, ~ 2/3 of a medium squash.
Cook until onions are clearing & soft.
Transfer to a preheated pot w/ olive oil.
Add in potatoes. Also cubed.
Add in curry powder, cayenne, salt & pepper.
Deglaze pan with water & add to pot.
Add in 1 can veg broth & enough water to cover veggies.
Boil until potatoes are tender, & remove all veggies.
Boil down liquid to reduce & concentrate flavors.
When taste is concentrated (~ 1 ½ - 2 cups liquid), add in starch in water mix.
When thickened, add veggies back in & cover with sauce.
Rice: Steam with a little salt, turmeric, & saffron.

Spanakopita

Olive Oil
2 lbs Spinach, washed & drained
1 bunch Scallions, white & green parts, chopped
¼ cup finely chopped Parsley
Salt & Pepper
½ lb Feta Cheese, crumbled
1-2 Eggs, lightly beaten
1 cup (2 sticks) unsalted Butter, melted
1 lb Filo Pastry Sheets

Sauté spinach in oil until it wilts (~2 min).
Remove & squeeze out excess liquid, then chop.
Pour off any remaining liquid from pan.
Sauté scallions & garlic ~2-3 min until soft.
Add spinach to scallions, along with parsley, salt, & pepper.
Cook over low heat for 1-2 min, then remove from heat to cool.
Stir in feta and as much beaten egg to moisten the cooled spinach mixture.

Preheat oven to 350.

Brush baking sheet with melted butter.

Unroll filo on flat surface and keep covered w/ waxed paper & a damp towel.

Use a sharp knife & cut into 3 x 11" strips, and recover under towel.

Brush filo strips w/ butter and place a spoonful of spinach filling 1" from the end.

Fold the end over the filling to form a triangle, then continue to fold in triangles like folding a flag. Keep covered with towel until ready to bake.

Brush triangles w/ butter, bake 20-25 min or until golden.

*These may be frozen before baking, layer with wax paper in between to keep from sticking.

OR → Roll out puff pastry sheet & cut into 4 squares. Fill w/ spinach mix, cut slit in top of each & bake @ 400 for ~20 min.

Use 1 box Puff Pastry (2 sheets), 2 ½ bags Spinach + above ingred to make **8 triangles**.

For Pie:

Butter a 9 x 13" pan, & spread 10-20 sheets of filo, each brushed with butter, on bottom.

Spoon spinach over filo & cover with 6-10 more filo sheets.

Score top & bake 40-45 min, let stand 15 min.

Tofu - Marinated Baked Tofu

Serves 3-4

A block (1-2 pounds) of extra firm tofu

2 tbsp. Tamari soy sauce

1 tbsp. lemon juice

a splash of wine

½ cup water

1 tsp. tarragon

1 tsp. dill

1 tsp. garlic powder

Slice tofu. A thinner slice will become crispy.

After the tofu is sliced, lay it between paper towels and put something heavy on it to press out the water.

Mix the marinade: Soy sauce, lemon juice, wine, tarragon, dill, garlic powder.

Marinate tofu in marinade for about an hour.

Bake in 425 oven, 20-30 minutes, turning once. Depending on thickness and the texture you're craving, you can bake them for as long as an hour.

*Many Variations with all kinds of seasonings. Can just let drain and add dry seasoning and bake or sauté.



Other/Extras

(Honduran Soup) Sopa de Milagros Sencillos

Flavor Paste:

head of Garlic, roasted

6-8 Sundried Tomatoes

small handful of chopped almonds

1-2 dried Chile Peppers (Cayenne, Pasilla,...) → Hydrated in boiling water

1 ½ tsp. Oregano
¾ tsp. Cumin
½ tsp. All-Spice
dash of Nutmeg
Salt and Black Pepper
1/3 cup Olive Oil

Roughly chop sundrieds & roast a minute or two over med-high heat along w/ almonds.
Put half the roasted garlic in blender plus the rest of the ingred & mix to make a paste.

The Soup

Prepared Flavor Paste
~8 cups Water
2 cans Chicken Broth
1 large Onion, chopped
2-3 medium Potatoes, cubed
1 small or ½ Lg Butternut Squash, cubed
½ tube or small Chorizo Sausage, sliced
½ cup cubed/shredded Chicken (or Pork or Beef)
large bunch fresh or 1 pkg Spinach, chopped
Salt, Pepper, Cumin, Oregano, Allspice to taste.

Brown meat, remove.
Sauté onions until translucent.
Add chorizo and sauté until cooked.
Add flavor paste, water, & broth, bring to a boil.
Add meat.
Simmer for 30-45 minutes.
Add squash, cook 5 min.
Add potatoes.
Simmer ~15 min.
Add spinach & cook few min longer.

Honduran Guacamole

1 mashed Avocado
½ cup Mayonnaise
2 Tbsp Lemon Juice
¼ cup finely chopped Green, Stuffed Olives
1 Tbsp grated Onion or Shallot (soaked in water)
1 tsp Salt
¼ tsp Chili Powder or Cayenne
4 slices crisp-cooked Bacon, crumbled

Combine all & chill.
Serve with Honduran Tortilla Pan Bread.

Honduran Tortillas Pan Bread

3+ cups of Flour (or 1 cup)
1 ½-two tsp Baking Powder (or <2/3 tsp)

4 Tbsp Lard (or 1 1/3 Tbsp)
½ tsp Salt (or ¼ tsp)
mixed dried Herbs (Oregano, Sage, Rosemary, Basil work best)
few Tbsp of Water to bond the dough together

Mix all dry ingred.
Add lard and some H₂O.
Mix with fingers,
Knead for a couple minutes.
Adjust with water and/or flour to make a slightly sticky, moist and pliable dough.
Press chunks of dough in a tortilla press.
Cook on a fry griddle w/ a little oil until golden & puffy.
Serve with Honduran Guacamole & Honduran Soup.

Brie, Apples, Prosciutto Grilled Cheese Sandwich

Granny Smith Apples, sliced very thin
Prosciutto
Brie
Bread
Butter or Oil



Tartiflette (Belgian Potato Dish)

This dish is recreated from one we got from a street vendor in Ghent a few years back.

2 1/2 lb Potatoes, peeled
1/2 lb Pancetta, cut in small dice
1 medium onion, thinly sliced
3/4 cup dry White Wine
Salt
Pepper
1 lb Reblochon-style Cheese, sliced or Raclette
Dried Parsley
Milk or Cream

Pre-cook potatoes by boiling until soft, dice, set aside.
In a sauté pan, cook pancetta over high heat until browned.
Drain, leaving 1 tablespoon of fat in the skillet and add the onion.
Cook over moderately high heat for about 5 minutes until golden brown then add wine and cook for another 5 minutes, stirring occasionally.
Add the potatoes, cheese, parsley and some milk or cream to add a bit of liquid to the dish and make smooth and creamy.
Season with salt and pepper.
Serve hot.



* Substitutes for reblochon: gruyère, taleggio, fontina, raclette cheese or perhaps a ripe camembert or munster (every soft and easily melting cheese will do). In Portugal, amanteigado cheese will be great but the best substitute for reblochon is certainly queijo da Serra.

Georgian-Style Cornish Game Hen with Walnut Sauce (Susie & Josh)

1 (2-lb.) Cornish game hen, backbone removed (spatchcock)
1 tsp. Cayenne
8 cloves garlic (2 mashed into a paste, 6 roughly chopped)
Kosher salt, to taste
10 tbsp. unsalted butter
1 1/4 cups chicken stock
2 tbsp. roughly chopped cilantro
Country bread, for serving (optional)



Spatchcock the hen:

Place hen, breast side up, on a cutting board; tuck wings back.

Using the heel of your hand, press down on breastbone to flatten the hen. Cover hen with a piece of plastic wrap and, using the flat side of a mallet, pound until uniformly flat. Transfer hen to a plate and rub both sides with cayenne, garlic paste, and salt; cover with plastic wrap and chill 1 hour.

Melt 5 tbsp. butter in a 12" skillet over medium-high.

Cook hen, skin side down, using a grill press or cast-iron skillet to weigh it down, until skin is browned and crisp, 5–7 minutes. Flip hen and replace weight.

Reduce heat to medium-low; cook until hen is cooked through, 20–25 minutes.

Flip hen and add remaining butter; cook, basting with butter, for 5 minutes.

Transfer hen to a cutting board and let rest 10 minutes before carving.

Make Walnut Sauce:

3 cups toasted walnuts, plus 1/2 cup roughly chopped
~1/2 cups chicken stock
3/4 cups roughly chopped cilantro
4 cloves garlic, finely chopped
1/2 large yellow onion, finely chopped
1/2 red Holland chile, stemmed, seeded, and finely chopped
Walnut Pesto – recipe below
Salt & Pepper

Place 3 cups walnuts and 1/2 cup stock in a food processor; puree until very smooth.

Add cilantro, garlic, and onions, plus chiles, walnut pesto, salt, & pepper; puree until very smooth.

Sauté in the pan the bird cooked in and add in stock to make sauce/gravy.

Walnut Pesto:

1/2 cup toasted walnuts
1/6 cup packed cilantro leaves
1/8 cup packed basil leaves
1/8 cup packed parsley leaves
1/2 tsp. ground fenugreek
1/4 tsp. hot paprika
1/8 tsp. ground turmeric
1/2 tbsp. red wine vinegar
1 small clove garlic, minced
1/4 small yellow onion, roughly chopped
Kosher salt and freshly ground black pepper, to taste

Place walnuts, cilantro, basil, and parsley, plus fenugreek, paprika, turmeric, vinegar, garlic, yellow onions, salt, pepper, and 1/6 cup water in a food processor; purée until very smooth, ~2 min. Use in recipe above.

Georgian Cheese Bread with Fresh Herbs (Khachapuri Tarkhunit) (Susie and Josh)

For the dough:

2 cups all purpose flour
1 tbsp. olive oil, plus more for greasing and brushing
2 tsp. Kosher salt
3/4 tsp. instant dry yeast
1/4 tsp. sugar

For the filling:

2 1/2 cups shredded low-moisture mozzarella (10 oz.)
1 cup Feta (8 oz.)
1/3 cup chopped fresh tarragon leaves
1/4 cup chopped fresh dill
1 tsp. ground coriander
1 tsp. Kosher salt



Place a pizza stone in the center of the oven and preheat to 500°F.

Meanwhile, lightly oil a large bowl with olive oil and set aside.

Make the dough:

In the clean bowl of a stand mixer fitted with a dough hook, add 2/3 cup warm water, the flour, olive oil, 2 teaspoons kosher salt, the yeast, and the sugar.

Mix on low speed until the dry ingredients are completely hydrated, 2-3 minutes.

Increase the speed slightly and mix until a smooth, wet dough forms, 3-4 minutes more.

Transfer the dough to the oiled bowl and cover the bowl with a lid or plastic wrap.

Set in a warm place until the dough is almost doubled in size, **50-60 minutes**.

Make the filling:

In a large bowl, combine the cheeses, herbs, coriander, and salt.

Dough:

On a lightly floured work surface, turn out the dough.

Divide into two roughly 6-ounce pieces and round each piece gently.

Cover the pieces loosely with plastic wrap and set aside for **15 minutes**.

Roll half of dough into a 10-inch circle about 1/8 inch thick. Place on floured pizza peel.

Spread a quarter of the cheese mixture (about 1 scant cup) over the dough leaving a 1/2-inch border.

On one side of the circle, tightly roll the dough about a third of the way toward the center.

Repeat on the opposite end, leaving a 2-3 inch wide space between the two rolls.

Pinch the narrow ends of the rolls together and twist twice to seal, making a boat shape; place another quarter of the cheese mixture in the middle, packing down lightly.

Repeat with remaining dough and cheese.

Set the khachapuri aside, uncovered, for **15 minutes**, until slightly puffed.

Just before baking, brush the edges lightly with olive oil, then slide the breads onto the stone.

Bake until the dough is golden brown and the cheese is melted, **16-18 minutes**. Serve hot.

Moussaka (Susie's)

3-4 big Eggplants

½ cup Olive Oil

Meat Sauce:

2 large Tomatoes or 1 can Diced Tomatoes

2 Onions, sliced

1 lb ground Beef or Lamb (or combination of the two)

¼ tsp ground Cinnamon

¼ tsp ground Allspice

2 Tbsp Tomato Paste

3 Tbsp chopped fresh parsley or 1.5 Tbsp dry Parsley

½ cup dry White Wine

Salt & Pepper to taste



For the White Sauce:

4 Tbsp Butter

½ cup All-Purpose Flour

2 ½ cups Milk

¼ tsp grated Nutmeg

1/3 cup grated Parmesan Cheese

Salt & Black Pepper



3 Tbsp Breadcrumbs

Cut eggplants in ¼ inch slices (rounds). Layer the slices in a colander or on a cake rack & sprinkle with salt (both sides). Let stand for 30 minutes, turn slices over occasionally, to drain of moisture. Rinse with water and pat dry with a paper towel.

Heat olive oil in skillet over medium heat, add more oil when necessary (eggplant will absorb a lot of oil – you want that, it makes it creamier!).

Sauté eggplant until golden brown on both sides, then drain on paper towels.

Preheat oven to 350°F.

Make the Meat Sauce:

Heat 2 Tbsp Olive Oil in a large saucepan, add Onions, sauté for ~1 minute over medium heat.

Add Lamb/Beef and gently sauté for ~5 minutes, breaking up the meat with a wooden spoon.

Add diced Tomatoes, Cinnamon, Allspice, Tomato Paste, Parsley, Wine, & Black Pepper. Bring to a boil.

Reduce heat to low, cover with lid, & simmer for ~15 minutes.

Make the White Sauce:

Melt Butter in a small pan & stir in Flour.

Cook, stirring, for ~1 minute.

Remove from heat & gradually add in Milk.

Return to the heat & cook, stirring, for ~2 minutes, until thickened.

Add Nutmeg, Cheese, Salt & Pepper.

Assemble:

Spray cooking oil in a 9x13 inch casserole dish or pan.

Layer eggplant slices over bottom of dish, add a layer of meat sauce and repeat until all eggplant and meat sauce is used. Finish with a layer of eggplant!

Pour white sauce over eggplant and sprinkle with Breadcrumbs. **Bake for ~45 minutes**, until golden.

Susie's Tamale Pie

~1 ½ cups **Masa** (a little more if using a 9x9 pan).

1-2 cups **Beef or Chicken Broth**, boil

Gradually add hot broth to Masa & mix, keep adding broth until dough forms & is sticky.

Press into a greased 8"x 8" pan or 9"x 9" pan.

Preheat oven to 350°C.

~ ½ **Onion**, sauté & add

~ ½ **lb Ground Beef** & sauté, drain, then add a little broth to the beef.



Then add:

Taco Seasoning

Mexican Adobo Seasoning

Chipotle Hot Sauce

Add:

1 can **Petit diced Tomatoes**, drained

A little **Monterey Jack Cheese** (just enough to melt into meat & be gooey).

Simmer, covered ~20-25 min.

Grease an 8"x 8" pan.

Put Masa into pan.

Top with Beef mix, then Monterey Jack Cheese.

Bake ~10 min.

Pour on **Enchilada Sauce** & Bake ~10 min. more.

Add more Cheese & Bake 3-5 min. more.

Tamales (Susie)

25-50 dried Corn Husks (~ 8 inches long)

Masa:

10 oz (1 1/3 cups) Pork Lard or vegetable shortening, slightly softened, not runny

Salt

1 ½ tsp Baking Powder

3 1/2 cups Masa Harina mixed with 2 ¼ cups hot water

1 to 1 ¼ cups Broth from filling meat below (or chicken Broth)

Filling:

Pork Butt/Shoulder (~3 ½ lb), trimmed of fat and cut up

10 cups water

1 medium Onion, quartered

3 Garlic cloves, minced

1 1/2 tsp Salt

Red Chili Sauce (Optional)(See below)



Filling:

In Dutch oven/Creuset, bring pork, water, onion, garlic and salt to boil.

Simmer covered, ~ 2 1/2 hours or until meat is very tender.

Remove meat from broth and allow both meat and broth to cool. (Chilling the broth will allow you to easily remove the fat if you desire to do so).

Shred the meat using 2 forks, discarding fat.

Strain the broth and cool it to remove fat.

In the meantime, soak corn husks in hot water for at least 20 minutes; rinse to remove any corn silk and drain well.

Masa:

Beat lard/shortening on medium-high speed in a large bowl with baking powder and 2 tsp salt for 1 minute.

Continue beating as you add the masa in 3 additions.

Reduce the speed to medium-low and add ~1 cup of the broth.

Continue beating for another minute, until a 1/2 tsp dollop of the batter floats in a cup of cold water (if it floats, the tamales will be tender and light).

Beat in enough of the remaining broth to give the mixture the consistency of soft (not runny) cake batter; it should hold its shape in a spoon.

For the lightest textured tamales, refrigerate the batter for an hour or so, then repeat, adding a little more broth or water to bring the mixture to the soft consistency it had before.

Taste the batter and season.

Set up the steamer:

Set a collapsible vegetable steamer into a large, deep pan.

Add water to bottom of pan.

Form the tamales.

Cut several 8- to 10-inch pieces of string or thin strips of cornhusks to tie tamales.

Lay out one of your chosen cornhusks with the tapering end toward you. If husks are small, overlap 2 small ones to form one. If it is large, tear a strip from the side).

Spread 2 Tbsp of the masa mixture on the center of the corn husk.

Then place ~ 1 tablespoon meat and sauce mixture (if using) in the middle of the masa.

Fold in sides of husk and fold up the bottom (form a tightly closed "bottom" leaving the top open), tie closed with string.

Stand the tamales in the basket, open side up. Cover them with a layer of leftover cornhusks

Bring water to a boil, lower temp to med-low and cover.

Steam for 40 min – 1 hour, adding water when necessary.

Tamales are done when the husk peels away from the masa easily.

Can let tamales stand in the steamer off the heat for a few minutes to firm up.

To Freeze:

Leave them in the husks and place them in freezer bags.

To reheat:

Thaw and wrap in a wet paper towel and reheat in the microwave for 2 minutes for one or two or re-steam them just until hot.



Red Chili Sauce:

15 large dried Chilies (like Anaheim, New Mexico, California or Pasilla)

4 -5 Garlic cloves

2 tsp ground Cumin

1 tsp Salt

2 tsp All-Purpose Flour

2 tsp Olive Oil or 2 tsp melted Shortening

YIELDS: 4 cups

Remove stems and seeds from dried chili peppers.

Place peppers in a single layer on a baking sheet.

Roast in 350°F oven for 2-5 min or until you smell a sweet roasted aroma, checking often to avoid burning.

Remove from oven and soak in enough hot water to cover for ~ 30 minutes or until cool.

Put peppers and 2 1/2 cups of the soaking water into a blender (save the remaining soaking water).

Add garlic, cumin and salt.

Cover and blend until smooth.

In a 2-quart saucepan, stir flour into oil or melted shortening over med heat until browned.

Carefully stir in blended chili mixture.

Simmer uncovered for 5 to 10 minutes or until slightly thickened. (If sauce gets too thick, stir in up to 1 cup of the remaining soaking water until you reach the desired thickness)

Use this sauce for traditional tamales.

Quick Paella

3 Tbsp Olive Oil

3 Garlic cloves, chopped

1/2 - 1 cup Onions, diced

1/2 cup Bell Peppers

1/4 lb Kielbasa, sliced then cut in half OR 2 Chorizo Sausages, sliced & halved

2 cups Instant Long-Grain White Rice (such as Uncle Ben's)

1/4 cup dry White Wine

1 1/4 cups low-sodium Chicken Broth (10 fl oz)

1/8 tsp crumbled Saffron Threads (can also use turmeric in a pinch or annatto)

~20 medium Shrimp, cleaned

1 1/4 Cockles (clams or muscles) (small ~1 inch wide)

1 cup frozen Peas

1/2 cup Green Olives

Heat oil, then sauté onion, peppers, a few seconds, then add garlic, & cook a couple of minutes. Add sausages & cook until lightly browned, about 2 minutes.

Add rice, wine, broth, saffron and cook covered, undisturbed for ~6 minutes.

Add shrimp and cook a couple of minutes.

Add clams, peas, olives & cook, covered, until cockles open wide, 2 - 4 minutes.

Remove from heat & let stand, covered, until all liquid is absorbed, ~ 5 minutes.

Mediterranean Chicken Pita with Chickpea and cucumber salad (Josh's)

Chicken:

1 package of chicken thighs - chopped into bite sized pieces

Greek spice mix (see our spice mix)

lemon

olive oil
4-5 cloves garlic
raw/fresh green onion

Salad:

mixed greens
cucumber - sliced thin/chiffonade - small 'sticks'
tomatoes
olives
fresh parsley

Chickpeas:

boil chickpeas for a short time to heat (1 can chickpeas)
our Greek Spice Mix

Sauces:

Tahini Dressing:

2-4 Tbsp tahini, well mixed
Water - enough to mix to desired consistency
Juice of 1-2 lemons
garlic - 1/4-1/2 very well minced with liberal pinch sea salt
ground pepper
touch toasted sesame oil
touch soy sauce
liberal amount of olive oil

Cucumber Mint Yogurt:

Plain yogurt - enough to suite
Juice of fresh lemon
1/4-1/2 garlic - well minced/paste - see above
several leaves of fresh mint
sea salt
touch black pepper

Marinate chicken with chopped whole lemons - can use the ones used for juice for sauces with garlic, spice mix, and liberal amount of olive oil. Put in a zip lock bag in refrigerator for at least one hour. Spread chicken pieces on broiler or onto a heated grill - remove lemon chunks. Cook to desired temperature - suggest mid-well to get a nice color/texture of meat but retain moisture.

Serve chicken chunks in a pita pocket- pre-heated. serve with mint yogurt sauce, a little fresh cucumber and some fresh green onion. Serve as a sandwich

Plate with a salad and the chickpeas. Give a liberal amount of the tahini dressing to both the salad and the chickpeas.

Scotch Egg (Susie's)

Eggs, hard or soft-cooked & ice-bathed for ~5 min.
Sausage
Green Onions
Garlic
Mustard, Stone Ground
Salt
Pepper
Flour

Egg Wash

Breadcrumbs or Cornflakes

Mix ingredients, sausage to pepper, then make ball and flatten.

Add peeled egg to meat and surround the egg completely with sausage mix.

Roll in flour then egg wash then breadcrumbs.

Sauté in oil ~3 min.

Finish in oven: 400°F for ~5 min.

Seafood Pot Pie (Susie's)

2 tbsp unsalted butter

1.5 tbsp white all-purpose flour

1/4 cup heavy cream

1 cup whole milk

1/4 cup dry white wine

Juice of 1 lemon

2 cloves garlic, crushed

1/2 tsp salt

pinch of black pepper

1 tbsp fresh dill or dried

1/2 pound White Fish, Cod

1/2 pound Shrimp

Mashed Potatoes

1/2 cup cheese (White Cheddar)

Note: can also add salmon, scallops, squid.



Melt the butter in a large skillet over medium heat.

Whisking add the flour, it will start to clump together with the butter.

Slowly add the heavy cream, whisking vigorously until it starts to form a roux.

Slowly add the whole milk, still whisking.

Whisk in the white wine and lemon juice, roux should be creamy and coat the back of a spoon.

Add the garlic, salt and pepper to taste.

Fold in the fresh dill.

Add the white fish and salmon, turn the heat up just a little to bring the roux to a boil.

Note: At this point add shrimp, squid, etc...if using.

Sauté for 1-2 minutes once it starts to boil and then add the shrimp and squid.

Sauté until the shrimp turns pink indicating it is cooked through.

Remove from heat and let cool. Stir in some cheese.

Heat oven to 350.

Spoon seafood mixture into baking dish and top with puff pastry.

Bake 20 minutes or so, until brown.

Peanut-Tomato Stewed Chicken (Susie)

Chicken, preferably thighs

1 Onion, fine dice

1-2 Garlic cloves, minced

1 can Tomato Sauce (1-2 cups)

½-1 cup Peanut Butter

Pinch of Nutmeg

Pinch of Cayenne Pepper
S & P

Optional to add:

Sweet Potato
Carrots
Potato

Season chicken with S & P & sauté.
Sauté onions & garlic.
Add rest of ingred (including chicken) & simmer for 20-30 min.
Serve with rice.



Mafrum (libyan dish made of grd beef & lamb sandwiched in assorted Vegetables)

2 Medium Potatoes, peeled

1 Eggplant

4-5 Cauliflower Florets

For the stuffing Mixture:

0.6 lbs ground Beef (300g)

0.3 lbs minced Lamb (150g)

1 medium onion, finely chopped or grated

100g breadcrumbs

1 cup mix of chopped coriander, parsley, mint

2 large garlic cloves

1 Tbsp Baharat spice mix

1 Tbsp Ground cumin

1 Egg, beaten

1/2 Tsp salt

1/2 Tsp pepper

To coat:

1 cup all-purpose flour

1/4 tsp salt

3 eggs, beaten

2 tbsp tomato puree

vegetable oil for frying

For the sauce:

3 Onions, chopped

3 big garlic cloves, chopped

4 Tbsp tomato puree

1 Tbsp Baharat spice mix

2 Tbsp smoked paprika spice

1/2 Tbsp Ground cumin

1/2 tsp spicy ground chilli (optional)

Pinch of sugar

1 tsp salt

1/2 tsp pepper

2-3 cups of water

Baharat Spice Mix:

1 Tb Black Pepper

1 Tb Cumin Seeds

2 tsp Coriander Seeds

<1 tsp Whole Cloves

1/2 tsp Cardamom Pods

→ Dry roast whole spices
in skillet (3-5 min). Grind.

1 1/2 Tb Paprika

1 tsp grd Cinnamon

1/4 tsp grd Nutmeg



Slice your potatoes and eggplant into 1-inch-thick slices. In each slice, create a cut in the middle like you'd open a baguette, but cut only 3/4 through so the piece remains intact.
Cover potatoes in cold water and mix in 1 Tbsp of salt, rest for 30 minutes.
Sprinkle the eggplant with some salt and let rest on a paper towel for 30 minutes.
Break palm size florets off your cauliflower, cut out small v-wedge in top of floret, set aside.
Mix together ground lamb, ground beef, eggs, coriander, parsley, mint, onion, breadcrumbs, garlic, cumin, baharat spice mix, salt and pepper
Once your vegetables are ready, drain the water out of the potatoes and let them dry for a few minutes.
Wipe the moisture and salt from the eggplants.
Make a medium ball from the meat mixture and stuff it inside each piece of vegetable, be gentle, and once it's in there, press the sides of the veggies to sandwich it up tightly but without pressing the mixture out.
Take a large oven proof skillet that has a lid and heat about 1.5 inches oil in it on medium heat.
Prepare a plate with flour & salt and another bowl with the eggs & a tomato puree, whisk well to combine.
Preheat the oven to 300 degrees F.
When the oil is hot, dip each piece of vegetable in the flour, make sure everything is covered and tap it lightly to remove excess flour.
Then dip the piece in the egg mixture on all sides, and straight into the oil.
Fry the pieces slowly, a few minutes on each side.
Let them caramelize and bit, if the heat is too high turn it down.
Flip them over to the other side and let them get this nice golden color.
Remove them gently using a slotted spoon or two forks, and place them on a wire rack with paper towels underneath to catch the excess oil
Chop 3 small onions and sauté them in the same skillet you used to fry your veggies, add olive oil if needed.
After the onions are nice and transparent, add the garlic, tomato puree, Baharat spice mix, smoked paprika spice (or regular), a bit of cumin, pinch of sugar, salt and pepper and if you'd like it with a bit of a spicy kick, add chili spice in there too. Sauté for 2-3 minutes until fragrant.
Add 2 cups of water and stir it well together.
Arrange the vegetables in tightly together, the water should almost reach the top of the vegetables, about 3/4 through. Add the rest of the water if needed.
Bring to a gentle simmer, cover and place in the oven for 1.5-2 hours, until the potatoes are soft and most of the fluids are absorbed. You can also leave it covered on the stove on very low heat for 2 hours.
Check occasionally and add some water if needed.
Traditionally served with couscous.

Shakshuka (Libyan dish - Eggs Poached in Tomato Sauce)

This dish is made with eggs that are gently poached in a simmering mixture of tomatoes, bell peppers, onions, garlic and spices.

Serve it for breakfast, lunch, or dinner (brinner)!

Olive Oil

1 large Onion, chopped

2 Green Bell Peppers, chopped

2 Garlic cloves, chopped

1 tsp ground Coriander

1 tsp Sweet Paprika

1/2 tsp ground cumin

Pinch Red Pepper Flakes (optional)

Salt and Pepper

6 Tomatoes, chopped (~6 cups chopped tomatoes)

1/2 cup Tomato Sauce



4-6 large eggs, depending on number of people
1/4 cup chopped fresh Parsley leaves
1/4 cup chopped fresh Mint leaves

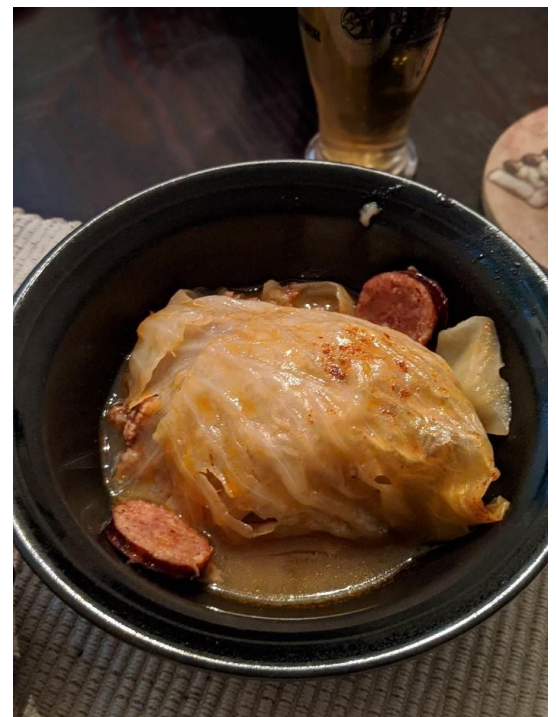
Heat olive oil in a large cast iron skillet.
Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, ~5 min.
Add the tomatoes and tomato sauce. Cover and let simmer for ~15 min.
Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning.
Using a wooden spoon, make 6 indentations, or “wells,” in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
Uncover and add the fresh parsley, mint, black pepper or crushed red pepper, if you like.
Serve with warm pita, challah bread, or your choice of crusty bread.



Yugoslavian Cabbage Rolls

1 onion chopped
1 Tbsp oil
1 lb ground Beef
½ lb ground Pork
2 slices Bacon rashers chopped
1/2 cup rice
2 cloves garlic clove chopped
1 tsp salt
1 tsp pepper
1 head of Cabbage
250 g Sausage Smoked
2 Tbsp vegetable oil
1 Tbsp plain flour
1 tsp sweet paprika

Sauté onion until transparent.
Mix the ground beef, pork and bacon, rice, chopped garlic, salt and pepper.
Mix fried onion with the mince.
Remove core of the cabbage head.
Peel off the leaves and trim the thick parts, saving any trimmings.
Rinse the leaves. If too sour boil the leaves for 1 minute.
Form the meat mixture into oblong shapes that will fit into the leaves.
Place each patty into the leaves and roll the leaves over the meat.
From the left side, fold over one end, finish rolling and tuck into free end.
Line the bottom of a casserole dish with cabbage leaves, about 2-3



leaves thick.

Place cabbage rolls inside the dish.

Between the layers tuck in roughly chopped pieces of **smoked sausage**. This is key to the flavor!!

Use finely chopped scraps of cabbage to fill in wholes.

Heat 2 tablespoons oil in frying pan. when it smokes, stir in flour and paprika to make a thick paste.

Add about 2½ cups water over the rolls or until the water is 2 cm below the top layer of rolls.

Bring liquid to the boil, cover pot, and simmer slowly for 1½ hours.

Kerala Roadside Chicken / Thattu Chicken

In Kerala, a street stall selling food is called a thattukada. One of the most well-known dishes served is called chicken fry, or **thattu chicken** (aka, roadside chicken).

FOR THE CHICKEN:

5 cloves Garlic, peeled

1/2-inch-piece Ginger, peeled

Chicken Thighs, cut into 1-inch pieces

2 tsp Kashmiri Chile powder (or substitute hot Paprika)

2 tsp ground Fennel seeds

2 tsp Garam Masala

1 tsp Turmeric powder

1 tsp kosher Salt

Coconut oil

FOR THE GARNISH:

Coconut oil

Shallots, thinly sliced

Red Pepper Flakes

12 to 15 Curry Leaves



Smash garlic and Ginger into a paste with salt.

In a bowl or Ziploc bag, combine chicken with garlic-ginger paste and all spices. Mix well.

In a cast-iron skillet, heat the coconut oil on medium heat, add chicken and fry.

Let chicken drain on paper-towel-lined plate.

Make the garnish:

Heat coconut oil, then add the shallots, dried chiles and curry leaves.

Cook, stirring often, until shallots are golden brown, 6 to 8 minutes.

Add the garnish to the fried chicken.

Gravlax (Swedish Cured Salmon)

Fresh Salmon Filet with skin on

85 g (3 ¼ oz) Sugar

120 g (4 oz) Salt

Tons of chopped Dill

Cracked Black or White Pepper

(Optional: some people add Vodka, 3 Tbsp)

Sauce:

2 tbs mild Swedish Mustard

1 tsp Dijon Mustard

2 tbs Sugar

1½ tbs Red Wine Vinegar

Salt, White Pepper



200 ml (1 cup) Oil (not olive oil)
chopped Dill
(or option: add some mayo)

We bought a large filet, skin on and cut it in half.
Mix salt, sugar, pepper and some of the chopped dill, then rub it all over the flesh (a thick layer). Add lots of dill sprigs. Sandwich 2 filet pieces together and wrap tightly with cling wrap.
Then refrigerate for 24–48 hours, turning the salmon filet a few times.

We experimented with the 24 to 48 hour cure times to see which we liked better.

Result: 24 hr.

After 24 hrs we removed the fish from the refrigerator, cut it in half and re-wrapped the other filet and put it back in the fridge. We rinsed the filet under cold water to remove brine and sliced thin pieces off the filets. The gravlax at this stage was succulent and delicious.

After 48 hrs, we removed the fish from the refrigerator and rinsed off the brine and sliced it thin.

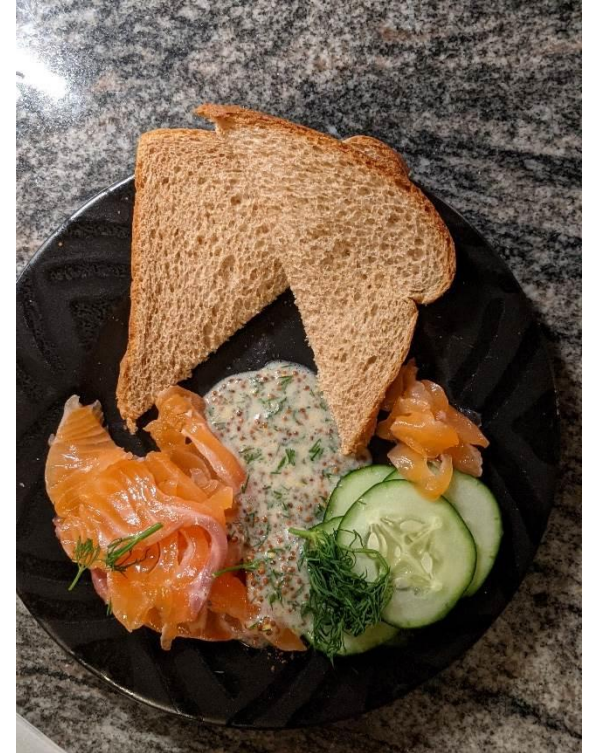
The gravlax at this stage was also succulent and delicious, but a bit firmer and slightly saltier.

Gravlax sauce is served alongside the dill-cured salmon.

Mix the mustard, sugar and vinegar and season with salt and fresh-ground pepper.

Stir vigorously, while pouring on the oil in a steady, thin stream. When the sauce has attained a mayonnaise-like consistency, stir in the chopped dill.

Note: We found the addition of the sugar to be too sweet for us (still very good though), so we made another without it and liked it more.



We served the gravlax first with toast, sauce, cucumbers and extra dill.

Crispy Pork Belly – (Susie’s version)

Pork Belly Skin Layer (Let sit overnight)

Kosher Salt

Baking Soda – if short on time or just want to use it to really ensure it dries do a 1:1 Salt:Baking soda mix.

Pork Belly Meat Marinade

Pork Belly

Soy Sauce

Garlic Powder

Salt

¼ teaspoons of five spice

Mustard Powder

Oregano

Preparation Day Before:

Pat the skin completely dry with a paper towel.

In a small bowl mix the ingredients from soy sauce to oregano together. Pour into shallow dish.

Put thick layer of salt on skin and place in the marinade.

Put in refrigerator, uncovered for at least 2 hours, preferably overnight.

Cooking Day:

Preheat the oven to 350oF.

Remove pork belly from fridge and dish and wipe off all the salt & dry with paper towel.

Using a sharp knife, prick holes into the skin without going into the fat layer. If you go into the fat layer, it will bubble up and not crisp.

Coat thick layer of kosher salt over the skin, make sure all the skin is covered and flat.

Cook on a greased wire rack over a sheet pan. Put a little water in the bottom of the drip pan/cookie sheet.

Cook ~40 min.

Remove from oven.

Lift off the salt layer (it should be turning brown now).

Try to wipe off as much salt as you can physically get off.

Bake ~20-30 min more.

Skin should be crisp now, if not then carefully blast it under the broiler (place 8 inches from top of oven & the heating element). Watch it carefully!

Note:

This paired very well with a Prosecco Rose.



Vietnamese Beef Noodle Soup (Pho Bo)

Stock

3 lbs beef bones (ox tail, neck bones and/or shank bones)- Use soup bones - will turn out great!
6 liters water
2 teaspoons salt
8 large shallots (about 15 oz; roast whole in oven at 350°F for 40 minutes, allow to cool then peel)
4 oz ginger (roast in oven at 350°F for 40 minutes; allow to cool then slice into thick slices with peel-on)

Dried Spices

1 stick Asian cinnamon (~ 15 grams)
2 teaspoons dried cloves
2 teaspoons dried coriander seeds
3 dried cardamom pods
3 dried star anise

Stock Seasoning

150 grams rock sugar
1/2 tablespoon MSG
2 tablespoons fish sauce
1 tablespoon fine sea salt
1 tablespoon chicken, mushroom or pork stock powder

Toppings

Any meat from beef bones after making stock (particularly ox tail)
1-1/2 lbs thinly sliced eye-round beef steak
1 11-oz bag cooked beef balls (Bo Vien)
2 lbs fresh rice noodles (soak in cold water for 30 minutes to remove excess starch)
1 small medium white/yellow onion (slice thinly)
1 small bunch cilantro (roughly chop)
5 green onions/scallions (slice thinly)
3 jalapenos (slice thinly)
3 limes (cut into wedges)
Hoisin sauce
Sriracha sauce



In large pot, add 5 liters water and bring to a boil. Add soup bones, roasted shallots & ginger. Cook for 1-3 hours, semi-covered on medium low heat.

After 3 hours, remove bones, ginger and shallot from stock and discard.

There may be good amount of tender meat on the bones (particularly ox tail) so remove the meat from the bones and set aside as a meaty topping before discarding.

In a small frying pan, quickly toast the dried spices until fragrant (30 seconds to 1 minute).

Shake them around to prevent burning.
Wrap the toasted spices in a cheese cloth or use a spice ball and add to pot.
Simmer on low for 30 minutes.
After 30 minutes, remove cheese cloth/spice ball.
Season stock fish sauce, and salt to taste
When ready to serve, bring a small pot of water to a boil and blanch a large handful of rice noodles.
Add your choices of meat with the raw slices of eye-round beef steak on top.
Only needs a few seconds to cook, especially if very thin.
Add cooked noodles to a serving bowl.
Ladle in hot broth and beef.
Serve bowl with a side of with green onions, chopped cilantro, bean sprouts, Thai basil, jalapeno slices, lime wedges and of course, Hoisin and Sriracha sauce.



Apple Cucumber Salsa with Chicken or Fish with Quinoa and Rice

Chicken or Fish

Lemon Juice

Olive Oil

Granny Smith Apple (or other tart apple)

Cucumber

Celery

Mint

Lemon Juice

Salt

Pepper

Rice, white or brown

Quinoa

Dried Cranberries

Pecans or Almonds

Cranberry Juice

Olive Oil

Parsley

Salt

Pepper



Sauce on chicken/fish is a Lemon-Olive Oil Vinaigrette.

Relish is granny smith apples, cucumbers, celery, mint, lemon juice and kosher salt and pepper.

Rice is basic white or brown rice with quinoa, cranberries, candied pecans, cranberry juice, oil, parsley, and kosher salt and pepper.

Barley Risotto

1 Tbsp Olive Oil
2 cloves Garlic, minced
1/2 chopped Onion
1 Cup sliced Mushrooms
1 1/2 Cups Barley
1/4 Cup White Wine
4 Cups Vegetable Stock
1 Cup fresh diced Tomato
1 cup Peas
Salt and Pepper
grated Romano Cheese



In olive oil, sauté onion and garlic until softened.

Add mushrooms, cook until browning.

Add barley and cook for 5 minutes until lightly toasted.

Add white wine, cook a few minutes.

Add ~3 c stock, tomato, salt & pepper.

Bring to boil, cover and simmer 25 minutes, stirring occasionally.

Add peas and some additional broth if needed, simmer an additional 10-15 minutes.

Stir in cheese, and more salt & pepper if needed.

Croissants (Susie's recipe adapted from Sally's Baking Recipes)

FYI:

Day 1: Steps 1-5 (~1+ hrs of work, rests 30 min, allow to long rest overnight or go through step 11)

Day 2: Steps 6-11 (~2.5 hrs of work)

Day 3: Steps 12-18 (1-2 hrs of work)

1/4 cup (4 Tablespoons; 60g) unsalted **butter**, softened to room temperature
4 cups (500g) all-purpose **flour** (spoon & leveled), plus more for rolling/shaping
1/4 cup (50g) granulated **sugar**
2 teaspoons **salt**

1 Tablespoon active dry or instant **yeast**

1 and 1/2 cups (360ml) cold **whole milk**

Butter Layer:

1 and 1/2 cups (3 sticks; 345g) unsalted **butter**, softened to room temperature

2 Tablespoons (16g) all-purpose **flour**

Egg Wash:

1 large **egg**

2 Tablespoons (30ml) **whole milk**

1. Good idea to refer to the video and photos below if there's confusion and read the recipe all the way through before beginning.

Make room in the refrigerator for a baking sheet. In step 6 and again in step 13, you will need room for 2 baking sheets.

2. Make the dough: (**give yourself 10 min**)

Cut the butter in four 1-Tbsp pieces and place in the bowl of an electric stand mixer fitted with the dough hook attachment.

Add flour (4 c), sugar (¼ c), salt (2 t), and yeast (1 T).

Turn the mixer on low-medium speed to gently combine the ingredients for 1 minute. With the mixer running, slowly pour in the milk. Once all of the milk is added, turn the mixer up to medium speed and beat the dough for at least 5 full minutes. The dough will be soft and will mostly pull away from the sides of the bowl and if you poke it with your finger, it will bounce back.

If after 5 minutes the dough is too sticky, keep the mixer running until it pulls away from the sides of the bowl.

3. Remove dough from the bowl and, with floured hands, work it into a ball. Refer to Pic #1

Place the dough on a lightly floured silicone baking mat or parchment paper lined baking sheet.

Gently flatten the dough, just push down a little, but it's still in a round/ball shape, and cover with plastic wrap. Place the entire baking sheet in the refrigerator and allow the covered dough to rest in the refrigerator for **30 minutes**.

4. Shape the dough: (**Roll out on floured parchment**) Refer to Pic #2

Remove the dough from the refrigerator.

Begin flattening out the dough with your hands. You're rolling it out into a rectangle in this step, so shaping it with your hands first helps the stretchy dough. Roll it into a **14×10-inch rectangle**. The dough isn't extremely cold after only 30 minutes in the refrigerator, so it will feel more like soft play-doh.

Be precise with the measurement. The dough will want to be oval shaped but keep working the edges with your hands and rolling pin until you have the correct size rectangle. **Use a tape measure.**



5. Long rest: (My preference is to let it rest **overnight**)
Place the dough back onto the baking sheet, cover with plastic wrap and put in refrigerator for 4 hours or overnight.
6. Butter layer: Refer to Pic #3
Begin this 35 minutes before the next step so the butter can chill for 30 minutes:
In a large bowl of stand mixer fitted with a paddle, beat the butter and flour together until smooth and combined. Transfer the mixture to a silicone baking mat lined or parchment paper lined baking sheet. Using a spoon or small spatula, smooth out into a **7×10-inch rectangle**. Be as precise as you can with this measurement. Place the entire baking sheet in the refrigerator and chill the butter layer for **30 minutes**. (No need to cover it for only 30 minutes.) You want the butter layer firm, but still pliable. If it gets too firm, let it sit out on the counter for a few minutes to gently soften. The firmer the butter layer is the more difficult it will be to laminate the dough in the next step.
7. Laminate the dough: Refer to Pics #4, 5 and 6.
In this next step, you will be rolling out the dough into a large rectangle. Do this on a lightly floured counter instead of rolling out on your silicone baking mat.
The counter is typically a little cooler (great for keeping the dough cold) and the silicone baking mat is smaller than the measurement you need.
Remove both the dough and butter layers from the refrigerator.
Place the butter layer in the center of the dough and fold each end of the dough over it. If the butter wasn't an exact 7×10-inch rectangle, use a pizza cutter or sharp knife to even out the edges. Refer to Pic #4
Seal the dough edges over the butter layer as best you can with your fingers. Refer to Pic #5
On a lightly floured counter, roll the dough into a **10×20-inch rectangle**.
It's best to roll back and forth with the shorter end of the dough facing you. Use your fingers if you need to. The dough is very cold, so it will take a lot of arm muscle to roll. Again, the dough will want to be oval shaped, but keep working it with your hands and rolling pin until you have the correct size rectangle.
Fold the dough lengthwise into thirds as if you were folding a letter. This was the **1st turn**. Refer to Pic #6
8. If the dough is now too warm to work with, place folded dough on the baking sheet, cover with plastic wrap or aluminum foil, and refrigerate for 30 minutes before the 2nd turn. I usually don't have to.
9. **2nd turn:**
Turn the dough so the short end is facing you. Roll the dough out once again into a **10×20-inch rectangle**, then fold the dough lengthwise into thirds as if you were folding a letter. The dough must be refrigerated between the 2nd and 3rd turn because it has been worked with a lot by this point.
Place the folded dough on the baking sheet, cover with plastic wrap, and **refrigerate for 30 minutes** before the 3rd turn.
10. **3rd turn:**
Roll the dough out once again into a **10×20-inch rectangle**.
Fold the dough lengthwise into thirds as if you were folding a letter.
11. Long rest: (My preference is to let it rest **overnight**)
Place the folded dough on the lined baking sheet, cover with plastic wrap or aluminum foil, and refrigerate for 4 hours or overnight.
12. At the end of the next step, you'll need 2 baking sheets lined with silicone baking mats or parchment paper. The dough is currently on a lined baking sheet in the refrigerator, so you already have 1 prepared!
13. Shape the croissants:
Remove the dough from the refrigerator.
On a lightly floured counter, roll the dough out into an **8×20-inch rectangle**.
Use your fingers if you need to. Once again, the dough is very cold, so it will take a lot of arm muscle to roll. The dough will want to be oval shaped but keep working it with your hands and rolling pin until you have the correct size rectangle.
Using a pizza cutter or sharp knife, slice the dough in half vertically. Refer to Pic #8

Each skinny rectangle will be 4-inches wide. Then cut 3 even slices horizontally, yielding 8 4x5-inch rectangles.

Cut each rectangle diagonally to make 2 triangles. You have 16 triangles now. Refer to Pic #10 Work with one triangle at a time. Using your fingers or a rolling pin, stretch the triangle to be about 8 inches long.

Do this gently as you do not want to flatten the layers.

Cut a small slit at the wide end of the triangle, then tightly roll up into a crescent shape making sure the tip is underneath. Slightly bend the ends in towards each other. Repeat with remaining dough, placing the shaped croissants on 2 lined baking sheets, 8 per sheet. Refer to Pic #11

Loosely cover with plastic wrap and allow to rest at room temperature (no warmer! I suggest just keeping **on the counter**) for **1 hour**, then place in the **refrigerator to rest for 1 hour or up to 12 hours**.

(Or freeze, see freezing instructions. below)

The shaped croissants should be cold going into the oven. When you poke the dough with your finger, it will slowly bounce back. That means they are ready to be baked.

14. Preheat oven to 400°F (204°C).

15. Egg wash:

Whisk the egg wash ingredients together.

Remove the croissants from the refrigerator. Brush each lightly with egg wash.

16. Bake the croissants:

Bake until croissants are golden brown, **about 20 minutes**.

Rotate the pans halfway through baking.

If croissants show signs of darkening too quickly, reduce the oven to 375°F (190°C).

17. Remove croissants from the oven and place on a wire rack to cool for a few minutes before serving.

They will slightly deflate as they cool.

18. Croissants taste best the same day they're baked.

Cover any leftover croissants and store at room temperature for a few days or in the refrigerator for up to 1 week. You can also freeze for up to 3 months, then thaw on the counter or overnight in the refrigerator.

Warm up to your liking.

Notes

Freezing:

You can also freeze the dough after the **3rd turn** in the lamination process (after step 10).

Instead of the 4 hour rest in the refrigerator in step 11, wrap the dough tightly in plastic wrap or aluminum foil, place in a freezer zipped-top bag, and **freeze for up to 3 months**.

Thaw in the refrigerator and continue with step 12.

You **can also freeze the shaped croissants** after they rest for 1 hour at room temperature in step 13.

Cover them tightly and **freeze for up to 1 month**.

Thaw completely in the refrigerator, then bake as directed.

Keep Dough Cold: Make sure the dough is ALWAYS cold. If it warms up too much, stop what you're doing and place the dough back in the refrigerator for 20 minutes.

Floured Surface: Lightly flour the work surface, your hands, the dough, and the rolling pin as you work.

Air Bubbles: Pop them, then lightly flour where you popped the air bubble.

1. Not mine. Photo from Sally's Baking Recipes



2. Not mine. Photo from Sally's Baking Recipes



3. Not mine. Photo from Sally's Baking Recipes



4. Not mine. Photo from Sally's Baking Recipes



5. Not mine. Photo from Sally's Baking Recipes



6. Not mine. Photo from Sally's Baking Recipes



7. Not mine. Photo from Sally's Baking Recipes



8.



9.



11. Not mine. Photo
from Sally's Baking



10.



Notes:

Video: <https://www.youtube.com/watch?v=SuAigX8OQ08>

Recipe: <https://sallysbakingaddiction.com/homemade-croissants/>



2011-09-21-St Cirq Lapopie, France-Lunch



Foie Gras de Canard



Antipasto





Prosciutto-Wrapped Smoked Almond Stuffed Dates with Blue-Cheese Sauce



Caviar on Parmesan Crisp with Sour Cream



Beets



Artichoke with Tahini Sauce



Beet-Basil-Cream Cheese Stacks





Apple Hand Pies

Caprese Salad



Hollandaise covered Cheese Souffle



Okonomiyaki



Smoke Turkey Sandwich with Apples, Brie and Carmelized onions

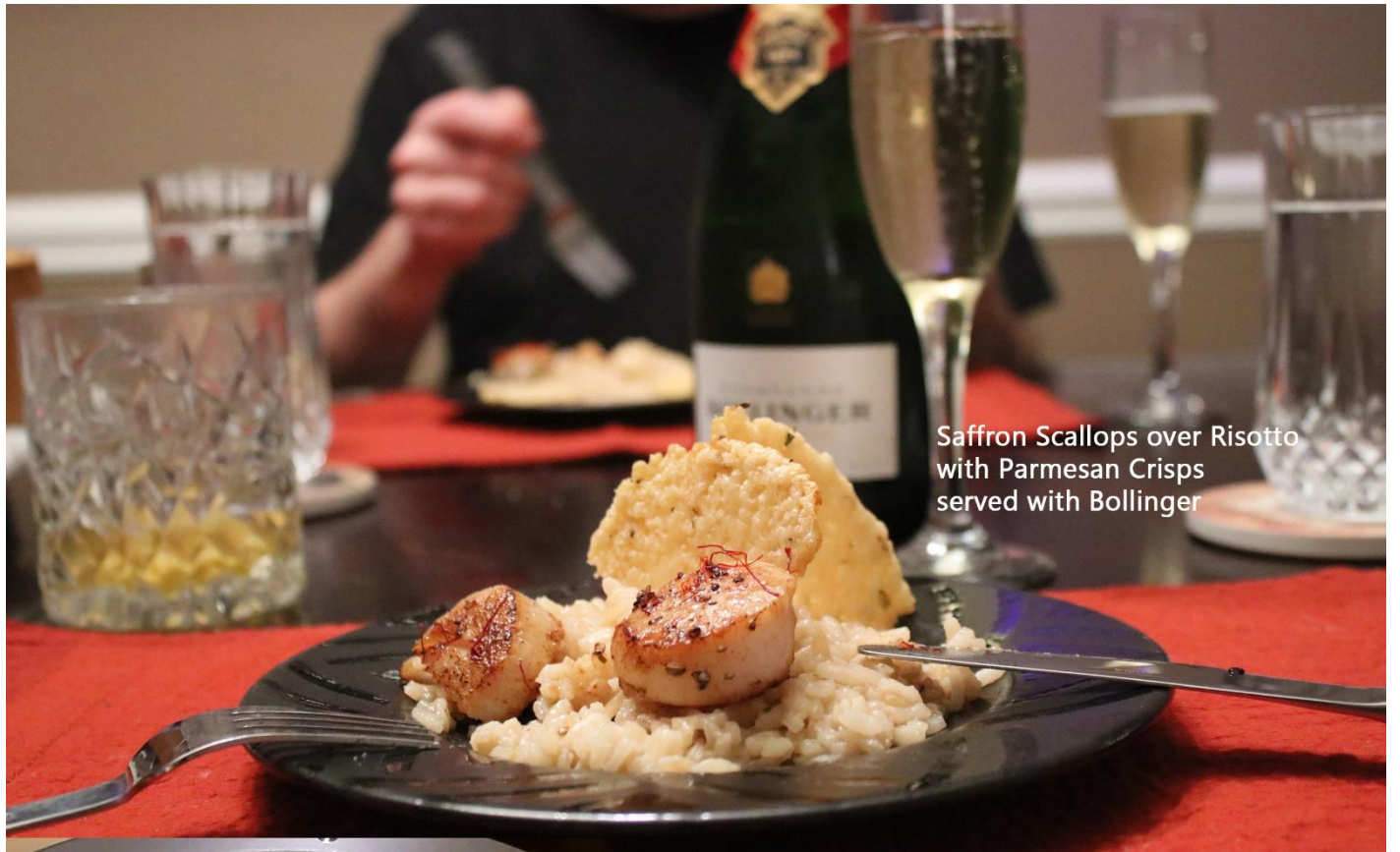


Cheddar Souffle and Scallops



Rosemary Rack of Lamb, Potatoes, Carrot, Artichokes in a Pomegranate Sauce with a Salad of Spring Mix & Spinach with Peas & Pomegranate Seeds





Saffron Scallops over Risotto with Parmesan Crisps served with Bollinger



Massaman Curry



Individual Cheese Souffles



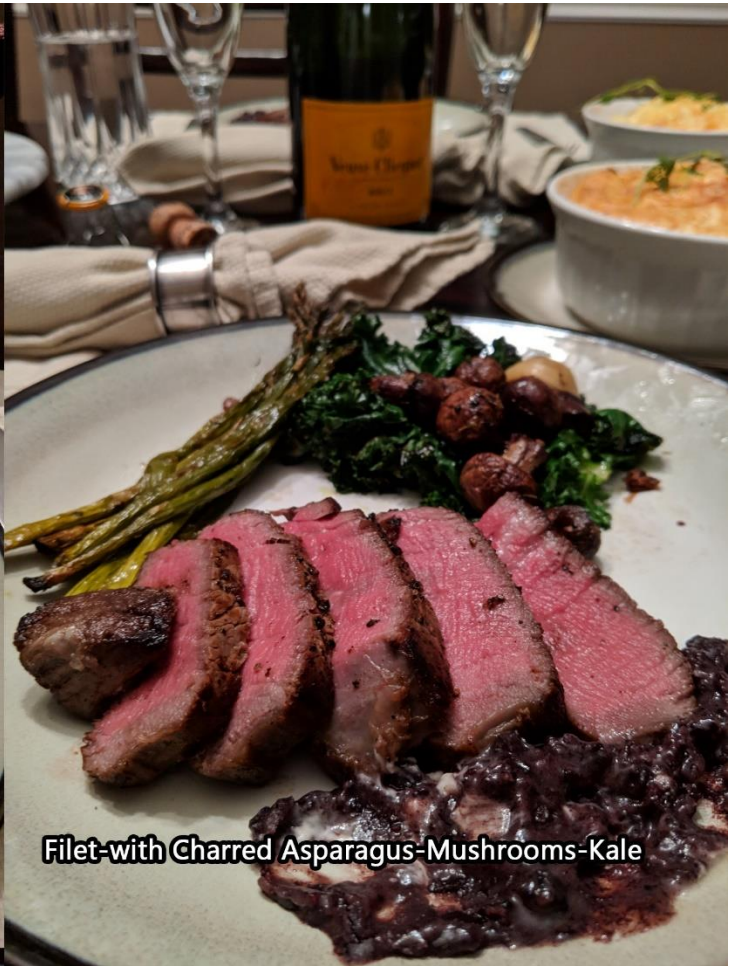
Black-Eyed Peas-Collards-Cornbread



Deviled Eggs with Caviar



Osso Bucco with Creamy Polenta



Filet with Charred Asparagus-Mushrooms-Kale



Stuffed Poblanos



Vanilla bean Crème Brûlée



Brisket Quesadilla



Brisket Tacos



Bread and Antipasto



Chicken Mole Tacos



Pork Tenderloin in a Mustard Cream Sauce



Pot Roast with Green Beans, Bacon Mashed Potatoes & Gravy



Sesame Crusted Tuna



Stuffed Portabella



Raclette



Mustard Chicken-Cuke Salsa-Quinoa



Quesadilla & Salad with Tahini Dressing



Tomatoey Shrimp & Grits



Lobster-Filet-Potato in Hollandaise



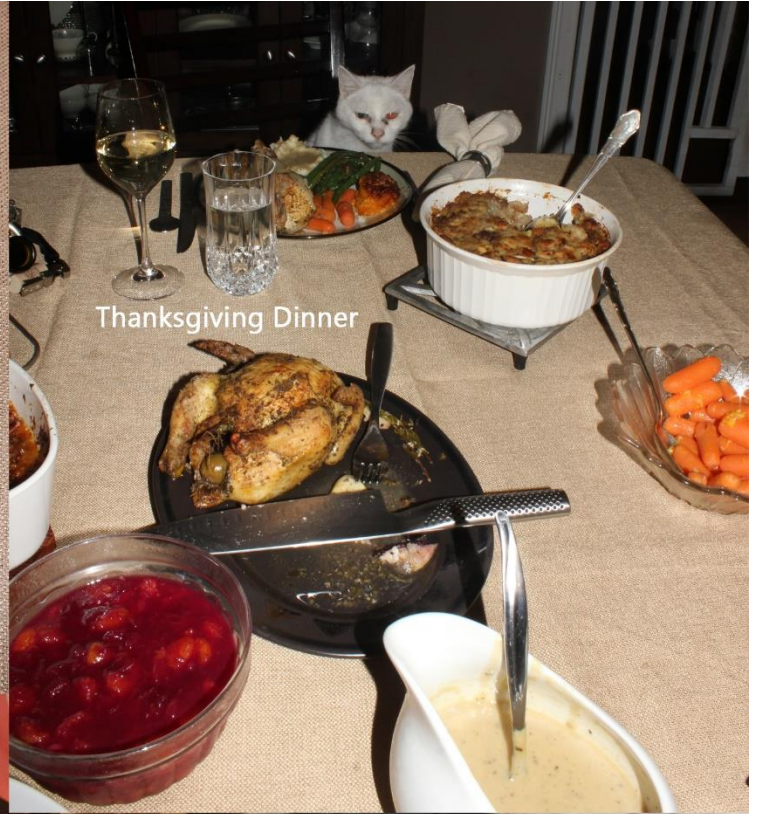
Salmon-Brussels-Quinoa Salad



Shrimp & Cheddar Grits



Crabcake with Lemon-Caper Aoli-Green Beans and Roasted Potatoes



Thanksgiving Dinner



Pork Tenderloin with Brussels Sprouts, Pomegranate Seeds and Sweet Potatoes



Fish with Shrimp-Cuke-Salsa

Rack of Lamb with Merlot Cherry Reduction served with Barley Risotto and Sauteed Green Beans



Salsa



Steak with Leeks in Creamy Jus Sauce with Minted Peas & Roasted Potatoes



Salmon with Orange-Teriyaki glaze



Steak and Blue Cheese



Bacon-Wrapped Roast Turkey



Apple Pie



Stuffed Portabella



Smoked Pork Shoulder



Cuban Ropa Vieja with Black Beans, Guacamole and Tostones/Patacones



Cuban Ropa Vieja over Rice with Black Beans



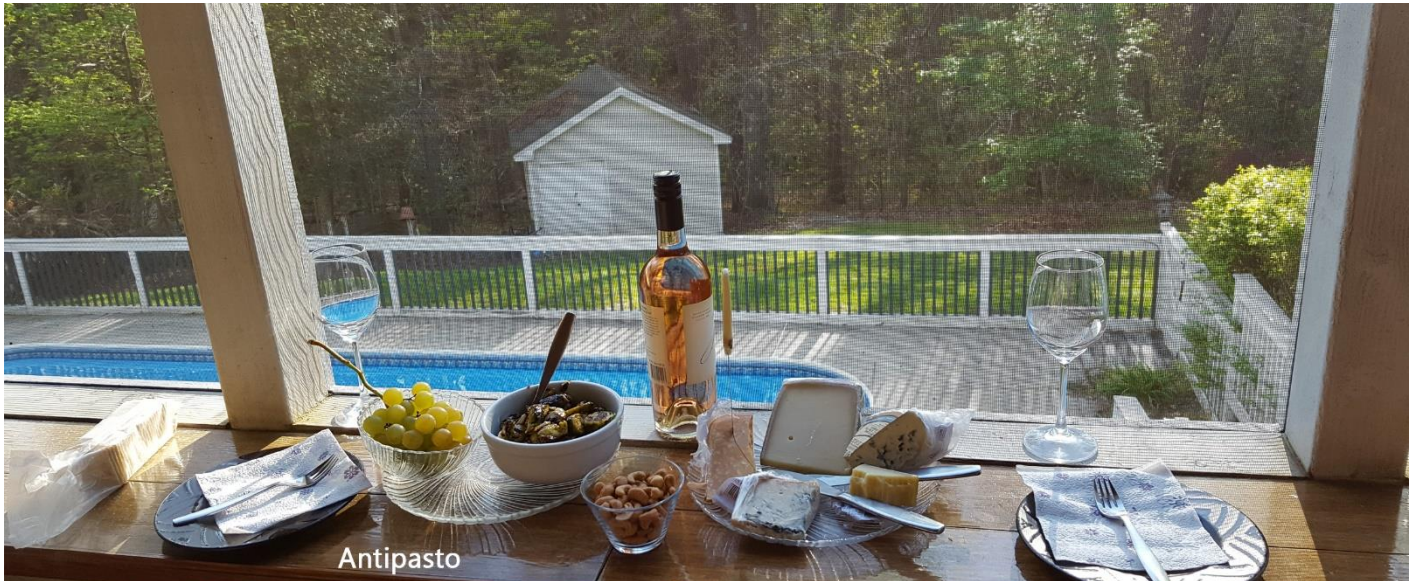
Salmon in Caper Wine Sauce with Brussels & Tomatoes



Salmon in Mustard Seed Sauce with Green Beans & Turmeric Rice



Salmon in Creamy-Mustard-Dill Sauce with Brussels & Green Beans and Quinoa



Antipasto



Shrimp, Asparagus, Cheese Souffle
in Shrimp Newburg Sauce



Spaghetti



Shrimp-Sausage Gumbo over Grits



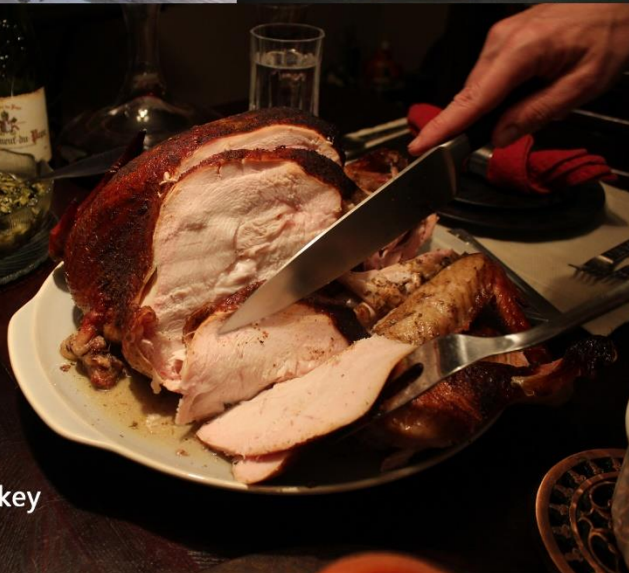
Mixed Berry Cobbler



Cheddar Souffle



Chicken & Orzo with Avgolemono Sauce



Roast Turkey



Skillet Blueberry Cobbler



Filet Mignon in Mustard-Bourbon
Sauce with Green Beans &
Mushrooms



Shrimp & Scallops in a Bisque Sauce
over Cheese Souffle



Eggs over Chipped
Beef on Toast
with Avocado



Salmon Wellington



Steak Chimichuri



Cheesecake with Figs in Port Wine Reduction



Grilled Sweet Potatoes



Beef Pho



Shrimp & Grits



Fried Calamari



Grilled Port Tenderloin

Anniversary Dinner

May 31, 2017

Amuse Bouche

Caviar Parmesan

Parmesan Crisps with whipped Potatoes, topped with Caviar
Serve with Champagne

Appetizer

Poached Scallops and Parmesan Grits

Sancerre Poached Scallops with Toasted Hazelnuts and Chives
Serve with Sauvignon Blanc

Main Course

Salmon in Citrus Cream Sauce with Mashed Mint Peas

Lemon, Lime and Orange Glaze
Serve with Sauvignon Blanc

Dessert

Chocolate Cobbler Cream Puff Pastry Swans

Serve with Champagne





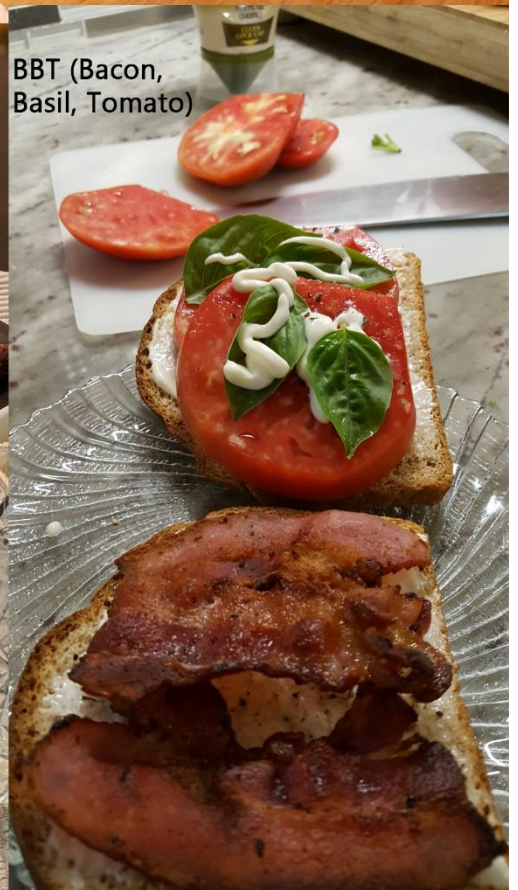
Quiche



Smoked Salmon and Eggs



Roasted Duck



BBT (Bacon, Basil, Tomato)



Crab legs with
Lemon-Goat Chees
& Thyme Souffle
& Broccoli



Latkes



Cloud eggs with smashed Avocado



Fried Shrimp with
fresh Cocktail Sauce



Cassoulet with Lavender



