

METROPLUSHEALTH EMPLOYEE COOKBOOK

15+ MEANINGFUL RECIPES THAT
YOU'LL LOVE TO COOK AND EAT!

RECIPES BY OUR VERY OWN
EMPLOYEES





**ENTREES &
APPETIZERS**

KIDNEY BEAN AND TOMATO CURRY

INGREDIENTS

1 15-ounce can red kidney beans, drained

1 1/2 tablespoons sesame oil

1 medium onion, minced

3 garlic cloves, minced

1/2 tablespoon of Ginger paste

1 medium tomato, chopped

1 teaspoon ground coriander

1/4 teaspoon cayenne

1 teaspoon ground cumin

Pinch of turmeric

Juice of 1/2 lemon

2 tablespoons parsley, finely chopped

Salt to taste

DIRECTIONS

Pour the oil into a large pot set over medium heat. Add the onion and cook, until it has started to brown, about 5 minutes. Add the garlic, ginger, and and cook for 2 minutes, or so.

Dump in the chopped tomato, along with the coriander, cayenne, cumin, and turmeric. Cook until the tomatoes break apart and start to thicken into a sauce, about 10 minutes, or so.

Pour in the kidney beans, lemon juice, a cup of water, and half of the parsley. Bring to a simmer, then reduce the heat to low. Cook for about 10 to 15 minutes, or until the liquid has reduced and the sauce is very thick. Serve with rice or by itself.

-Ryan Harris

SHRIMP SCAMPI

Ingredients

1lb uncooked shrimp
1 cup melted butter (unsalted)
¼ cup olive Oil
1 tsp parsley (flakes are best)
¾ tsp basil
½ tsp oregano
¾ tsp black pepper
4 cloves of chopped garlic
1 cup of breadcrumbs (of your choice)
1 cup of milk
1 oven deep pan (throw away foil ones work well)

Directions

Clean and devein the shrimp (you can leave the tails on)
In one small bowl have your milk and in another have your breadcrumbs.

Dip the shrimp in the milk followed by the breadcrumb and line them up in your tray(usually makes 3-4 rows, depending on the size of the shrimp you buy).

In a separate microwave bowl, mix your melted butter, oil, parsley, basil, oregano, black pepper and garlic.

Pour this mixture over your breaded shrimp in the tray.
Bake 450° for 7 minutes, then broil for another 7 minutes.

Voila!

Recipe History

"This dish was passed on to me from my mother-in-law over 18 years ago when I got married. My husband's family has been making this dish for close to 50 years. On Christmas Eve, it was the night to eat the 7 fish. This was one of the dishes that would be part of our Christmas Eve feast. Now we make this any time of year. You can make more of the liquid sauces above and even pour it over some pasta to make a delicious special meal. This brings back many happy memories of large family gatherings, filled with laughter and long nights of storytelling."

-Jennifer Mulligan



ROASTED BRUSSELS SPROUTS WITH PEARS AND CRANBERRIES

INGREDIENTS

Brussels sprouts
2 sliced pears
1-2 cups of cranberries
Rosemary
Himalayan salt (to taste)
Pepper (to taste)
Olive oil

DIRECTIONS

Night before making the dish add rosemary to the olive oil
Pre-heat oven at 375 for 30 mins
Wash and clean the brussels sprouts, pears and cranberries
Cut the stem of the Brussels sprouts off then cut in half
Add cranberries and sliced pears
Add olive oil (with rosemary)
Add desired Himalayan salt and pepper
Raise oven to 425
Cook for 25 mins or until golden brown

RECIPE HISTORY

In 2014, I spent Thanksgiving lost in thought and alone. On this day, I watched a TV prayer service during a food drive for the homeless lead by Al Sharpton where he said the following:
"Be grateful and use this blessing to rise above pain to make change"

I listened and started looking up recipes to make my own Thanksgiving dinner. The first recipe was roasted brussels sprouts. This dish was the first recipe I perfected during my journey to learn how to cook and kicked off my journey in attempting to becoming better with each dish. This motivated me to be more active in volunteering, so I would make the dish for a weekly homeless food drive in my neighborhood. It was well received and I started add more ingredients and experimenting with the taste to improve and make it my own. Now I make it every Thanksgiving with some changes to the recipe as tradition to celebrate learning how to rise above pain to make change.

*This dish goes great with seared skirt steak and chimichurri sauce or seared salmon with mango salsa
(pears and cranberries can be excluded)

- Emmanuel Constant

POACHED CHILEAN SEA BASS



INGREDIENTS

Chilean Sea Bass Fillet
White Wine
Tomato Sauce
Diced Tomato
Onion
Garlic
Shredded Carrots
Bay Leaf
Thyme
Rosemary

DIRECTIONS

Place a skillet on the stove over high heat. Add a combination of white wine, water, and tomato sauce - a combination to total about two cups.

Add a diced tomato, diced onion and 4 diced cloves of garlic, ¼ cup of shredded carrots, a bay leaf, tea-spoon of thyme and a tea-spoon of rosemary. Stir the vegetables around and let the liquid come to the boil.

Reduce the heat and simmer the mixture for 10 minutes.

Place Chilean sea bass fillets into the liquid, skin side up if the skin hasn't been removed.

Cover the skillet and poach the fish for six to eight minutes, until the fillets have been cooked through. The flesh should flake off easily.

Remove the fillets from the pan and serve them over rice, or with a salad and side vegetables.

The leftover liquid can be used for soup the next day.

RECIPE HISTORY

CHILEAN SEA BASS IS PRETTY EXPENSIVE. SO, I DON'T GET TO EAT IT THAT OFTEN. HOWEVER, IF I KNEW THAT I ONLY HAD ONE MEAL LEFT IN LIFE, IT WOULD BE ONE OF TWO OR THREE ITEMS THAT I WOULD CHOOSE FROM.

YEARS AGO, I WENT TO THIS RESTAURANT IN THE WEST VILLAGE CALLED PICCOLO ANGOLO. THE PERSON THAT I WAS WITH SUGGESTED THAT I TRY THE CHILEAN SEA BASS. AT THE TIME, I DIDN'T EAT A LOT OF SEA FOOD, BUT I DECIDED TO GIVE IT A TRY. WHEN THE DISH CAME, IT LOOKED AND SMELLED GREAT. FROM THE FIRST BITE, I THOUGHT IT WAS ONE OF THE BEST THINGS I'VE EVER TASTED. THEREAFTER, EVERY TIME I WENT TO PICCOLO ANGOLO, I WOULD ORDER THE CHILEAN SEA BASS.

AT SOME POINT, I TRIED TO COOK A FEW CHILEAN SEA BASS RECIPES. I TRIED SEARED CHILEAN SEA BASS. I TRIED BAKED CHILEAN SEA BASS. AND, EACH TIME I COMPLETELY SCREWED IT UP. AS I MENTIONED EARLIER, CHILEAN SEA BASS IS PRETTY EXPENSIVE. SO, I WASN'T VERY HAPPY WHEN I RUINED THESE RECIPES.

THEN SOMEONE SUGGESTED THAT I TRY POACHED CHILEAN SEA BASS. SO, I FOUND A RECIPE THAT I FOLLOWED TO A "T" – AND IT CAME OUT PRETTY GOOD. OVER THE FOLLOWING YEAR, I TWEAKED THE RECIPE TO THE PLACE WHERE I LOVE IT! NOT AS MUCH AS PICCOLO ANGOLO, BUT I LOVE IT NONETHELESS.

I HOPE YOU ENJOY!

-RYAN HARRIS



MACARONI AND CHEESE

INGREDIENTS

A box of elbow Macaroni Noodles
2 cans of evaporated milk
6 blocks of cheddar cheese (shredded)
2 tablespoons of dry mustard
1 stick of butter melted or softened
5 eggs beaten
Seasoned Panko bread crumbs

DIRECTIONS

Boil noodles until almost Al Dente. Cool noodles. Then put noodles in an aluminum pan, add the 5 beaten eggs, 1 stick of butter, 2 tablespoons of dry mustard and one can of evaporated milk and mix together. Add the cheddar cheese and mix well. Add the other can of evaporated milk, if necessary and mix well. Make sure the cheese is incorporated all through out the entire pan. Add some cheddar cheese and Seasoned Panko bread crumbs on top. If you're not allergic, add paprika and black pepper, you can add this to the top for some color. Bake in the oven with aluminum foil at 350° for about 45 mins to an hour or until the top is nice and golden brown.

Eat and Enjoy.

RECIPE HISTORY

Me and my mom always would make this macaroni and cheese for every occasion growing up and it has become famous as I continue the tradition with both of my children, who both love to watch me cook and my son who is 25 years old and wants to become a chef.

-Lesley-Nyree Gethers

DUM ALOO



INGREDIENTS

Baby Potatoes
Water
Salt
Masala
Yogurt (full fat)
Mustard oil
Asafoetida powder
Kashmiri Red Chilli powder
Fennel powder
Cloves
Big Green Cardamon
Cinnamon (1 stick)
Sun dried fenugreek leaves
Cumin powder
Cilantro

DIRECTIONS

1. TAKE ABOUT 500 GRAMS BABY POTATOES (20 TO 22). YOU CAN ALSO SOAK THEM IN SOME WARM WATER FOR 15 TO 20 MINUTES AND THEN RINSE THEM.
2. TAKE 3.5 CUPS WATER + $\frac{1}{4}$ TSP SALT IN A PAN AND ADD THE POTATOES.
3. ON A MEDIUM TO HIGH FLAME BOIL THE WATER, SO THAT THE POTATOES ARE HALF COOKED. IT TAKES ABOUT 9 TO 10 MINUTES. YOU CAN ALSO USE PRESSURE COOKER AS WELL (IF YOU HAVE ONE AND MORE IMPORTANTLY KNOW HOW TO USE ONE).
4. TAKE OUT THE POTATOES AND PEEL THEM.
5. WITH A FORK, OR TOOTHPICK, POKE HOLES IN THE POTATOES ALL OVER. THIS IS DONE SO THAT WHEN COOKING ON DUM, THE POTATOES ABSORB THE FLAVORS OF THE MASALA IN WHICH THEY ARE GETTING COOKED.
6. WHISK 10 TABLESPOONS FRESH FULL FAT YOGURT TILL SMOOTH. KEEP ASIDE.
7. IN A PAN HEAT $\frac{3}{4}$ CUP MUSTARD OIL TILL IT BEGINS TO SMOKE. ADD THE PARBOILED PEELED BABY POTATOES AND BEGIN TO FRY THEM ON A LOW TO MEDIUM FLAME UNTIL GOLDEN BROWN.
8. REMOVE THE POTATOES WHICH ARE GOLDEN AND CRISP AND PLACE THEM ON KITCHEN PAPER TOWELS TO REMOVE EXCESS OIL.
9. LOWER THE FLAME AND ADD ASAFOETIDA POWDER AND KASHMIRI RED CHILLI POWDER (MUST BE KASHMIRI FOR THE COLOR). STIR WELL.
10. THEN ADD 1 TABLESPOON FENNEL POWDER. (YOU CAN MAKE IT BY ROASTING $\frac{3}{4}$ TABLESPOON FENNEL LIGHTLY IN A SMALL PAN. ONCE COOLED, ADD IN MORTAR & PESTLE AND POUND UNTIL FINE POWDER. YOU CAN ALSO GRIND IN A SMALL SPICE GRINDER OR COFFEE GRINDER).
11. ADD OTHER SPICES (2 CLOVES, 1 BIG GREEN CARDAMON, 1-INCH CINNAMON STICK)
12. NOW ADD THE BEATEN YOGURT.
13. AS SOON AS YOU ADD THE YOGURT, WITH A SPOON, STIR CONTINUOUSLY, SO THAT THE YOGURT DOES NOT SPLIT. MIX WELL.
14. WHEN THE YOGURT AND OIL START TO SEPARATE, ADD THE FRIED BABY POTATOES. STIR AGAIN.
15. SEASON WITH SALT. MIX WELL.
16. ADD 1 TABLESPOON KASOORI METHI (SUN-DRIED FENUGREEK LEAVES).
17. COVER THE PAN TIGHTLY WITH A LID. COOK FOR 8 TO 10 MINUTES ON A LOW TO MEDIUM FLAME. HERE WE ARE COOKING THE BABY POTATO GRAVY ON DUM.
18. THE GRAVY SHOULD BECOME THICK.
19. ADD TO BOWL AND GARNISH WITH ROASTED CUMIN POWDER AND CHOPPED CILANTRO.
20. SERVE KASHMIRI DUM ALOO HOT WITH STEAMED BASMATI RICE, NAAN, ROTI, OR PLAIN PARATHA.

DUM ALOO (CONT'D)



RECIPE HISTORY

MY FAMILY IS FROM JAMMU AND KASHMIR REGION IN INDIA, AND THIS DISH IS CLOSE TO ME BECAUSE IT HAS BEEN COOKED FOR GENERATIONS. MY GRANDMOTHER AND PARENTS TELL ME STORIES ABOUT THEIR HOMES IN J&K, BUT GROWING UP IN NEW YORK, FOOD HAS BEEN ONE OF THE STAPLES THAT BRINGS ME CLOSE TO MY ROOTS. LUCKILY THOUGH MY FIANCÉ IS FROM PUNJAB, HE TOO LOVES MY GRANDMOTHER'S FOOD, ESPECIALLY THE DUM ALOO. MY GRANDMOTHER WANTED ME TO SHARE THIS DISH WITH EVERYONE AT METROPLUS.

HOPE YOU ALL ENJOY.

-ANANDITA GOYAL

Locrio De Arenque (Smoked Herring Pilaf)

Ingredients

- 1/2 lb of smoke herring filet
- 1lb of rice
- 2 cups of water
- 1 large red onion
- 3 garlic cloves
- 1 Italian pepper (Cubanelle) (cut into long strips)
- 1/2 red bell pepper (cut in long strips)
- 3 cilantro/recaito leaves
- 2 tbsp tomato sauce
- 1 tsp vinegar
- 1 tbsp oil
- 1 chicken bouillon



Directions

First, take the garlic and red onion and pulse it in a blender OR mash them in a mortar. In rice pot on medium, add the oil, once it's hot add the tomato sauce and your blended garlic and onion, the herring fillets, red pepper, vinegar and chicken bouillon. Toss that around in the pan, once everything is nice and hot, add two cups of water, leave uncovered until water begins to boil then add the rice, cilantro, Italian pepper (cubanelle), fold the rice over to mix well with other ingredients in the pot. Lower the stove to low/medium and cover for approximately 25-30 minutes or until water has been absorbed completely and your rice is nice and fluffy.

*This dish is best accompanied with shredded cabbage and/or avocado.

Recipe History

Locrio de Arenque is a traditional dish from Dominican Republic, I have enjoyed this dish since childhood and is one of my favorite things to put together every so often because I can eat a couple plates of this rice in a single sitting. I chose this recipe because it was the very first traditional dish I learned to make with the help of my Tia (aunt) Eridania guiding me via Facetime all the way from Dominican Republic and now hopefully it makes its way to all of our dinner tables. Enjoy!

-Roy Cornielle



Creamy Spinach & Artichoke Dip

Ingredients

- 1 (10 oz) box – frozen chopped spinach (thawed and pressed in a strainer to remove excess liquid)
- 1 (14 oz) jar – artichoke hearts
- I prefer the quartered marinated kind because it adds extra flavor
- Can use more than 14 oz if you prefer a higher artichoke ratio
- 1 cup – shredded parmesan-romano cheese blend
- ½ cup – shredded mozzarella cheese
- I use the part-skim, healthier option
- 10 oz – of your preferred alfredo sauce
- I suggest the Bertolli Alfredo w/ Aged Parm, Bertolli Garlic Alfredo (for garlic lovers) or Classico Creamy Alfredo
- Some companies make lighter/healthier options but I haven't tried this substitution
- 1 teaspoon – pre-minced garlic or 2 garlic cloves
- I use the pre-minced garlic so that I can add some of the garlic “juice” from the container
- More if you're a garlic lover
- 4 oz – softened cream cheese
- I tend to use neufchatel cream cheese because it's healthier
- Tortilla Chips Scoops – or your preferred dipping vessel
- Sliced bell pepper and carrot sticks are delicious dipping alternatives

Directions

1. Preheat oven to 350F
2. Take out cream cheese 1-hr before you start making this dish to let it soften to room temp, or place in microwave safe bowl and use “Soften” setting on microwave. You want it warm enough that it mixes easily with the rest of the ingredients.
3. Once softened, add cream cheese to large mixing bowl.
4. Defrost spinach in microwave safe bowl using “Defrost” setting. Press spinach into a mesh strainer to remove excess liquid.
 - a. The internet says: The best and fastest way to thaw frozen spinach is to put it in a mesh strainer and run it under very warm water. Feel around for icy chunks of spinach and break them apart with your fingers. Turn off water, grab a handful of spinach and SQUEEZE the water out through the strainer.
5. Once thawed and strained, add spinach to large mixing bowl with cream cheese.
6. Strain artichoke hearts and roughly chop to your desired chunk size
 - a. I cut to roughly ½” chunks
7. Add chopped artichoke hearts to same mixing bowl
8. Mince your garlic cloves or measure out your pre-minced garlic and add to mixing bowl
9. Measure and add remaining ingredients to the same mixing bowl: parmesan-romano cheese blend, mozzarella cheese, & alfredo sauce
10. Mix ingredients thoroughly and transfer into an oven safe dish.
11. Bake in oven without lid for 30 min or until the top layer is bubbling and the edges are starting to turn light brown.
12. OPTIONAL: may add additional mozzarella cheese as a thin layer on top. If the layer is too thick, it will be difficult to dip a chip through once it starts to cool.



Creamy Spinach & Artichoke Dip

Recipe History

This is one of my go-to dishes for parties because it is so easy to make and tastes so good! I have also made this just to make it. I have been guilty of making it for no reason and putting it in the fridge (skip cooking in the oven), and then scooping out small amounts here and there for a snack. I've had other spinach & artichoke dips that I felt were too heavy or too "spinachy" or too creamy with barely any spinach. This recipe I believe has the right balance of ingredients and I hope you enjoy it too!

-Jessica Bauer



DRINKS

**ENJOY
RESPONSIBLY**

COQUITO

INGREDIENTS

4 cans of evaporated milk
4 cans of condensed milk
2 cans of coconut milk
2 Teaspoons of vanilla
2 Teaspoon of ground cinnamon
½ Tsp ground nutmeg
750 ml of white rum or coconut rum
3 egg yolks (optional)

DIRECTIONS

Place ingredients divided into 4 equal amounts into blender (i.e., 1 can of evaporated milk, 1 can of condense milk and ½ can of coconut milk ½ tsp vanilla and ½ tsp cinnamon).
If adding the egg yolks make sure to include them in this process.

When mixing place into a large bowl and when everything is mixed add the rum and move with a spatula. Then pour into 1 liter bottles (approximate 5 min) and refrigerate

RECIPE HISTORY

I've been perfecting this recipe over the years. The original recipe was given to me by the mother of one of my best friends 15 years ago and since then I include it as part of my Christmas gifts for all of my friends and co-workers.

-Lizmabel Puello-Morcillo



CHAS'TAIL RECIPES

BY CHAS ELLENBURG

HOTEL GEORGIA

1 fresh egg white
(optional)
1 3/4 ounce gin
1/2 ounce orgeat
3/4 ounce juice
from 1 to 2 lemons
6 drops orange
blossom water
nutmeg



WRONG DIRECTION

1 oz bourbon
1 oz brandy
8 dashes chocolate
bitters
5 dashes celery
bitters



BOURBON FALL

2 oz bourbon
1 oz lemon juice
1/3 oz maple syrup
4-5 drops cardamom
bitters



TEQUILA MOCKINGBIRD

2 oz tequila
1 oz lime
1/2 oz creme de
cassis
1/2 oz triple sec





DESSERTS

RICE PUDDING



INGREDIENTS

- 1 CUP OF RICE
- 2.5 CUPS OF WATER
- QUART OF WHOLE MILK
- TEASPOON OF VANILLA
- DASH OF CINNAMON

DIRECTIONS

- BRING RICE AND WATER TO A BOIL, LET THE RICE SIMMER UNTIL RICE IS "MUSHY"
- ADD QUART OF WHOLE MILK BRING TO BOIL AGAIN
- LEAVE THE POT COVER ON, AND SIMMER RICE AGAIN
- ADD VANILLA
- ONCE LIQUIDS ARE ABSORBED PUT IN DISH AND DASH THE TOP WITH CINNAMON

RECIPE HISTORY

The rice pudding dish is my grandma's recipe from Poland, she would cook this for every holiday and event.

Its very simple and always a favorite!

-Catherine Warren



BANANA NUT BREAD

INGREDIENTS

- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon fine salt
- 1/2 teaspoon cinnamon
- 2 large eggs, at room temperature
- 1/2 teaspoon vanilla extract
- 1/3 cup unsalted butter, at room temperature
- 2/3 cup brown sugar
- 3 very ripe bananas, peeled, and mashed with a fork (about 1cup)
- 1/2 cup walnut pieces
- ½ cup raisins (optional)

RECIPE HISTORY

I've been enjoying this recipe since I was a little girl. My father's aunt always made this bread for Christmas and other special occasions. Before she passed, she taught me how to make it and I have been in charge of making for my family since then.

-Lizmabel Puello-Morcillo

DIRECTIONS

- Preheat the oven to 350°F.
- Sift the flour, baking soda, baking powder, cinnamon and salt into a medium bowl, set aside
- With an electric hand-held mixer, cream the butter and sugar until light and fluffy. Gradually pour one egg at a time into the butter while mixing until incorporates. Then add the vanilla
- Mix in the flour mixture until incorporated
- Add the bananas (the mixture will appear to be curdled, so don't worry), and remove the bowl from the mixer.
- With a rubber spatula, fold in the nuts and transfer the batter to the prepared pan.
- Bake for 55 minutes or until a toothpick inserted into the center of the bread comes out clean. Cool the bread in the pan on a wire rack for 5 minutes. Turn the bread out of the pan and let cool completely on the rack. Wrap in plastic wrap.

*The banana bread is best if served the next day

InfoSec George's Dessert Recovery Planning: 3- Ingredient Dessert Rescue Kit



DRP PEACH CRISP

Ingredients

- 1 pouch | Oatmeal Cookie Mix (Betty Crocker)
- ½ cup | Cold Butter (1 stick, unsalted)
- 5 cups | Sliced Peaches (28 oz can sliced peaches, drained)

Prep Time

Prep Time | 5 – 10 Minutes
Total Time | 30 – 40 Minutes
Yield | 6 Servings)

Directions

- Preheat oven to 375° F.
- Place cookie mix in a large bowl. Cut in cold butter, using a fork or pastry blender, until cookie mixture looks like coarse crumbs.
- Place drained peaches in ungreased 8 or 9-inch square baking dish. Evenly sprinkle cookie mixture over peaches.
- Bake 25 to 30 minutes or until cookie topping is golden brown.
- Best served warm, with a scoop of vanilla ice cream on top.

Advisory

Copies of this recipe, cookie mix pouch and a can of sliced peaches should be stored in a secure location. Each member of the Dessert Recovery Team should be informed of the location, and issued both a digital and a hard copy of the recipe. - George Dunn



IRISH SODA BREAD

INGREDIENTS

- 3 cups all-purpose flour
- 1 tbsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ¼ cup sugar
- 2 cups buttermilk or sour milk
- 2 cups raisins and/or currants
- 1 egg, beaten
- 1 tbsp butter or margarine, melted
and cooled off

RECIPE HISTORY

My mother was sent to America from Ireland as a teenager, as were five of her six siblings, one-by-one. This bread represents the traditionally humble cuisine typical of large farming families that needed to be resourceful.

The one sibling that remained in Ireland, my uncle Jimmy, just passed away a few days ago, so I'm dedicating the bread I made last night to his memory.

-Christine Pellicane

DIRECTIONS

- Preheat oven to 325° F. Lightly oil a 9-inch cast-iron skillet or round cake pan.
- Sift together the dry ingredients.
- Blend the wet ingredients and raisins. If using sour milk, shake vigorously if it has separated.
- Pour wet ingredients into a well made in the middle of the dry. Add raisins/currants. Stir until blended into a soft dough.
- Bake for about one hour, until inserted knife comes out clean.

Serve with butter, clotted cream, jam, etc.



TIRAMISU

Ingredients

- 6 large egg yolks (room temperature)
- 1 cup sugar
- 1 ¼ cup mascarpone cheese (room temperature)
- 1 ¾ cup heavy whipping cream
- 30 each Italian ladyfinger about 1 ½ of the 7-ounce packages
- 1 cup cold espresso or strong coffee
- ½ cup coffee flavored Liqueur Kahlua (optional)
- 1-ounce unsweetened cocoa for dusting

Directions

This is how you will make the Sabayon:

- When you are ready to make the sabayon place about one inch of water in a small pot and bring to a boil. Reduce the heat to simmer and place a bowl on top of the small pot so it's sitting on the pot without touching the water.

Now Begin Making the Sabayon:

- Add the egg yolks and sugar to the bowl, whipping to mix the ingredients together. Place the bowl on the small pot of simmering water. Using a whisk to mix, whip the egg/sugar mixture constantly for about 10 minutes. This will cook the eggs. The mixture will increase in volume as it thickens. This is your sabayon. After you have finished whipping the sabayon, remove the bowl from the heat and continue to whip yolks to help it cool. The mixture should be thick and a lemon-yellow color. Allow to cool briefly before mixing in mascarpone.
 - **If the bowl starts to get too hot, lift it off the pot of water for 15 seconds or so while continuing to whip the mixture. You can do this as often as necessary.
 - *If you used regular sugar instead of superfine sugar your finished sabayon may be grainy. That's okay it will finish dissolving while your tiramisu is firming up.

TIRAMISU (CONT'D)



Directions (Cont'd)

- Add room temperature Mascarpone to whipped yolks, mix until well combined.
- In a separate bowl, using an electric mixer whip cream to stiff peaks. (hand mixer or stand mixer is fine). This process should be slow, starting on low increasing the speed over about ten minutes.
- **This method is how you keep the whipped cream from breaking. The cream should be ice cold and as fresh as possible. Look for heavy cream with the longest expiration date.
- Gently fold the whipped cream in the mascarpone sabayon mixture and refrigerate until you are ready to assemble the tiramisu.
- Mix the cold espresso (or strong coffee) with the coffee liqueur and dip the ladyfingers into the mixture just long enough to get them wet, do not soak them!
- **If you can't use alcohol, you don't have to.
- Arrange the ladyfingers in the bottom of a 9-inch square baking dish (or container similarly sized)
- Spoon half the mascarpone cream filling over the ladyfingers.
- Repeat process with another layer of ladyfingers
- Add another layer of tiramisu cream
- Refrigerate at least 4 hours. Overnight is best.
- Dust with cocoa before serving

SOUTHERN COMFORT CAKE



INGREDIENTS

Cake

- 1 box Yellow cake mix
- 1 box Vanilla instant pudding
- 4 eggs
- ½ cup cooking oil
- ½ water
- ½ Southern Comfort liqueur

Glaze

- 1 stick of butter
- 1 cup of sugar
- ¼ cup of water
- 1 oz of Southern Comfort liqueur

DIRECTIONS

Cake

- Combine all ingredients in a mixing bowl, beat for two minutes. Pour into an Angel Food cake pan. Cook for one-hour at 325° F . Let cool for one-hour before moving from pan.

Prepare Glaze

- Simmer butter, water and sugar. Glaze should be hot then add 1 oz of Southern Comfort.

Pierce cake with fork repeatedly. Pour glaze over cake and let sit for a few minutes and enjoy!!!

-Stacey Ruffin

**CLASSIC SIMPLE DELICIOUS DESSERT
KYLA & KEVIN'S STUFFED STRAWBERRIES**

I N G R E D I E N T S

- 1 Pack Strawberries
- 1 Package Philadelphia Cream Cheese – 8oz
- 3 Regular Sized Honey Maid Graham Crackers
- 1 Can of Magnolia Sweetened Condensed Milk
- 1 tsp Pure Vanilla Extract
- 2 tbsp Lemon Juice
- ¼ cup Domino white sugar

D I R E C T I O N S

Leave cream cheese out of fridge in package for about 20-30 min before starting project to allow to soften somewhat on its own

- In a large bowl combine cream cheese, 2/3 can of sweetened condensed milk, lemon juice, sugar and vanilla extract
- Stir until ingredients are fully mixed and place in fridge
- Crush graham crackers in a separate bowl till they very fine (not quite till a dusting but close - fingers work best)
- Next, slice off top of strawberries and cut out the middle of each using a paring knife slightly angled towards the middle of the strawberry which will help to create a cone shape for the filling
- Take cream cheese mixture out of fridge and add to Ziploc bag and make a slight cut at any bottom corner (you may use icing sleeve if you have)
- Squeeze cream cheese mixture into each strawberry and fill to the top
- Next, dip each strawberry top into crushed graham crackers and place in container (you can sprinkle on top instead if you had too many accidental cuts to strawberry exterior)
- Place in fridge for 20-30min
- Take out and eat all of them...I am most certain there will be none left!!

-Kevin Squires

INGREDIENTS

Streusel Filling

- 2 tablespoons of Duncan Hines Moist Deluxe Golden Yellow Cake Mix
- 2 tablespoons of brown sugar
- 2 tablespoons of ground cinnamon
- 1 cup of finely chopped nuts

Cake

- 1 package of Duncan Hines Moist Deluxe Golden Yellow Cake Mix
- 4 large eggs
- 1 cup of sour cream
- 1/3 cup of vegetable oil
- 1/4 cup of water
- 1/4 cup of granulated sugar

Glaze

- 1 cup of confectioner's sugar
- 1/2 of milk/half and half/heavy cream

RECIPE HISTORY

My mother always makes this cake no matter what the occasion was, people would always ask my mother to bake this cake because it was that good. I would be right there waiting to lick the spoon and the bowl after my mom would bake the cake. So, now, my daughter wants to help me make every time and of course she is like me, wanting to lick the spoon and the bowl.

- Lesley-Nyree Gethers

SOCK IT TO ME CAKE

DIRECTIONS

Streusel Filling

Combine 2 tablespoons of the cake mix brown sugar and cinnamon in a medium bowl. Stir in the pecans and set aside.

Cake

Combine the remaining cake mix, eggs, sour cream, oil, water and granulated sugar in a large bowl. Beat at medium speed for 4 minutes. Pour two thirds of batter into a cake pan a Bundt can pan. Sprinkle with the streusel filling. Then spoon the rest of the cake batter evenly over filling.

Bake at 375° F for 45 to 55 minutes or until the toothpick inserted in the center of the cake comes out clean. Cool for 25 minutes. Transfer onto a serving plate. Let cool completely.

Glaze

Mix the 1 cup of confectioner's sugar and 1/2 cup of milk. You can use more milk if needed and mix well making sure there are no lumps. Drizzle over the cake until coated. And ENJOY!!!!

VELIKO CHEESECAKE



Ingredients

- 1½ to 2 cups graham cracker crumbs
- 3-4 tbsp butter (melted)
- 3 tbsp sugar
- 2 x 8 oz packages of bar cream cheese (room temperature for 1 hour)
- 1 cup of sugar
- 3 eggs (room temperature for 1 hour)
- 1 tsp vanilla
- 1 pint of sour cream (room temperature for 1 hour)
- You will also need a springform pan, a pan for the cake bath, and heavy duty tin foil.

Directions

CRUST

Grease springform pan on the sides and bottom

Place heavy duty, double layered, tin foil around the outside of the springform pan to protect the cake during baking. Tin foil should not extend above the perimeter of the top of the pan

Sprinkle 2 tbsp of graham cracker crumbs around the edge of pan to stick to sides

Combine remaining graham cracker crumbs, melted butter and sugar mixing well.

Place this mixture on bottom of springform pan and set aside.

CAKE

Preheat oven to 375° F. Create a bath (called a bain marie) for the cake to slowly bake in by placing an ovenproof pan/pot/dish that is big enough to hold the springform pan you are using for the cake, with an inch of water, in the preheated oven.

With a hand or standing mixer, beat the 2 packages of cream cheese, using spatula to bring cream cheese from side of bowl back into the beating. Beat approximately 3-5 minutes

With mixer running, add sugar a little at a time (1/4 cup maximum at a time)

When sugar fully blended into mixture, add eggs, one at a time, scraping side of bowl and beating after each addition

FOLD in vanilla and sour cream. You do not want to beat aggressively at this point.

Pour mixture over graham cracker crumbs in springform pan

Carefully place springform pan with cake in the bath you set up in the preheated oven

Bake for 30 to 40 minutes at 375° F

Turn oven off and leave cake in oven for 1 hour

Remove cake to counter and let sit at room temperature for 30-60 minutes Refrigerate when thoroughly cool

Top with fruit or fruit pie filling of your choice if desired when cool

Note* The key to a cheesecake that doesn't crack down the middle while cooking/cooling is temperature control. Be sure to keep all ingredients at room temperature for an hour prior to preparing and gently reduce cake temperature after baking.

VELIKO CHEESECAKE (CONT'D)



RECIPE HISTORY

Nursing school can be a time of high stress and anxiety for students. My friends and I were no exception. Our school and work hours were irregular and long. Stress eating was the norm. To contribute to this poor eating routine, one of my fellow students brought our favorite treat whenever she returned from a visit to her parents. Mrs. Veliko's cheesecake rates as one of the best I have ever had. I have used this recipe to make many new friends, and entertain old ones. Members of the senate would definitely cross the aisle more if there was a piece of this cheesecake on the other side! Mrs. Veliko was a really special woman, who I love remembering every time I bake this. I hope it brings you the joy it has brought me, for many years!

-Meryl Weinberg

ZUCCHINI BROWNIES

INGREDIENTS

- 1/2 cup vegetable oil
- 1 1/2 cups white sugar
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts

Frosting:

- 6 tablespoons unsweetened cocoa powder
- 1/4 cup margarine
- 2 cups confectioners' sugar
- 1/4 cup milk
- 1/2 teaspoon vanilla extract



DIRECTIONS

1. Preheat oven to 350° F (175° C). Grease and flour a 9x13 inch baking pan.
2. In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.
3. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched.
4. Make frosting while brownies cool. Melt together the 6 tablespoons of cocoa and margarine; set aside to cool.
5. Meanwhile, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

RECIPE HISTORY

I love vegetable gardening. Zucchini is one of the easiest crops to grow. But every once in a while, one gets away from you, and you're left with more zucchini than you can imagine. I have a collection of zucchini recipes, but one of my favorites is Zucchini Brownies.

If you have green space, consider growing zucchini and enjoy this recipe. Or just go buy zucchini and enjoy these moist brownies. And don't skip the frosting. It's so good.

-Linda Cummings, RN BSN

We will continue to compile recipes as they come in. We encourage all staff to submit their recipes.

WE HOPE YOU ENJOY AND LOOK FORWARD TO YOUR FEEDBACK!

