

MARK'S RECIPES AND COOKING NOTES

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September 2023

MISC. COOKING NOTES

Wine – For cooking notes. 10/11/2004.

White zinfandel is too sweet for cooking.

Gallo Red or White or St. Genevienne is good for cooking.

White and Sherry are dry wines – same profile.

Red wine – good for beef or lamb.

White wine – good for poultry, fish, pork. Can use Vermouth or Sherry as a replacement for white.

Red wine can have sediment in it – this is normal.

Sherry and Vermouth – good for stir frying.

Vinho Verde (Famega) – A good White Wine at Whole Foods for \$7.99. A product of Portugal. Lynda at WF recommends it for all cooking.

Grilling Notes:

From Becky at Lynx Sales Line:

For Steaks cooked Medium:

Get grill up to 450°. Place meat on grill and cover. 5-7 minutes per side.

For Chicken:

Get grill up to 400°. Place meat on grill and cover. 7 minutes per side for breasts. 10 minutes per side for bone in, skin on breasts; bone side down first; flip breast; turn off flame under meat to cook indirect for 10 minutes other side.

Get grill up to 400°. Kabobs - Place meat on grill and cover. 5 minutes first side, flip kabob; turn off flame under meat to cook indirect for 10 minutes other side.

For Salmon:

On cedar plank - Grill at 350 - 400. For 3/4” - 1” fillet let it on for 20 minutes. Turn off heat and let cook indirect for last 5-8 minutes.

The ProSear burner is mainly used for steak Medium-Rare. If you like steak Medium then there is not much use for the infrared burner.

In the Big Green Egg – put a whole chicken breast side down in a V-Rack with the V point down and smoke it.

Olive Oil Notes:

From America's Test Kitchen 2011 – Favorite import olive oil: **Columela** (a Spanish product). Favorite domestic olive oil: **California Olive Ranch Arbequina**.

In 2019 I purchase this good olive oil from Eataly in Chicago which was good: OLIO Extra Vergine Di Oliva 250ml ROI. “Mosto” 100% prodotto Italiano.

Vegetable Oil Notes:

From America's Test Kitchen 2011 – Favorite Vegetable oil is Crisco Natural Blend Oil.

Pasta Notes:

From America's Test Kitchen 2011 – Favorite whole wheat pasta: Bionaturae Organic 100% Whole Wheat Spaghetti.

Air Fryer Notes:

EmerilAirFryer360.com - \$200 on 8/22/2020.

Staub Pot Notes:

08/27/2020 - For an experiment I put a whole sweet potato, a fresh 1/2 ground beef patty and broccoli in the Green Staub small pot with some olive oil. I preheated oven to 400°. Baked covered for 30 minutes. The sweet potato was not done in the middle and the beef and broccoli was overdone. Next time go for 50 minutes total and add the beef and broccoli for the last 20 minutes.

Rice Notes:

India's Premium Quality Zafarani Aged Basmati Rice in a 20 lb. brown burlap sack. Ph. 1-888-4-CHIRAG. www.zafanarice.com. The “Reserve” is the Premium version and is the best, only available in 10 and 40 lbs. Zafarani Rice can be purchased at Subzi Mandi, 3445 N. Beltline Rd. Irving, TX 75062 Ph. 972-870-1110. Taj Imports in Richardson also has it. I emailed Sanjay@dishaka.com for a complete list of retailers in Dallas. Sanjay said call Bitto 469-258-7065. Bitto said for Reserve go to Namaste India, 183/Oconnor, 535 W. Airport Fwy, Irving, TX 75062, Open 10a-10p 7 days. Ph. 972-573-0350. The Royal Brand Aged Basmati Rice is good too. Basmati rice is too rich and starchy, should only be eaten on occasion. Sona Masuri is a low starch every day rice.

The Rice I liked from Central Market:

Manitou Trading Company - Exotic Rice. SPROUTED BROWN RICE. All Natural & Gluten Free. Net Weight 17 oz. manitotradingcompany.com

Mama's Frozen uncooked meatballs from Jimmy's Food Store in Dallas.

Preheat oven to 375. Bake 12 minutes, Flip, Bake 12 more minutes. Put in Sauce. Next time I was there I was told 350 for 15 minutes, Flip, Bake 15 more minutes.

Miele - Convection Bake 325 for 12 minutes per side is perfect.

Shayna's Place - Sylvan Thirty - On 7/1/2019 I had this soup that I loved; asked where they get it and was given:

Turkey Sausage Kale Soup - Blount Fine Foods #78034 (from Ben E. Keith). blountfinefoods.com

Food Processor Notes:

10/26/2016 - Purchased Cuisinart DFP-14BCNY for \$149.

Ty uses the Slicer disc for head of lettuce to make salad.

Cast Iron Cooking Notes:

06/03/2017 - Purchased Smithey 10" cast iron NO 10 skillet from Central Market for \$160.

01/19/2020 - Purchased Smithey 8" cast iron NO 8 chef skillet from Central Market for \$100.

10/27/2020 - Saw a YouTube video about hand made skillets from Borough Furnace. Very nice quality.

VitaMix Notes:

Smoothies

Wundershowzen Smoothie (juice land)

2 C frozen banana

1 C organic baby spinach

2 T hemp protein powder

2 T peanut butter

2 C rice milk (or almond milk)

Blend on High and enjoy. I added 2 frozen almond milk cubes and it turned out good.

Avocado, Cucumber + Lime Smoothie (vitamix)

Blending Cup / Serves 1 / Total Time: 10 minutes

1 C (130 g) ice cubes 1 t fresh lime zest

1/8 t ground black pepper 4 T water

1/2 ripe avocado 2 T fresh lime juice

2 C (240 g) chopped cucumber

Add all ingredients to the Vitamix container in the order listed and attach the blade base. Select Variable 1 or the Smoothie program. Start the machine, slowly increase to it's highest speed, and blend for 45 seconds; or start the machine and allow the Smoothie program to complete.

* For a sweeter version, replace the ice cubes with frozen grapes. I use 4 ice cubes.

Dr. Fuhrman's Got Greens Smoothie (blender babes)

1 C Coconut Water

3 Kiwi's

1 Banana

1/2 Avocado

4 C Baby Spinach

2 C Pineapple

2 C Ice

Blend for 90 seconds on High or until desired consistency. Less ice if use frozen pineapple.

Blueberry Smoothie (weight loss; no sugar or dairy)

1 C Frozen Blueberries

1 Banana

Avocado - 1 serving

1/2 C water

pinch cinnamon

pinch ground vanilla powder

1 T Almond butter (optional)

Ice cubes - to chill

Chocolate Smoothie (weight loss; no sugar or dairy)

1 Banana

Avocado - 1 serving

2 T? Cocoa Powder - She said 2 t but it looked like more

1/2 C water

1 T Unsweetened Macadamia nut butter

pinch cinnamon

pinch ground vanilla powder

1 t maple syrup (optional)

Ice cubes - to chill

Banana Yogurt Smoothie (weight loss; no sugar or dairy)

1 Banana

2/3 C Coconut Yogurt (dairy free)

1/4 C water

1 T Peanut butter

pinch cinnamon

pinch ground vanilla powder

Ice cubes - to chill

Nut Milks

Basic Almond Milk Recipe (ELLIESBEST.COM)

1. Soak 1 C raw almonds in 3 C of purified water overnight.

2. Drain and rinse.

3. In Blender add: Soaked almonds, 2-4 dates (or other sweetener), 1/2 t vanilla extract, 1/4 t salt, 4 - 4 1/2 C purified water.

4. Blend on high speed until the mixture is finely blended, about 1 minute.
5. Position the bag over a large bowl or pitcher and pour in the nut milk puree.
6. Twist and knead the bag gently, allowing the filtered milk to collect until the pulp is dry.
7. Refrigerate immediately and serve well chilled.

Miele Combi Steam Oven Notes:

Miele Recipes:

<http://us.mieleusa.com/mielerecipe/recipeatoz.asp>

02/18/2014 - Adam Theilen gave me a demo of the Combi Steam Oven at Miele Center Dallas. He steamed frozen cooked brown rice, frozen uncooked green beans and frozen uncooked shrimp for 6 minutes and it was moist and good. Use solid pan and add seasonings before cooking.

01/27/2017 - Attended the Steam Basics class at Miele Center Dallas taught by Lorraine.
Menu: Steamed Eggs, Rice with Salmon and Broccoli, Moist Combi-Steam Chocolate Cake.

02/10/2017 - Attended the Full Steam Ahead class at Miele Center Dallas taught by Adam and Lorraine.
Menu: Herb Roasted Turkey Breast with Root Vegetables, Ravioli with Pesto and Cherry Tomatoes, Chunky Peach Cobbler.

02/17/2017 - Met with Adam for a 1:1 on the combo steam oven at Miele Center Dallas.

Questions:

1. Menu Cooking / Meats only had Beef and Pork. Why no Poultry? Because Menu cooking is only steam because it allows cooking 2 things at once. Go to Master Chef for Poultry.
2. Ask about the Shrimp, Rice and Green Beans demo he did - go through everything again and did you season before or after cooking? He bought the shrimp fresh unfrozen (probably was previously frozen) and seasoned then froze shrimp. For frozen shrimp season after cooking.
3. How to know when to use Perforated vs Solid Pan? If need to hold water use solid pan.
4. Program / Software Updates? No. Someone would have to come to my home and do it. They may add this later.
5. When to use Universal Tray and can you cook in it? meat, cookies.

6. Is it OK to leave water/moisture in oven with door closed when done using oven as long as it's clean, or should I always leave door open to dry it out? No, always dry oven after use.

7. How to cook chicken parts? Several ways. Operating Modes / Moisture or Humidity Plus / 350 degrees for 20 minutes / Manual boost of steam at the end if want to.

8. How to cook Mashed Potatoes? Skin and cube potatoes, steam cook in solid pan for 45 - 60 minutes. Pour out water and mash.

9. How to make the Roast Beef with Vegetables that you make on Fridays?

Boneless Rump Roast or Beef Shoulder Roast (boneless or Not). Put on rack over Universal Tray level 2 (filled with vegetables with salt & pepper) season Roast with Montreal Steak Seasoning.

Master Chef / Meat / Beef / Braised Beef / Steam & Braised / 3 hours 45 minutes at 350.

I did not have this program so I did a 2.045 lb. Central Market Natural Choice boneless Chuck Roast:

Operating Modes / Combi Mode / Convection Bake / 325 degrees / 3:30 hr / 35% moisture:

Convection Bake , 325 degrees, 3:30hr, 35%. This did not work, vegetables dried out, later set it to 300 degrees with 60% moisture.

Went to Miele center spoke to Lorraine, she said Chuck roast is a cheaper tougher cut of meat and its better for braising; cook long and slow in a covered baking dish in oven on Convection Bake with no moisture. She puts V8 Juice in with vegetables.

For a 2 lb. rump roast / shoulder roast convection Bake at 425 for 1 hour with 25% moisture - OR -

She said for Rump Roast: Master Chef / Beef / Sirloin / Piece / Roast - Select doneness / Start Now / Use Roast Probe.

10. Is there a non convection bake? Yes, Bake - bottom heating only. Surround is bottom and top heat.

11. Purchased DGG 2 Solid Cooking Pan (85 oz) # 05001390. \$49 - 10% + tax = \$47.74.

What are the Pellets came with oven? Descaling tablets. Use every 200 uses; machine will remind you. At 50 uses until descaling it keeps reminding you and no way to turn off the notice; Adam said he just descales at 50 to stop the messages.

Water Hardness - Should be set at 7 for Dallas. I set mine to Medium.

Maintenance Mode: Rinse - Quick 9 minutes. Soaking - 20 minutes. Hit Dry afterwards; then open & air dry all night. All the Rinse does is clean out the water lines. Do the Soak twice in a row if top of oven gets really dirty. The Auto Rinse does not start until you power off the oven. It always prompts to add water, if you know there is enough water in the tank then hit OK.

If reheating a plate of food - place a plate of food on the rack with a drip pan below. i.e. leftovers. Use the Special Modes/Reheat.

Good to start with the Master Chef and see if the recipe is there before trying to cook something on your own.

Steaks - Broil 8 minutes each side for medium well on middle row. Turn half way through.

Chicken Breast (boneless, skinless) - Adam recommended:

Place breast directly on the rack above the Universal Tray with the roast probe

Operating Modes / Combi Mode -

1. Surround, 212°, 8 minutes, 100% moisture then

2. Convection Bake, 375 degrees, internal temp 160°, 60% moisture

This did not produce good results, the chicken reached temperature during the surround phase so the convection bake never happened. It was wet and runny.

Notes and Tips:

Chicken - In Combi-Steam mode, we recommend 20% moisture for best results.

Fish - In Combi-steam mode, we recommend 20-50% moisture with fish recipes.

Cracked Individual Eggs - 2-3 minutes for a large egg depends on size of dish or ramekin, 100% moisture at 212 degrees. We recommend coating the ramekin with oil spray or butter.

Special Mode Defrost will use a temperature 140 or less to ensure that the cooking process has not started. We recommend 8-10 minutes for chicken breast or pork chops.

Baked Potato - rub oil and salt on skin, place directly on rack and Bake at 425° for 1 hour.

Rice - We recommend a 1 to 1 ratio of rice to liquid. You do not have to cover the rice, amount of liquid will vary based on personal preference.

Pasta - dried pasta will need to be completely covered with liquid and will take the same amount of time as the package.

Frozen dumplings, pierogis or raviolis do not need to be submerged in water and will take 3-5 minutes on Steam Cooking (100% moisture at 212 degrees).

For most recipes, there is no need to preheat the oven when using Steam Cooking.

Steaming live shellfish, you may preheat the oven and steam for 15-20 minutes, based on shellfish quantity.

Hard boiled eggs can be steamed in their shell for 10-12 minutes.

When cooking in Combination Mode you can add “Stages” or program the oven to automatically change the Operating Mode between Convection Bake, Surround or Broil.

If your recipe calls for Steaming food, but you would like to add additional stages of Convection, Surround or Broil, start by using the Operating Mode: Combination Mode. Program the steaming stage at 210-212 degrees and 100% Moisture. This temperature and moist level will give the same result as steam cooking.

When using Special Modes / Menu cooking, the oven will always be using Steam Cooking.

For roasted, browned food, use a high temperature (400F and up) and 0% moisture.

Maintenance Tips:

Wipe out debris or grease from using Miele’s DGClean. This gel cleaner should be sprayed on a damp cloth and wiped on the oven surface. For best results, use a soak program prior to wiping DGClean off the oven surface.

All Stainless Steel pans and metal wire rack are dishwasher safe.

The Universal Tray has a special PerfectClean finish that is NOT dishwasher safe.

After cooking with moisture, wipe the oven interior with a dry towel and leave door slightly ajar until completely dry.

Hard boiled eggs – cook on medium on wet paper towel until top rattles, then 8-10 minutes on low.

Which cones to use:

Cole Slaw - #2 cabbage, #1 carrot

Stir Fry - #4 cabbage.

Butternut Squash - #1.

Sweet Potatoes - #3, rinse with hot water after cutting to remove starch.

Mashed Potatoes - #2

Applesauce - #2

Cones included with their uses:

#1 Shredder - For shredding foods very fine or for grating hard foods such as hard cheese, dry bread, crackers or nuts.

#2 Julienne - Used to give a shoestring appearance and is great for slicing potatoes, onions, carrots, soft cheese and apples.

#3 French Cutter - Is designed for potatoes and other firm vegetables and is perfect for canning. Cone three also works great for carrots, fruits and melons.

#4 Slicer - For very thin slicing. Use this cone for slicing radishes, carrots, onions, pickles, sauerkraut or preparing slaw.

#5 Waffle Slicer - Makes excellent waffled and ridged fruits and vegetables. Great for potatoes, apples, beets, bananas and carrots.

Cook whole Turkey breast side down – like it walks.

Saladmaster Dealership of Greg Wilson. 800-583-6611 DFW: 817-268-5515 Cell: 817-715-9875

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Following is a list of the basic essentials in using Saladmaster Cookware Waterless and Greaseless, followed by several cooking ideas I have enjoyed over my 29 years as a Saladmaster Dealer.

- 1) Wash all new cookware in a sink of hot, soapy water with a cup of vinegar added. This helps remove all finishing oils.

- 2) MEDIUM on electric stoves is half way between OFF and HIGH. On gas stoves a MEDIUM flame is a flame you can hold your hand over for 5 seconds at 5 inches off the flame – it is a small flame. Sometimes a diffuser is needed to help lower the flame. They are available at hardware stores.
- 3) Vegetables cooked in a saucepan should fill up at least 60% of the pan, therefore the 1 and 2 quarts should be used often. The steamer insert used with the 3-quart saucepan, should be used for whole foods such as: corn on the cob, broccoli, cauliflower, zucchini, whole carrots, and processed potatoes (for mashed potatoes), etc.... **Do not cook cut up potatoes waterless.** They need to be steamed. Sometimes if vegetables are not garden fresh, they should be processed on the Saladmaster machine, placed in the saucepan and rinsed and drained with water for a few seconds. This is to replace any moisture that has evaporated.
- 4) Meats to be fried or broiled should start on a MEDIUM-HIGH heat or 450 on the Electric Skillet. Once the pan is preheated, place the meat in the pan and press down. It should sizzle and pop. Turn at the desired time. Chicken should be cooked at least 13 minutes on the first side.
- 5) Cleaning – 316 steel is the highest quality available, therefore if cleaned properly; your cookware will be lustrous for a lifetime. Wash out the pan, dump out the water, sprinkle in some Saladmaster GLO, buff in a circle with a paper towel, and then rinse with water. **Never use any cleaner or metal on the outside mirror finish.** If grease builds up on the outer finish or bottom (especially in the electric skillet), remove handles, place in sink or on paper and spray with oven cleaner, let sit and rinse off with soapy water.

Points To Remember From the Saladmaster Show Presentation:

- Waterless cooking saves the natural vitamins and minerals by not boiling or microwaving the food. Waterless cooking is tenderization not pulverization.
- More than one food can be cooked in the same pan. Remember, the apple and carrots were cooked together in the one quart pan.
- Frying chicken in a skillet without added oils or batter is so easy. Preheat the electric skillet to 450 or any other skillet to just above medium. Then, place the chicken in the skillet. If you are cooking an entire pan full, it is best to leave the cover slightly ajar. This will allow the chicken to brown and be more crispy.
- The steamer unit is great for mashed potatoes in less than 10 minutes, corn on the cob or whole cauliflower in less than 3 minutes. Meats, such as ground beef, sausage, or hot dogs, can be steam cooked and degreased in 10 minutes. How about steamed shrimp over beer?!
- All the cookware items can be used like ovens. Remember, you can bake potatoes, sweet potatoes, or corn over wet paper towels. Place at least 5 paper towels in the bottom of the pan, and wet thoroughly. Think about using the Dutch Oven for baking a turkey or large meats on top of the stove in half the time an oven would take.

Saladmaster COOKBOOK

1. Sausage, New Potato and Cabbage.

Cut sausage links into 1 inch pieces, slice potatoes on #5 cone and quarter cabbage; place sausage on bottom, potatoes next, cabbage on top. Steam 10 to 12 minutes. Great on a cold winter day!

2. Lasagna

2 pounds ground beef	1 large can tomato sauce
1 small can tomato paste	1 pkg. Italian salad dressing
1 t. onion salt	1 pkg. (8 oz) lasagna noodles
1 pkg (32 oz) mozzarella	1 pkg (24 oz) cottage cheese

Steam meat in 3-quart saucepan and steamer. Empty water from 3-quart saucepan and blend tomato sauce, paste and seasonings. Add meat. Then in electric skillet, layer in this order: meat sauce, uncooked noodles, cottage cheese, mozzarella cheese and repeat. Cook on 250° until bubbles then reduce to 225° for 30-40 minutes.

3. Stuff (Good!)

1 pound lean ground beef	1 rib celery
1 large potato, carrot, onion	4 oz. cheddar cheese
1 can cream of chicken or mushroom soup	
¼ head cabbage	

Place meat in cold skillet, add a layer of onion, potato, carrot, cabbage and celery that have been cut on #2 cone; add soup and cheese. Place skillet on medium heat with the lid on until vapor valve clicks. Reduce heat to simmer and cook 20 minutes. Use largest skillet I have. Use Power Burner Med then Low.

4. **Saladmaster Meatloaf**

2 pounds ground beef	23 Ritz crackers	1 small onion
1 small carrot	2 oz. soy sauce	1 rib celery
2 eggs, 1 small potato	Cheese and tomatoes for topping	

Mix in large bowl – ground beef, crackers (cut with #1 cone), onion (cut with #2), carrot (cut with #1), potato (cut with #1), celery (cut with #1), eggs and soy sauce. Place in cold skillet. Pat meatloaf out to the sides; place on medium heat. When vapor valve clicks or water seal forms, turn to low. It's done in 30-35 minutes. Top with cheese or tomato sauce.

5. **Mexican Firecracker**

1 pound Ground Beef	1 Small can sliced tomatoes
1 large onion	10 oz. Frozen corn
1 (16 oz) Can Ranch style beans	1 large jar salsa
1 small jar jalapeno peppers	1 C. sour cream
1 C. shredded cheddar cheese	1 T. Garlic salt
1 large bag of thin corn chips	1 small can sliced olives

Cook ground beef, onion, and jalapeno peppers in steamer insert. Add beans to ground beef mixture. Combine sour cream and shredded cheese in a separate bowl. Break chips and spread at bottom of electric skillet. Layer ground beef mixture, corn, tomatoes, salsa, sour cream mixture and olives over broken chips. Cook at 250° until valve clicks, lower heat until ready.

6. **Roast**

Set Dutch Oven on medium-high heat. Place paper towel in Dutch oven. When paper towel browns, remove paper towel and place roast into pan. Sear for about 10-15 minutes, then turn roast and season. Add vegetables. Cover and cook for one and a half hours, or until ready to eat.

7. **Pancakes**

Use Bisquick pancake mix and follow recipe on box. Preheat griddle on medium heat for about 5 minutes until water beads up when dropped on griddle. Put batter on griddle. As pancakes start to dry up around edge, turn and cook until done.

8. **Sausage**

Steam on high heat for about 5-20 minutes and they are ready to eat.

9. **Greasless Egg**

Preheat skillet with cover on or griddle on medium heat until cover is hot to touch. Remove cover and salt bottom of pan. Break egg into skillet and put water on egg and cover. Reduce heat to low. Cook 3-5 minutes or until egg is done to your liking.

10. **Omelet Quiche**

Mix 6 eggs, 2 T. water, diced bell pepper, tomatoes, onions, cheese and ham. Put oil or butter into skillet and pour above mixture into skillet. Season and cover. Set on medium heat for about 8-10 minutes and reduce to low for 10 minutes.

11. **Fried Eggs**

Preheat omelet pan to Med-High heat or until you are unable to touch edge of pan. Spray with PAM, crack eggs into pan and season. When the egg slides around easy, flip the egg over and cook to desired doneness, Don't try to turn the egg too soon or it may tend to stick a little.

12. **Pancit**

- | | | |
|-----------------|--------------------|-------------------|
| Chicken tenders | 1 T. garlic | 1 small onion |
| Soy sauce | Canton Noodles | ½ head of cabbage |
| 2 carrots | 1 rib of celery | 1 green pepper |
| 1 red pepper | Frozen green beans | |

Preheat wok on Med-High for 5 minutes. Saute chicken tenders with 1 T. of garlic and chopped onion in bottom of wok. Add 1 T. soy sauce. Cover and cook meat. Add Canton noodles, cabbage, celery, green and red pepper, frozen green beans, carrots and 1 T. of soy sauce. Cover and reduce to Med-Lo. Cook for 20 minutes.

13. **Pan Broiled Steak**

Place skillet on Med-High heat until it browns a piece of paper towel. Put steak in skillet and cock lid for 3 minutes. Steak will turn loose from pan when it is ready to turn. Turn steak and put lid on for another 3 minutes. Ready to eat.

14. **Chicken Fajitas**

1 ½ Bell peppers: Green/Red/Yellow, #3 cone	
3 T. Lime juice	2 T. Chicken Broth
1 Lg. Onion, #5 cone	½ t. Cumin
1 Clove Garlic minced	3 oz. Mushrooms, #4 cone
¼ t. Black pepper	12 Flour tortillas, warmed
1 pound Boneless, skinless chicken breasts, cut into thin strips	

In medium bowl, stir together lime juice, chicken broth and cumin. Add chicken and toss together until coated. Preheat wok on Med-High heat, spray with nonstick spray. Add chicken, peppers, onion, garlic, mushrooms and black pepper. Cook and stir 5-8 minutes or until chicken is no longer pink and the vegetables are crisp-tender. Drain. Serve with tortillas. You may top with salsa, sour cream and shredded cheddar cheese.

15. **Zucchini Casserole**

6 C. Zucchini, #2 cone	1 can Lite Cream of Chicken soup
2 carrots, #2 cone	1 C. sour cream
½ onion, #2 cone	1 pkg. Corn bread stuffing

Mix together zucchini, carrots and onion. Cook in 3-quart with steamer insert until valve clicks, reduce and cook for 5 minutes. Mix soup and sour cream. Drain cooked vegetables, let set for 2-3 minutes and add to soup mixture. Preheat electric skillet on simmer, spray with cooking spray and line with ½ package of stuffing. Put zucchini mixture on top of stuffing and put remaining stuffing on top. Cook at 225° for 30 minutes.

16. **Paprika Chicken**

6 boneless, skinless chicken breast halves	½ t. Salt
1 clove garlic, minced	3 T. flour
1 ½ t. Paprika	1 ¼ C. cold water
1 C. low fat sour cream	1 T. chicken bouillon
Hot cooked egg noodles	1 onion, #2 cone

Cut onion into electric skillet, add garlic and paprika. Cook at 250° until onion is tender. Stir in 1 Cup water, bouillon and salt. Heat to boiling, add chicken breasts. Cover and simmer for 8 minutes, turn chicken over and cook 8 minutes more or until chicken is no longer pink, transfer chicken to platter and set aside. Blend flour and remaining ¼ C. cold water together. Blend and set aside. Blend into juices in skillet, Cook and stir until mixture thickens and bubbles. Reduce heat to 225°. Blend in sour cream. Return chicken to sauce and cook until heated through. Serve over cooked egg noodles.

17. Skillet Stroganoff

1 pound Ground Beef	4 C. water
¼ C. Flour	4 C. uncooked noodles
1 ½ t. Salt	1 C. low fat sour cream
½ t. Black Pepper	1 onion, #2 cone
2 (10 oz.) cans Cream of Mushroom Soup	

Precook beef and onion in steamer insert. Put beef into electric skillet, mix flour, salt and pepper and soup into the meat. Add water and noodles, cook at 275° until the valve clicks, turn to 225° and cook 20 minutes or until noodles are tender. Stir in sour cream and serve.

18. Sante Fe Skillet

1 pound ground beef	1 can olives, #4 cone
2 (16 oz.) cans tomatoes	2 pkg Taco Seasonings Mix
3 C. hot water	1 C. Monterey Jack, #1 cone
4 ½ C. rotini pasta	2 C. frozen corn

Cook beef in steamer insert. When done, place into electric skillet. Add remaining ingredients, except cheese. Cook at 300° until valve clicks, turn to 225° and continue cooking for 20 minutes or until pasta is tender. Sprinkle with cheese, cover and let cheese melt.

19. Hamburger Rice Casserole

1 (10.5 oz.) can Cream of Mushroom Soup	1 pkg. Dry onion mushroom soup mix
1 C. uncooked rice	2 C. Water
1 pound Ground Beef	1 C. sliced green onions

Precook ground beef in steamer insert pan. Place cooked meat into the electric skillet. Sprinkle with the rice and dry soup mix. Blend the mushroom soup and water together and pour over rice. Sprinkle sliced green onions over mixture. Cover and cook at 275° until the valve clicks. Turn to 225° and cook for 20 minutes more.

20. Chicken Stir-Fry

1 Lg. boneless, skinless chicken breast	1 onion, #2 cone
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1 Zucchini, #3 cone
2 carrots, #4 cone

2 ribs celery, #2 cone
hot cooked rice

Preheat Wok on Med-High heat. Cut up chicken into bite size pieces with the Saladmaster Kitchen shears. Place in wok and brown for 3 minutes, covered. Process vegetables and add to chicken, cover and cook for 5 minutes. Remove cover and let stand for 1 minute. Serve over hot cooked rice.

21. Apple Nut Surprise

6 apples (Rhome is good)
½ C. raisins
whipped topping

½ C. red hots
½ C. Walnuts
Add lemon Zest

Cut apples on #2 cone; place in bottom of pan and lay red hots on apples; lay raisins on next; then walnuts. Cook 20 minutes. Top with whipped topping.

22. Vegetable Lasagna

2 C. Zucchini, #4 cone
2 C. mushrooms, #4 cone
1 Onion, #2 cone
1 Egg, beaten
1 ½ C. cottage cheese

¼ C. grated Parmesan
1 T. minced Parsley
2 C. Spaghetti Sauce
Lasagna Noodles
1 C. mozzarella cheese

Slice zucchini, mushrooms, and onions into a cold electric skillet. Cover and cook at 250°. While vegetables are cooking, in a bowl, mix egg with cottage cheese, 1 C. mozzarella cheese, parmesan cheese and parsley; remove zucchini mixture and layer half the vegetables in skillet. Pour ½ C. spaghetti sauce over vegetables, then a layer of noodles, then ½ of the cheese mixture. Repeat layers. Spread remaining spaghetti sauce and mozzarella over all. Cover and cook at 300° until valve clicks. Turn to 225° and cook 20-25 minutes or until noodles are tender.

23. Pepper Steak

3 onions, #4 cone
3 T. Worcestershire, divided
1 ½ pound Sirloin Steak
2 Bell Peppers (Green, red, yellow or mix)
1 t. Ginger
4 T. soy sauce
1 (28 oz.) can tomatoes, cut up

3 C. hot water
3 T. Beef Bouillon
½ t. Salt
2 T. Corn Starch
1 t. Ground Pepper
1 t. Garlic powder, or 1 clove minced

Heat electric skillet to 350°. Saute onions with 1 T. Worcestershire until brown. Remove from pan. Cut

steak in 1 inch strips, then slice thin. Cook meat until brown. Add cooked onions, salt, pepper, garlic, and ginger, stir. Add hot water and beef bouillon. Heat to boiling. Reduce heat to 250°. Slice peppers long ways. Add peppers to tomatoes in a small bowl. Blend cornstarch and soy sauce. Stir into mixture. Cook until thickened. Cover, simmer 5 minutes.

24. **Vegetable Salad**

Cut into large bowl: ½ head cabbage - #3 cone, 2 carrots - #4 cone, 1 zucchini - #5 cone, 3 radishes - #4 cone, 1 rib celery - #1 cone.

Dressing: Italian. Stir into vegetables and serve.

25. **Fresh Fruit Salad**

Apples - #5 cone

Honey dew melon - #3 cone

Cantaloupe - #3 cone

Bananas - #5 cone

1 Can crushed pineapple (optional)

Orange, quartered - #1 cone

Lemon, quartered - #1 cone

Pomegranates (optional)

Strawberries - #5 cone

Process fruit with the Saladmaster Machine. The orange and lemon will juice (this is to give the fruit a dressing to keep the apples and bananas from going brown). Mix well and serve. You can make this salad as big as you like and do it to your own taste. Add some other fruits that you may like and any of these fruits are optional.

26. **Trout**

1 C. Chicken broth

2 T. minced onion

1/8 t. each, Oregano, Thyme and Pepper

2 t. Worcestershire Sauce

½ t. Salt

Chopped Parsley

1 T. Oil

Combine all ingredients except parsley in a saucepan, cook on Med-High until valve clicks, turn to Low and cook down to about half. Skin trout and season with seasoned salt, lemon pepper and blackened

seasoning inside and out. Place some broth in the bottom of a cold skillet, place fish over broth, pour some broth inside of trout and over the top of the trout. Sprinkle with parsley. Cook on Med-High until the valve clicks, turn down a little at a time, so the valve clicks once in a while. Cook about 30 minutes. The broth will do about 10 trout.

27. **Green Bean Casserole**

2 (16 oz.) cans (or frozen) green beans	½ C. milk
1 (10.5 oz.) can cream of mushroom soup	1 (2.8 oz.) can French Fried Onions

Combine all ingredients, except ½ can onions into the 9” skillet. Cook on Med heat for approx. 15 minutes. Top with remaining onions and serve.

28. **Turkey**

Place seasoned Turkey in a cold dutch oven or roaster (use dome and sit the turkey on end if it does not fit). Turn heat to Med until the valve clicks or until water spits under the lip of the dome. Slowly reduce the heat a little at a time until the valve stops clicking or spitting stops, but the moisture remains in the lip. The turkey will generally cook in about a third less time than oven cooking. A turkey breast can be cooked in electric skillet with the 7-quart pan as a dome. If stuffed cook longer.

29. **Baked Potatoes**

4 Large Idaho Potatoes

Fold 5 paper towels; wet paper towels until fully saturated with water. Place in bottom of saucepan and stack potatoes. Put cover on pan and turn heat to Med-High. Cook until valve clicks and lower heat to Med-Low. Cook approximately 20 minutes. This can be used for hard-boiled eggs, sweet potatoes or any other kind of whole foods you would bake in the oven.

30. **Barbecue Chicken or Spareribs**

¾ C. Catsup	1 t. Paprika
¾ C. Water	1 t. Chili Powder
1 T. Worcestershire Sauce	¼ t. Black Pepper
1 T. Vinegar	1 t. Sugar
dash of cayenne pepper	

Trim fat from meat and place in electric skillet. Pour sauce over meat. Cook at 275° until valve clicks, turn to 225° and cook 1 ½ hours.

31. **Meatless Meatloaf**

Melt 1 stick margarine in 11” skillet on low heat (with dome lid on).

Mix together:

1 onion and ½ lbs walnuts (cut on #2 cone)

1 large carton of cottage cheese (small curd)

½ of 11 oz. package of Special K

1 package of Lipton onion soup mix

5 eggs

Add melted margarine and mix everything together and put in preheated 11” skillet (that you melted the margarine in so it is greased). Turn on Med-Low (next to warm) about 10 minutes and then down to warm to simmer for rest of hour.

32. **Two Egg Omelet**

Preheat 10” gourmet skillet with olive or corn oil on Med-High until pan and oil are hot. Mix two eggs and 1 T. of water per omelet. Pour into pan and let cook for 30 seconds to 1 minute; pull back cooked portion to allow uncooked batter to contact hot skillet. Place other ingredients in the middle and let cook for 1 minute. Take plate in left hand and pan in right, then roll omelet on the plate.

33. **Saladmaster Health Cake**

9 oz. Yellow Cake Mix

1 egg

red cabbage, zucchini, yellow squash, carrot

½ C. water or oil

Preheat 9” skillet with cover on low, spray with Pam. In bowl stir cake mix with egg and water or oil, use #1 cutting cone cut 4 turns of each vegetable (about 1 oz.) into bowl and mix thoroughly. Pour all into preheated 9” skillet, cover and cook on Low/Med-Low for 10 minutes, if done flip over into plate. Cover with cooked apples or chocolate bar for kids. Note: used ½ cake mix.

34. **Vegetable Beef Stew**

1 pound Beef Stew meat

1 onion - #2 cone

5 Med. Potatoes - #3 cone

6-8 Mushrooms - #5 cone

1 green pepper - #3 cone

1 clove garlic – minced

2 celery ribs - #5 cone	10 C. warm bouillon
¼ green cabbage - #3 cone	1 T. Salt
4 carrots - #5 cone	2 ½ t. beef bouillon
½ C. pearled barley	

Preheat the 7-quart Dutch oven on Med heat; cut meat into bite size pieces. Brown meat in dutch oven. Process all the vegetables with the Saladmaster Food Processor. When the meat is browned, place the remaining ingredients in with the meat, stir; cook on Med heat until the valve clicks. Turn to Low and cook as long as you like, this can be cooked a long time on Low.

35. Fish / Salmon

Place thinly sliced bell pepper, onion and tomato in cold skillet. Lay fish over vegetables. Sprinkle with lemon juice and season to taste. Cover and place on Med heat until the valve clicks. Turn off heat and let sit for 5 minutes. Serve. (For 1 inch thick salmon layer vegetables on top).

36. 12 Minute Potato Salad

Cut 3 potatoes on #3 cone; steam with egg for 10 minutes; put into steel bowl. Cut pickles, onions and egg on #2 cone; carrots and celery on #1 cone. Cut vegetables into hot potatoes, add mayo and mustard; let stand 2 minutes. Great and so easy.

37. Pineapple Upside-Down Cake

4 T. Margarine	1 C. brown sugar
1 (16 oz.) can sliced pineapple; drain and reserve juice	
8 maraschino cherries	2 egg whites
1 box white or yellow cake mix	

Melt margarine in skillet at 200°; add sugar; stir. Spread mixture evenly over bottom of skillet. Place 8 pineapples slices symmetrically in skillet. Place maraschino cherries in middle of each ring. In a medium bowl combine egg whites and cake mix. Prepare according to package directions, using reserved pineapple juice for called for liquid. Increase electric skillet heat to 350°. Pour batter into skillet over pineapple; cover and cook 6-8 minutes or until cake is done when tested with a wooden pick. Shake gently to loosen cake; immediately turn upside down onto plate and remove skillet.

38. Greaseless Fried Chicken

Whole chicken breasts or thighs (not boneless skinless chicken)

Place skillet on **Med-High heat or 400° for Electric Skillet**. When pan is hot, put chicken in and cock lid. Cook for 13 minutes. Chicken will turn loose from pan when ready to turn. Season chicken and cook for approximately another 5-6 minutes.

39. **Cowboy Casserole**

2 pounds ground beef	1 t. chili powder	1 t. onion powder
1 t. garlic powder	16 oz. bag corn	16 oz. green beans
Cheddar cheese	14 oz. can Mex. Tomatoes	Fritos

Defat hamburger in 3 quart with steamer insert until brown. Add defatted beef to electric skillet. Season with chili, onion and garlic powder. Add corn, green beans, tomatoes and ½ of chips. Mix well and top with remaining chips. Top with cheese - #2 cone. Cover and cook at 350° until valve clicks. Reduce to 200° for 20 minutes.

Kitchen Craft COOKBOOK

From the kitchen of: Linda Michals/Kitchen Craft.

1. **Beef Stroganoff.** Servings: 8-10

- | | |
|--|--------------------------------------|
| 2 pounds beef stew meat cut bite size pieces | 1 large onion, chopped (1 C.) |
| 2 cans golden mushroom soup | 2 cans French onion soup |
| 2 Lg. cans sliced mushrooms, drained | 1 pkg. (8 oz.) fat free cream cheese |
| 1 container (8 oz.) fat free sour cream | 6 C. hot cooked noodles or rice |

Mix beef, onion, soups, mushrooms and Canadian Steak Seasoning (from Sam's) in 4 QT slo cooker. Cover and cook on low heat setting 8-10 hours or until beef is very tender. Stir cream cheese into mixture until melted. Stir in sour cream. Serve over noodles or rice.

2. **Coq au Vin** – Chicken in Red Wine. Servings: 8-10

- | | |
|---|--------------------------------------|
| 1 Pkg. frozen, skinless boneless chicken thighs | 1 bag (16 oz.) baby cut carrots |
| 8 oz. (1 jar) tiny pearl onions | 1 bottle salad real bacon |
| 1 t. Salt | ¼ t. Pepper |
| 2 cloves garlic, finely chopped | 1 ¼ C. dry red wine |
| ¾ C. chicken broth | 1 pound small whole button mushrooms |
- Bouquet Garni: Tie 4 sprigs parsley, 2 bay leaves and 3 sprigs Thyme

Place chicken in 4 QT slo cooker. Add remaining ingredients except mushrooms, flour and water. Cover and cook on low setting 8-10 hours (or high setting 3-5 hours) or until pieces of chicken are no longer pink when center of thickest pieces are cut. Remove any fat from surface. Remove Bouquet Garni. Stir in mushrooms. Mix flour and water, stir into chicken mixture. Cover and cook on high heat setting about 30 minutes or until mixture is thickened. Serve with a crusty bread to soak up all of the wine flavored sauce left in the bowl.

3. **Fried Salad** – Servings: 2-3

- | | |
|------------------------------------|---|
| ¼ white onion, cut into 1" pieces | 1 sliced red bell pepper, 1" pieces |
| 2 deboned skinless chicken breasts | 1 can Country Brown Gravy Mix (Walmart) |
- Salad: 1 stalk celery, 1 cucumber, 1 yellow squash, 1 zucchini, 1/8 head red cabbage, 1/8 head green cabbage, 1/8 butternut squash, ¼ white onion
- Smart & Finals' Italian Dressing

Put in electric skillet onion and red bell pepper pieces. Put lid on and cook at 350° for about 2 minutes. Debone and skin chicken and cut into 1 inch pieces. Add chicken to skillet and cover. Cook for about 2 minutes or until the chicken is no longer pink in center. Stir. Add salad (with dressing on it) to the skillet.

Replace lid, cook about 1 minute. Stir. Add 2 forks full of Country Brown Gravy mix. Serve on plates and sprinkle with dry roasted peanuts. It smells great and just might bring over customers to start show with.

4. **Hot German Potato Salad** – Servings: 6

5 med potatoes (about 1 ¾ pounds) sliced	1 Lg. onion, chopped (1 C.)
1/3 C. water	2 T. all purpose flour
2 T. Sugar	1 t. Salt
½ t. pepper	6 slices crispy cooked bacon, crumbled

Mix potatoes and onion in 4 QT slo cooker. Mix remaining ingredients except bacon; pour into cooker. Cover and cook on low heat setting 8-10 hours or until potatoes are tender. Stir in bacon. Serve with grilled bratwurst or polish sausage in buns.

5. **Italian Pot Roast** – Servings: 6

5 pounds beef roast	1 Lg. onion, chunked
2 T. garlic, minced	2 Lg. 303 cans diced tomatoes
4 Potatoes scrubbed and quartered	1 Small pkg. Finger carrots
2 T. Italian seasoning	2 T. fresh basil
½ T. Oregano	¼ t. cayenne pepper
1 T. ground cumin	1 T. dried cilantro
2 T. dried parsley	

Brown roast on all sides and remove from the gourmet cooker. Add remaining ingredients and put roast on top. Simmer 8 hours or until meat is extra tender. Serve with bocatini or perciatelli pasta. Pastas are usually in Italian shops, but are worth the hunt. Boil pasta according to directions – do not over cook! Rinse with cold water and return to pan. Add ¼ stick of melted butter, stir pasta until coated with butter. Add ¼ to ½ C. of grated romano or asagio cheese. Serve on side of roast.

6. **Jambalaya (say Jumbalaya)** – Servings: 8-10

1 Lg. onion, chopped (1 C.)	1 med. Green bell pepper, chopped (1 C.)
2 med stalks celery, chopped (1 C.)	3 cloves garlic finely chopped
2 cans (28 oz.) diced tomatoes, undrained	2 C. chopped fully cooked smoked sausage
1 T. parsley flakes	½ t. dried thyme leaves
½ t. Salt	¼ t. pepper
¼ t. red pepper sauce	¾ pound uncooked peeled deveined med shrimp
4 C. hot cooked rice, for serving	

Mix all ingredients except shrimp and rice in 4 QT slo cooker. Cover and cook on low setting 7-8 hours (or high setting 3-4 hours) or until vegetables are tender. Stir in shrimp. Cover and cook on low heat setting about 1 hour or until shrimp are pink and firm. Serve with rice.

7. **Kathy's Yankee Chili** – Servings: 12

2 pounds ground beef	Chili pepper
1 onion, chopped	1 Pkg. Williams chili seasoning
1 can hot dog sauce	1 t. Cumin
1-2 cans crushed tomatoes or "Hunts for chili"	½ C. Sugar
2 cans tomato sauce	1 Sm. Can tomato paste
1-2 cans chili beans & tomato juice (Brooks mild or hot chili beans)	

Put all ingredients in pan and simmer for 8 hours on the Slo cooker number 1 setting. I would brown the hamburger first and pour off all fat. Stir occasionally.

8. **Moki Bean Soup** – Servings: 15

1-2 ham hocks or chunked ham	Sam's club Canadian Steak Seasoning
16 oz. can diced tomatoes	1 Lg. onion – chopped
Fresh garlic chopped	1 ½ t. chili powder
juice of ½ lemon	2 cans diced green chilis
Hot sauce to taste	

Mix together ¼ C. each of dried beans of: black beans, black eyed peas, great northern beans, baby lima beans, large lima beans, green split peas, yellow split peas, small reds, bolita beans, Anasazi beans, pinto beans.

Soak beans overnight in enough water to cover beans. Add all remaining ingredients to rinsed beans and cook for 8 hours in SLO Cooker on low heat setting. Serve with homemade corn bread and enjoy.

9. **Pot Roast** – Servings: 10-12

Any 6 pound Roast	1/8 C. Canadian Steak Seasoning from Sam's
2 T. Allegro Steak Marinade	¼ C. Andria's Steak Sauce
3 T. Kitchen Bouquet Browning Sauce	¼ fresh onion - chunked
4-6 potatoes sliced and quartered	2 C. baby carrots

Brown the Roast in the Slo Cooker. After the roast has browned on all sides pour the Allegro Marinade sauce over the roast and let cook into the meat for a couple of minutes. Take the roast out of the Slo Cooker and put on a plate. Quarter the slices of potatoes and put into the bottom of the Slo cooker. Next add in the baby carrots on top of the potatoes. Place the roast on top of the vegetables and add in and around the roast the onion cut into chunks. Pour the Kitchen Bouquet Browning sauce over the roast and smooth over and coat the roast. Sprinkle the remaining steak seasoning over the roast. Cook for approximately 8 hours on low heat. Remove roast after cooking and add instant flour to juices for gravy.

10. **Red Chile Texas Style** – Servings: 8-10

2 pounds ground beef	1 Lg. onion
1 Pkg. 2 alarm Chile mix	1 can Rotel extra hot tomatoes
1-2 fresh jalapenos, minced	1 can dark red kidney beans
1 can chile beans	¼ C. vinegar
1 pinch of baking soda	1 303 can diced tomatoes

Brown and crumble all hamburger meat. Pour off grease as often as necessary. Add chopped onion and jalapenos. Stir. Add in all packages in 2 alarm chili mix. Stir. Add in Rotel tomatoes and vinegar. Add enough water to cover all ingredients. Stir and simmer on low for 8 hours. Serve with jalapeno corn bread made in liquid core electric skillet, tortillas or soda crackers depending on what part of the country you are in. Cheese on top of chile is optional.

Titanium Elite Cooking Notes

From Carol Perryman, T-Elite Salesperson; 03/02/2012 – (817) 375-1911 / (214) 796-3374 Cell.

Hard boiled eggs – without boiling water

Wet folded paper towel (1 to 5 pieces depending on size of the pan) and place on bottom of cold pan. Place eggs on wet folded towels and put on lid. Cook on medium high heat until the steam escapes. Reduce heat to medium low for 12-15 minutes. Run eggs over cold water. Notice how easily they come off the shell and the beautiful color when prepared this way. (If there is a slight discoloration from the paper towels, rub pan with a little oil.)

Corn on the Cob

Use the same process as for hard boiled eggs.

Fresh Vegetables

Cut vegetables into pan, rinse with cool water, then drain. Start on Medium High heat until the steam escapes then lower heat to simmer.

Frozen Vegetables

Place frozen vegetables in a cold pan. Cook on Medium High heat until the steam escapes then lower heat to simmer. Do not add water.

Dried Foods: Lima Beans, Butter Beans, Navy Beans, Pinto Beans, Field peas, Blackeye peas & Pastas

Add water to beans before cooking. These foods need water as they dehydrate 60% when picked.

Greaseless Chicken

Heat pan on Medium High heat. Dry chicken. Put the chicken in the pan skin side down. Do NOT put the lid on. Cook for 12 minutes; turn chicken over and season. Cover with lid for another 12 minutes. If you want the skin to be crispy, turn chicken over for 2-3 minutes and season the other side.

Barbecue Chicken

Put cut chicken in cold pan. Cover chicken with barbecue sauce. Turn heat to Medium High until steam escapes then lower heat and cook for 20 minutes. Turn chicken and cook for another 20 minutes.

Pan Broiled Steak

Heat pan on Medium High heat. Put in steak and brown for 2-7 minutes. Turn and brown the other side. Then season.

SOUPS

Spicy Lentil and Bulghur Soup (recipe from Turkey: Turkish name is Ezogelin Corbasi)

From: Laura Harbin – 05/03/2009. Yield: 6 Servings.

1 C. red lentils, rinsed and drained.

1 med. Onion (white or yellow), finely chopped (I do mine in the food processor so they are very finely chopped).

½ C. coarse bulghur wheat, rinsed and drained (I do not rinse and drain).

6 C. chicken stock (Swanson's has a can that's something like 47-¾ oz, or 48-¼ oz; anyway, it's very close to 6 cups, so that's what I use).

2 T. tomato paste.

3 T. butter.

1 T. dried mint (I found this as 'dried spearmint' at Central Market).

1 t. red pepper/paprika flakes (I omit this).

Salt and freshly ground black pepper to taste.

Juice of ½ lemon.

Put the lentils, bulghur wheat, onion and the chicken stock together in a pan. Bring to a boil and then on a low heat simmer (covered), stirring occasionally for about 30 minutes or until the lentils and bulghur are tender. Then add the butter, the mint, the red pepper flakes, and the tomato paste and simmer for another 10-15 minutes, until the soup has a creamy consistency. Add the lemon juice, more water if required, and season with salt and pepper.

I buy the lentils and bulghur wheat in bulk at Central Market; that way, I can buy as much or as little of each as I want. Same with the mint (I think I found it as 'dried spearmint'). Be sure and wash the lentils well and check for stones. This really is a very nutritious, and relatively inexpensive dish.

BUTTERNUT SQUASH AND ROASTED GARLIC PUREE SOUP - From Laura Harbin 12/31/2017.

1 large or 2 small butternut squash, about 4 pounds

20 cloves of garlic

4 T. olive oil

¼ C. water

2 leeks, including tender green parts, finely chopped.

6 C. vegetable stock or prepared broth

Salt and freshly ground white pepper

2 T. finely chopped chives or fresh flat-leaf parsley

Preheat oven to 350°. Cut the squash in half lengthwise and remove the seeds and any fibers. Carefully remove the peel and cut the flesh into slices 1 inch thick.

In a roasting pan, combine the squash and garlic cloves. Drizzle with 2 T of the oil and toss until well coated. Pour in the water. Roast, stirring occasionally, until the squash and garlic are soft and golden, 50-60 minutes. Add a bit more water if the squash begins to scorch. Remove from the oven and set aside to cool slightly.

While the squash and garlic cloves are roasting, in a heavy frying pan over medium heat, warm the remaining 2 T of oil. Add the leeks and sauté until golden brown, 12-15 minutes. Set side.

In a blender, in batches, combine the roasted squash, garlic, and leeks with 1 cup of the stock. Puree until very smooth, about 1 minute. *

Transfer the squash puree to a large saucepan. Stir in the remaining 4 cups stock and bring to a simmer over medium heat. Season to taste with salt and white pepper.

Ladle the soup into warmed bowls and garnish with the chives. Serve immediately.

*This is much easier with a hand blender. I put everything, including all the broth, into the original roasting pan and then pureed with my hand blender.

Notes: I used 26 oz. pre cut squash and 16 oz. (2 C) broth. I put the leeks with the squash/garlic instead of doing them separately. I put everything into a pot and simmered until hot then pureed with my Immersion Blender. Makes 4-5 servings. This soup was not very good. Don't make it again.

PANERA'S AUTUMN BUTTERNUT SQUASH SOUP - From Laura Harbin 01/01/2020.

1 Butternut squash (Instant Pot 12 min high)
15 oz Pumpkin puree
2 C Vegetable broth
2 T Honey
1/2 t Black pepper
1/2 t Cinnamon
1/4 t Curry powder
2 t Salt
1 - 1/2 C Apple Cider
1 - 1/2 C Heavy Cream

Notes: Roast the squash first to minimize cooking time.

Potato Soup – From: Mom. Yield: 8-10 Servings.

6 C. cubed peeled potatoes.

5 C. water.

2 C. chopped onion.

½ C. chopped celery.

½ C. thinly sliced carrots.

¼ C. butter or margarine. (1/2 Stick)

4 t. chicken bouillon granules.

2 t. salt.

¼ t. pepper.

1 can (12 ounces) evaporated milk.

3 T. chopped fresh parsley.

Snipped Chives, optional.

In a large slow cooker, combine the first 9 ingredients. Cover and cook on low for 7-8 hours or until the vegetables are tender. Add milk and parsley; mix well. Cover and cook 30-60 minutes longer or until heated through. Garnish with chives if desired.

Notes: Put on slow cooker right below the level 2 for 7 hours. Then I added milk/parsley and moved it up to 2 for 1 hour. There was too much liquid. Next time use 4 C. water and add some half n half at the end to make it creamier.

Vegetable Beef Soup – From: Mom.

Use:

- 1 – 1 ½ C. chopped roast beef (or browned stew meat).
- 2 packages frozen soup vegetables.
- 2 (14.5 oz.) cans stewed tomatoes.
- 1 potato, chopped. (I substituted ½ - ¾ C. Orzo pasta 1 hour before done, try barley next time).
- Carrots, chopped
- Cabbage, shredded.
- ¾ C. chopped celery.
- Water – add water to ¾ full in pot.

Add:

- 1 t. salt.
- 2 t. Worcestershire sauce.
- ¼ t. chili powder.
- 2 Bay leaves.
- 4 t. Beef Soup Base (or 4 Beef Bullion cubes – dissolve in boiling water first).
- 1 8 oz. can tomato sauce.
- Simmer 3-4 hours on low.

Broccoli Cheese Soup – From: Velveeta package. Yield: 6 Servings.

- | | |
|--|--------------------|
| 2 T. butter or margarine | ¼ C. chopped onion |
| 2 T. flour | 2 ½ C. milk |
| ¾ pound (12 oz.) VELVEETA cheese, cut up | 1/8 t. pepper |
| 1 pkg. (10 oz.) frozen chopped broccoli, thawed, drained | |

Melt butter in large saucepan on medium heat. Add onion; cook and stir 5 minutes or until onion is tender. Add flour; cook 1 minute or until bubbly, stirring constantly.

Stir in milk. Bring to a boil. Reduce heat to Med-Low; simmer 1 minute.

Add remaining ingredients. Cook until VELVEETA is melted and soup is heated through, stirring occasionally.

Taco Soup – From: Laura Harbin, 11/03/2003.

2 pounds ground beef, browned with chopped onion.

Add:

1 can ranch style beans (kidney) – red	1 can hominy
1 can whole kernel corn	1 can pinto beans
1 (4.5 oz.) small can green chilis	3 cans regular tomatoes – (diced 14.5 oz.)
2-3 cans water (I use 1 can)	1 Pkg. taco dry seasoning mix
1 Pkg. ranch dressing mix (dry mix)	Salt to taste

Simmer at least 30 minutes. Can be topped with grated cheese. Use 6 QT pan.

(I use 2 pkg. taco seasoning. Use 1 pkg. when browning meat and 1 pkg. in the soup. I use liquids from all cans and add no water to the soup. I break down the tomatoes in the Vita Mix for a smoother soup.)

15 Bean Soup – From: Hurst's Ham Beans Pkg. 12/30/2006.

1 (20 oz. / 1 lb. 4 oz.) bag of 15 beans	1 pound of ham, ham hocks, or smoked sausage
1 C. chopped onion	1 (15 oz.) can stewed or diced tomatoes
1 t. chili powder	Juice of 1 lemon
1-2 garlic cloves, minced	

Place beans in a large pot, cover with 2 QT of water, soak at least 8 hours. After soaking, drain and add 2 QT water and meat. Bring to a boil, reduce heat, simmer uncovered for 2.5 hours. Add onions, tomatoes, chili powder, lemon and garlic. Simmer 30 minutes.

Butternut Squash Soup – From: Teddi Wilson, 11/13/2004.

Butternut Squash - #1 blade kitchen cutter	Dash liquid smoke
1 can drained black beans	Lime juice

Cook the squash waterless, then puree squash in broth. Add rest of ingredients and simmer. Optional: cream or half n half.

Butternut and Acorn Squash Soup – From: Martha Bayne, Chicago Soup and Bread 11/07/2013. 6 - 8 servings.

2 C. peeled and diced acorn squash	2 C. peeled and diced butternut squash
6 T. unsalted butter	1 C. sliced yellow onion
Sea Salt	Freshly ground white pepper (fresh white only)
5 C. chicken broth	1 C. heavy cream or half-n-half
3 sprigs fresh thyme	3 oz. sharp cheddar cheese, grated (3/4 C.)
Optional seasonings: ground nutmeg, honey, cayenne, and/or minced fresh ginger	

1. Melt 2 T. of the butter in a large soup pot over medium heat. Add the onion and sauté until translucent, 3 - 5 minutes. Add the acorn and butternut squash and sauté until soft, about 10 minutes.

2. Season the squash mixture with salt and pepper, add the broth, and bring to a simmer. Cook until the squash is tender, about 30 minutes.

3. Transfer the soup to a blender and puree until smooth. For extra-satiny smoothness, pass the soup through a fine sieve after it's pur'eed.

4. Return the soup to the pot, and add the cream and the remaining 4 T. butter. Simmer.

5. Wrap the thyme in a piece of cheesecloth and tie with string to make a little bundle. Add it to the simmering soup and let it infuse for 10 minutes, then remove.

6. Add the cheese and mix gently until incorporated. Add optional seasonings as desired and serve hot.

Notes: Try adjusting the proportions of acorn to butternut squash or swap in a cup of sweet kuri squash. Or roast an apple in the oven and throw that in the mix as well. If you are lazy, you can roast the squash in it's skin first and then just scoop out the innards and add the squash to the sauté mix.

Split Pea Soup – From: Dearl Joyce, 11/10/2013. 4 Servings for 1/2 bag peas.

1 can (14 oz) chicken broth	1 (1 lb) bag dry split green peas
1 T. Olive oil	finely chopped onion
Sea Salt and Black Pepper	finely chopped celery
finely chopped carrot	Crushed Red Pepper (small amount)
Garlic Powder	

Optional: Ham. Smithfield brand has one ham steak.

1. Heat olive oil in soup pot over medium heat. Add the onion, celery, carrot and sauté until translucent, 3 - 5 minutes.
2. Add the rinsed peas, broth, water (use about 1/2 amount stated on Great Value bag says 6-8 cups this is way too much). Bring to slight boil.
3. Turn down to simmer and let cook with lid on cocked until peas are soft. About a little over an hour.
4. Add the spices and ham half way through. I use 1/2 the bag peas to create smaller batch. Puree the soup with the Bamix inversion blender Whisk attachment. Serve.

Notes: For lentils, I use 1 C lentils and a little over 2 C liquid. Makes 3 servings.

Chicken Soup – From: MarthaStewart.com, 05/06/2020. Yield: 6 Servings

1 whole chicken (about 4 lbs), cut into pieces (including back and neck if it comes with)	
8 C water	1 T Coarse Salt
3 Med Onions, thinly sliced (4 C)	2 celery stalks, sliced crosswise 1/4 in. thick
4 garlic cloves, crushed	6 medium carrots, sliced 1/2 in. thick

Step 1

Bring chicken, water and 1 tablespoon salt to a boil in a large stockpot. Skim foam. Add onions, celery, and garlic. Reduce heat. Simmer, partially covered, for 30 minutes.

Step 2

Remove breasts, and set aside (so they don't overcook). Add carrots. Simmer, partially covered, for 40 minutes.

Step 3

Remove remaining chicken; discard back and wings. Let cool slightly. Remove meat from bones, and cut into bite-size pieces.

Step 4

Stir in desired amount of chicken; reserve the rest for another use. Skim fat. Season with salt.

Notes: There's not need to make a separate stock, the vegetables and meat form their own satisfying broth. Simmer on 4. Too much onions and the carrots didn't get soft. This soup was no good. Don't make again.

Pasta E Fagioli Soup – From: Olive Garden, 10/11/2004. Yield: 9 Quarts

3 t. oil	2 pounds ground beef
12 oz. onion, chopped	14 oz. carrots, slivered
14 oz. celery, diced	48 oz. canned, diced, tomatoes
2 (15 oz.) cans cooked red kidney beans	2 (15 oz.) cans cooked white kidney
88 oz. Beef stock	3 t. Oregano
2 ½ t. pepper	5 t. Parsley (fresh chopped)
1 ½ t. Tabasco sauce	8 oz. dry pasta shell macaroni
48 oz. spaghetti sauce	

Saute beef in oil in a large 10 QT pot until beef starts to brown. Drain off fat. Add onions, carrots, celery and tomatoes and simmer for about 10 minutes. Drain and rinse beans and add to the pot. Also add beef stock, oregano, pepper, Tabasco, spaghetti sauce and noodles. Add chopped parsley. Simmer until celery and carrots are tender, about 45 minutes. Recipe can be halved.

Zucchini Soup – From: Tracy Olson, 09/13/2004.

5 C. Water	7 chicken bouillon cubes
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5 Sm. Zucchini, sliced
Cayenne pepper to taste

8 oz. fat free cream cheese

Boil water, chicken bouillon cubes and zucchini for 20 minutes. Put in blender with cream cheese. Puree in batches until smooth. Serve with a dash of cayenne pepper. Soup can be served cold, room temperature or hot.

Wild Rice Soup Mix – Whole foods bulk.

1 C. mix

8 C. water

Boil water, then add mix. Simmer for 60-90 minutes.

Bean, Barley and Sausage Soup – 01/29/2004.

1 pound kidney beans, drained

1 pound smoked sausage, sliced

7 C. water or stock

1 C. barley

2 garlic cloves, peeled and chopped

3 bay leaves

Rinse beans, cover with cold water and soak overnight. Drain off water the next day. Put beans, barley and remaining ingredients into crock pot and stir. Cover and cook on low 8-10 hours. Remove bay leaves. Salt to taste when serving. I halved the recipe for my small crock pot add a little extra beans and barley (not too much) to make it thick.

Vegetable Soup – From: David Boese, 02/05/1998.

6 C. Water (I use part beef broth)

1 t. salt

1 C. soup mixture (see below)

Bring to a boil and simmer 1 – 1 ½ Hours. Add:

2 carrots, sliced

2 celery stalks, chopped

2 pounds browned ground beef

30 oz. tomato sauce

24 oz. V8 juice

I add: corn, bay leaves, extra rice

Simmer until vegetables are cooked.

Soup Mix: Store in airtight container.

14 oz. dry split peas
14 oz. macaroni
3 C. dried minced onions

12 oz. pearl barley
1 ½ C. brown rice
12 oz. lentils

Vegetable Soup – From: Doris Chapman, 10/15/1993.

1 Lg. can tomatoes, blended
1 Sm. Can tomatoes, blended
1 can corn
1 can green beans
1 can peas

½ pound carrots
½ pound potatoes
1 Lg. onion
1/3 head red cabbage
1 pound ground beef

In pot: Cut up carrots and potatoes first. Then put tomatoes, juice from all canned vegetables, carrots, potatoes, salt and 1 T. Sugar. Turn on Med. Heat and simmer 20-30 minutes until vegetables begin to soften. Meanwhile brown 1 pound ground beef. After cooked, add canned vegetables, meat, onions and cabbage. Simmer another 15 minutes on Low heat.

Vegetable Soup – Crock Pot.

1 pound ground beef, browned and drained
1 can tomatoes

1 Sm. Can tomato sauce
Peas, carrots, beans, potatoes

Cook all day on Low.

Chicken Soup / Dumplings / Rice / Noodles – From: Beth Watson’s mom, 01/09/1998.

In stockpan:

2 T. chicken bouillon granules

1 whole chicken cut up, put in neck too

Cover chicken with water and add 1 pint extra. Cover pot and bring to a boil. After boiling: remove scum off top, add 3-4 celery stalks and celery leaves, 1 Lg. onion, chopped. (Add carrots if making soup). Cook 1.5 hours total time for meat until chicken and vegetables are tender. Salt, pepper optional. Remove chicken and debone, remove skin. Put meat back in and reheat to boiling. Add dumplings; cook 10 minutes with top on and 10 minutes with top off. Can freeze in individual portions without dumplings.

Hearty Mushroom-Barley – From: Delish.com 09/20/2010. Prep time: 20 min Cook time: 1 Hr.

$\frac{3}{4}$ C pearl barley

8 C water

2 T olive oil

3 stalks celery cut into $\frac{1}{4}$ in. thick slices

1 Lg (12 oz) onion, chopped

1 $\frac{1}{2}$ lbs mushrooms, trimmed and thickly sliced

2 T tomato paste

3 carrots, peeled cut into $\frac{1}{4}$ in. thick slices

2 cans (14.5 oz) beef broth

$\frac{1}{4}$ C dry sherry

1 $\frac{1}{2}$ t salt

You can get a head start by cooking the barley the day before, then cool and refrigerate until needed.

In 3 QT saucepan, combine barley and 4 C water; heat to boiling over high heat. Reduce heat; cover and simmer 30 minutes. Drain.

Meanwhile, in 5 QT Dutch oven, heat oil over medium-high heat. Add celery and onion; cook, stirring, until golden, about 10 minutes. Increase heat to high; add mushrooms and cook, stirring occasionally, until liquid has evaporated and mushrooms are lightly browned, 10 – 12 minutes.

Reduce heat to medium-high; add tomato paste and cook, stirring, 2 minutes. Add barley, carrots, broth, sherry, salt and remaining 4 C water; heat to boiling. Reduce heat; cover and simmer until carrots and barley are tender,

20 – 25 minutes. Makes about 12 C or 10 first course servings.

Butternut Squash and Roasted Garlic Puree Soup (recipe came from Williams Sonoma Soup Book)

From: Laura Harbin – 02/17/2012. Yield: 8 Servings.

1 large or 2 small butternut squash, about 4 pounds
20 cloves of garlic
4 T. olive oil
¼ C. water
2 leeks, including tender green parts, finely chopped.
6 C. vegetable stock or prepared broth
Salt and freshly ground white pepper
2 T. finely chopped chives or fresh flat-leaf parsley

Preheat oven to 350°. Cut the squash in half lengthwise and remove the seeds and any fibers. Carefully remove the peel and cut the flesh into slices 1 inch thick.

In a roasting pan, combine the squash and garlic cloves. Drizzle with 2 T. of the oil and toss until well coated. Pour in the water. Roast, stirring occasionally, until the squash and garlic are soft and golden, 50-60 minutes. Add a bit more water if the squash begins to scorch. Remove from the oven and set aside to cool slightly.

While the squash and garlic cloves are roasting, in a heavy frying pan over medium heat, warm the remaining 2 T. of oil. Add the leeks and sauté until golden brown, 12-15 minutes. Set side.

In a blender, in batches, combine the roasted squash, garlic, and leeks with 1 cup of the stock. Puree until very smooth, about 1 minute*.

Transfer the squash puree to a large saucepan. Stir in the remaining 4 cups stock and bring to a simmer over medium heat. Season to taste with salt and white pepper.

Ladle the soup into warmed bowls and garnish with the chives. Serve immediately.

*This is much easier with an immersion blender. I put everything, including all the broth, into the original roasting pan and then pureed with my immersion blender. I think Sur la Table has them for about \$29.00.

Chicken Noodle Soup (recipe came from Williams Sonoma Soup Book)

From: Laura Harbin – 02/17/2012. Yield: 4 Servings.

6 C chicken stock* or prepared broth
1 skinless, boneless whole chicken breast (about ½ lb)
1 yellow onion, finely diced
2 carrots, peeled, halved lengthwise, and thinly sliced
2 celery stalks, thinly sliced
2 oz. dried, thin egg noodles
3 T finely chopped fresh flat-leaf (Italian) parsley
Salt and freshly ground pepper

In a large saucepan over medium high-heat, bring the stock to a simmer. Add the chicken breast and simmer just until tender and no trace of pink remains, 8-10 minutes. Remove from heat and let the chicken cool in the liquid. Transfer the chicken to a cutting board and cut into 1-inch cubes.

Return the chicken stock to a simmer over medium-high heat and add the onion, carrots, and celery. Simmer until the vegetables are slightly softened, about 10 minutes, skimming away any foam that rises to the surface of the stock.

Add the cubed chicken, noodles, 2 tablespoons of the parsley, and salt and pepper to taste. Simmer until the noodles are tender, about 3 minutes.

Ladle the soup into warmed bowls and sprinkle with the remaining 1 tablespoon parsley. Serve immediately.

*Let me know if you want the recipe for chicken stock. I always just use the prepared stock.

Split Pea Soup (recipe came from Williams Sonoma Soup Book)

From: Laura Harbin – 02/17/2012. Yield: 4 Servings.

1 T. olive oil
1 yellow onion finely diced
1 celery stalk, thinly sliced
2 small carrots, peeled and thinly sliced
1 C dried green or yellow split peas, picked over, rinsed, and drained
4 C chicken or vegetable stock
6 slices bacon
2 T. finely chopped fresh flat-leaf (Italian) parsley
½ t. finely chopped fresh marjoram or ¼ t. dried marjoram

½ t. finely chopped fresh thyme or ¼ t. dried thyme

Salt and freshly ground pepper

In a large saucepan over medium heat, warm the oil. Add the onion and sauté until softened, 3-5 minutes. Add the celery and carrots and sauté until just slightly softened, 3 minutes.

Add the split peas, stock, 2 slices of the bacon, parsley, marjoram, and thyme. Reduce the heat to medium low and bring to a simmer. Cover partially and cook until the peas are tender, 50-60 minutes. Discard bacon.

Meanwhile, in a frying pan over medium heat, fry the remaining 4 slices of bacon until crisp, about 10 minutes. Transfer to paper towels or drain. When cool, crumble and set aside.

Coarsely puree 2 cups of the soup in a food processor and return the pureed soup to the saucepan. Season with salt and pepper to taste, return the soup to medium heat, and simmer for 5 minutes longer. Taste and adjust the seasoning.

Ladle the soup into warmed bowls and garnish with the crumbled bacon. Serve immediately.

Stuffed Pepper Soup

From: www.thecountrycook.net – 03/13/2013. Yield: 6 Servings.

1 lb. Ground Beef
1 small onion, diced
1 large bell pepper, diced
1 can (29 oz.) diced tomatoes
1 can (10 oz.) tomato soup (or tomato sauce)
1 can (14 oz.) chicken broth (or beef broth)
2 C *cooked* rice - (1 C of uncooked rice from my rice maker makes 2 C cooked)
1 T. sugar (too sweet, use 1/2 T next time)
1 t. garlic powder
Salt and Pepper to taste
shredded cheddar cheese, for topping

In a large pot, brown and crumble ground beef along with diced green peppers and onion over medium-high heat. When cooked, drain excess grease from beef mixture in a colander. Put beef back into pot. Add in diced tomatoes. Add in chicken (or beef) broth. Then add in can of tomato soup (or tomato sauce). Give it all a good stir. Then add in rice. Stir again.

Then add seasonings: sugar, garlic powder, salt and pepper. Cover and let simmer on low-medium heat for about 30 minutes to let all the flavors blend. And serve with shredded cheddar cheese on top.

CHILI

Turkey Chili – From: Clovis Wetzel

2 pounds ground turkey	½ C. finely chopped onion
1 Sm. Can tomato paste (approx. 4 oz.)	2 C. water
1 t. oregano	1 ½ t. Salt
2 t. red pepper (cayenne)	1 t. cumin
2 t. Paprika	¼ C. chili powder (gebhardts is good)
2 t. mesa flour (or regular flour)	

Brown turkey meat with onion. Drain any fat. Add tomato paste and water. Add spices. Cook 30 minutes on low heat. You may cook longer to get better mixing of spices, but you may need to add more water. Taste to see if flavor is right. You may add more spices as needed, especially salt. To make it hotter, add more cayenne (not chili powder). Mix flour with ¼ C. warm water. Add to chili to thicken when ready to eat. Simmer 5 minutes longer.

Fast ‘N Easy Chili – From: From: Lipton Beefy Onion Soup mix box, 03/02/2011. Yield: 6 servings.

1 ½ pounds ground beef	1 can (15 oz.) red kidney or black beans, drained
1 envelope Lipton Recipe Secrets Beefy Onion Soup Mix	1 ½ C. water
1 can (8 oz.) tomato sauce	4 t. chili powder

In 12 inch skillet, brown ground beef over med-high heat; drain. Stir in remaining ingredients. Bring to a boil over high heat. Reduce heat and simmer covered, stirring occasionally, 20 minutes. Serve over hot cooked rice.

POTATOES

Potato Gratin – From: Emeril Live, 01/29/2005.

Russet Potatoes – sliced thin.

Cheese – shredded

Whipping cream

Layer bottom of buttered casserole dish with potato slices. Salt and pepper. Add cheese. Keep layering in this manner until full. Put cheese on top. Add whipping cream. Cover with foil and bake at 375° for 50 minutes. Remove foil and return to oven until browned and bubbly.

Rosemary Cheese Crusted Potatoes – Yield: 6 Servings.

1 Med. Onion, thinly sliced

1 T. Olive oil

1 T. minced garlic (3 cloves)

4 C. sliced red potatoes (4 Lg.)

1 t. seasoned salt

1/8 t. coarse ground black pepper

1/8 t. grated lemon rind

2 C. (8 oz.) shredded mild cheddar cheese

¼ C. dry bread crumbs

1 T. butter or margarine, melted

1 t. chopped fresh rosemary or ½ t. dried rosemary

In large skillet, cook onions in oil until tender, about 5 minutes. Add garlic, cook 1 minute. Stir in potatoes, salt, pepper, and lemon rind. Remove from heat. Layer ½ of potato mixture in greased 1 ½ QT casserole; sprinkle with half of cheese. Repeat layers. Combine bread crumbs, butter and rosemary; sprinkle over cheese. Cover

and bake at 400° for 40 minutes. Uncover and continue to bake 20 minutes more or until browned and bubbly.

Potatoes Au Gratin – 11/23/1997.

5-6 Med. Potatoes peeled and thinly sliced	1 ½ C. Sliced mushrooms
5 T. butter or margarine	1 C. shredded cheddar cheese
½ C. fresh bread crumbs	1 ½ t. Salt

Preheat oven to 425°. Lightly sauté mushrooms in Med. Size fry pan with 2 T. butter. Melt remaining butter using Med. Size baking pan in the oven. Remove baking pan with melted butter from oven. Add potatoes, mushrooms and salt. Toss together and spread evenly in baking pan. Sprinkle with cheese and bread crumbs. Cover with foil and bake for 20 minutes. Uncover and bake for additional 15 minutes, or until potatoes are tender. Serve immediately.

Ranch Potatoes – Yield: 8 Servings.

5-6 Med. Potatoes	1 t. black pepper
2 T. margarine or butter.	¼ t. garlic powder
1 (16 oz.) bottle ranch salad dressing	

Preheat oven to 400°. Wash potatoes. Slice ¼ inch thick. Place in 13x9 casserole. Sprinkle with seasonings. Drizzle with melted butter. Pour dressing over potatoes. Toss to coat well. Cover. Bake 50-60 minutes or until tender. Optional: Before baking, sprinkle with grated cheddar cheese, bacon bits or chives.

Oven-Roasted Potatoes – From: Lipton Onion Soup mix box, 03/02/2011 Yield: 4 Servings. Prep: 10 mins.

1 envelope Lipton Onion Recipe Secrets Soup Mix	4 Med. potatoes, cut in large chunks (2 lbs.)
1/3 C. vegetable oil	

Preheat oven to 425°. In 13x9 inch baking or roasting pan, combine all ingredients. Bake, stirring occasionally, 35 minutes or until potatoes are tender and golden brown.

Mashed Potatoes – Yield: 3 Servings.

2 Sm. Idaho Potatoes, peeled

1 Red potato (skin on)

Cut up potatoes, add to pot with water. Bring to a boil. After boil continue on low boil for 15 minutes. Mash with butter and half and half. Serve with sour cream on top.

Crispy Roasted Potatoes – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 4 – 6 servings.

2 ½ lbs. Yukon Gold potatoes (about 5 medium), rinsed and cut crosswise into ½-inch-thick rounds

Salt and Pepper

5 T. olive oil

1. Adjust an oven rack to the lowest position, place a rimmed baking sheet on the rack, and heat the oven to 450°. Place the potatoes and 1 T. salt in a Dutch oven and add cold water to cover by 1 inch. Bring to a boil over high heat, then reduce the heat and gently simmer until the exteriors of the potatoes have softened but the centers offer resistance when pierced with a paring knife, about 5 minutes. Drain the potatoes well and transfer to a large bowl. Drizzle the potatoes with 2 T. of the oil and sprinkle with ½ t. salt. Using a rubber spatula, toss to combine. Drizzle the potatoes with 2 T. more oil and ½ t. salt and continue to toss vigorously until the exteriors of the potato slices are coated with a starchy paste, 1 – 2 minutes.

2. Working quickly, remove the baking sheet from the oven and drizzle the remaining 1 T. oil over the surface. Carefully transfer the potatoes to the baking sheet and spread into an even layer (skin side up if an end piece). Bake until the bottoms of the potatoes are golden brown and crisp, 15 – 25 minutes, rotating the baking sheet after 10 minutes.

3. Remove the baking sheet from the oven and, using a metal spatula and tongs, loosen the potatoes from the baking sheet and carefully flip each slice. Continue to roast potatoes until the second side is golden and crisp,

10 – 20 minutes longer, rotating the baking sheet as needed to ensure the potatoes brown evenly. Season with salt and pepper to taste and serve immediately.

NOTE: The steps of parcooking the potatoes before roasting them and tossing the potatoes with salt and oil until they are coated with starch are key to developing the trademark crisp exterior and creamy interior. For the creamiest texture, the potatoes should be just undercooked when they are removed from the simmering water in step 1.

MEAT DISHES

Smothered Pork Chops - From: Laura Harbin – 04/10/2009

1 C. all-purpose flour.

2 T. onion powder.

2 T. garlic powder.

1 t. cayenne pepper (I leave this out).

1 t. salt.

½ t. freshly ground black pepper.

4 pork chops, ¾-in thick, bone in (you can use other cuts).

¼ C. olive oil.

1 C. chicken broth.

½ C. buttermilk (see below).

Chopped fresh flat-leaf parsley, for garnish (never do this one).

Put the flour in a shallow platter and add the onion powder, garlic powder, cayenne, salt, and pepper; mix with a fork to distribute evenly. Pat the pork chops dry with paper towels to remove any moisture and then dredge them in the seasoned flour, shaking off the excess.

Heat a large saute pan or cast iron skillet over medium heat and coat with the oil. When the oil is nice and hot, lay the pork chops in the pan in a single layer and fry for 3 minutes on each side until golden brown. Remove the pork chops from the pan and add a little sprinkle of seasoned flour to the pan drippings. Mix the flour into the fat to dissolve and then pour the chicken broth in. Let the liquid cook down for 5 minutes to reduce and thicken slightly. Stir in the buttermilk to make a creamy gravy and return the pork chops to the pan, covering them with the sauce. Simmer for 5 minutes until the pork is cooked through (I simmer at least 15-20 minutes more, making sure the gravy doesn't start sticking or burn). Season with salt and pepper and garnish with chopped parsley before serving.

Buttermilk: Mix 3 T. vinegar with 1 C. milk. (I put the vinegar in the measuring cup first, and then add the milk to make 1 cup.) I do this rather than buying buttermilk because I don't like to drink it.

Braised Pork Chops - From: Laura Harbin – 04/10/2009

2 T. canola oil

Six 6-oz. boneless center-cut pork chops, trimmed of any fat (you can substitute other cuts of pork).

1 t. Dijon mustard.

1 T. red-wine vinegar.

2 T. light-brown sugar.

1 T. Worcestershire or soy sauce (I've always used Worcestershire).

1 t. garlic salt.

Sprigs fresh parsley for garnish (again, I don't bother with this).

1. Heat oil in a large heavy-bottomed skillet over medium high heat. Brown pork chops on all sides, 2 to 3 minutes per side.

2. Meanwhile, in a medium bowl, stir together mustard, vinegar, sugar, Worcestershire sauce, and garlic salt with 1/3 cup water. Pour over pork chops. Reduce heat, cover, and cook until tender, about 1 hour.

3. Transfer pork to a serving platter. Raise heat to medium-high and cook sauce until thickened, about 5 minutes. Pour sauce over pork chops; garnish with parsley and serve immediately.

I really like this sauce, and since I don't think this recipe makes quite enough, I've only cooked 2-4 chops at a time. Of course, you could also double the sauce recipe.

Brisket – (prick with fork)

1 Brisket

½ C. Worcestershire Sauce

2 T. Garlic salt

¼ C. Soy Sauce

½ C. Brown sugar
1 C. Red wine vinegar

1 C. pineapple juice

Mix in large bowl. Pour sauce over meat. Bake 300° 2-3 hours covered.

Smoked BBQ'd Brisket

1st Day – Rub the following into both sides of an 8 pound brisket (use less sugar if brisket is smaller): Worcestershire sauce, onion salt, garlic salt, celery salt, 2 T. sugar. Liquid smoke (optional). Refrigerate overnight in a foil-lined pan, tightly covered.

Next Day – Season again. Wrap in foil. Use drug store fold. Bake at 250° for 8 hours. (6 hours is 4-5 pounds). Remove, drain meat. Add 1 small bottle BBQ sauce mixed with ¾ C. brown sugar. Bake in Open foil 1 hour longer at 350°.

Garlic-Apple Pork Loin – From: Le Creuset French Oven, 11/08/2004.

2 pound boneless loin of pork, trimmed if desired
4-6 cloves garlic, peeled and minced

2 C. Apple juice or cider
Salt and Pepper

Preheat oven to 350°. Place pork loin, fat side up in Le Creuset Round French oven. Pour apple juice over meat and sprinkle with half of garlic. Season with salt and pepper. Sprinkle remaining garlic and some salt and pepper in the pot to cook with the juice. Place the lid on the French oven and place in preheated oven for 30 minutes. Remove the lid and roast for another 30 minutes. Remove the lid and roast for another hour. Check for proper internal temperature with a meat thermometer (160°) or cut through roast at center to see that it is cooked through. Allow to sit, uncovered, for 10 minutes in the pot. Remove to a carving board or platter. Meanwhile, place the French oven on Medium heat and boil to allow remaining juices to reduce by half. Use half of the finished sauce to pour over the roast and add remaining sauce to a side dish of boiled potatoes.

Grilled Pork Chops – From: Beth Ann Watson.

Sprinkle chops with: Rosemary, Garlic powder, celery salt, ground pepper, parsley, salt. Then grill chops over Medium heat.

Beef Chuck Pot Roast – boneless. 01/15/1993. (\$1.68 lb. x 2.76 lbs. = \$4.64). Use 5 QT dutch oven.

Put small amount of cooking oil just enough to cover bottom in a skillet. Heat oil and sear (brown) roast in skillet on both sides. Salt and pepper each side. Cover while browning. Transfer roast to stock pot and pour oil over roast. Pour hot water over roast to top of roast, about 6 C. Add 2 beef bouillon cubes. Cover, simmer on Medium heat for an hour. Add potatoes, carrots, and onions. Cook for 30 more minutes until vegetables are soft.

Rump Roast

Put in pan. Cut onions – put on the roast. Salt and pepper. Bake at 350° for 2-2 ½ hours. No water.

Beef Chunk tender roast or Corned Beef Brisket

Fill boiler ½ full with water. Add whole pepper, ½ garlic (chopped), whole onion. Put meat in while water is cold. Cook for 2 hours, bring to a boil first, then turn down to low. Add vegetables after 2 hours: 4 whole peeled potatoes, peeled carrots. Cook 1 more hour until vegetables are soft.

Salisbury Steak – From: Beth Ann Watson, 03/20/1997.

1 pound ground beef	2 Eggs
1 T. Worcestershire Sauce	1 T. Kitchen Bouquet (spice section of store)
3 slices dried crumbed bread (or store bread crumbs)	1 Med. Chopped Onion (or dried minced onion)
1 jar Heinz mushroom gravy	

Mix first 6 ingredients in bowl. Form into 6 patties. Add more bread crumbs if patties won't stick together. Brown all sides of patties in skillet with a little oil. Drain excess grease. Pour in mushroom gravy and simmer about 30 minutes. Baste patties as they cook. If gravy starts to burn off, add a little water to thin it and make it go farther. Don't boil too much or it will burn.

Super-Crusty Grilled Steaks – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 4

1 t. salt	1 t. cornstarch
4 strip, rib-eye, or tenderloin steaks about 1 ½ in. thick	Pepper

1. Combine the salt and cornstarch in a small bowl. Pat the steaks dry with paper towels and rub with the salt mixture. Arrange the steaks on a wire rack set inside a rimmed baking sheet and freeze until the steaks are firm

and dry to the touch, at least 30 minutes or up to 1 hour.

2A. FOR A CHARCOAL GRILL: Open the bottom grill vents completely. Light a large chimney starter filled with charcoal briquettes (100 briquettes; 6 quarts). When the coals are hot, pour them in an even layer over the grill. Set the cooking grate in place, cover, and heat the grill until hot, about 5 minutes.

2B. FOR A GAS GRILL: Turn all the burners to high, cover, and heat the grill until hot, about 15 minutes. (Adjust the burners as needed to maintain a hot fire).

3. Season the steaks with pepper. Clean and oil the cooking grate. Grill the steaks (covered if using gas) until the meat registers 120 – 125 degrees on an instant-read thermometer, about 5 minutes per side. Transfer to a plate, tent with foil, and let rest for 5 minutes. Serve with Classic Steak Sauce, if desired.

Classic Steak Sauce – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 1 ¼ C.

½ C. boiling water (see note)	1/3 C. raisins
¼ C. ketchup	3 T. Worcestershire sauce
2 T. Dijon mustard	2 T. white vinegar
Salt and Pepper	

Combine the water and raisins in a bowl and let sit, covered, until the raisins are plump, about 5 minutes. Puree the raisin mixture, ketchup, Worcestershire, mustard, and vinegar in a blender until smooth. Season with salt and pepper to taste. (The sauce can be refrigerated in an airtight container for up to 1 week). Note: For accurate measurement of boiling water, bring a full kettle of water to a boil, then measure out the desired amount.

Steak Tips with Mushroom-Onion Gravy – From: The best of America’s Test Kitchen 2011 – 04/23/2011.

Yield: 4 – 6 servings.

1 T. soy sauce	1 t. sugar
1 ½ lbs. sirloin steak tips, trimmed and cut against the grain into 1 ½-inch chunks	
¼ oz. dried porcini mushrooms, rinsed	1 ¾ C. low-sodium beef broth
Pepper	2 T. vegetable oil
1 lb. white mushrooms, sliced ¼ thick	Salt
1 large onion, halved and sliced thin	4 t. unbleached all-purpose flour
1 garlic clove, minced	½ t. minced fresh thyme
1 T. chopped fresh parsley	

1. Combine the soy sauce and sugar in a medium bowl. Add the beef, toss well, and marinate for at least 30 minutes or up to 1 hour, tossing once.

2. Meanwhile, cover the porcini mushrooms with ¼ C. of the broth in a small microwave-safe bowl. Cover with plastic wrap, cut several vents in the plastic, and microwave for 30 seconds. Let stand until the mushrooms soften, about 5 minutes. Lift the mushrooms from the liquid with a fork and mince (you should have about 1 ½ T.). Strain the liquid through a fine-mesh strainer lined with a paper towel into a medium bowl. Set the

mushrooms and liquid aside.

3. Sprinkle the meat with $\frac{1}{2}$ t. pepper. Heat 1 T. of the oil in a 12-inch skillet over medium-high heat until smoking. Add the meat and cook until well browned on all sides, 6 – 8 minutes. Transfer to a large plate and set aside.

4. Return the skillet to medium-high heat and add the remaining 1 T. oil, the white mushrooms, porcini, and $\frac{1}{4}$ t. salt. Cook, stirring frequently, until all the liquid has evaporated and the mushrooms start to brown, 7 – 9 minutes. Scrape the pan to loosen the fond. Add the onion and $\frac{1}{4}$ t. salt and continue to cook, stirring frequently, until the onion begins to brown and dark bits form on the bottom of the pan, 6 – 8 minutes longer. Add the flour, garlic and thyme and cook, stirring constantly, until the vegetables are coated with flour, about 1 minute. Stir in the remaining 1 $\frac{1}{2}$ C. beef broth and the porcini soaking liquid, scraping the bottom of the pan to loosen the browned bits, and bring to a boil.

5. Nestle the steak pieces into the mushroom and onion mixture and add any accumulated juice to the skillet. Reduce the heat to medium-low and simmer until the steak registers 130° on an instant-read thermometer, 3 – 5 minutes, turning the beef several times. Season with salt and pepper to taste, sprinkle with parsley, and serve over rice or egg noodles.

NOTE: Steak tips, also known as “flap meat” or “sirloin tips”, are sold as whole steak (with a large-grained texture), cubes, and strips; we prefer to purchase whole steak tips and cut them ourselves. If you can only find cubes or strips, reduce the cooking time slightly to avoid overcooking any smaller or thinner pieces. Cremini mushrooms can be used in place of the white mushrooms.

Sunday Pork Roast with Mushroom Gravy – From: The best of America’s Test Kitchen 2011 – 04/23/2011.

Yield: 6 – 8 servings.

1 (4 to 5 lb.) boneless pork shoulder roast, fat trimmed to $\frac{1}{8}$ inch thick (see note)

1 $\frac{1}{2}$ t. dried thyme

1 $\frac{1}{2}$ t. dried sage

2 t. salt

1 t. pepper

1 onion, halved

20 oz. white or cremini mushrooms, quartered

1 C. low-sodium chicken broth

1 C. water, plus extra as needed

1 bay leaf

2 T. unbleached all-purpose flour

1. Adjust an oven rack to the lower-middle position and heat the oven to 300°. Pat the pork roast dry with paper towels and rub all over with 1 t. of the thyme, 1 t. of the sage, the salt, and pepper. Tie the roast at 1-inch intervals with butcher’s twine.

2. Arrange the roast, fat side up, in a roasting pan and cook until beginning to brown, about 3 hours. Add the

onion, mushrooms, broth, 1C. water, bay leaf, remaining ½ t. thyme, and remaining ½ t. sage to the pan and continue to roast until the meat is well browned and a skewer inserted into the center meets no resistance, about 3 hours. Transfer the roast to a carving board, tent with foil, and let rest for 30 minutes.

3. Discard the onion and bay leaf. Strain the contents of the roasting pan through a fine-mesh strainer into a fat separator, reserving the mushrooms. Let the liquid settle, then pour the defatted pan juices (you should have about 1 C.) into a measuring cup and add enough water to yield 1 ½ C.

4. Transfer 2 T. of the fat from the separator to a large saucepan and heat over medium-high heat until shimmering. Stir in the flour and cook until golden, stirring constantly, 1 – 2 minutes. Slowly whisk in the pan juices and bring to a boil. Add the reserved mushrooms and simmer over medium-low heat until the gravy is slightly thickened, about 5 minutes. Remove the twine from the roast. Cut the roast into 1-inch-thick slices and serve with the gravy. (The rubbed roast may be wrapped in plastic wrap and refrigerated overnight at the end of step 1.)

NOTE: Boneless pork shoulder, often labeled Boston butt, is usually sold wrapped in netting, which should be removed. Don't use a nonstick roasting pan, as the dark surface may overbrown the outside of the roast. By adding the mushrooms to the pan mid way through the cooking time, we create a mushroom-and-pork broth that is deeply flavored and makes an unbeatable base for the gravy.

CHICKEN DISHES

Tarragon Roasted Chicken – Servings: 6-8, Prep time: 5 minutes, Cooking time: 2-2 ½ hours

You might never have considered the possibility of using a covered French oven as a roasting pan, but it works exceptionally well, producing a moist, succulent bird with a golden, crisp skin. While the chicken is resting before being carved, the French oven bottom can be used on the stove top to make a delicious tarragon-flavored cream sauce. An oval 5 QT French oven is the ideal piece for this recipe. This method of roasting also works very well with pork and beef. Use the same oven temperature as above and check for doneness with a meat thermometer or your usual method.

4 ½ pound roasting chicken

1 T. dried tarragon

A little vegetable oil, for greasing

Salt and freshly ground black pepper

For the sauce:

2 C. hot chicken stock

1 T. dried tarragon

½ C. heavy cream

2 t. cornstarch

Preheat the oven to 350°. Lightly grease the inside of the French oven. Wash and dry the chicken and truss into shape. Grease it lightly all over with vegetable oil and rub a little salt and pepper into the skin. Place the chicken breast side up in the French oven and sprinkle the tarragon over the breast and legs. Cover the pan with the lid, place it in the heated oven, and roast for 2 – 2 ½ hours until the juices run clear, not pink, when the thigh is pierced with a skewer, or an instant-read thermometer reads 180° F. Lift out the chicken, cover it with foil and a clean dish towel, and leave to rest for 10 – 15 minutes while making the sauce. To make the sauce, pour out any excess fat from the French oven. Pour the hot stock into the pan and place it over Med heat on the stovetop and bring to a boil. Stir to remove any residues from the bottom, which can be incorporated into the sauce. Once the liquid is boiling, stir in the cream blended with the tarragon and cornstarch. Reduce the heat and simmer for 2-3 minutes, stirring. Taste and adjust the seasoning of the sauce before serving it with the carved chicken.

French Chicken Breasts – Servings: 4

4 chicken breasts

1 T. chopped fresh tarragon

1 T. chopped scallions or shallots

1 (14 oz.) can reduced sodium chicken broth

Salt and pepper to taste

1 T. Dijon mustard

1 ½ T. canola or olive oil

3 T. Flour

¼ C. wine

Rub chicken with mustard and tarragon. Sprinkle with salt and pepper. In a skillet, heat oil on a Med-High heat. Add chicken and cook for 2-3 minutes per side, or until golden brown. Remove meat and set aside. Stir scallions and flour into pan drippings and cook over Med heat for 2 minutes, or until the mixture turns golden brown. Add chicken broth and wine, stirring constantly until all are combined well. Return chicken to the pan along with any juices, cook over Med-Low heat for 15-20 minutes until chicken is cooked thoroughly and the sauce has thickened. This dish is great with couscous, rice polenta or garlic mashed potatoes.

Honey Nut Chicken – From: Rachel Ray 30 minute meals – 01/20/2005.

4 oz., 2 Sm. Pkgs. Honey roasted peanuts, about 2/3 C.

1 T. grill seasoning blend (recommended: McCormick Montreal seasoning)

2 eggs

2 T. hot sauce, several drops

2-3 T. vegetable oil

½ C. plain bread crumbs

Splash of Half n Half or whole milk

½ C. all purpose flour

4 (6-8 oz.) pieces of chicken breast

Preheat oven to 350°. Put nuts, bread crumbs and grill seasoning in food processor and pulse grind to combine nuts into bread crumbs. Pour nutty breading onto a plate. Beat eggs and half n half with hot sauce in shallow dish. Pour flour out on a plate. Preheat a non stick skillet over Med-High heat. Add oil to coat bottom of pan with thin layer. Coat chicken in flour, then egg mixture, then peanut/bread crumbs. Brown chicken pieces 2 minutes per side in hot oil or until evenly light golden in color. Transfer to a baking sheet and cook in oven until juices run clear and breasts are cooked through, about 10-12 minutes. Prep time: 10 minutes. Cook time: 15 minutes, Yield: 4 Servings.

40 Cloves and a Chicken – From: Alton Brown, Good Eats. 01/20/2005. Yield: 6 Servings.

1 whole chicken (broiler/fryer) cut into 8 pieces	½ C. plus 2 T. olive oil
10 sprigs fresh thyme	40 cloves peeled garlic
Salt and Pepper	

Preheat oven to 350°. Season chicken with Salt & Pepper. Toss with 2 T. olive oil and brown on both sides in a wide fry pan or skillet over high heat. Remove from heat, add oil, thyme, and garlic cloves. Cover and bake for 1 ½ hours. Remove chicken from oven, let rest 5-10 minutes, Serve.

Chicken Packets – From: TV commercial, 01/08/2001

Put chicken breast with fresh cut vegetables in aluminum foil, season as desired and wrap in foil. Bake at 450° for 20 minutes.

Chicken and Rice – From: Mom Yield: 3 Servings.

6 chicken thighs	1 ½ C. instant rice (uncooked)
2 C. water	1 Packet dry onion soup mix
1 Can Cream of Mushroom soup	

Mix rice, water and soups in 9x13 baking dish. Stir well to mix ingredients. Add chicken, cover loosely with foil. Bake at 350° for 45-60 minutes (53 minutes). Remove foil for the last 20 minutes.

Chicken Marinade -

Olive oil	Margarine
Garlic powder	Italian seasoning

Soy sauce
Orange Juice

Worcestershire sauce
Lemon

Mix all together for marinade. Put on chicken breasts. Bake 350° for 1 hour.

Hidden Valley Ranch Baked Chicken – Yield: 4-6 Servings

Dredge 2-3 pounds chicken pieces in Hidden Valley Ranch original ranch salad dressing mix. Then bake skin side up at 375° for 45 minutes until brown and crispy.

Chicken Enchiladas – From: Barb Yield: 4-6 Servings.

4 chicken breasts, skinned, boned, cut in pieces	1 Lg. chopped onion
1 (4 oz.) can green chilies – chopped	1 can Cream of Mushroom soup
1 pound Velveeta cheese	6 flour tortillas, cut in 1 ½ inch pieces

Saute onion in Small amount of butter. Add chilies, soup and cheese. Heat on low until cheese melts (microwave). Layer ½ of the chicken, ½ cheese sauce mixture, and ½ of the tortillas. Repeat. Top with remaining cheese (sliced or grated). Bake at 350° for 45-60 minutes.

Baked Chicken – From: Jim, Mgr Pyrex Corning store at GV Mills, 03/23/2011.

Rub chicken with mustard and coat with bread crumbs and bake in the oven. It sounds yuck but you do not taste the mustard and it is very good.

Honey Roast Chicken – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 6 – 8 servings.

2 (3 ½ to 4-pound) whole chickens, giblets discarded
1 t. sweet paprika
1 C. plus 1 T. water
½ C. honey
1 t. minced fresh thyme

Salt and Pepper
1 t. cornstarch
1 C. plus 1 T. cider vinegar
1 C. low-sodium chicken broth
2 T. unsalted butter, cut into pieces and chilled

1. Adjust an oven rack to the middle position and heat the oven to 375°. Combine 1 T. salt, 2 t. pepper, and the paprika in a small bowl. Pat the chickens dry with paper towels. To ensure deeply seasoned chicken, gently loosen the skin and rub the salt-pepper-paprika spice mixture under the skin and over the outside of each chicken. Tuck the wings behind the back and tie the legs together with butcher's twine for each bird.

2. Stir the cornstarch and 1 T. of the water together in a bowl until no lumps remain and set aside. Bring 1 C. of the vinegar and the honey to a simmer in a small saucepan over medium-high heat. Cook, stirring occasionally, until reduced to ½ C., 3 – 5 minutes. Slowly whisk the cornstarch mixture into the glaze. Return to a simmer and cook for 1 minute.

3. Arrange the chickens, breast side down on a V-rack set inside a roasting pan. Roast the chickens until just golden, about 35 minutes. Remove the chickens from the oven and, using a wad of paper towels, flip the breast side up. Raise the oven temperature to 450°. Pour the remaining 1 C. water and the broth into the roasting pan. Return the chickens to the oven and roast until the thighs register 165° - 175° on an instant-read thermometer, 30 – 40 minutes. Brush the chickens evenly with a thick layer of glaze and continue to roast until the glaze is golden brown, about 10 minutes. Transfer the chickens to a carving board, brush with the remaining glaze, and let rest for 15 minutes.

4. Meanwhile, pour the pan juice and any accumulated chicken juice into a saucepan and skim the fat. Stir in the thyme, bring to a simmer, and cook until the sauce is slightly thickened and reduced to 1 C., about 10 minutes. Off the heat, whisk in the butter and remaining 1 T. vinegar. Season with salt and pepper to taste. Carve the chickens and serve, passing the sauce at the table.

NOTE: The test kitchen's favorite brand of chicken broth is Swanson Certified Organic Free Range Chicken Broth. To accentuate the honey flavor, make a sauce from the pan drippings, which are faintly sweet from the glaze runoff.

Pan-Seared Chicken Breasts – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4 servings.

4 (6 to 8 oz.) boneless, skinless chicken breasts, trimmed (see note)
2 t. kosher salt or 1 t. table salt
2 T. unsalted butter, melted
1 t. cornstarch
1 recipe Lemon and Chive Pan Sauce (optional; recipe follows)

1 T. vegetable oil
1 T. unbleached all-purpose flour
½ t. pepper

1. Adjust an oven rack to the lower-middle position and heat the oven to 275°. Use a fork to poke the thickest half of each breast 5 – 6 times, then sprinkle each breast with ½ t. kosher salt (or ¼ t. table salt). Place the chicken, skinned side down, in a 13x9-inch baking dish and cover tightly with foil to protect the chicken’s exterior from overcooking. Bake until the chicken registers 145° to 150° on an instant-read thermometer, 30 – 45 minutes.

2. Remove the chicken from the oven and transfer, skinned side up, to a paper towel-lined plate and pat dry with paper towels. Heat the oil in a 12-inch skillet over medium-high heat until smoking. While the pan is heating, whisk the butter, flour, cornstarch and pepper together in a small bowl. Lightly brush the tops of the chicken with half the butter mixture. This creates a “skin” that protects the meat during searing. Place the chicken in the skillet, coated side down, and cook until browned, 3 – 4 minutes. While the chicken browns, brush the second side with the remaining butter mixture. Using tongs, flip the chicken, reduce the heat to medium, and cook until the second side is browned and the chicken registers 160° to 165°, 3 – 4 minutes. Transfer the chicken to a platter and let rest while preparing the pan sauce (if not making a pan sauce, let the chicken rest for 5 minutes before serving).

NOTE: For the best results, buy similarly sized chicken breasts. If your breasts have the tenderloin attached, leave it in place and follow the upper range of the baking time in step 1. For optimal texture, sear the chicken immediately after removing it from the oven.

Lemon and Chive Pan Sauce – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: ¾ C.

1 shallot, minced (about 3 T.)
1 C. low-sodium chicken broth
1 T. minced fresh chives
Salt and Pepper

1 t. unbleached all-purpose flour
1 T. fresh lemon juice
1 T. unsalted butter, chilled

Add the shallot to the empty skillet and cook over medium heat until softened, about 2 minutes. Add the flour and cook, stirring constantly, 30 seconds. Add the broth, increase the heat to medium-high, and bring to a simmer, scraping the pan bottom to loosen the browned bits. Simmer rapidly until reduced to ¾ C., 3 – 5 minutes. Stir in any accumulated chicken juice, return to a simmer, and cook for 30 seconds. Off the heat, whisk in the lemon juice, chives, and butter; season with salt and pepper to taste. Spoon over the chicken and serve.

TURKEY

Turkey – From: Laura Harbin, 12/01/2005.

1 Small Free range turkey

Roasted turkey rub – Colorado spice company

Day before:

Remove giblets, wash turkey, pull or burn feathers off with a match. Before baking, rub outside with olive oil. Salt and pepper bird. Rub “Roasted turkey rub” into the skin and inside cavity. Cut oranges into wedges and stuff cavity. Put turkey breast down on rack of roasting pan. Put in preheated 350° oven. Cook uncovered for 20 minutes until it starts to brown. Then cover with foil. Cook until done. Use thermometer. Periodically baste top of turkey with pan juices.

Turkey – From: Gene Kriska, 11/30/1998.

Thaw turkey in fridge for 3-5 days depending on size. Open turkey and remove parts (neck, gizzard, etc.). Wash turkey and all parts in salt water (salt optional).

Put Turkey in roaster and bake covered with foil at 325° for 3-5 hours depending on size. Turkey may be turned every 45 minutes so breast doesn't dry out. Remove foil for last 30-45 minutes so turkey will brown. Baste several times during cooking. A meat thermometer may be used near the end of cooking to determine doneness.

Gravy (for Turkey) – From Gene Kriska, 11/30/1998.

Put all turkey parts (neck, gizzard, etc.) in saucepan filled with water. Bring to a boil. Then turn to low and simmer 3-5 hours as long as the turkey cooks. Remove the neck bone. Stir in a water/flour mix to create a creamy gravy consistency.

Grill-Roasted Turkey Breast – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 6 - 8 servings.

1 whole bone in, skin-on turkey breast (5 to 7 lbs.) (see note)
½ C. wood chips, soaked in water for at least 30 minutes (optional)
4 t. kosher salt or 2 t. table salt
Pepper
1 t. vegetable oil

1. Starting at one side of the turkey breast and using your fingers to separate the skin from the meat, peel the skin off the meat and reserve. Using the tip of a deboning knife, cut along the rib cage to remove each breast half completely from the bone structure. (discard the bones or save for stock).
2. Sprinkle the entire surface of each breast with 2 t. kosher salt (or 1 t. table salt). Assemble and tie the turkey breasts: Arrange one breast, cut side up. Top it with the second breast, cut side down, placing its thick end over the other breast’s tapered end. Drape the skin over the breasts and tuck the ends under. Tie a 3-foot piece of butcher’s twine length-wise around the roast. Tie five to seven pieces of twine at 1-inch intervals crosswise along the roast, starting at center, then at either end, and then filling in the rest. Place the roast on a wire rack set inside a rimmed baking sheet and refrigerate, uncovered, for 1 hour.
- 3A. FOR A CHARCOAL GRILL: Open the bottom grill vents halfway. Light a large chimney starter filled with charcoal briquettes (100 briquettes; 6 quarts). When the coals are hot, pour all the coals over half of the grill, leaving the other half empty. Sprinkle the soaked wood chips (if using) over the coals. Set the cooking grate in place, cover and open the lid vents halfway. Heat the grill until hot, about 5 minutes.
- 3B. FOR A GAS GRILL: Place the wood chips (if using) in a shallow aluminum pie plate and place the plate on the primary burner (the burner that will remain on during cooking) and reposition the cooking grate(s). Turn all the burners to high, cover, and heat the grill until hot, about 15 minutes. Leave the primary burner on high and turn off the other burner(s). (Adjust the burner(s) as needed to maintain a medium-hot fire).
4. Rub the surface of the roast with the oil and season with pepper to taste. Clean and oil the cooking grate. Place the roast on the grate over the cooler side of the grill. Cover the grill and grill-roast until the meat registers 150° on an instant-read thermometer, 40 – 60 minutes, turning the roast 180 degrees halfway through.
5. Slide the roast to the hot side of the grill and cook (covered if using gas) until the roast is browned and the skin is crispy on all sides, 2 – 2 ½ minutes per side (8 – 10 minutes total). Transfer the roast to a carving board

and let rest for 20 minutes. Cut the roast into ½-inch thick slices, removing the twine as you cut. Serve immediately.

NOTE: We prefer either a natural (unbrined) or kosher turkey breast for this recipe. Using a kosher turkey breast (rubbed with salt and rinsed during processing) or self-basting turkey breast (injected with salt and water) eliminates the need for salting in step 2. If the breast has a pop-up timer, remove it before cooking.

QUICHE

Crustless Jarlsberg Quiche

From Laura Harbin – 07/05/2009. Makes 16 Servings. Freezes well.

½ C. (1 stick) unsalted butter.
½ C. cup all-purpose flour.
1 ½ C. milk.
1 t. baking powder.
1 t. salt.
2 ½ C. cups small curd cottage cheese.
1 t. Dijon style mustard.
9 eggs.
11 ounces cream cheese, softened.
¾ pound Jarlsberg cheese, grated.
¼ C. freshly grated Parmesan cheese.

Preheat oven to 350° (high altitude: 375°).

In a saucepan, melt the butter over medium-low heat, add the flour, and stir just until mixture bubbles. Slowly add milk, stirring constantly. Stir this cream sauce until it thickens. Set aside to cool. Stir baking powder, mustard, and salt into cottage cheese. Beat eggs well, then beat in softened cream cheese and cottage cheese mixture. Slowly beat in cream sauce, then thoroughly incorporate Jarlsberg and Parmesan. Pour into 2 buttered 10-inch pie plates. (I used a 9x13 in. Pyrex baking dish). Bake for about 45 minutes or until puffed and browned. Cut each quiche into eight large wedges. Reheat at 350° for 12 minutes.

Quiche Lorraine – From: Carnation, verybestbaking.com, 10/14/2004.

1 (9 in.) deep dish pie shell (4 C. volume) unbaked.	6 slices bacon, chopped
½ C. chopped onion	1 ½ C. shredded swiss cheese (6 oz.)
1 can (12 oz.) carnation evaporated milk	3 Lg. Eggs, well beaten

¼ t. Salt

1/8 t. ground black pepper

1/8 t. nutmeg

Preheat oven to 350°. Cook bacon in skillet over Medium heat. When bacon starts to turn brown, add onion. Cook until bacon is crisp; drain. Sprinkle cheese into bottom of pie shell. Top with bacon mixture. Combine evaporated milk, eggs, salt, pepper and nutmeg in small bowl until blended. Pour into pie shell. Bake for 30-35 minutes or until knife inserted half way between center and edge comes out clean. Cool 5 minutes on wire rack before serving. Notes: Needs to go for 40-45 minutes with frozen pie shell. Use 1 C. Cheese (1/2 Pkg).

Broccoli Quiche (or Use it up Quiche) – From: DSimple@aol.com, 02/05/1998. Yield: 4-6 Servings.

Crust:

1-2 C. Cooked rice (white or brown)

1 Egg, beaten

1 t. soy sauce

Mix together rice, egg, soy sauce. Spread evenly to cover a well buttered quiche pan or pie plate. Bake crust at 350° for 10 minutes. Remove from oven.

Filling:

½ pound broccoli (fresh or frozen), cooked until tender, but not soft.

4 Eggs, beaten

1 ½ C. milk, cream or half n half

1 C. cheese, grated (whatever you have: swiss, cheddar, Monterey jack, any combo)

Salt/Pepper to taste

Dash nutmeg or ground mace.

Place broccoli in bottom of crust. Mix together eggs, milk, spices. Pour over broccoli. Top with cheese. Bake at 350° for 45-50 minutes or until knife inserted near center comes out clean. Remove, let stand 10 minutes before slicing. You can use almost any leftover vegetables or meats in this recipe. If you have eggs, milk, rice, you can clean out fridge into quiche pan. Remember to add cheese last, as it makes a beautiful mellow brown top crust.

a 6-inch pie plate and trim, fold, and crimp the edge. Cover loosely with plastic wrap and freeze for 20 minutes.

5. Adjust an oven rack to the lower-middle position and heat the oven to 375°. Line the chilled crust with a sheet of lightly greased foil and fill with pie weights. Bake until the pie dough looks dry and is light in color, 25 – 30 minutes.

6. FOR THE FILLING: Whisk the half-and-half, eggs, chives, salt, and pepper together in a large measuring cup. Stir in the cheese until the mixture is well combined.

7. Remove the pie shell from the oven and reduce the oven temperature to 350°. Remove the pie weights and foil and transfer the pie shell to a foil-lined rimmed baking sheet. Return the pie shell to the oven. Carefully pour the egg mixture into the warm shell until it reaches about 1/2 inch from the top edge of the crust (you may have extra egg mixture).

8. Bake the quiche until the top is lightly browned, the very center still jiggles and looks slightly underdone, and a knife inserted about 1 inch from the edge comes out clean, 30 – 40 minutes.

9. Let the quiche cool for at least 30 minutes or up to 1 hour. Serve slightly warm or at room temperature. (The wrapped dough can be refrigerated for up to 2 days or frozen for up to 1 month. If frozen, let the dough thaw completely on the counter before rolling it out.)

NOTE: You will need a 6-inch pie plate for this recipe. If desired, you can substitute 1 round of store-bought pie dough, such as Pillsbury Just Unroll!, for the homemade pie dough. If the pie dough becomes too soft to work with, simply refrigerate it until firm. It is important to add the custard to the pie shell while it is still warm; if the crust has cooled, re-warm it in the oven for 5 minutes before adding the custard. To avoid spills, we place the crust on the oven rack then pour in the filling in step 7; work quickly here to avoid letting too much heat escape from the open oven.

VARIATIONS

Easy Quiche Lorraine for Two

Cook 2 slices of bacon, cut into 1/4-inch pieces, in an 8-inch skillet over medium-low heat until crisp, about 10 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate and pour off all but 1 T. of the bacon fat. Add 1/4 C. minced onion to the skillet and cook over medium heat until softened and lightly browned, 5 – 7 minutes. Follow the recipe for Easy Cheesy Quiche for Two, substituting Gruyere cheese for the cheddar and adding the cooked bacon and onion to the filling in step 6.

Easy Ham and Swiss Quiche for Two

Follow the recipe for Easy Cheesy Quiche for Two, substituting Swiss cheese for the cheddar and adding 2 thin slices deli ham (about 2 oz.), cut into 1/4-inch pieces, to the filling in step 6.

COOKIES

3 Chip Cookies – From: Imperial Light Brown Sugar box tab.

1 C. granulated Imperial Sugar	1 C. light brown Imperial Sugar
1 C. margarine or butter (2 sticks)	2 eggs
1 ½ t. vanilla flavoring	1 t. baking powder
½ t. baking soda	¼ t. Salt
2 ½ C. flour	1 (12 oz.) bag mini chocolate chips
1 (12 oz.) bag white chocolate chips	1 (12 oz.) bag butterscotch chips
2 C. puffed rice cereal	

Cream butter and sugars. Add eggs, cream well, add vanilla. Combine baking powder, soda, salt and flour. Add ½ C. at a time to cream mixture. Add all chips and cereal. Mix all ingredients together and then use a heaping teaspoonful for each cookie. Bake 8 minutes at 350° or until the cookies are a light golden color.

Oatmeal Cookies – From: Imperial Light Brown Sugar box tab. Yeild: 3 Dozen

2 sticks (1/2 pound) margarine	¾ C. light brown Imperial Sugar
¾ C. granulated Imperial Sugar	2 eggs
1 ½ C. flour	1 t. baking soda
1 t. cinnamon	1 t. Salt
1 t. vanilla	2 C. Oatmeal
1 C. chopped pecans	2 Pkg. chocolate chips or 1 C. raisins

Cream margarine and sugars. Add eggs and beat well. Add sifted dry ingredients. Add vanilla, oats, nuts and chocolate chips or raisins. Drop by teaspoonfuls onto ungreased cookie sheet. Bake in 350° oven 12-15 minutes. Run spatula under each cookie and leave on tin until cool.

Almond Cookies – From: Martha Ray, 03/14/2011. Yeild: 40 1-inch cookies. Recipe came from <http://weelicious.com>.

½ C. Almond Butter (I used raw, creamy, unsalted from Trader Joes, but you can use any type of almond butter you find. If you open the jar and the almond butter has separated, you'll need to mix the oil back together with the almond butter and then measure.)

2 C. Almond Flour/Meal

6 T. Honey or Agave Nectar

1 T. Vanilla Extract

Slivered Almonds, for decoration

Preheat the oven to 350°. Place all ingredients in a bowl and stir to thoroughly combine. You can either roll the dough by hand into 1 inch balls and lightly press down with a fork or your fingers OR you can pat into a large square and cut into smaller 1-inch squares. Place the cookies on a parchment or silpat lined baking sheet. Bake 10-12 minutes or until golden. The cookies will crisp as they cool. Allow cookies to cool and store in an airtight container.

Skillet Chocolate Chip Cookie – From: Everyday Food | In the Pantry. 11/02/2013.

6 T. unsalted butter, room temperature

1/3 C. packed dark-brown sugar

½ C. granulated sugar

1 large egg

1 t. pure vanilla extract

1 C. all-purpose flour (spooned and leveled)

½ t. baking soda

½ t. coarse salt

1 C. semisweet chocolate chips

Preheat oven to 350°. In a large bowl, combine butter and sugars with a wooden spoon. Stir in egg and vanilla. Stir in flour, baking soda, and salt. Stir in chips. Transfer to a 10-inch cast iron skillet; smooth top. Bake at 350° until cookie is golden brown and just set in the center, 18 to 20 minutes. Let cool 5 minutes.

DESSERTS

Scouts' Brownies - From Laura Harbin – 07/09/2009.

1 C. (2 sticks) unsalted butter.

3 ½ ounces best-quality unsweetened chocolate (recommended brands: Callebaut or Valrhona - available at Williams-Sonoma. I bought a German brand at Central Market, but won't use it again for this recipe since it's hard to figure out how much of it equals 3 ½ oz.).

3 T. dark European-style unsweetened cocoa (recommended brand: Hershey's Premium European-Style. Again, I didn't use this. I used Ghiradelli because I already had it).

1 ½ C. all-purpose flour (high altitude: add 2 tablespoons).

½ t. baking powder.

1 t. salt.

4 eggs

2 C. sugar.

1 t. vanilla extract.

1 C. chocolate chips (recommended brand: Mrs. Field's. I used chocolate chunks).

Preheat oven to 350 (high altitude: 375). Melt butter with unsweetened chocolate in top of double boiler, stirring occasionally. Set aside to cool. Sift together cocoa, flour, baking powder, and salt. Beat eggs until creamy, then gradually add sugar, beating constantly. Add vanilla and cooled chocolate-butter mixture. Stir in dry ingredients just until combined. Spread batter in buttered 9x13 inch pan. Sprinkle chips over surface. Bake for 30 to 35 minutes, or until center no longer jiggles when shaken. Cook, then cut into 32 pieces.

Boston Brown Bread - From: Aunt Clara

Fills 5 or 6 Gold lined cans – (get from soup or vegetables empty cans).

2 C. boiling water.

1 box raisins - 12 oz.

2 t. baking soda.

½ stick oleo or butter.

1 t. salt.

Pour boiling water over above ingredients and let cool. After cool add –

2 C. sugar.

2 beaten eggs.

4 C. flour.

½ C. chopped nuts.

Mix all together and put in greased cans 2/3 full. Bake at 350 for 1 hour on 2nd to bottom shelf.

I used 6 cans. I removed from oven 6 minutes early.

Dark Banana Bread – From: Laura Harbin – 01/31/2006.

1 C. flour.
1 C. whole wheat flour.
¼ C. raw wheat germ.
½ t. salt.
1 t. baking soda.
½ C. butter.
¾ C. honey.
2 eggs, beaten.
1 C. mashed bananas, about 3, very ripe.
2-3 T. hot water.
½ C. nuts, dates, or raisins, chopped.

Preheat oven to 325°. Butter a 9x5 loaf pan. Combine the regular flour, whole wheat flour, wheat germ, salt, and soda in a medium bowl and set aside. In a large, heavy saucepan, melt the butter and stir in the honey until evenly mixed and just lukewarm. Add the beaten eggs and banana, combining thoroughly. Stir in the dry ingredients in 2 parts, adding hot water between additions to make a light, smooth dough. Stir in nuts or fruits as desired. Push into prepared pan, level surface, and bake 70 minutes or until humped, brown, and firm to the touch. Cool in the pan on a rack. Turn out, wrap well, and store a day before slicing. (I never did this; I always tore into it as soon as I took it out of the oven).

Healthy Orange Bread – From: Martha Ray – 11/31/2011.

1 C. wheat flour	¼ t. salt or baking soda
1 C. white flour (or substitute 2 C. wheat/white flour)	1 t. baking powder
In VitaMix:	
¼ C. water	½ C. sugar
1 egg	1 orange
1 in. piece of orange skin	

Preheat oven to 325°. Mix wet ingredients into dry. Bake for 60 minutes.

Brown Sugar Brownies – From: Imperial Light Brown Sugar box tab.

½ C. butter (1 stick)	2 C. dark brown Imperial Sugar
2 eggs, well beaten	1 C. flour, sifted
1 t. baking powder	1 t. vanilla
1 C. pecan meats	

Cream softened butter, add sugar and eggs. Mix thoroughly. Sift flour, measure, add baking powder and sift again. Add to first mixture and blend. Add vanilla and nut meats. Pour into a well greased square cake pan and bake in a 325° preheated oven for about 40 minutes. Cool in pan. Cut in small squares.

Vanilla Ice Cream – From: Ty Ward, 08/18/2002.

2 C. Heavy whipping cream	2 C. Whole milk
1 C. Sugar	1 t. vanilla

Makes 1 QT (4 Cups). ½ the recipe to make a pint (2 Servings).

Banana Bread – From: Laura Harbin, 12/15/1993.

1 C. Sugar	½ t. baking soda
½ C. shortening (or 1 stick butter)	½ t. baking powder
3 ripe bananas, mashed	½ C. chopped nuts
2 eggs	1 t. vanilla
2 C. Flour	½ t. Salt

Cream shortening and sugar together. Add eggs and beat well. Mix in mashed bananas. Add dry ingredients and mix well. Add nuts and vanilla. Pour into 2 medium loaf pans. Size 8x4x2. Bake at 350° for 40-45 minutes. (If using small loaf pans, bake 25-30 minutes or until toothpick comes out dry).

Pineapple Upside-Down Cornmeal Cake – From: Alton Brown HGTV, 01/30/2005.

¾ C. whole milk	1 C. coarse ground cornmeal
4 oz. unsalted butter	8 oz. dark brown sugar, approx. 1 C.
6 slices canned pineapple in heavy syrup	6 maraschino cherries
1/3 C. chopped pecans, toasted	3 T. juice from canned pineapple
3 eggs	4 ¾ oz. all purpose flour, approx. 1 C.
2 t. baking powder	½ t. Salt
5 ¾ oz. sugar, approx. ¾ C.	½ C. canola oil.

Preheat oven to 350°. In microwave-proof dish, bring milk to a boil. Remove from microwave and add cornmeal. Stir and let soak at room temperature for 30 minutes. Set aside. Melt butter in 10 inch cast iron skillet over Medium heat. When butter is melted, add brown sugar and stir 5 minutes until sugar dissolves. Remove

skillet from heat, place 1 slice pineapple in center of pan. Place 5 other slices around center slice in a circle. Place cherries in centers of pineapple. Sprinkle nuts evenly over fruit. Drizzle pineapple juice over top. Sift flour, baking powder and salt into mixing bowl and whisk to combine. Mix eggs with whisk in a separate bowl. Add granulated sugar to egg mixture and whisk to combine. Add canola oil and whisk. Add cornmeal mixture to egg mixture and whisk to combine. Add this to flour and stir until combined. Pour batter over fruit in skillet and bake 40-45 minutes. Remove and let cool 30 minutes in skillet. Invert skillet over platter. Serve.

Goosey Butter Cake – From: Mom.

Mix together: 1 Box Yellow cake mix, 1 stick melted margarine, 1 egg.

Pat this into a 9x13 pan, greased and floured.

Beat together (3 minutes): 1 (8 oz.) Pkg. cream cheese, 1 (16 oz.) box powdered sugar, 2 eggs.

Pour this mixture over the other and bake 40-45 minutes at 350°. Sprinkle with powdered sugar while still warm. (35 minutes in Le Creuset).

Eagle Brand Ice Cream – From: Mom

1 Can Eagle Brand sweetened condensed milk

4 Cans soda (strawberry, grape, orange, etc.)

Mix soda and sweetened condensed milk good in a large bowl. Pour in a pan and freeze.

Pineapple Upside down Cake – From: Doris Chapman

1 pineapple cake mix (Duncan hines)

1 ½ can pineapple (crushed) drained

Brown Sugar

½ stick margarine

Melt margarine in 9x13 cake pan. Sprinkle with brown sugar. Cover with crushed pineapple. Pour cake mix over. Bake according to directions on cake mix box.

New York Cheesecake – Yield: 16 Servings.

1 pound cream cheese

1 pound Ricotta cheese

2 C. Sugar

4 eggs

½ C. flour

1 t. vanilla

¼ pound soft butter

1 pint sour cream

1-1 ½ C. miniature chocolate chips (Optional – Stir in chips after beating 20 minutes).

Put all ingredients in large mixing bowl. Beat on high for 20 minutes. Pour into 9" or 10" buttered spring form pan. Bake at 350° for 1 hour. Turn off oven and let stand for 2 hours. Will keep 4 weeks in refrigerator.

Ultimate Chocolate Chip Cookies – 12/22/1993.

¾ stick (¾ C.) Butter flavored Crisco	1 ¼ C. Firmly packed brown sugar
2 T. milk	¾ t. baking soda
1 T. vanilla	1 C. semi-sweet chocolate chips
1 egg	1 C. chopped pecans (optional)
1 ¾ C. flour	1 t. Salt

Heat oven to 375°. Combine butter flavor Crisco, brown sugar, milk, vanilla in large bowl. Beat at Med speed of electric mixer until well blended. Beat in egg. Combine flour, salt and baking soda. Mix into creamed mixture at low speed until blended. Stir in chips and nuts. Drop rounded Tablespoons of dough 3 inches apart on ungreased baking sheet. Bake at 375° for 8-10 minutes for chewy cookies, (they will look light and moist – do not overbake) 11-13 minutes for crisp cookies. Cool 2 minutes on baking sheet. Remove to cooling rack. Makes about 3 dozen cookies. If nuts are omitted, add an additional ½ C. chocolate chips.

Chocolate Chip Cheesecake – (makes 1 9 inch cake)

Chocolate crumb crust	3 (8 oz.) Pkgs. Cream cheese, softened
1 (14 oz.) can eagle brand sweetened condensed milk	3 Eggs
2 t. vanilla	1 C. hersheys mini chips semi-sweet chocolate
1 t. flour	

Heat oven to 300°. Prepare crust. In mixer bowl, beat cheese until fluffy. Gradually beat in condensed milk until smooth, then eggs and vanilla. Toss ½ C. chips with flour; add to cheese mixture. Pour into pan. Sprinkle remaining chips over top. Bake 1 hour or until center is set. Cool. Refrigerate.

Chocolate Crumb Crust: Combine 1 ½ C. graham cracker crumbs, 1/3 C. hersheys cocoa, 1/3 C. powdered sugar and 1/3 C. margarine or butter, melted. Press on bottom of 9 inch spring-form pan.

Chocolate Chip Bars – Yield: 24 – 36 bars.

1 ½ C. flour	½ C. firmly packed brown sugar
½ C. (1 stick) margarine or butter	1 (12 oz.) package Hersheys semi-sweet choc chips

1 (14 oz.) can eagle brand sweetened condensed milk 1 Egg
1 t. vanilla 1 C. chopped nuts

Heat oven to 350°. In Medium bowl combine flour and sugar. Cut in margarine until crumbly. Stir in ½ C. chips; press firmly on bottom of greased 9x13 inch baking pan. Bake 15 minutes. Meanwhile, in same bowl, combine condensed milk, egg and vanilla. Stir in remaining 1 ½ C. chocolate chips and nuts. Spread evenly over prepared crust. Bake 20-25 minutes or until light golden brown. Cool completely. Cut into bars. Store covered at room temperature. These are very good and they freeze well.

Magic Cookie Bars – From: Eagle Brand Sweetened Condensed Milk can, 10/18/2009.

1 ½ C. graham cracker crumbs 2 C. (12 oz.) semi sweet chocolate chips
½ C. (1 stick) butter, melted 1 1/3 C. flaked coconut
1 (14 oz.) can sweetened condensed milk 1 C. chopped nuts

Preheat oven to 350°. (325° for glass dish). In a small bowl, combine graham cracker crumbs and butter; mix well. Press crumb mixture firmly on bottom of greased 13x9 baking pan. Pour sweetened condensed milk evenly over crumbs. Layer evenly with remaining ingredients; press down firmly with fork. Bake 25 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store covered at room temperature.

Philly Cream Cheese 3-Step Cheesecake – Prep time: 10 minutes, Cook time: 40 minutes, Yield: 8 servings.

2 (8 oz.) Pkgs. Cream cheese, softened ½ C. Sugar
½ t. vanilla 2 Eggs
1 prepared graham cracker crumb crust (6 oz. or 9 inch) 2 C. sliced assorted fresh fruit

Mix cream cheese, sugar and vanilla with electric mixer on Med speed until well blended. Add eggs, mix until blended. Pour into crust. Bake at 350° for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with fruit.

Homemade Ice Cream – Country Style Vanilla. Yield: 4 Quarts

4 Eggs ¼ t. Salt
5 C. Milk (approx.) 2 T. vanilla
2 ½ C. sugar 4 C. whipping cream

In large mixing bowl, beat eggs until foamy. Slowly add sugar, beat until thickened. Add cream, vanilla and salt and mix well. Pour into can. Add milk to fill line on can and stir well. Churn in ice cream freezer per instructions.

Cherry Cream Cheese Pie – From: Ty Ward.

1 T. Vanilla	1 (8 oz.) Pkg. cream cheese
1 can eagle brand sweetened condensed milk	1/3 C. lemon juice
1 (8 inch) graham cracker pie crust	1 can cherry pie filling

Mix together with mixer. Pour into pie shell. Chill 3 hours. Pour 1 can cherry pie filling on top. Serve.

Neiman Marcus Cookie Recipe – Yield: 112 cookies. (Recipe may be halved). Urban Myth.

2 C. butter (4 sticks)	2 t. baking soda
5 C. blended oatmeal (measure and blend in blender to fine powder)	
2 C. brown sugar	
1 (8 oz.) Hershey bar, grated	2 t. baking powder
2 t. vanilla	4 C. flour
2 C. sugar	24 oz. Chocolate chips
1 t. Salt	4 Eggs
3 C. chopped nuts (your choice)	

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake at 375° for 10 minutes.

Neiman Marcus Cookie Recipe – From: NeimanMarcus.com, 10/16/2009. Yield: 2 dozen cookies.

An urban myth is a modern folk tale, its origins unknown, its believability enhanced simply by the frequency with which it is repeated. Our signature chocolate chip cookie is the subject of one such myth. If you haven't heard the story, we won't perpetuate it here. If you have, the recipe below should serve to refute it. Copy it, print it out, pass it along to friends and family. It's a terrific recipe. And it's absolutely free.

½ C. (1 stick) butter, softened	1 C. light brown sugar
3 T. granulated sugar	1 Large Egg
2 t. vanilla extract	1 ¾ C. all purpose flour
½ t. baking powder	½ t. baking soda
½ t. Salt	1 ½ t. instant expresso coffee powder
1 ½ C semi-sweet chocolate chips	

1. Preheat oven to 300°. Cream the butter with the sugars using an electric mixer on medium speed until fluffy (approx. 30 seconds).
2. Beat in the egg and vanilla extract for another 30 seconds.
3. In a mixing bowl, stir together the dry ingredients and beat into the butter mixture at low speed for about 15 seconds. Stir in the espresso coffee powder and chocolate chips.
4. Using a 1 ounce scoop or a 2 Tablespoon measure, drop cookie dough onto a greased cookie sheet about 3 inches apart. Gently press down on the dough with the back of a spoon to spread out into a 2 inch circle. Bake for about 20 minutes or until nicely browned around the edges. Bake a little longer for a crisper cookie.

Granola – From Alton Brown, HGTV – 01/06/2005. Yield: 6 Servings.

3 C. rolled oats	1 C. slivered almonds
1 C. cashews	½ C. sunflower seeds (optional)
¾ C. shredded sweet coconut	¼ C. plus 2 T. dark brown sugar
¼ C. plus 2 T. maple syrup	¼ C. canola (or vegetable) oil
¾ T. Salt	1 C. raisins

Preheat oven to 250°. In a large bowl, combine the oats, nuts, coconut, and brown sugar. In a separate bowl, combine maple syrup, oil and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour 15 minutes, stirring every 15 minutes to achieve an even color. Remove from oven and transfer to a large bowl. Add raisins and mix until evenly distributed.

Granola – From Laura Harbin – 06/29/2015. Yield: 16 cups.

4 C. old-fashioned rolled oats	½ C. lt. brown sugar
½ C. maple syrup	½ t. salt
1 T. vanilla extract	3 C. mixed chopped nuts
4 C. dried fruit	½ C. vegetable (or canola) oil

Preheat oven to 325°. Line jellyroll pans w/silicone mats or parchment.

In a saucepan over medium-low heat, heat the oil, sugar, maple syrup, and salt until clear, stirring occasionally. Remove from heat and stir in vanilla extract.

Place rolled oats and nuts in a large mixing bowl and pour sugar mixture over it. Stir with a spatula to coat the nuts and oats evenly. Divide the mixture between the jellyroll pans, patting with the back of a spatula to make thin even layers.

Bake until golden brown, about 30 minutes, rotating the sheets and stirring half way through.

Cool slightly before stirring in the dried fruit and storing. The mixture will keep in a tightly covered container at room temperature for at least a week.

Notes: For the nuts use almonds, pecans, walnuts, pistachios, hazelnuts, and/or pumpkin seeds. Laura omits the brown sugar and doesn't heat the mixture. She just mixes all the liquid, including vanilla, in a bowl before adding to the oatmeal mixture. Laura doesn't use the dried fruit but adds per serving when she wants. Laura uses 2 large (about 11 - 1/2 x 16) jelly roll pans.

Chewy Granola Bars – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 16 Bars.

1/3 C. slivered almonds	1/3 C. unsalted cashews, chopped course
¼ C. unsalted pumpkin seeds	3 T. unsalted butter
2 C. old-fashioned rolled oats	1 ½ C. Multigrain Cheerios
¼ t. salt	1/3 C. water
1 C. (7 ounces) sugar	¼ C. half-and-half
1 t. vanilla extract	

1. Line a 13x9 inch baking pan with a foil sling and coat lightly with vegetable oil spray. Toast the almonds, cashews, and pumpkin seeds in a 12-inch skillet over medium heat, stirring often, until fragrant and golden brown, 5 - 7 minutes. Transfer the toasted nuts and seeds to a large bowl.

2. Add the butter to the skillet and melt over medium heat. Stir in the oats and cook, stirring often, until golden and fragrant, 4 – 6 minutes. Transfer the toasted oats to the bowl with the toasted nuts and seeds and stir in the Cheerios and salt.

3. Pour the water into a clean heavy-bottomed medium saucepan. Pour the sugar into the center of the pan (don't let it hit the pan sides) and gently stir with a clean heatproof spatula to wet the sugar thoroughly. Bring to a boil over medium-high heat and cook, without stirring, until the sugar has dissolved completely and the caramel has a faint golden color (about 300° on a candy thermometer), 4 – 8 minutes.

4. Reduce the heat to medium-low and continue to cook the sugar-water mixture, stirring only as needed, until the caramel has a dark amber color (about 350° on a candy thermometer), 1 – 3 minutes. Off the heat, whisk in the half-and-half (the caramel will steam and bubble vigorously) until smooth and just barely bubbling, 30 – 60 seconds. Whisk in the vanilla.

5. Working quickly, stir the hot caramel into the nut-oat mixture until thoroughly combined. Transfer the mixture to the prepared baking pan and pack very firmly into an even layer. Let the granola cool completely, about 30 minutes. Remove the granola from the dish using the foil, cut into 16 bars, and serve. (The bars can be stored in an airtight container, between layers of parchment paper to prevent sticking, for up to 5 days.).

NOTE: Do not substitute quick-cooking or instant rolled oats in this recipe, or the granola will taste sandy rather than chewy. You can substitute 1 ½ C. Rice Krispies cereal for the Cheerios if desired.

VARIATIONS:

Chewy Peanut Butter Granola Bars – Follow the recipe for Chewy Granola Bars, substituting 2/3 C. unsalted dry-roasted peanuts, chopped coarse, for the almonds and cashews. Add 2 T. chunky peanut butter to the caramel with the vanilla in Step 4.

Chewy Ginger-Cardamom Granola Bars – Follow the recipe for Chewy Granola Bars, stirring 2 T. coarsely chopped crystallized ginger, ¾ t. ground ginger, and ¼ t. ground cardamom into the toasted nut-oat mixture with the Cheerios in Step 2.

Making a Foil Sling:

1. Fold foil lengthwise to an 8-inch width. Fit the foil into the length of a 13x9 inch baking dish, pushing it into the corners and up the sides of the pan; allow the excess to overhang the pan edges.

2. Fit a 14-inch length of foil into the width of the pan, perpendicular to the first sheet (if using extra wide foil, fold the second sheet lengthwise to a 12-inch width). Spray with nonstick cooking spray.

Chocolate Fudge – From Martha Stewart Living Omnimedia – 12/03/2009. Yield: 2 pounds.

6 T. chilled unsalted butter, cut into small pieces, plus more for pan and bowl.

3 C. sugar

1 T. Valrhona cocoa powder

Large pinch of fine sea salt

3 T. light corn syrup

1 C. milk

2 t. pure vanilla extract

4 Oz. Callebaut unsweetened chocolate, finely chopped

Butter an 8x8 inch straight-sided baking pan. Line with parchment paper; set aside. Butter a large, shallow, stainless-steel bowl; set aside.

In a 3 QT saucepan, whisk to combine the sugar, cocoa, and salt. Place over medium-low heat, and add corn syrup and milk, stirring until smooth. Add chocolate. Cook, stirring, until chocolate is melted and sugar dissolved before it reaches a boil. Brush down sides of sauce pan with a pastry brush dipped in water to prevent crystallization. Increase the heat to high, and cook until it reaches 236° (soft-ball stage).

Pour into prepared bowl without scraping the sides of the sauce pan. Dot top with butter. Let cool to 110° to 118° on an instant-read thermometer without disturbing, about 1 hour. Add vanilla. Using a plastic dough scraper, transfer to the bowl of an electric mixer. Using the paddle attachment, beat on low speed until the butter and vanilla are completely incorporated. Increase speed to medium, and beat, stopping occasionally, until fudge keeps its shape when dropped from a spoon and sheen is gone, 3 to 8 minutes. Using a clean plastic dough scraper, transfer to prepared baking pan, spreading evenly. Before fudge sets completely, score with a knife into 1 inch squares. Let stand until completely cooled. Store in an airtight container in a cool, dry place for up to 2 weeks.

Creamy Fudge – From Good Housekeeping – 12/03/2009. Prep time: 10 min. Cook time: 5 min.

1 (14 oz) can sweetened condensed milk	1 pound semisweet chocolate, chopped
1 Oz. unsweetened chocolate, chopped	1 ½ t. vanilla extract
1/8 t. salt	

Line 8x8 inch metal baking pan with foil, extending foil above edge at 2 sides.

In a 2 QT saucepan, combine condensed milk and chocolates. Cook over med-low heat 5 minutes or until chocolates melt and mixture is smooth, stirring constantly.

Remove saucepan from heat; stir in vanilla and salt. Pour chocolate mixture into prepared pan; spread evenly. Refrigerate until firm, at least 4 hours or overnight.

Remove fudge from pan by lifting edges of foil. Invert onto cutting board; discard foil. Cut fudge into 8 strips, then cut each strip crosswise into 8 pieces. Store fudge in tightly covered container, with waxed paper between layers, at room temperature up to 1 week, or refrigerate up to 1 month.

Tina's Cobbler – From Ty Ward's co-worker Tina Bailey – 01/22/2011.

2 (6 oz) containers Blackberries	4-5 slices bread, crusts removed
1 stick butter	Vanilla extract
2 T. Flour	1.5 C. Sugar
1 Egg, beaten	Milk

Put fruit in bottom of a prepared 8x8 dish, sprayed with Pam. Cut up and arrange the bread slices on top of fruit. Melt the butter; then add the flour, sugar, egg, vanilla, and a little milk. Pour on top of the bread and let it soak for a few minutes. Bake at 350° for 45 minutes. You can use peaches, pineapple, whatever fruit you like. If you

use canned fruit, drain it first. The milk and vanilla were additions to the original recipe, but it needed a little something extra to make it pourable.

Overnight Coffee Cake for Two – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: One 6-inch coffee cake. You will need one 6-inch round cake pan for this recipe.

STREUSEL

1 T. light brown sugar	1 T. granulated sugar
1 T. unbleached all-purpose flour	1 T. unsalted butter, cut into ½-in pieces and chilled
¼ t. ground cinnamon	2 T. chopped walnuts, pecans, or almonds

CAKE

2/3 C. (3 1/3 oz.) unbleached all-purpose flour	½ t. baking powder
¼ t. baking soda	1/8 t. ground cinnamon
¼ C. sour cream	1 large egg, at room temperature
3 T. light brown sugar	2 T. unsalted butter, melted and cooled
1 T. granulated sugar	1/8 t. salt

1. FOR THE STREUSEL: Using your fingers, combine the brown sugar, granulated sugar, flour, butter, and cinnamon in a small bowl until the mixture resembles coarse meal. Stir in the nuts and set aside.

2. FOR THE CAKE: Grease a 6-inch round cake pan, then line the bottom with parchment paper. Whisk the flour, baking powder, baking soda, cinnamon, and salt together in a medium bowl. Whisk the sour cream, egg, brown sugar, melted butter, and granulated sugar together in another bowl until smooth. Gently fold the sour cream mixture into the flour mixture with a rubber spatula until just combined. (The batter will be lumpy with a few spots of flour; do not overmix.)

3. Scrape the batter into the prepared pan and smooth the top. Sprinkle the streusel evenly over the top of the cake. Wrap the pan tightly with plastic wrap and refrigerate for up to 24 hours or freeze for up to 1 month (do not thaw the frozen cake before baking). (To bake the cake right away, do not wrap the pan with plastic wrap. Bake the cake as directed in step 4, reducing the baking time to 25 – 30 minutes.)

4. When ready to bake, adjust an oven rack to the lower-middle position and heat the oven to 350°. Unwrap the cake and bake until the top is golden and a toothpick inserted into the center comes out with a few crumbs attached, 30 – 35 minutes if refrigerated, or 40 – 45 minutes if frozen, rotating the pan halfway through.

5. Let the cake cool in the pan for 10 minutes. Run a small knife around the edge of the cake, then flip it out onto a wire rack. Peel off the parchment paper, flip the cake right-side up, and let cool completely before serving.

VARIATIONS

Overnight Lemon-Blueberry Coffee Cake for Two

NOTE: You can substitute frozen blueberries for the fresh ones; they must be thawed, rinsed, and dried, but they do not need to be tossed with flour.

Toss $\frac{1}{4}$ C. fresh blueberries with $\frac{1}{2}$ t. unbleached all-purpose flour. Follow the recipe for Overnight Coffee Cake for Two, adding $\frac{1}{4}$ t. grated lemon zest to the dry ingredients and the floured berries to the finished batter in step 2.

Overnight Cranberry-Orange Coffee Cake for Two

Follow the recipe for Overnight Coffee Cake for Two, adding $\frac{1}{4}$ t. grated orange zest to the dry ingredients and 3 T. dried cranberries to the finished batter in step 2.

BREAKFAST

Overnight Oatmeal – From: Mark Ludwig, 10/13/2013. Yield: 1 Serving.

1/2 C. Old Fashioned Oats	Dried fruit of choice
Cinnamon	Vanilla
1 ½ C. Apple Juice or water (a little more liquid if you like it thinner)	
Sweetener of choice - Agave nectar, maple syrup or brown sugar	

In a slow cooker, combine all ingredients and set to low heat. Cover and let cook for 8-9 hours. Stir and remove to serving bowl. If using Apple Juice than no need to add a sweetener. Top with chopped nuts if desired. Slo Cooker right below setting #1.

Overnight Oatmeal – From: Alton Brown, Good Eats, 01/06/2005. Yield: 4 Servings.

1 C. steel cut oats	1 C. dried cranberries
1 C. dried figs (or other fruit)	4 C. Water
½ C. half n half	

In a slow cooker, combine all ingredients and set to low heat. Cover and let cook for 8-9 hours. Stir and remove to serving bowl. I half recipe for 2 servings. Slo Cooker on #1.

Steel Cut Oatmeal – From Alton Brown, Good Eats, 01/06/2005. Yield: 4 Servings.

1 T. butter	1 C. steel cut oats
3 C. boiling water	½ C. whole milk
½ C. plus 1 T. low-fat buttermilk	1 T. brown sugar
¼ t. cinnamon	

In a large sauce pot, melt butter and add oats. Stir for 2 minutes to toast. Add the boiling water and reduce heat to a simmer. Keep at low simmer for 25 minutes, without stirring. Combine milk and half of the buttermilk with the oatmeal. Stir gently to combine and cook for an additional 10 minutes. Spoon into a serving bowl and top with remaining buttermilk, brown sugar, and cinnamon.

Highland Pancakes – From: Ty Ward, 11/01/2004. Yield: 12-14 pancakes.

1 C. Quick-cooking oats (Can't use old fashioned)	1 Egg
1 C. Buttermilk (or substitute 1 C. Milk with 2 t. lemon juice or vinegar)	
½ C. water	1 C. All-purpose flour
2 T. Sugar	1 t. baking soda
1 t. baking powder	2 T. maple syrup

3 T. oil

Put oats in a large mixing bowl, pour buttermilk over and let stand 15 minutes. Beat in egg and water, then remaining ingredients until blended. Preheat a nonstick griddle or lightly oiled heavy skillet. Pour or spoon about ¼ C. batter for each pancake. Cook pancakes until bubbles appear and edges look slightly dry. Turn over and continue cooking until lightly browned. Mix by hand – using electric mixer will pulverize the oatmeal.

Boiled Omelets – From: The Cheapskate Next Door, 03/12/2011.

1 QT. size Ziplock Bag
dash of milk

2 Eggs
vegetables/meat/cheese, ingredients of choice

Put all ingredients in Ziplock bag and seal with no air trapped inside. Shake it up good and drop in a pot of boiling water for 14 minutes. Perfect omelets emerge healthfully prepared without butter or oil.

SLOW COOKER RECIPES

Two favorite slow-cooking-recipe websites of the cheapskate next door are: southernfood.about.com and crockpotrecipes101.com/blog.

Hearty Beef Stew – From Emeril Lagasse’s Slow-Cooker Recipe Challenge. 01/23/2009. Yield: 4-6 Servings.

1 T. olive oil, plus more if necessary.
3 ½ pounds beef stew meat, cut into 1-inch pieces.
2 t. salt.
1 T. Emeril’s Original Essence.
¾ t. cracked black pepper.
1 (10-ounce) package fresh pearl onions, blanched, peeled and root ends trimmed.
2 T. unsalted butter.
1 pound button mushrooms, thinly sliced.
6 T. all-purpose flour, plus more if needed.
4 C. beef stock, at room temperature.
2 T. tomato paste.
¾ t. chopped fresh thyme.
¾ t. chopped fresh oregano.
¾ t. chopped fresh basil.
1/8 t. ground allspice.
1 pound small (golf ball size) new potatoes, quartered.
1 ½ C. diced carrots.
½ C. frozen green peas, thawed.
1 T. chopped fresh parsley.

Set a 12-inch sauté pan over medium-high heat. Add 1 T. of the olive oil to the pan and season the beef with 1 t. of the salt, Essence and ½ t. of the black pepper. Sear the beef (in batches, adding more olive oil if necessary), along with the pearl onions, until well-browned, 2 or 2 minutes per side.

Place the seared meat and onions in the crock pot.

After searing the last batch of the meat, add the butter to the pan and, once melted, add the mushrooms and season with ½ t. of the salt and the remaining ¼ t. of black pepper.

Use a wooden spoon to scrape the bottom of the pan to scrape up any browned bits, continue to cook for 3 minutes.

Add the flour to the pan, stir to combine and cook for 1 to 2 minutes.

Add the stock, tomato paste, thyme, oregano, basil, ground Allspice and remaining ½ t. of salt to the pan and bring to a boil. Once the stock boils, add it to the crock pot and set the temperature to high.

Cover and cook for 1 hour.

Add the potatoes and carrots, and cook the stew until the meat is fork-tender, about 5 hours longer on high.

Skim any fat from the top of the stew and, if you prefer a thicker gravy, transfer 2 T. of the skimmed fat to a small bowl.

Whisk in 2 additional T. of flour; add a small amount of the hot gravy to the flour mixture and whisk to combine. Stir this mixture into the stew and cook until stew is further thickened, 10 to 15 minutes longer. Stir in the peas and parsley; taste and adjust seasoning if necessary, then serve immediately.

Red Beans and Rice – Crock Pot. 02/04/2004.

1 pound dried red kidney beans	½ pound smoked sausage, sliced
1 Sm. Onion, chopped	3 cloves garlic, minced
1 bay leaf	5 C. water – enough to cover ingredients

Rinse beans and soak overnight. Drain off water. Place beans in bottom of crock pot, add remaining ingredients. Cover and cook on high for 2 hours. Turn heat to Low and cook covered, 8-10 hours total. Serve over rice. May be frozen.

Slow Cooker Pot Roast – From: Lipton Onion Soup mix box, 03/02/2011. Yield: 8 servings.

1 T. Oil	3 to 3 ½ lb. boneless beef pot roast
4 carrots, sliced	4 Med. Potatoes, cut into 1 in. pieces
2 envelopes Lipton Recipe Secrets Onion Soup Mix	¾ C. Water

In large skillet, heat oil and brown roast. In slow cooker, arrange vegetables; top with roast. Combine soup mix with water and add to slow cooker. Cook covered on LOW 8-10 hours or HIGH 4-6 hours. Remove roast and vegetables. To thicken gravy, stir in ¼ C. water blended with 2 T. all-purpose flour. Cook on HIGH until thickened.

Slow Cooker Pot Roast – From: Jim Mgr Pyrex Corning store at GV Mills, 03/23/2011.

3 to 3 ½ lb. boneless beef pot roast	2 cans cream mushroom soup
1 envelope Lipton Recipe Secrets Onion Soup Mix	½ C. water

Place all ingredients in slow cooker and cook on LOW 8-10 hours. You do not have to brown it first but you can if you want. To make gravy thicken with water and cornstarch.

Slow Cooker Pinto Beans – From: Jim mgr Pyrex Corning store at GV Mills, 03/23/2011.

1 lb. bag pinto beans	Salt pork or bacon strips
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1 onion, chopped

Cumin and chili powder

Water

Soak beans overnight. Place all ingredients in slow cooker and cook on HI for 10 hours. He said trust him about cooking on HI.

Slow Cooker Beef Stroganoff – From: Lipton Beefy Onion Soup mix box, 03/02/2011. Yield: 6 servings.

2 lbs. boneless chuck steak, cut in 1 in. pieces

¼ C. all-purpose flour

10 oz. sliced mushrooms

½ t. dried thyme leaves, crushed

1 envelope Lipton Recipe Secrets Beefy Onion Soup Mix

1 can (14.5 oz.) diced tomatoes

1 container (8 oz.) sour cream

In slow cooker, toss beef with flour. Stir in remaining ingredients except sour cream. Cook covered on LOW 8-10 hours or HIGH 4-6 hours until meat is tender. Stir in sour cream. Serve, if desired, over hot cooked noodles or rice.

Slow Cooker Braised Short Ribs – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 4 Servings.

5 lbs. bone-in beef short ribs, trimmed

Salt and Pepper

2 T. vegetable oil

2 onions, chopped (about 2 C.)

1 carrot, peeled and chopped

1 celery rib, chopped

2 T. tomato paste

1 t. dried thyme

2 C. dry red wine

2 T. balsamic vinegar

2 C. low-sodium chicken broth

2 T. Minute tapioca

2 bay leaves

2 T. chopped fresh parsley

1. Cut the meat from the bones and set aside: Insert a knife between the rib and meat and, staying as close to the bone as possible, saw the meat off the bone, trimming the fat at the same time. Arrange the bones in a 13x9-inch baking dish and microwave until well browned, 10 – 15 minutes, rearranging the bones halfway through. Transfer to the slow cooker to provide rich, roasted flavor.

2. Pat the meat dry with paper towels and season with salt and pepper. Heat the oil in a 12-inch skillet over medium-high heat until just smoking. Cook the meat until well browned, about 5 minutes per side. Transfer to the slow cooker.

3. Cook the onions, carrot, and celery in the empty skillet over medium heat until browned, about 8 minutes. Stir in the tomato paste and thyme and cook until beginning to brown, about 1 minute. Stir in the wine and vinegar and simmer, scraping up any browned bits, until reduced to 1 cup, about 5 minutes. Stir in the broth, tapioca, and bay leaves and bring to a boil. Transfer the sauce to the slow cooker with the meat.

4. Cover the slow cooker and cook on low until the meat is fork-tender, about 8 hours (or cook on high for 4 – 5 hours). Transfer the meat to a serving platter. Strain, then defat (with a fat separator) the cooking liquid and discard the solids. Stir the parsley into the sauce and season with salt and pepper to taste. Pour 1 cup of the sauce over the meat. Serve over mashed potatoes or noodles, passing the remaining sauce at the table.

NOTE: We prefer English-style ribs here, each of which contains a single, large rib bone and a thick piece of meat, rather than thinner, flanken-style ribs. You will need 6 to 8 English-style ribs. If a 9x13 inch dish won't fit in your microwave, use the largest dish that will in step 1.

Slow Cooker White Chicken Chili – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 6 - 8 Servings.

3 (15-oz.) cans cannellini beans, drained and rinsed	1 (16 oz.) can white hominy, drained and rinsed
3 C. low-sodium chicken broth	Salt
3 lbs. bone-in, skin-on chicken thighs, trimmed	Pepper
1 T. vegetable oil	2 onions, minced
4 jalapeno chilis, seeded and chopped fine	6 garlic cloves, minced
4 ½ t. ground cumin	2 t. ground coriander
¼ C. finely chopped fresh cilantro	2 T. drained jarred pickled jalapenos, minced

1. Puree 1 can of the beans, the hominy, broth, and ¾ t. salt in a blender until completely smooth. Pour the pureed mixture into a slow cooker.

2. Pat the chicken dry with paper towels and season with salt and pepper. Heat the oil in a large skillet over medium-high heat until just smoking. Cook the thighs, skin side down, until the skin is well browned and the fat has rendered, about 5 minutes. Remove and discard the skin, then add the skinned thighs to the slow cooker.

3. Pour off all but 2 T. of the fat from the skillet. Add the onions, jalapenos, and ½ t. salt and cook until vegetables are tender and golden brown, stirring occasionally, about 8 minutes. Add the garlic, cumin, and coriander and cook until fragrant, about 30 seconds. Transfer half of the onion mixture to the slow cooker; reserve the remaining mixture in the refrigerator.

4. Add the remaining 2 cans beans to the slow cooker. Cover and cook on low until the chicken is tender, about 4 hours. Transfer the chicken to a bowl. When cool enough to handle, discard the bones and shred the chicken into bite-size pieces. Stir the cilantro, pickled jalapenos, shredded chicken, and reserved onion mixture into the slow cooker and let warm. Serve. (The chili can be refrigerated in an air tight container for up to 2 days.)

Crock-Pot Broccoli Beef

Ingredients:

1 pound boneless beef chuck roast sliced into thin strips
1 cup beef consomme
1/2 cup soy sauce
1/3 brown sugar
1 tablespoon sesame oil
3 minced garlic cloves
2 tablespoons cornstarch
2 tablespoons sauce from the crock-pot after being cooked
fresh broccoli florets (as many as desired)
Hot cooked rice

Directions:

1. Place beef in a crock pot.
2. In a small bowl, combine consomme, soy sauce, brown sugar, oil and garlic. Pour over beef. Cook on low 6-8 hours.
3. In a cup, stir cornstarch and suce from the crock pot until smooth. Add to crock pot. Stir well to combine.
4. Add broccoli to the crock pot. Stir.
5. Cover and cook an additional 30 minutes on high (the suace has to boil for it to thicken.)
6. Serve over rice.

This serves about 2 - 3 people... I will double it next time. Also, I used stew meat, cause I didn't have time to cut up the meat.

SANDWICHES

Venetian Panino – From: Laura Harbin 01/31/2006.

8 oz. Gruyere cheese, shredded.

2 T. butter, at room temperature.

2 T. Dijon mustard.

1 garlic clove, chopped (you can get minced garlic in a jar at Central Market).

12 oz. sliced turkey or ham.

12 slices wheat or sourdough bread.

6 T. olive oil.

In a food processor, add the cheese, butter, mustard and garlic. Blend until the mixture is thick, smooth and spreadable.

Spread the cheese mixture over 1 side of each bread slice. Arrange the turkey over the cheese mixture on 6 of the bread slices. Top sandwiches with the remaining bread slices, cheese mixture side down, pressing gently to adhere. Cut the sandwiches in half.

Heat 3 T. of the oil in a heavy skillet over medium-low heat. Cook half of the sandwiches until golden brown and heated through, about 4 minutes per side (if I do it for 4 minutes, they burn). Transfer to a serving platter and tent with foil to keep them warm. Repeat with remaining 3 T. of oil and sandwiches. Tip: Make the spread and just do one sandwich at a time. The spread keeps in the fridge. Soften in microwave for 5-10 seconds if hard to spread.

PASTA

Lemon Spaghetti – From: Foodnetwork.com 09/21/2004. Yield: 6 servings.

1 pound spaghetti.

2/3 C. olive oil.

2/3 C. grated parmesan.

½ C. fresh lemon juice (about 3 lemons).

Salt and freshly ground black pepper.

1 T. lemon zest.

1/3 C. chopped fresh basil leaves.

Cook the pasta in a large pot of boiling salted water until tender but still firm to the bite, stirring occasionally, about 8 minutes. Meanwhile, whisk the oil, Parmesan, and lemon juice in a large bowl to blend.

Drain the pasta, reserving 1 C. of the cooking liquid. Toss the pasta with the lemon sauce, and the reserved cooking liquid, adding ¼ C. at a time as needed to moisten. Season with salt and pepper. Garnish with lemon zest and chopped basil.

Lasagna – From: Ron Kalenuik Simply delicious cooking book that Gene Kriska had.

2 ¼ pound ground beef	1 t. garlic powder
1 pound Italian sausage; diced	1 t. rosemary
3 onions finely diced	1 t. oregano
4 oz. mushrooms, diced	1 t. basil
2 celery stalks finely diced	1 t. thyme
2 T. olive oil	1 pound lasagna noodles
2 C. tomatoes seeded and chopped	1 pound cottage cheese
½ C. tomato paste	1 ½ pound mozzarella cheese, grated
2 t. Salt	1 pound cheddar cheese, grated
1 t. Pepper	1 C. grated parmesan cheese
1 Green pepper, finely diced	

Sauce: Brown meats together with vegetables in the oil. Add tomatoes and tomato paste; simmer 15 minutes. Add seasonings, reduce heat and simmer 2 hours. Cook noodles al dente. Preheat oven to 350°. Grease a 15x10x2 casserole or baking dish. Layer noodles, cottage cheese, sauce, grated mozzarella and cheddar. Finish so that grated cheese is on top. Sprinkle with parmesan cheese. Bake in oven 45-50 minutes. Remove, slice and serve.

World Famous Lasagna – From: Jan Cheezam. (A stolen recipe).

44 oz. tomato sauce	12 oz. tomato paste
Italian Seasoning	3-4 garlic cloves, chopped
1 pound ground beef	1 pound Italian sausage
2 pkgs. Sliced pepperoni	1 Lg. container ricotta cheese
2 eggs	1 C. parmesan cheese
lots and lots of mozzarella	Lasagna noodles

Heat sauce, paste, chopped garlic, and seasoning in large pan. Mix together ricotta, eggs and parmesan. Cook/

drain sausage and beef. Add to sauce. Simmer sauce. Cook noodles until almost done. Layer noodles, cheese mixture, sauce, pepperoni and mozzarella cheese in baking pan(s). Continue layering until ingredients are gone. Bake at 350° for 45 minutes or until brown and bubbly. This recipe makes at least 2 large pans lasagna. I like to make several smaller pans and freeze them for a quick meal later.

Four-Cheese Lasagna – Yield: 6 Servings.

½ C. PRECIOUS shredded cheddar cheese	1 C. PRECIOUS ricotta cheese
8 oz. PRECIOUS shredded mozzarella cheese	1 slightly beaten egg
1-1 ½ t. dried basil, crushed	6 oz. lasagna noodles
¼ t. dried oregano, crushed	½ pound ground beef
¼ t. Salt	½ C. chopped onion
1/8 t. pepper	1/3 C. chopped celery
1 (3 oz.) pkg. cream cheese, cubed	1 clove garlic, minced
1/3 C. light cream or milk	½ C. dry white wine

Cook noodles; drain, set aside. In large skillet cook beef, chopped onion, celery, minced garlic until meat is browned, vegetables are tender. Drain fat. Stir in basil, oregano, salt, pepper. Add cream cheese, light cream. Cook/stir on low heat until cream cheese is melted. Stir in dry white wine. Gradually add shredded cheddar. Cook/stir until cheese is nearly melted; remove from heat. In a small bowl, stir together ricotta cheese and egg. Layer ½ noodles in a greased 10x6x2 baking dish. Top with ½ meat sauce, ½ ricotta cheese mixture and ½ of mozzarella cheese. Repeat layers. Bake, uncovered in 375° oven for 30-35 minutes. Let stand 10 minutes before serving. Note: Use 6 lasagna noodles in 11x7 pan. Don't cook/drain noodles first – gets hard.

Eggplant Lasagna – Yield: 4-6 Servings.

1 Eggplant (about 1 ¼ pound)	½ C. olive oil
3 cloves minced garlic (optional)	1 t. dried oregano
1 T. finely chopped fresh basil (1 t. dried)	2 t. fennel seed
8 oz. Precious brand Mozzarella cheese	15 oz. Precious brand ricotta cheese
2 C. spaghetti sauce (16 oz. jar)	1 ½ C. pitted ripe olives, halved

Slice eggplant thinly. Combine oil with herbs and brush both sides of eggplant. Brown both sides of eggplant until tender. Layer ½ of the eggplant slices, mozzarella, ricotta, spaghetti sauce, fennel seed and olives (in that order). Repeat layering. Top with remaining mozzarella and garnish with sliced olives. Cover and bake at 425°

for 25 minutes or until hot and bubbly. Let stand 15 minutes before serving.

Macaroni and cheese – From: Tracy Olson, 08/30/2004. Yield: 4 Servings.

2 C. uncooked macaroni makes 4 Servings.

Cook and drain macaroni – put back in the pan. Put some milk or half n half in. Put 4 oz. Velveeta cheese chunks in.

Simmer over Med-Low heat, stir until cheese melts. Put in a casserole dish. Sprinkle some other types shredded cheese on top. Bake at 425° uncovered until top browns slightly, about 15-20 minutes. Can freeze unused portions.

Fettuccine Pasta Alfredo Sauce – From: Food Network, 09/03/2004.

Saute Milk (or half n half) and butter in saucepan. Add parmesan cheese and gorgonzola (blue) cheese. Stir until melted and mixed well. Pour over pasta.

Light Italian Pasta Sauce

2 C. Ricotta cheese

2 C. Spaghetti sauce

Mix together; thin with milk. Heat and serve over any type pasta.

Jumbo Stuffed pasta and cheese shells – (frozen; from Sam's Club).

Place 12 frozen shells in a 9x13 baking dish. Cover with plastic wrap (so won't dry out). Defrost in microwave until semi-soft. Remove plastic and pour a can of Hunts homestyle spaghetti sauce (27 oz. can) over shells. Cover with foil and bake in oven at 375° for 30 minutes.

Pasta Salad

Spiral noodles cooked and drained; Add:

Cherry tomatoes

broccoli

artichokes

black olives

green olives

feta cheese

salami

red onions

carrots
vinegarette dressing

mushrooms

Spaghetti Sauce – From: Gene Kriska

1 ½ pounds ground beef
2 (30 oz.) jars Ragu chunky garden combination style spaghetti sauce
Seasonings

¾ pound Italian sausage

Brown beef and sausage separately. Drain good and add to simmering sauce. Add seasonings to taste. Extras may be frozen. Serve over cooked pasta. Recipe may be halved.

Homemade Spaghetti Sauce – From: Leonard Kramer.

1 pound ground beef
1 (15 oz) can stewed tomatoes
Sliced mushrooms

2 (15 oz.) cans tomato sauce
1 Sm. Can tomato paste

Brown 1 pound ground beef, leave a little meat juice. Add the following vegetables, sauté until warm:

4 cloves crushed fresh garlic
2 stalks sliced celery

1 Med. Chopped onion
1 Shallot

Add all vegetables, add tomato sauces to meat and simmer for 45 minutes. Add spices – spice island or McCormick spaghetti sauce seasoning, Oregano, basil. Add mushrooms 15 minutes before done.

Variation: (To make a large batch with fresh tomatoes)

Use 3 Lg. tomatoes and 2 Sm. Roma tomatoes
3 (8 oz.) cans tomato sauce
2 onions
4 celery stalks

2 sm. Cans tomato paste
2 pounds meat; beef and sausage
2 small shallots
2 containers sliced mushrooms

Time: 2 hours to prepare, 45 minutes to cook – 2 hours 45 minutes.

Homemade Italian Spaghetti Sauce – From: Lauren Greutman (found recipe online)

1 pound ground beef or Italian sausage (optional)	3 or 4 (28 oz.) cans crushed tomatoes
1/2 onion, finely chopped	4 cloves of garlic
3 - 5 T. Dried Basil	Black Pepper
2 T. Olive Oil	1/3 C. grated Parmesan or Romano Cheese
1 T. Sugar (optional)	Minced Green Peppers (optional)

Instructions:

1. Heat the olive oil in a 5+ qt. pot over medium heat, and add the onion.
2. Saute for 10 minutes or so, stirring often and being careful not to burn it.
3. Add the chopped or pressed garlic.
4. Heat for another one to two minutes, making sure not to burn the garlic, then add all the tomatoes, black pepper, basil and sugar. Stirring often, bring to a low boil.
5. Reduce heat to low and simmer for 2-3 hours stirring often.
6. For the first half of the simmer time, do so with the pot uncovered, then cover.
7. Add the cheese, stir in and simmer for an additional 5 minutes or so. (I omit this step).
8. This will make the equivalent to 4-5 jars of sauce, and the cost is probably about half (and it tastes way better).

Recipe by Lauren Greutman at <http://www.laurengreutman.com/frugal-pasta-sauce-recipe-using-hunts-crushed-tomatoes/>

Time: 30 mins to prepare, 3 hours to cook – 3 hours 30 minutes.

Notes: I used 4 large fresh tomatoes to make a small batch. To remove skins - score skin with knife and drop tomatoes in boiling water for 45 - 60 seconds then drop them in ice water. Cut tomatoes and process in Vitamix. I used setting #2 on Miele cooktop for low simmer. I did not add cheese to the sauce, I add it later on top before serving. I took some fresh basil and dried it on a plate for couple of days prior to making sauce. This sauce turned out good.

Clam Sauce Spaghetti

1 Box mushrooms, sliced	1 onion, chopped
1/8 green pepper, chopped	Garlic powder
Italian Seasoning	1 C. olive oil
1 (5 oz.) cans Roland baby clams	

Combine all ingredients together, simmer for 20 minutes. Pour over angel hair pasta.

Marinara Sauce

2 (12 oz.) Canned plum tomatoes
fresh basil, chopped

5 Garlic cloves, chopped
¼ C. Olive oil

Cut tomatoes in strips, removing seeds. Saute garlic in olive oil until brown. Add tomatoes, stir, cover and simmer for 20 minutes. Add basil, cook 5 minutes more. Serve over pasta.

Chicken Spaghetti – From: Ty Ward

1 T. butter
4 oz. mushrooms, drained
½ Med. Onion, chopped
1 ½ C. chicken broth
½ C. pimento strips
3 C. cooked chicken breast (cut into strips)
½ t. black pepper
½ t. celery salt
1 t. chopped basil

½ t. sugar
30 oz. can tomato sauce with tomato bits
1 Med. Clove garlic, minced
2/3 C. white wine
1 t. chili powder
½ C. black olives (sliced)
1 C. sharp cheddar cheese, grated
½ pound vermicelli, cooked

Saute butter, mushrooms, onion, garlic, wine together until evaporated. Then add chili powder, basil, black pepper, celery salt and sugar. Stir, mix together well. Stir in tomato sauce, chicken broth, pimento strips, chicken strips. Bring to a boil – simmer 15 minutes on low heat. Add black olives, cheese and vermicelli, toss and serve. Note: may be mixed ahead. Place in casserole dish and heat at 325° until ready to serve.

Sunshine Macaroni Salad – From: Ty Ward, 03/12/2011 Yield: 6 servings.

2 C. (7 oz.) elbow macaroni, cooked, drained
½ C. celery slices (very thin)

½ lb. Velveeta cheese, cubed
½ C. ham cubes

2 T. chopped Pimiento
Miracle Whip (I preferred Mayo, but Daddy loved Miracle Whip)

1 T. finely chopped green pepper

Combine macaroni, Velveeta, celery, ham, pimiento & green pepper. Add enough Salad dressing to moisten, Mix well. Chill.

Pasta with Pecorino and Black Pepper – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4-6 Servings.

4 oz. Imported Authentic Italian Pecorino Romano cheese, grated fine (about 2 C.), plus 2 oz. grated coarse (about 1C.), for serving
1 lb. spaghetti
2 T. heavy cream (or half-n-half)
1 ½ t pepper

Salt
2 t. extra-virgin olive oil

1. Place the finely grated Pecorino in a medium bowl. Set a colander in a large bowl.
2. Bring 2 quarts water to a boil in a large Dutch oven. Add the pasta and 1 ½ t. salt and cook, stirring frequently, until the pasta is al dente. Drain the pasta into the colander set in the bowl, reserving the cooking water. Pour 1 ½ C. of the cooking water into a liquid measuring cup and discard the remainder and then place the pasta in the empty bowl. Note: Do not adjust the amount of water for cooking the pasta; the amount used is critical to the success of the recipe.
3. Slowly whisk 1 C. of the reserved pasta water into the finely grated Pecorino until smooth. Whisk in the cream, oil, and pepper. Gradually pour the cheese mixture over the pasta, tossing to coat. Let the pasta rest for 1 – 2 minutes, tossing frequently, adjusting the consistency with the remaining ½ C. reserved pasta cooking water as needed. Serve, passing the coarsely grated Pecorino separately.

Goulash – From: Pappy’s old Fashioned Hamburgers Dallas TX – 03/09/2012. Yield: 7-8 Servings. Freezes well. Pappy’s closed in September 2020 because of COVID.

Elbow macaroni – 1.5 C dry
Ground Beef – 1.25 lbs.
Green Bell pepper – 1/2
Canned whole tomatoes – I used Cento organic whole peeled 28 oz. can.

Salt
Garlic Powder
Onion - small

Notes: Pappy said to use Hunts whole peeled cooked tomatoes and blend them down slightly. I used 5 fresh tomatoes and broke them down in the Vitamix, it turned out good.

1. Brown ground beef in saucepan with chopped onions and bell peppers. Drain off oil.
2. Chop or squeeze the tomatoes into separate pot and add the beef mixture, add spices and simmer.
3. Boil macaroni for 8 minutes; reserve the liquid.

4. Add the cooked macaroni to the main pot; if water is needed, use the liquid the macaroni was boiled in.

Easy Meatballs in 30 minutes – From: Yahoo Food – 01/14/2013. Yield: 4 Servings.

Spaghetti – 3/4 lb.	Course Salt and Ground Pepper
Ground Beef Chuck – 1 lb.	2 Garlic cloves, Minced
1 Large Egg	1 T. Olive Oil
1 Can (28 ounces) crushed tomatoes in puree	1/4 C. Fresh Parsley, chopped
1/4 C. Finely grated Parmesan	1/4 C. plain dried breadcrumbs

1. Set a large pot of salted water to boil. In a bowl, combine Parmesan, parsley, garlic, egg, 1 t. salt, and 1 t. pepper. Add beef and breadcrumbs; mix gently. Form into 16 balls.
2. In a 5-quart Dutch oven, or heavy pot, heat oil over medium. Add meatballs, and cook, turning occasionally, until browned, 8 - 10 minutes. Add tomatoes, bring to a boil. Reduce to a simmer; cover partially, and cook, stirring occasionally, until meatballs are cooked through, 10 - 12 minutes.
3. Meanwhile, cook pasta until al dente. Drain, and return to pot; add meatballs and sauce, and toss gently. Serve with parmesan.

Notes: I put chopped onions in the meatballs and browned some in the olive oil with some additional minced garlic. I used the 2 3/4 QT oval dutch oven since I was not going to add in the pasta. I made 9 large meatballs. This recipe does not taste that good.

Barilla Elbows with Broccoli & Cherry Tomatoes – From: Barilla Elbows pasta box. 07/05/2014. Yield: 4 Servings.

Elbow macaroni – 1 pound box barilla	4 T. extra virgin olive oil
1 clove garlic, minced	1 pint cherry tomatoes, halved
Salt and pepper to taste	2 C. broccoli florets
1/2 C. Parmigiano Reggiano cheese, shredded	

1. Bring a large pot of water to a boil.
2. In a large skillet, heat olive oil and sauté garlic until slightly yellow in color, about 1 - 2 minutes.
3. Add tomatoes and cook until blistered, about 2 minutes. Season with salt and pepper.
4. Cook broccoli and pasta in the same pot, according to package directions.
5. Drain and toss pasta and broccoli with sauce.
6. Top with cheese and serve.

SEAFOOD DISHES

Shrimp Fra Diavolo - From: Foodnetwork.com 09/21/2004. Yeild: 4 servings.

1 pound large shrimp, peeled, deveined. (Use raw jumbo shrimp with the shell on – cook it for a few minutes in olive oil until it turns pink, then let it cool and the shell slides right off. The butcher told me that trick and it works. That shrimp always tastes the best).

1 t. salt, plus additional as needed.

1 t. dried crushed red pepper flakes.

3 T. olive oil, plus 1-2 T.

1 medium onion, sliced.

1 (14 ½ ounce) can diced tomatoes.

1 C. dry white wine.

3 garlic cloves, chopped.

¼ t. dried oregano leaves.

3 T. chopped fresh Italian parsley leaves.

3 T. chopped fresh basil leaves.

Toss the shrimp in a medium bowl with 1 t. of salt and red pepper flakes. Heat the 3 T. oil in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes. Transfer the shrimp to a large plate; set aside. Add the onion to the same skillet, adding 1 to 2 t. of olive oil to the pan, if necessary, and sauté until translucent, about 5 minutes. Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Season with more salt, to taste, and serve.

Salmon cooked in parchment paper – From: Good Eats, Alton Brown

8oz salmon with vegetables and oranges on top. Fold into a heart shaped parchment wrap, drizzle with wine or vermouth bake 425° for 12 minutes.

Pan Seared Salmon – From: Whole Foods Clerk

7 oz salmon filet seasoned. Heat olive oil in skillet. Add Salmon flesh side down. Cook uncovered for 2.5 minutes until sides looked cooked. Turn filet over, and cook for 4 minutes, covered. Lemon juice (optional).

Oven Roasted Salmon Steaks – From: Seabear.

1 Coho / King salmon steak per person
Salt and Pepper

1-2 t. butter per steak
Fresh lemon or lime slices (optional)

Preheat oven to 250°. Lightly oil a baking sheet. Place steaks on baking sheet and slow roast for about 15 minutes until meat begins to firm. Top each steak with butter and sprinkle with salt and pepper. Place steaks under broiler, 6 inches from heat, and broil about 5 minutes until edges are golden brown. Serve warm with fresh lemon or lime slices.

Salmon Fillets

Turn on Broil to preheat. Put fillet on foil and place on baking sheet or pan. Shake paprika over fish. Put on a small amount of squeeze Parkay margarine and lemon juice and garlic powder. Put oven rack on middle rung. Broil fish 7-8 minutes depending on thickness. Take out fish and pour on tiger sauce or teriyaki marinade sauce. Broil another 2 minutes until done. (10 minutes total).

Salmon Fillet Pan Recipe – 08/25/1996.

Sprinkle salt and cracked pepper on fillet. Put olive oil in pan – heat on less than Medium. Sear fillet in pan then turn over. Shake pan; add: garlic, chopped tomatoes, parsley, chives, let stew in pan. Add a little balsamic vinegar before done. Serve over steamed rice.

Shrimp Creole – From: Mom. Yield: 3-4 Servings.

Saute in 1 T. butter – Chopped onion and green pepper (about ¼ C. each).

Add 1 – 14.5 oz. can “Hunts Tomato sauce special” (Hunts does not make this anymore – substitute diced tomatoes)

Add 1 – 8 oz. Can tomato sauce and a couple of shakes of Creole seasoning.

Simmer about 10 minutes – add shrimp (1 Pkg. frozen – or one pound fresh cooked) then bring to boil. Serve over rice. Don't add shrimp too soon or they will get tough.

Halibut Fillet – Fresh.

Season and drizzle with olive oil. Bake at 375° for 12 minutes.

Rainbow Trout Fillet – Fresh.

Season and drizzle with olive oil (optional). Bake at 375° for 8-10 minutes. 9 minutes is perfect.

Grilled Salmon with Citrus Sauce – From Laura Harbin. 08/05/2010

4 skinless salmon filets (6 oz. each) (I just do one filet at a time.)

1 tsp. olive oil

1/2 tsp. ground coriander

Coarse salt and ground pepper

Heat grill to medium high. Rub filets with olive oil. Sprinkle with coriander, salt, and pepper. Lightly oil grill. Place salmon skin-side up on grill. Cover grill, cook 5 minutes. (I use a stove-top grill that has no cover, so I don't cover the salmon.) Turn filets, cover and cook until opaque throughout and flaky, about 4 minutes. Serve salmon drizzled with citrus sauce.

Citrus Sauce

1/2 cup fresh orange juice

1/4 cup fresh lime juice

2 tsp. sugar

2 tsp. Dijon mustard

2 tbsp. olive oil

Coarse salt and ground pepper

In a small skillet (I just use a small sauce pan) over high heat boil the orange and lime juice until reduced to 1/2 cup - 8 to 10 minutes. Remove from heat; whisk in sugar, mustard, and olive oil. Season with salt and pepper.

Classic Tuna Melt Patties – From: Martha Ray, 03/31/2011. Yield: 2 servings.

1 (16 oz.) can tuna, drained
2 T. Oatmeal
¼ t. garlic powder

1 egg white, beaten
2 T. diced onion, (or ¼ t. onion powder)
Salt & Pepper

Mix all ingredients together in a small bowl. Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray. Make two small patties and cook until both sides are brown. You can top the patties with fat free cheese.

Lazy Man's Lobster for Two – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 2 servings.

FILLING

1 T. vegetable oil
1 t. minced fresh thyme
4 t. unbleached all-purpose flour
1 C. low-sodium chicken broth
12 oz. cooked lobster meat (see note), chopped coarse
Salt and Pepper

1 shallot, minced
Pinch cayenne pepper
¼ C. dry sherry
1/3 C. heavy cream
1 T. minced fresh tarragon

TOPPING

1 slice high-quality white sandwich bread, torn into pieces
2 T. grated parmesan cheese
1 t. vegetable oil

1 T. minced fresh tarragon
1/8 t. sweet paprika

1. FOR THE FILLING: Heat the oil in a 10-inch skillet over medium heat until shimmering. Add the shallot, thyme, and cayenne and cook until the shallot is softened, 2 – 3 minutes. Stir in the flour and cook for 30 seconds. Stir in the sherry and simmer until it has nearly evaporated, about 2 minutes. Whisk in the broth and cream and simmer until it has thickened and reduced to ¾ cup, 10 – 12 minutes.

2. Off the heat, add the cooked lobster meat and tarragon; season with salt and pepper to taste. Divide the mixture evenly between 2 shallow 2-cup gratin dishes. (The gratins can be covered tightly with plastic wrap and refrigerated for up to 24 hours. Remove the plastic wrap and microwave briefly on medium until warm, 2 – 4 minutes, before topping and baking.)

3. FOR THE TOPPING: Adjust an oven rack to the middle position and heat the oven to 400°. Pulse the bread in a food processor to coarse crumbs, about 10 pulses. Combine the bread crumbs, Parmesan, tarragon, oil, and paprika in a bowl. (The topping can be stored in an airtight container at room temperature for up to 24 hours.)

4. Sprinkle the topping evenly over the gratins. Bake until the sauce is bubbling and the topping is golden brown, about 15 minutes. Let cool for 10 minutes before serving.

NOTE: You can either buy cooked lobster meat or you can cook 2 (1 ¼ - to 1 ½ -pound) lobsters and shell the meat yourself. You will need two shallow 2-cup gratin dishes (measuring approximately 9x6 inches), or you can substitute one 8-inch square baking dish. I used 4 – 4oz. lobster tails steamed for 10 minutes. I substituted fresh bread crumbs with 4 T. Store bought. This dish is not very substantial. Next time I will add 1 C. cooked white rice to the lobster mixture before topping and baking.

HOW TO COOK LOBSTER: For our Lazy Man’s Lobster for Two, you will need 12 oz. of cooked meat (see chart below for meat yields). Fit a large Dutch oven with a steamer basket and add water to the pot until it touches the basket’s bottom. Bring the water to a boil over high heat, then add the lobsters to the steamer basket. Following times below, cover and steam the lobsters until they are bright red and fully cooked. Be sure to check the pot periodically to make sure the water has not boiled dry; add more water as needed. Remove the lobsters from the steamer basket and let them cool slightly before shelling. (Cooked lobster meat can be refrigerated in an airtight container for up to two days.)

Lobster	Steaming Time	Meat Yield
Soft-Shell		
1 ¼ lbs	11 – 12 minutes	3 ½ - 4 oz.
1 ½ lbs	13 – 14 minutes	5 ½ - 6 oz.
Hard-Shell		
1 ¼ lbs	13 – 14 minutes	5 ½ - 6 oz.
1 ½ lbs	15 – 16 minutes	7 ½ - 8 oz.

Pan-Roasted Fish Fillets – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4 servings.

4 (6 to 8-oz.) skinless white fish fillets, 1 – 1 ½ inches thick
 Kosher Salt, and Pepper ½ t. sugar
 1 T. vegetable oil Lemon wedges for serving

Adjust an oven rack to the middle position and heat the oven to 425°. Dry the fish thoroughly with paper towels and season with salt and pepper. Sprinkle 1/8 t. sugar evenly over 1 side of each fillet. Heat the oil in a 12-inch oven-safe nonstick skillet over high heat until smoking. Place the fillets in the skillet, sugared sides down, and press down lightly to ensure even contact with the pan. Cook until browned, 1 – 1 ½ minutes. Using 2 spatulas,

flip the fillets and transfer the skillet to the oven. Roast the fillets until the centers are just opaque and the fish registers 135° on an instant-read thermometer, 7 – 10 minutes. Immediately transfer the fish to individual plates and serve with lemon wedges or relish.

NOTE: Thick white fish fillets with a meaty texture, like halibut, cod, sea bass, or red snapper, work best in this recipe. Because most fish fillets differ in thickness, some pieces may finish cooking before others – be sure to immediately remove any fillet that reaches 135°. You will need an oven-safe nonstick skillet for this recipe.

Grilled Tuna Steaks – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 6 servings.

3 T. plus 1 t. red wine vinegar	Salt	
2 T. Dijon mustard		2 T. chopped fresh thyme or rosemary
2 t. honey		$\frac{3}{4}$ C. olive oil
6 (8 oz) tuna steaks, 1 inch thick	Pepper	

1. Whisk the vinegar, $\frac{1}{2}$ t. salt, mustard, thyme, and honey together in a large bowl. While whisking constantly, slowly drizzle the oil into the vinegar mixture until lightly thickened and emulsified. Measure out $\frac{3}{4}$ C. of the vinaigrette and set aside for cooking the fish. Reserve remaining vinaigrette for serving.

2A. FOR A CHARCOAL GRILL: Open the bottom grill vents completely. Light a large chimney starter filled with charcoal briquettes (100 briquettes, 6 quarts). When the coals are hot, pour all the coals in an even layer over half of the grill, leaving the other half empty. Set the cooking grate in place and loosely cover the grate with a large piece of heavy-duty foil. Cover the grill and heat until hot, about 5 minutes.

2B. FOR A GAS GRILL: Turn all the burners to high and loosely cover the grate with a large piece of heavy-

duty foil. Cover the grill and heat the grill until hot, about 15 minutes. Leave the primary burner on high and turn off the other burner(s). (Adjust the burner as needed to maintain a hot fire).

3. Remove the foil with tongs and discard. Clean and oil the cooking grate, oiling 5 – 10 times until the grate is black and glossy.

4. Brush both sides of the tuna steaks liberally with the vinaigrette reserved for cooking and season with salt and pepper. Grill the fish (covered if using a gas grill) without moving until grill marks form and the bottom surface of the fish is opaque, about 1 ½ minutes. Carefully flip the fish and continue cooking until grill marks form on the second side, about 1 ½ minutes longer for rare (fish is opaque at the perimeter and translucent red at the center when checked with the tip of a paring knife) or 3 minutes for medium-rare (fish is opaque at the perimeter and reddish pink at the center). Transfer to a platter and serve immediately, passing the reserved vinaigrette.

NOTE: We prefer our tuna served rare or medium-rare. If you like your fish cooked medium, observe the timing for medium-rare, then tent the steaks loosely with foil for 5 minutes before serving. To achieve a nicely grilled exterior and a rare center, it is important to use fish steaks that are at least 1 inch thick. A simple dressing adds flavor and is essential to getting tuna with a perfect crust and rosy interior.

Maryland Crab Cakes – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4 servings.

1 lb. lump crabmeat, picked over for shells	½ C. saltine crumbs (see note)
3 scallions, minced	2 T. unsalted butter, melted
1 T. unsalted butter, softened	2 T. mayonnaise
1 large egg yolk	1 T. Dijon mustard
2 t. hot sauce	1 t. old bay seasoning
Lemon wedges, for serving	

1. Put the crabmeat in a bowl and dry the crabmeat well with paper towels. Using a rubber spatula, gently combine the crabmeat, ¼ C. of the cracker crumbs, the scallions, melted butter, mayonnaise, egg yolk, mustard, hot sauce, and Old Bay in a large bowl.

2. Divide the mixture into 4 equal portions and shape into tight, mounded cakes. Press the top of each cake in the remaining $\frac{1}{4}$ C. cracker crumbs. Transfer the cakes, crumb side down, to a large plate and refrigerate, covered, for at least 1 hour and up to 8 hours.

3. Adjust an oven rack to be 6 inches from the broiler element and heat the broiler. Grease an 8x8 inch square area in the center of a rimmed baking sheet with the softened butter. Transfer the crab cakes to the prepared baking sheet, crumb side down. Broil until the crab cakes are golden brown, 12 – 15 minutes. Serve with the lemon wedges.

NOTE: Jumbo lump crabmeat is available at the fish counter of most supermarkets. If you can't find it, you can use refrigerated pasteurized lump crabmeat. To make cracker crumbs, grind 14 saltines in a food processor. Franks RedHot is the Test Kitchen's favorite Hot Sauce.

Shrimp - Baked – From: Facebook – 05/02/2013. Yield: 4 servings.

1 lb. uncooked shrimp
1 lemon

1 Stick Butter
Dried Italian Seasoning packet

Melt stick of butter in a pan. Slice lemon and layer on top of the butter. Put shrimp on top of lemons. Sprinkle one pack dried italian seasoning. Bake at 350 for 15 minutes.

RICE

Simple Vegetable and Saffron Rice – Servings: 6-8

As the title suggests this is the simplest way to cook a vegetable rice dish. The heat-retaining qualities of the cast iron are so good that once the French oven is hot it can be removed from the stovetop and left for the rice to continue cooking with no additional bottom heat. Just a stir as the end of the 20-minute cooking period and the rice will be ready to serve. But don't be tempted to peep inside while it is standing, or some of the heat will be lost. A round 3 ½ QT French oven is ideal for this recipe. Vegetable stock can be used instead of chicken stock. Instead of saffron, you can use 1 t. ground turmeric to give the rice a rich, golden color.

2 T. butter, softened	1 med. Onion, chopped
1 med. Bell pepper, seeded and chopped	1 C. canned whole corn, drained
1 ¾ C. instant long-grain rice	3 C. hot chicken stock
¼ t. saffron powder	1 T. fresh chopped cilantro
1 t. Salt	Fresh ground black pepper
1 C. cooked shrimp, flaked tuna or salmon (optional)	

Melt the butter in the French oven over Med heat on the stovetop. Add the onion and the bell pepper and fry gently, without coloring, for 2-3 minutes. Stir in the corn, rice, hot stock, saffron, cilantro, and the seasonings. Stir well and bring to a slow boil. Cover with the lid, reduce the heat to low, and simmer for 2 minutes. Remove the pan from the heat and leave to stand for 20 minutes: do not remove the lid during the standing time. Stir well before serving. To make a more substantial main course, add the cooked shrimp, tuna or salmon and return to the heat for 2-3 minutes to ensure the seafood is thoroughly heated.

Rice

1 C. Rice	1 ½ C. Water
1 t. Salt	1 t. oil or butter

Pour all ingredients into pan. Bring to a boil. As soon as ingredients boil, turn heat to the lowest setting. Cover and simmer for 20-25 minutes.

Herb Rice

1 C. Rice	1 t. Salt
1/2 t. Rosemary	1/2 t. Marjoram
1/2 t. Thyme	2 chicken bullion cubes
1 T. Butter	2 C. Water

Bring to hard boil - Lower heat.

Fried Rice

Leftover rice (in refrigerator for at least 2 days)	½ onion
½ bell pepper	sliced garlic
1 Egg (optional)	Soy sauce

Saute onion, garlic and bell pepper in skillet or wok. When all vegetables are translucent, add rice and brown. When rice is brown, make a well in middle of rice. Drop in the beaten egg and stir quickly until the egg is mixed in well with rice. Add soy sauce to taste.

Butternut Squash Risotto with Mushrooms – From: Living Well Health Manager by WebMD. 11/05/2009

1 pound butternut squash, peeled and cubed (about 3 C.)	5 C. low-sodium chicken broth
1 t. Olive oil	½ C. finely chopped onions
¼ C. finely chopped shallots	2 garlic cloves, finely chopped
1 ½ C. Arborio rice	1 C. chopped mushrooms
¼ C Parmesan cheese	2 T. butter
1 ¼ t. salt	¼ t. black pepper
1 to 2 T. finely chopped parsley or fresh sage (or both)	

Preheat oven to 475°. Place squash on jellyroll pan (small version of a 9x13) coated with cooking spray. Roast

squash in the oven until tender, about 20-30 minutes. Keep warm.

Heat chicken broth in a large pot on low, keeping liquid at a simmer throughout the cooking process.

In a heavy-bottom pot, heat olive oil over medium heat. Add the onion, shallots, and garlic and cook until soft, about 5-6 minutes.

Add rice and stir to combine. Gradually add chicken broth $\frac{1}{2}$ C. at a time, stirring constantly until liquid is absorbed and risotto is soft, about 30 minutes.

Saute mushrooms over medium heat in a large skillet coated with cooking spray, 5-7 minutes. Set aside.

When the risotto is soft, stir in squash, mushrooms, cheese, butter, salt, pepper, parsley, and sage.

Classic Saffron Rice – From: Penzeys.com. 02/27/2011. Serves: 4 Prep time: 2 min. Cook: 25 min.

1 C. long-grain white rice

1 T. Butter

$\frac{1}{2}$ t. Salt

2 C. water or chicken broth

1 T. finely minced onion (optional)

1 small pinch SAFFRON, crumbled

Place butter and minced onion in a heavy QT saucepan. Saute over medium heat until onion is translucent. Add rice, SAFFRON, water or stock and salt. Bring to a rolling boil. Cover, reduce heat to simmer, cook until rice is tender and liquid is absorbed (about 18 minutes).

Almost Hands-Free Risotto – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 6 servings.

5 C. low-sodium chicken broth

4 T. (1/2 stick) unsalted butter

Salt and Pepper

2 C. Arborio rice

2 oz. Parmesan cheese, grated (about 1 C.)

2 T. chopped fresh chives

1 $\frac{1}{2}$ C. water

1 large onion, minced (about 1 $\frac{1}{2}$ C.)

1 large garlic clove, minced

1 C. dry white wine

2 T. chopped fresh parsley

1 t. fresh lemon juice

1. Bring the broth and water to a boil in a large saucepan over high heat. Reduce the heat to medium-low to maintain a gentle simmer.

2. Heat 2 T. of the butter in a large Dutch oven over medium heat. When the butter has melted, add the onion and $\frac{3}{4}$ t. salt. Cook, stirring frequently, until the onion is softened but not browned, 4 – 7 minutes. Add the garlic and stir until fragrant, about 30 seconds. Add the rice and cook, stirring frequently, until the grains are translucent around the edges, about 3 minutes.

3. Add the wine and cook, stirring constantly, until fully absorbed, 2 – 3 minutes. Stir 5 C. of the hot broth mixture into the rice, reduce the heat to medium-low, cover, and simmer until almost all the liquid has been absorbed and the rice is just al dente, 16 – 19 minutes, stirring twice during cooking.

4. Add $\frac{3}{4}$ C. more hot broth mixture, and stir gently and constantly until the risotto becomes creamy, about 3 minutes. Stir in the Parmesan. Remove the pot from the heat, cover, and let stand for 5 minutes. Stir in the remaining 2 T. butter, parsley, chives, and lemon juice. Season with salt and pepper to taste. If desired, add up to $\frac{1}{2}$ C. remaining broth mixture to loosen the texture of the risotto. Serve.

NOTE: This more hands-off method does require precise timing, so we strongly recommend using a timer. The consistency of risotto is largely a matter of personal taste; if you prefer a brothy risotto, add extra broth in step 4. This makes a great side dish for braised meats.

Red Beans and Rice – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 6 – 8 servings.

1 lb. (about 2 C.) small red beans, rinsed and picked over	Salt
4 slices bacon, chopped fine	1 onion, minced (about 1 C.)
1 small green bell pepper, seeded and chopped fine	1 celery rib, chopped fine
3 garlic cloves, minced	1 t. chopped fresh thyme
1 t. sweet paprika	2 bay leaves
$\frac{1}{4}$ t. cayenne pepper	Black Pepper
6 C. water	3 C. low-sodium chicken broth
8 oz. andouille sausage, halved lengthwise and sliced $\frac{1}{4}$ in. thick	
1 t. red wine vinegar, plus extra for seasoning	3 scallions, white and green parts, sliced thin

1. Dissolve 3 T. salt in 4 quarts cold water in a large bowl or container. Add the beans and soak at room temperature for at least 8 hours or up to 24 hours. Drain and rinse well.

2. Heat the bacon in a large Dutch oven over medium heat, stirring occasionally, until browned and almost fully

rendered, 5 – 8 minutes. Add the onion, bell pepper, and celery; cook, stirring frequently, until the vegetables are softened, 6 – 7 minutes. Stir in the garlic, thyme, paprika, bay leaves, cayenne, and ¼ t. black pepper and cook until fragrant, about 30 seconds, Stir in the beans, water, and broth and bring to a boil over high heat. Reduce the heat and vigorously simmer, stirring occasionally, until the beans are just soft and the liquid begins to thicken, 45 – 60 minutes.

3. Stir in the sausage and 1 t. red wine vinegar and cook until the liquid is thick and the beans are fully tender and creamy, about 30 minutes. Season with salt, black pepper, and additional vinegar to taste. Serve over white rice, sprinkling with the scallions. (The beans can be cooled, covered tightly, and refrigerated for up to 2 days. To reheat, add enough water to the beans to thin them slightly.)

NOTE: Brining beans overnight in salt water not only improves texture but seasons them throughout. If you are pressed for time you can “quick-brine” the beans. In step 1, combine the salt, water, and the beans in a large Dutch oven and bring to a boil over high heat. Remove the pot from the heat, cover, and let stand for 1 hour. Drain and rinse the beans and proceed with the recipe. If you can’t find andouille sausage, substitute kielbasa. Tasso can be difficult to find, but if you use it, omit the bacon and paprika in step 2 and cook 4 oz. finely chopped tasso in 2 t. vegetable oil until lightly browned, 4 – 6 minutes, then proceed with the recipe. In order for the starch from the beans to thicken the cooking liquid, it is important to maintain a vigorous simmer in step 2. The best Andouille Sausage: Jacob’s World Famous Andouille, \$6.25 per pound, available by mail order. Coming in second, Wellshire Andouille Sausage from Whole Foods.

Rice Cooker Notes

The Japanese use this method to add water to the Rice Cooker:

Put rice in Cooker. Put in enough water so that the water comes up to the 2nd knuckle of your index finger (with the tip of your finger touching the top of the rice). It always works. It does not matter what the amount of rice is.

How to Use a Rice Cooker

From: <http://www.foogod.com/~alex/sushi/ricecooker.html>

Most people who are familiar with them are of the opinion that using rice cookers is a no-brainer. The device is so simple it almost doesn't even need instructions. For the most part, most people are right (basic rice cookers are probably some of the easiest pieces of sophisticated technology anybody is ever likely to encounter in their lifetimes). Because of this simplicity, one would be hard-pressed to find anybody who has actually taken a lot of time to write detailed instructions (in English, at least) on how to most effectively use one of these devices (and I have tried). This is unfortunate because, despite their ease of use, there are still a few useful tips and tricks which, for those who haven't grown up with them, can make the difference between producing merely edible rice and truly excellent rice when using a rice cooker. (Note: All of the following are lessons I've learned and verified methodically from my own experience over the years, not folklore or purely second-hand advice. If it's here, I've tested it.)

1. More water = more cooking.

Rice cookers generally work by boiling the rice and monitoring the temperature. When all the water has boiled away, the temperature starts to rise, which tells the rice cooker to shut off because the rice is done. Obviously, what this means is that how long the rice cooks depends entirely on how much water there is in the cooker. If you don't put in enough water, the rice will come out underdone; if you put in too much, overdone. With practice, it is even possible to very precisely adjust the qualities of your cooked rice by adjusting the water ratio. Occasionally you can find rice which has rice-cooker instructions on the back of the package, but a good starting point for most rice in most rice cookers is: 1 cup rice = 1 cup water ..or, in other words, equal parts rice and water. If you are cooking smaller quantities of rice (i.e. only a 1-cup portion) you will need to add a bit of extra water (up to 1/4 cup or so) to make it come out right, but for larger amounts of rice, the 1:1 ratio is just about spot-on. (I don't personally ever cook less than 1 cup of rice at a time, because the water ratio and other factors can get more complicated, and I find it's generally not worth the effort anyway) Note that if you're using completely dry rice, you will also need to add a bit more water (about 1/4 cup per cup of rice, again slightly less for larger amounts of rice). The 1:1 ratio is based on the assumption that some water will be retained by the rice as a result of the rinsing process (see below). Keep in mind, however, that this is only a guideline. Different rice cookers can vary somewhat, and different kinds of rice require different amounts of water as well. Take the time to familiarize yourself with your cooker and your rice, and do some test runs of rice batches (rice is cheap) to see what really is the right ratio for you.

2. Rinse your rice before cooking.

Before cooking rice in a rice cooker, you should rinse it thoroughly. Place the rice in a large container (most rice cookers actually have a removable bowl which works fine for this purpose) and fill the container with water, swirling the rice as you fill. Pour out the cloudy water and repeat. Do this until the water "runs clear" (really it will never be completely clear, but rinse it until you can at least easily make out the individual rice grains when looking through a couple of inches of water). When done, drain the rice as well as you can (it will still retain a bit of water, and that's ok), then place it in the cooker, add the right amount of water, and start cooking. Once upon a time, rice was coated with a fine dust of talc to keep it from sticking together during storage. The original purpose of rinsing rice was to remove this talc coating, which obviously was not particularly tasty.

Nowadays, however, a starch-based anti-caking agent is used instead, which is completely edible and tastes pretty much like the rice itself, so many people have come to the conclusion that rinsing is now unnecessary. In a rice cooker, however, rinsing the rice has another purpose: It makes the rice cook better. I know from personal experience that this is the case, but I do not know exactly why. My current theory goes along the following lines: The anti-caking agent in modern rice actually absorbs and binds some of the water in the pot into a thin film around each grain as the rice cooks. This prevents the water from being absorbed into the inner portions of the grain as quickly as it should, and also uses up some of the water so the cooker detects the end of the cooking cycle earlier, which means by the time the cooker has finished cooking, the insides of the grains are still slightly underdone. One could try to compensate for this by adding a bit more water, to cause the rice cooker to cook it longer, and thus get the rice properly done on the inside, but this has the result of making the outside of the rice slightly overdone as well. In fact, it appears that the best one can get this way is both overdone and underdone at the same time, which isn't really the same as done-right-all-the-way-through. If the anti-caking agent is removed before cooking, I have found that rice will typically come out of the cooker with a more consistent texture, and when cooked right will have a perfect soft-but-not-mushy texture all the way through every grain. This is, admittedly, a subtle difference, and many people will not even notice it consciously. It's surprising what people can pick up on subconsciously, however, particularly when it comes to food, and it's almost guaranteed that this difference will result in a more enjoyable and appetizing rice, even for those who can't really explain why. In any case, it only takes a couple of seconds, so why not do things right? One other advantage of rinsing your rice is that it retains a bit of water from the rinsing process, which makes the 1:1 water-to-rice rule above come out just about exactly right in the end. Some sources recommend letting your rice drain in a collander for as much as 30 minutes after rinsing before cooking it. Personally, I have been able to detect no discernable difference in the resulting rice when doing this, and frankly adding an extra half-hour to cooking my rice for a benefit I can't even detect seems silly to me. As far as I can tell there's no reason to let your rice drain before cooking, so once it's rinsed, feel free to just throw it into the cooker and go.

3. Do NOT rinse Jasmine or Basmati rice.

I know I just said rinse your rice, but there's an exception to this rule. Jasmine rice (because it is a "fragrant" rice) contains a lot of subtle flavor, and much of it can be washed right down the drain by the rinsing process. The disadvantages of not washing the rice also seem to be less pronounced with this variety anyway (I suspect partly because of its longer grain). In this particular case I personally prefer to forgo the texture benefits of washing and instead opt for the flavor benefits of not washing, as its wonderful flavor is, after all, the main reason for using jasmine rice in the first place. The reasoning for basmati rice (another fragrant rice) is the same. Note that since you'll be starting with completely dry rice, you'll need to add a little bit more water when cooking it (see above).

4. Let the rice rest after cooking.

When you fire up a rice cooker, it will burble happily along to itself for a little while cooking the rice, and then, equally happily, shut off with a click (or beep, or something), and go into "warming mode". The uninitiated might well assume at this point that the rice is now done, and it's time to dig in. However, this is not the case.

After cooking rice in a rice cooker, the rice should be allowed to rest for *at least* five, preferably ten, minutes afterward, to fully complete the cooking process and allow the water level to stabilize. During this time, *do not* open the rice cooker. Just let it be. Ten minutes. Trust me, the wait is worthwhile. As with any other form of cooking, with rice there is always some degree of "carry-over" after the heat has been removed, during which time the rice continues cooking. In addition to this, when the rice cooker initially stops, there is still a lot of extra moisture present in the rice. If you try to eat it now, you will get a very mushy, somewhat gummy consistency to the rice which is not particularly appetizing. If, on the other hand, you wait a few minutes, the excess water will slowly steam its way out of the rice, and the doneness of the rice will equalize between the inside and the outside of the grains, leading to a perfect texture all the way through.

5. Do not open the rice cooker.

Well, ok, I know, you need to open the cooker to actually eat the rice, and what's the point of cooking it if you can't eat it? What I mean is, try to open the rice cooker only as much as is absolutely necessary. Do not leave the lid open for long periods of time. When you close it, be sure to close it firmly (don't leave it slightly ajar). Every second you leave the lid open is a second of water vapor running away from home, never to be seen again, and you will find your rice drying out with amazing speed. The other part of this, of course, is that you should leave the rice in your (closed) cooker up until you're actually about to use it. If you immediately dump it all out into a bowl or something and leave it out to the open air, then keeping your cooker closed really won't help the rice any, will it? (In fact, most Asian families I know actually take the rice cooker straight to the dinner table and serve out of it there. This is why the cookers usually come with handles.)

6. Keep the rice cooker plugged in when there's rice in it.

Even if you're done cooking the rice, keep the cooker plugged in. Rice cookers are designed to maintain the moist, warm environment of the rice such that it's always at its best for serving, even hours after it's finished. While nothing can quite equal that first time you open the cooker ten minutes after the click, a good rice cooker, which has had its lid kept properly closed, and has remained plugged in, can keep rice remarkably fresh and tasty even, believe it or not, as much as days after being cooked (don't go overboard, though).

7. Do NOT use metal utensils to serve the rice.

Most rice cookers have a non-stick surface which, like lots of non-stick surfaces, can be scratched reasonably easily by metal forks, spoons, etc. Whenever possible, use plastic utensils to dig the rice out of the cooker (personally, if you can find them, I highly recommend getting a couple of plastic *shamoji* (Japanese paddle-like utensils made specifically for serving and working with rice)).

8. For easy cleanup, leave the cooker on and open for a bit.

If you need to hand-clean your rice cooker bowl (such as between multiple batches, or if you just don't have a washing machine), here's a tip which can make things a lot easier: Empty out any large amounts of leftover rice (don't worry about little straggling bits), and then put the bowl back in the rice cooker and leave it turned on (in warming mode), with the lid open, for a few minutes. The heat and air circulation will quickly dry out any

remaining rice and other residue, making it simple to remove. After a few minutes, you should be able to just reach your (dry) hand in and run it around the surface of the bowl and all the rice and residue should just fall right off. You will still want to give the bowl a quick rinse after this, but it will be a lot quicker than trying to scrub the wet stuff out would have been.

9. Clean your whole cooker periodically.

Most cookers have dishwasher-safe removable bowls, and obviously you'll want to clean these after each use like any other cookware. However, it's also important to clean the rest of your cooker periodically too, as the gummy residue from the cooked rice can find itself on some unexpected surfaces. More importantly, over time mold spores and other contaminants can find their way onto those surfaces, and they can find the rice residue and the damp conditions of the rice cooker to be perfect breeding ground. You will want to periodically wash all accessible surfaces to make sure they're clean. It's also important to note that some rice cookers (with hinged lids) have a removable inside lid so you can get behind it and clean properly (personally, I just send my inside lid through the washing machine along with the bowl after each use, but whether you can do this may depend on your rice cooker). Make sure you know what portions (if any) of your cooker are intended to be dismantled for proper cleaning, so you don't leave things lurking in unknown crannies. Ironically, this is actually more important the less you use your rice cooker. If you use your cooker all the time, the heat of cooking and the regular airflow of using it will prevent most molds and such from taking hold and growing, but if you use it only intermittently, the pauses between uses can give things an opportunity to take hold, and you'll need to be more careful. If you let it go too long and you discover things growing that shouldn't be growing, it's not the end of the world (and you don't need to throw out the cooker). Just be sure to clean all the surfaces thoroughly, and wipe them down with a mild bleach solution to sterilize everything, let it all dry thoroughly, and you should be good to go again. That's about it. With these guidelines in hand you should be well equipped to enjoy the full benefits (and rice) of your rice cooker for a very long time.

Mexican Rice in Rice Cooker – From: Terry at Penzeys Spices. 02/18/2011

Onions – Chopped

Chili Power – Penzeys Med Hot

Salt

Diced tomatoes (optional)

White Rice

Cumin

¼ - ½ C. frozen Peas and Carrots

Frozen corn (optional)

VEGETABLES

Asparagus –

Put fresh asparagus in microwave safe dish with water and cover. Microwave on High 8 minutes until soft. Simmer in glaze 10 minutes.

Glaze: Small amount of olive oil, small spoon of margarine, 2 T. terryaki sauce (Kinkoman terryaki baste & glaze), dash of salt, dash of garlic powder.

Baked Potato – From: Alton Brown, HGTV.

1 Lg. Russet Potato

Canola Oil to coat

Kosher Salt

Heat oven to 350°. Position racks in top & bottom third of oven. Wash potato in cold water. Poke 8-12 holes in the potato with a fork so moisture will escape during baking. Place in a bowl and coat with oil. Sprinkle with kosher salt and place directly on middle oven rack. Place baking sheet (or foil) to catch any drippings. Bake 1 hour until skin feels crisp but flesh feels soft. If cooking more than 4 potatoes, extend cooking time by 15 minutes.

Roasted Bell Peppers

2 red bell peppers

2 tomatoes

4 artichoke hearts

Parmesan cheese

Olive oil

Halve bell peppers and quarter tomatoes. Into each half of pepper place 2 quarters of tomato, 1 artichoke heart, and 1 T. olive oil. Bake at 350° for 1 hour. At 45 minutes, place 1 T. of grated fresh parmesan cheese on each pepper. Finish baking for 15 minutes.

Refried beans, canned – From: Terry at Penzeys Spices. 02/18/2011

1 can refried beans

Salt

Chili Power – Penzeys Med Hot

Cumin

1 T. oil

¼ C. water to thin

Roasted Cabbage – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4-6 Servings.

1 t. sugar
¼ t. pepper
3 T. vegetable oil

1 t. salt
1 head green cabbage
2 t. balsamic vinegar

1. Adjust an oven rack to the upper-middle position. Place a rimmed baking sheet on the rack and heat the oven to 450°. Combine the sugar, salt, and pepper in a small bowl. Quarter the cabbage through the core and cut each quarter into 1-inch thick wedges (you will have about 16 wedges). Brush the cabbage wedges all over with the oil and sprinkle with the sugar mixture.
2. Arrange the cabbage on the hot baking sheet and roast until the cabbage is tender and lightly browned around the edges, about 25 minutes. Drizzle the cabbage with the vinegar. Serve.

Prepping Cabbage for Roasting: To keep cabbage wedges together so they brown evenly, quarter the cabbage, taking care to cut directly through the core. Cut each quarter through the core into 1-inch-thick wedges.

Stuffed Acorn Squash with Barley – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4 servings.

2 small acorn squash (about 1 ½ lbs. each), halved and seeded	
2 t. olive oil	Salt and Pepper
¾ C. pearl barley, rinsed and drained	1 onion, minced (about 1 C.)
1 fennel bulb, halved lengthwise, cored, and chopped fine	6 garlic cloves, minced
1 t. minced fresh thyme or ¼ t. dried	1 t. ground coriander
2 oz. parmesan cheese, grated (about 1 C.)	2 T. minced fresh parsley
2 T. pine nuts, toasted	1 T. unsalted butter
4 t. balsamic vinegar	

1. Adjust the oven racks to the upper-middle and lower-middle positions and heat the oven to 400°. Line a rimmed baking sheet with foil and lightly spray with vegetable oil spray.
2. Brush the cut sides of the squash with 1 t. of the oil, season with salt and pepper, and lay them cut side down on the prepared baking sheet. Roast on the lower-middle rack until tender (the tip of a paring knife can be slipped into the flesh with no resistance), 45 – 55 minutes. Remove the squash from the oven and increase the oven temperature to 450°.
3. Meanwhile, bring 3 quarts water to a boil in a large saucepan. Stir in the barley and ¼ t. salt. Return to a boil, then reduce to a simmer and cook until the barley is tender, 20 – 25 minutes. Drain and set aside.
4. Wipe the saucepan dry and add the remaining 1 t. oil, the onion and fennel. Cover and cook over medium-low heat, stirring occasionally, until the vegetables are softened, 8 – 10 minutes. Stir in the garlic, thyme, and coriander and cook until fragrant, about 30 seconds.
5. Off the heat, stir in the barley, ¾ C. of the Parmesan, the parsley, pine nuts, and butter. Season with salt and pepper to taste.
6. Flip the roasted squash over and scoop out the flesh, leaving a 1/8-inch thickness of the flesh in each shell. Gently fold the squash flesh into the barley mixture, then mound the mixture into the squash shells (about 1 C. of filling per shell).
7. Sprinkle with the remaining ¼ C. Parmesan. Bake on the upper-middle rack until the cheese is melted, 5 – 10 minutes. Drizzle with the balsamic vinegar and serve. (The stuffed squash can be assembled through step 6,

covered loosely with plastic wrap, and refrigerated for up to 4 hours. Finish and bake as directed, increasing the baking time to 25 – 30 minutes.)

NOTE: Make sure to use pearl barley, not hulled barley, in this recipe – hulled barley takes much longer to cook.

Black Bean Burgers – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 6 servings.

2 slices high-quality white sandwich bread, torn into pieces
2 large eggs
1 t. ground cumin
1/8 t. cayenne pepper
1 red bell pepper, stemmed, seeded, and chopped fine
1 shallot, minced (about 3 T.)
3 T. olive oil
1/2 t. salt
2 (15 oz.) cans black beans, drained and rinsed
1/4 C. minced fresh cilantro

1. Adjust an oven rack to the middle position and heat the oven to 350°.
2. Pulse the bread in a food processor to coarse crumbs, about 10 pulses. Spread the crumbs on a rimmed baking sheet and bake, stirring occasionally, until golden brown and dry, 10 – 12 minutes. Set aside to cool room temperature.
3. Whisk the eggs, 1 T. of the oil, the cumin, salt, and cayenne together in a small bowl. Place 2 1/2 C. of the beans in a large bowl and mash them with a potato masher until mostly smooth. Stir in the bread crumbs, egg mixture, remaining 1/2 C. beans, bell pepper, cilantro, and shallot until just combined. Divide the bean mixture into 6 equal portions, about 1/2 C. each, and lightly pack into 1-inch-thick patties.
4. Heat 1 T. more oil in a 12-inch nonstick skillet over medium heat until shimmering. Carefully lay half of the patties in the skillet and cook until well browned on both sides, 8 – 10 minutes, flipping them halfway through.
5. Transfer the burgers to a plate and tent loosely with foil. Return the skillet to medium heat and repeat with the remaining 1 T. oil and remaining burgers. Serve.

NOTE: Bush’s Best Black Beans was the top rated brand. Avoid over mixing the bean mixture in step 3 or the texture of the burgers will be mealy. Serve with your favorite toppings on whole wheat rolls or with a salad.

VARIATION

Black Bean Burgers with Corn and Chipotle Chiles

Follow the recipe for Black Bean Burgers, substituting 1 T. minced canned chipotle chile in adobo sauce for the cayenne pepper. Reduce the amount of red bell pepper to ¼ C. and add ¾ C. frozen corn, thawed and drained, to the bean mixture in step 3.

CASSEROLES

Cheesy Chicken & Rice Casserole – From CampbellsKitchen.com, Prep: 5 min. Bake: 45min.

1 can (10 ¾ oz.) Campbells Cream of Chicken Soup	1 1/3 C. Water
¾ C. <i>uncooked</i> long-grain white rice	2 C. fresh or frozen vegetables
½ t. onion powder	4 skinless, boneless chicken breast halves
½ C. reduced fat shredded cheddar cheese	

Stir the soup, water, rice, vegetables and onion powder in a 12” x 8” shallow baking dish. Top with chicken. Season chicken as desired. Cover. Bake at 375° for 45 minutes or until done. Top with cheese. Makes 4 servings.

Cheddar Cheese and Chicken Casserole – 12/26/2005. Yield: 4 Servings.

2 C. cut-up cooked chicken	2 C. cooked rice
1/3 C. chopped red bell pepper	1 (4 oz.) can chopped green chiles
½ C. sour cream	1 (8 oz.) pkg. borden finely shredded mild cheddar

Preheat oven to 350°. Combine chicken, rice, pepper, chiles, sour cream and 1 ½ C. cheese in 1 ½ QT casserole dish. Bake covered 25-30 minutes. Top with remaining cheese before serving.

Corn Casserole (Side Dish) – From: Paula Dean FoodTV – 01/29/2005.

1 (15 ¼ oz.) can whole kernel corn, drained	1 (14 ¾ oz.) can cream style corn
1 (8 oz.) Pkg. corn muffin mix (Jiffy)	1 C. Sour Cream
½ C. (1 stick) butter, melted	1 – 1 ½ C. shredded cheddar cheese

Preheat oven to 350°. In large bowl, stir together the 2 cans corn, corn bread mix, sour cream and melted butter. Pour into a greased casserole dish. Bake for 45 minutes or until golden brown. Remove from oven and top with cheese. Return to oven for 5-10 minutes until cheese melted. Serve warm.

Corn-Broccoli Casserole – From: TW Gazette 08/15/2004. Serves: 8

1 Can Corn, drained	1 can creamed corn
1 ½ C. shredded cheddar cheese	4 eggs, beaten
3 C. frozen broccoli, thawed and chopped in ½” chunks	1 Sm. Onion, minced
2/3 C. milk	

1 Sleeve saltines, crushed	2 T. margarine, melted

Preheat oven to 350°. Combine first 7 ingredients and ¾ C. cracker crumbs. Pour into large casserole dish. Combine remaining crumbs with margarine and use to top casserole. Bake uncovered for 40 minutes, or until firm. If use fresh broccoli, it should be steamed al dente first.

Zucchini-Brown Rice Casserole – From: Simple Living Network.

1 C. brown rice – uncooked	1 T. olive oil
Ground ginger to taste	½ C. green onions – chopped
2 Lg. zucchini, sliced	3 Lg. tomatoes, chopped (2 Lg or 3 Sm)
1 dash soy sauce to taste	1 garlic clove, chopped, crushed
2 C. vegetable broth, boiling (1 – 14 oz. can)	

Saute rice in oil until golden brown. Place in glass 9 x 13 dish and swish rice to grease dish. Spread rice in even layer. Sprinkle liberally with ginger. Layer the scallions, zucchini and tomatoes over rice. To the hot vegetable broth, add the soy sauce and garlic, then pour the mixture evenly over the casserole. Cover tightly and bake at 350° for 1 hour 15 minutes until liquid is absorbed and vegetables are tender. Makes 4 very generous servings – enough for lunch the next day.

Chicken Casserole – Yield: 6-8 Servings.

2 C. cooked chopped chicken	1 C. mayonnaise
2 (10 oz.) Pkgs. Frozen broccoli spears, cooked per directions	
1 t. lemon juice	2 (10 ¾ oz.) cans Cream Chicken soup
½ t. curry powder	½ C. shredded cheddar cheese
½ C. soft bread crumbs	

Put chicken and broccoli in a 9x13 baking dish. Combine soup, mayonnaise, lemon juice, curry power. Pour mixture over chicken and broccoli. Top with cheese and bread crumbs. Bake 350° for 25-30 minutes.

Chicken / Broccoli Casserole – From: Mom 11/07/1993.

4-6 chicken breasts (cooked / cubed) – bake 350° for 25 minutes
2 (10 oz.) boxes frozen broccoli florets (chopped, cooked)
1 (8 oz.) bag Pepperidge farm dressing mix – use ¾ of this

Sauce (mix together):

1 C. Mayonnaise (NOT miracle whip)	2 Cans Cream of Chicken soup
1 T. lemon juice	½ t. curry powder

Grease Casserole dish. ½ stick margarine (melted). Combine dressing mix and melted margarine. Put a layer of chicken on bottom, then ½ broccoli, then dressing mix and ½ the sauce. Repeat with the rest. Put stuffing on top. Bake at 350° for 40 minutes.

Rice and Broccoli Casserole

½ C. chopped onion	1 can Cream of chicken soup
½ C. chopped celery	1 can Cream of mushroom soup
2 T. shortening	1 C. shredded cheddar cheese
1 C. rice (uncooked)	1 Pkg. frozen chopped broccoli (or 2 C. fresh)

Saute onions and celery in shortening until soft. Cook rice and broccoli separately as directed on package. Mix all ingredients together in a 2 QT casserole (buttered). Bake 375° for 20 minutes before serving. Can be made ahead and refrigerated.

Broccoli Casserole – 2 QT baking dish.

2 Sm. Pkg. frozen chopped broccoli (10 oz.)
½ C. milk

1 can Cream of mushroom soup
1 small pkg. Pepperidge farm dressing mix

Stir together the soup and the milk. Cook broccoli according to directions on package. Drain off water. Layer in a greased baking dish. First put in ½ the broccoli. Put in a few small pieces of butter on the broccoli. Then spoon half the soup mixture on top of the broccoli. Sprinkle on a layer of the dressing mix. Repeat – rest of broccoli, the butter, rest of soup and more crumbs on top. (usually don't use whole package dressing mix). Bake at 325° for 30 minutes or until bubbly hot.

Potato Casserole – From: Mom Yield: 8-10 Servings

2 pounds frozen hash browns, partially frozen
1 t. Salt
2 T. minced onion (optional)
1 Pint sour cream

½ C. melted margarine
½ t. Pepper
1 Can Cream Mushroom soup
1 Sm. Pkg. grated American cheese

Mix together above ingredients in large bowl. Place in greased 9x13 baking dish. Mix ¼ C. melted margarine and 2 C. crushed corn flakes together – put on top of casserole. Bake at 350° for 45-60 minutes.

King Ranch Chicken Casserole

1 whole chicken, or 4-5 breasts
½ can (use ¾ or whole can) Rotel tomatoes and green chiles
1 can Cream of Chicken Soup
½ can chicken broth

1 can Cream of Mushroom Soup
1 onion, chopped
cheddar cheese, shredded

Corn tortillas

Cook chicken in small amount of salted water until tender. One layer corn tortillas cut in small pieces; one layer chopped onion, 1 layer grated cheese; ½ of sauce. Repeat layers ending in grated cheese. Bake 1 hour at 350°.

Campbell's One Dish Chicken and Rice Bake – Prep time: 5 minutes, Cook time: 45 minutes

1 can (10 ¾ oz.) Campbell's condensed Cream of Mushroom soup

1 C. Water

¾ C. uncooked long-grain rice

¼ t. paprika

¼ t. pepper

4 skinless, boneless chicken breast halves

In 2 QT shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover. Bake at 375° for 45 minutes or until done. Serves 4.

Oven-Baked Frittata – From: Tia Maddox, 10/21/1996. Yield: 6 Servings.

2-3 T. extra-virgin olive oil

6 scallions, green/white parts coarsely chopped

2 cloves garlic, minced

1 red bell pepper, diced

1 med. Zucchini, diced

1 med. Yellow summer squash, diced

1 med. Tomato, coarsely chopped

12 Extra Lg. eggs (or egg substitute mix)

¼ pound goat cheese, crumbled (or 8 oz. mozzarella)

Sea Salt and fresh ground pepper to taste.

2 T. minced fresh basil

Preheat oven to 400°. In a 12 inch skillet, heat 2 T. of oil, gently sauté scallions and garlic, stir frequently until they soften. Add peppers, squashes, tomatoes. Raise heat, continue sautéing 5-10 minutes until most of tomato juices evaporate and vegetables are soft. Add salt and pepper. Set aside to cool. In a large bowl, combine basil with eggs. Beat with fork to break yolks. Use slotted spoon to lift vegetables from skillet and add to egg mixture, and stir to mix. (discard any juice from skillet). Return skillet to Med heat, add more oil. When hot, add egg/vegetable mixture and cook for 2 minutes or so, continually lifting the bottom with slotted spatula to let

uncooked egg run under cooked part. Put in a baking dish, sprinkle cheese on top, place uncovered in oven for 15-20 minutes or until frittata is set and cheese is melted.

Broccoli, Beef, and Potato Hotdish – From: www.delish.com/recipes, 05/03/2011. Yield: 8 Servings. Prep time: 1 hour, Cook time: 40 mins, Total time: 1 hr 40 mins.

1 ½ lbs. (about 6 C.) broccoli, cut into 1-inch florets	2 T. canola oil (divided)
1 ½ lbs. 95%-lean ground beef	1 large onion (chopped)
2 T. Worcestershire sauce	1 t. garlic powder
1 ¼ t. salt (divided)	4 C. low-fat milk
1/3 C. cornstarch	2 C. shredded sharp Cheddar cheese
¼ t. ground turmeric	1 large egg, (lightly beaten)
4 C. frozen hash-brown or precooked shredded potatoes	½ t. freshly ground pepper
Canola or olive oil cooking spray	¼ t. Hungarian paprika (preferably hot)

1. Preheat oven to 450°.

2. Toss broccoli with 1 T. oil in a large bowl. Spread out on a baking sheet and roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.
3. Meanwhile, heat the remaining 1 T. oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 – 12 minutes. Stir in Worcestershire, garlic powder, and ¼ t. salt. Set aside.
4. Whisk the milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 – 8 minutes total. Remove from the heat and stir in Cheddar, ¾ t. salt, and turmeric until the cheese is melted.
5. Spread the beef mixture in a 9x13 (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.
6. Combine potatoes, egg, pepper, and the remaining ¼ t. salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.
7. Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand 10 minutes before serving.

NOTES: This easy casserole full of ground beef, roasted broccoli, and topped with hash browns was inspired by the classic Minnesota Tater Tot hotdish. Roasting the broccoli before adding it to the casserole gives the whole dish a much more complex and exciting flavor, but it is not necessary. If you want to keep it simple, skip roasting the broccoli (step 2) and use 6 C. frozen broccoli, thawed, in its place (omit 1 T. oil, as well).

Zucchini Rice Casserole – From: www.delish.com/recipes, 05/03/2011. Yield: 12 (1 C.) Servings. Prep time: 40 mins, Total time: 2 hours.

- | | |
|--|--|
| 1 ½ C. long-grain brown rice | 3 C. reduced-sodium chicken broth |
| 4 C. (about 1 lb.) diced zucchini and/or summer squash | 2 red or green bell peppers (chopped) |
| 1 large onion (diced) | ¾ t. salt |
| 1 ½ C. low-fat milk | 3 T. all-purpose flour |
| 2 C. shredded pepper Jack cheese (divided) | 1 C. fresh or frozen (thawed) corn |
| 2 t. extra-virgin olive oil | 8 oz. turkey sausage (casings removed) |
| 4 oz. reduced-fat cream cheese (Neufchatel) | ¼ C. chopped pickled jalapenos |

1. Preheat oven to 375°.
2. Pour rice into a 9x13-inch baking dish. Bring broth to a simmer in a small saucepan. Stir hot broth into the rice along with zucchini (and/or squash), bell peppers, onion, and salt. Cover with foil. Bake for 45 minutes. Remove foil and continue baking until the rice is tender and most of the liquid is absorbed, 35 – 45 minutes more.
3. Meanwhile, whisk milk and flour in a small saucepan. Cook over medium heat until bubbling and thickened, 3 – 4 minutes. Reduce heat to low. Add 1 ½ C. Jack cheese and corn and cook, stirring, until the cheese is melted. Set aside.
4. Heat oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned and no longer pink, about 4 minutes.
5. When the rice is done, stir in the sausage and cheese sauce. Sprinkle the remaining ½ C. Jack cheese on top and dollop cream cheese by the teaspoonful over the casserole. Top with jalapenos.
6. Return the casserole to the oven and bake until the cheese is melted, about 10 minutes. Let stand for 10 minutes before serving.

NOTES: We pack extra vegetables into this cheesy baked rice casserole. Plus we substitute brown rice for white, reduce the cheese by half, and swap turkey sausage for pork sausage. If you are bringing it to a potluck, plan to reheat it before serving. One review said that 1 T. flour made the sauce more fluid and creamier.

Seafood Chowder Casserole – From: www.delish.com/recipes, 05/03/2011. Yield: 8 Servings. Cook time: 20 mins, Total time: 1 hr 30 min.

1 T. canola oil
2 C. (about 2 small) sliced leeks (rinsed)

1 t. canola oil
1 C. celery (sliced)

2 large (about 1 $\frac{3}{4}$ lbs.) white potatoes (peeled and cut into $\frac{3}{4}$ -inch pieces)
 2 C. seafood stock or clam juice
 $\frac{1}{2}$ t. freshly ground pepper
 $\frac{1}{4}$ C. all-purpose flour
 1 lb. (21-25 count) raw shrimp (peeled, deveined, and chopped (about 2 C.))
 12 oz. diced Pacific cod or other firm white fish
 8 oz. pasteurized crabmeat (preferably jumbo, drained)
 2 T. chopped fresh dill or 2 t. dried (divided)

2 t. Old Bay seasoning (divided)
 1 C. low-fat milk
 1 T. Dijon mustard
 2 C. shredded Gruyere cheese (divided)
 $\frac{1}{2}$ C. coarse whole-wheat breadcrumbs

1. Preheat oven to 400°. Coat a 9x13-inch (or similar 3-quart) baking dish with cooking spray.
2. Heat 1 T. oil in a Dutch oven over medium-high heat. Add leeks and celery and cook, stirring often, until the leeks are softened, 2 – 3 minutes. Stir in potatoes, stock (or clam juice), 1 t. Old Bay, and pepper. Cover and bring to a simmer over high heat. Reduce heat to medium-low and simmer, covered, until the potatoes are just tender, 6 – 8 minutes.
3. Whisk milk, flour, and mustard in a measuring cup. Stir into the potato mixture, increase heat to medium-high, and bring to a simmer, stirring constantly. Stir in shrimp and fish and return to a simmer, stirring often; cook until the seafood is just cooked through, about 3 minutes. Remove from the heat and stir in crab, 1 $\frac{1}{2}$ C. Gruyere, and half the dill.
4. Transfer the seafood mixture to the prepared baking dish. Mix breadcrumbs with the remaining 1 t. each oil and Old Bay. Stir in the remaining $\frac{1}{2}$ C. Gruyere and the remaining dill. Sprinkle the breadcrumb mixture over the casserole.
5. Bake the casserole until it is bubbling and golden brown, 20 – 30 minutes. Let stand 10 minutes before serving.

NOTES: New England seafood chowder inspired the flavors here, but we've enhanced them further with Gruyere cheese and a crispy crumb topping. We like the combination of shrimp, cod, and crab, but feel free to experiment with other types of seafood. Scallops, clams, and mahi mahi would also work well.

SALADS

Chicken Salad – From: Gary Ayers. Yield: 4 Servings.

2 Cans (4.5 oz.) Swanson premium white chicken

Sliced apples to taste

Sliced almonds or pecans

1 T. Mayonnaise

(I substitute Whole Foods Cherry Berry mix for the *raisins and sliced nuts*)

Notes: I used both breasts from a fresh rotisserie chicken. I added chopped celery and red onion. It was good. I substituted blueberries for pineapple it was good. I used white onion which was good.

1 Can chunk pineapple

Raisins

Lemon yogurt – use $\frac{3}{4}$ container

Grapes (cut in half) – optional

Apple, Celery and Walnut Salad – 01/19/2009. Yield: 4 Servings.

2 Fuji apples, diced (1/4 inch)

Juice of $\frac{1}{2}$ lemon

2 ribs celery, diced (1/4 inch)

$\frac{1}{2}$ C. coarsely chopped walnuts

$\frac{1}{3}$ C. golden raisins

$\frac{1}{4}$ C. mayonnaise

$\frac{1}{4}$ C. sour cream

Salt and fresh ground pepper

Toss apples with lemon juice in a bowl. Add celery, walnuts, raisins, then toss. Combine mayo and sour cream in another bowl, then fold into the apple mixture. Season to taste with Salt and pepper.

Salad Dressing

3 T. olive oil

$\frac{1}{2}$ t. Salt

Garlic Powder

Rosemary

1 T. flavored vinegar

$\frac{1}{2}$ t. Pepper

Cilantro

Mix all ingredients together with a whisk and let set for 15 minutes before serving.

Rice, Black bean and Feta Salad – From: Athenos feta cheese package, 02/16/1998. Yield: 5 Servings.

1 (15 oz.) can black beans, drained, rinsed

1 $\frac{1}{2}$ C. cooked rice

1 $\frac{1}{2}$ C. chopped tomatoes

1 (4 oz.) Pkg. ATHENOS crumbled feta cheese

½ C. chopped celery
½ C. Italian dressing

½ C. chopped green onions
2 T. chopped fresh cilantro or parsley

Mix all ingredients. Refrigerate.

Salmon Pasta Salad – From: Seabear. 4-6 Servings.

Approx. 6-8 oz. Gold seal poached salmon.
½ C. provolone or mozzarella cheese, shredded
lemon dressing
Crisp greens

3 C. cooked shell macaroni, drained, cooled
½ C. minced parsley
Tomato Wedges

Drain salmon, saving 1 T. liquid; break into chunks. Combine with macaroni, provolone cheese and parsley in a bowl; add lemon dressing and toss lightly. Mound on lettuce-lined platter or in salad bowl; garnish with tomato wedges.

Lemon Dressing: Combine ½ C. olive oil, 2 T. lemon juice, 1 T. saved salmon liquid, 1 clove minced garlic, 1 t. salt, 1/2 t. each of dill weed, crushed and grated lemon peel, and dash of ground black pepper in a small bowl; blend well. Stir in ¼ C grated parmesan cheese.

Mediterranean Chopped Salad – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 4-6 Servings.

1 cucumber, peeled, halved lengthwise, seeded, and cut into ½-inch dice (about 1 ¼ C.)
1 pint grape tomatoes, quartered (about 1 ½ C.)
3 T. extra-virgin olive oil
1 garlic clove, minced
½ C. pitted kalamata olives, chopped
½ C. chopped fresh parsley
4 oz. feta cheese, crumbled (about 1 C.)

Salt
3 T. red wine vinegar
1 can (15 oz.) chickpeas, drained and rinsed
½ small red onion, minced (about ¼ C.)
1 romaine heart, cut into ½-in. pieces (about 3 C.)
Pepper

1. Combine the cucumber, tomatoes, and 1 t. salt in a colander set over a bowl and drain for 15 minutes.
2. Whisk the oil, vinegar and garlic together in a large bowl. Add the drained cucumber and tomatoes, chickpeas, olives, onion, and parsley. Toss and let stand at room temperature to blend the flavors, 5 minutes.
3. Add the romaine and feta and toss to combine. Season with salt and pepper to taste and serve.

CORNBREAD

Cornbread – From: Laura Harbin, 03/02/2011.

Recipe came from Helen Corbett (chef at Neiman Marcus for many years) Cookbook.

1 C. Yellow Corn meal	½ C. flour (unsifted)
1 t. salt	1 T. baking powder
½ t. baking soda	1 C. buttermilk
½ C. whole milk	1 egg, beaten
¼ C. oil or melted shortening	

Combine dry ingredients; combine wet ingredients, then add to dry. Mix well. Bake at 450° for 20 minutes, or until golden brown.

Spoon a dollop of vegetable shortening in cast iron skillet, and place in oven during preheating time. (I added this step).

Basic Cornbread – From: Lodge Cast Iron website - LodgeMfg.com, 03/02/2011.

Solid Vegetable Shortening	1 ¼ C. Corn meal
½ t. salt	2/3 C. all-purpose flour
1 egg, beaten	2 T. to ¼ C. sugar
1 C. milk	1 T. baking powder
¼ C. salad oil	3 T. mayonnaise

Preheat oven to 425°.

Spoon a dollop of vegetable shortening in cast iron skillet, and place in oven during preheating time.

Combine dry ingredients. Add egg, milk, oil and mayonnaise to dry ingredients, mix well.

Remove pan from oven (be careful, it will be very hot) and pour batter into skillet.

Bake at 425° for 20-25 minutes, or until golden brown. This recipe is very good.

Cornbread – From: www.pioneerbrand.com. 04/22/2011.

1 C. Pioneer Yellow Corn Meal	1/3 C. flour
2 t. baking powder	½ t. salt
1 egg, beaten	2/3 C. milk
3 T. vegetable oil or shortening	1 t. sugar (optional)

Preheat oven to 450°. Oil an 8-inch round cake pan. Combine Yellow Corn Meal and dry ingredients in a bowl. Add milk and egg; Stir. Add oil or shortening; Mix thoroughly. Pour into prepared pan. Bake 20-25 minutes until golden brown.

Cracklin' Cornbread – From: The best of America's Test Kitchen 2011 – 04/23/2011. Yield: 10.

6 slices bacon, chopped fine	2 ¼ C. (11 ¼ oz.) finely ground cornmeal
1 t. baking powder	1 t. baking soda
½ t. salt	2 C. buttermilk
¼ C. vegetable oil	2 large eggs, lightly beaten

1. Adjust an oven rack to the middle position and heat the oven to 450°. Cook the bacon in a 10-inch oven safe skillet over medium heat until crisp, about 8 minutes. Transfer the bacon to a paper towel-lined plate. Pour off the fat from the skillet, reserving ¼ cup.

2. Combine the cornmeal, baking powder, baking soda, and salt in a large bowl. Whisk in the buttermilk, 3 tablespoons of the oil, the reserved bacon fat, eggs, and crisp bacon.

3. Heat the remaining 1 tablespoon oil in the empty skillet over medium-high heat until just smoking. Spoon the cornmeal mixture, ½ cup at a time, into the skillet. Transfer the skillet to the oven and bake until the top begins to crack and the sides are golden brown, 12 – 16 minutes. Cool the cornbread in the pan for 5 minutes, then turn it out onto a wire rack. Serve.

Note: If you dump the batter in, the hot oil that's greasing the skillet gets pushed to the edge. Dolloping the batter guarantees the cornbread will release cleanly, even in an under seasoned skillet.

BREAD

Light Cheese Bread – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: One 8-inch loaf. 6 grams of fat and 170 calories per slice.

2 oz. Parmesan cheese, shredded on the large holes of a box grater (about 2/3 C.)	
2 ½ C. (12 ½ oz.) unbleached all-purpose flour	1 T. baking powder
1 t. salt	¼ t. dry mustard
1/8 t. cayenne pepper	1/8 t. black pepper
3 oz. extra-sharp cheddar cheese, cut into 1/4-inch cubes (about ¾ C.)	
1 ¼ C. low-fat buttermilk	1 large egg

1. Adjust an oven rack to the middle position and heat the oven to 350°. Lightly coat an 8 ½ x 4 ½ inch loaf pan with vegetable oil spray, sprinkle 3 T. of the Parmesan evenly over the bottom of the pan, and set aside.

2. Whisk the flour, baking powder, salt, mustard, cayenne, and black pepper together in a large bowl. Stir in 3 T. more Parmesan and the cheddar, breaking up any clumps. In a medium bowl, whisk the buttermilk, oil, and egg together until smooth. Gently fold the buttermilk mixture into the flour mixture with a rubber spatula. (Do not overmix.) The batter will be heavy and thick.

3. Scrape the batter into the prepared pan and smooth the top. Sprinkle the remaining Parmesan evenly over the top. Bake until golden brown and a toothpick inserted into the center comes out clean, 45 – 50 minutes, rotating the pan halfway through.

4. Let the loaf cool in the pan for 5 minutes, then turn it out onto a wire rack and let cool for 1 hour before serving. (The bread can be wrapped tightly in plastic wrap and stored at room temperature for up to 3 days.)

NOTE: Shredding the Parmesan on the large holes of a box grater and sprinkling it over the top of this bread adds a nice texture and helps prevent the cheese from burning; do not grate it fine or use pre-grated Parmesan. The texture of this bread improves as it cools, so resist the urge to slice the loaf while it is piping hot.

VARIATIONS

Light Cheese Bread with Roasted Red Peppers and Scallions

NOTE: Be sure to pat the roasted red peppers dry before adding them to the buttermilk.

Follow the recipe for Light Cheese Bread, adding ½ C. jarred roasted red peppers, drained, patted dry, and chopped, and 2 scallions, minced, to the buttermilk mixture.

Light Cheese Bread with Chipotle Chiles

Follow the recipe for Light Cheese Bread, omitting the cayenne pepper and adding 2 t. minced chipotle chiles in adobo sauce to the buttermilk mixture.

Light Cheese Bread with Sun-Dried Tomatoes and Garlic

Follow the recipe for Light Cheese Bread, adding ¼ C. chopped sun-dried tomatoes and 2 garlic cloves, minced,

to the buttermilk mixture.

Cat Head Biscuits – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: 6 biscuits.

1 ½ C. (7 ½ oz.) unbleached all-purpose flour	1 ½ C. (6 oz.) cake flour
1 T. baking powder	1 t. salt
½ t. baking soda	1 ¼ C. buttermilk
8 T. (1 stick) unsalted butter, cut into ½-inch pieces and softened	
4 T. vegetable shortening, cut into ½-inch pieces	

1. Adjust an oven rack to the upper-middle position and heat the oven to 425°. Grease a 9-inch cake pan. Combine the flours, baking powder, salt and baking soda in a large bowl. Rub the butter and shortening into the flour mixture until the mixture resembles coarse meal. Stir in the buttermilk until combined.

2. Use a greased ½-cup measure or large spring-loaded ice cream scoop to transfer 6 heaping portions of dough into the prepared pan, placing 5 scoops around the pan’s perimeter and 1 scoop in the center.

3. Bake until the biscuits are puffed and golden brown, 20 – 25 minutes. Cool in the pan for 10 minutes, then transfer to a wire rack. Serve. (The biscuits can be stored in an air-tight container at room temperature for up to 2 days.)

NOTE: This recipe will also work with 3 C. White Lily all-purpose flour in place of the combined all-purpose and cake flours. The test kitchen’s favorite flour is Pillsbury Unbleached all-purpose.

Incredible Cheese Biscuits – From: Tom Neeb – 11/03/2013. Yield: 36 biscuits.

2 C. (8 oz.) shredded sharp cheese	1 C. butter, melted
1 C. sour cream	2 C. self-rising flour

Preheat the oven to 425°. Mix all ingredients together and spoon into mini-muffin pans a tablespoon at a time. Bake for 10 minutes or until biscuits are golden brown. Remove from oven and cool on racks for 5 minutes.

Can be prepared ahead and frozen for up to a month. Thaw frozen biscuits on the counter and reheat wrapped in foil for 10 minutes or until warmed through. They are great at room temperature too.

Notes: you can substitute the self-rising flour with 2 cups all-purpose flour mixed with 3 teaspoons baking powder and 1 teaspoon salt. Best to use regular sour cream. If you use the reduced-fat, the texture will be softer.

The Life-Changing Loaf of Bread – From: Yahoo Food – 01/18/2014. Yield: 1 loaf.

1 C. sunflower seeds	½ C. flax seeds
½ C. hazelnuts or almonds	1.5 C. rolled oats
2 T. chia seeds	1 t. fine grain sea salt

1 C. Barley – 3 C. Liquid = 4 servings.

Homemade French Bread – From: Kitchenaid Mixer Recipe - 10/14/2004.

2 C. warm water	1 Pkg. Yeast
1 T. Salt	5-6 C. Flour (your choice)

Combine yeast with warm water, wait about 10 minutes. Add salt. Add 2 C. Flour and mix until well combined. Switch to dough hook and gradually add remaining flour. Keep the dough workable – not too dry. Remove from mixing bowl and let rest on floured area. Knead enough to make into a round shape. Place in large lightly oiled bowl, cover, keep in a warm place. When it has doubled in size, punch down, and let rise once more. After the second rising you are ready to shape into 2-3 long and narrow loaves on a cookie sheet. Make diagonal slices on the top, cover and let rise until at least double in size. Bake in pre-heated 425° oven for about 20 minutes. Take out and eat with butter.

Hoppin Johns (Side Dish) – From: Paula Dean FoodTV – 01/30/2005. Yield: 6-8 Servings.

2 T. Butter	1 Sm. Onion, chopped.
1 Sm. Red bell pepper, chopped	Garlic powder
2 C. black-eye peas, cooked	2 C. cooked rice
House Seasoning: Salt, Pepper, Garlic Powder	

Melt butter in large skillet over Medium heat. Add onion, bell pepper, and garlic powder to taste. Cook for 5 minutes. Add peas and rice. Cook for additional 10-15 minutes. Don't over cook, best if bell pepper and onion still have crunch to them. Add house seasoning to taste.

Chex Party Mix – From: Tracy Olson – 12/09/2001.

Bring to a boil:

1 ½ C. canola oil	½ pound butter (2 sticks)
8 T. Worcestershire Sauce	6 buds garlic or 3 t. garlic powder or 6 t. minced garlic

½ box each – Rice Chex, Corn Chex, Wheat Chex, Crispix. 2 C. Cheerios. 1 Small can mixed nuts, 1 Small can cashews, 1 Small can Spanish peanuts. Stick and Twist pretzels. Seasoned salt and garlic salt.

Slowly pour liquid into dry ingredients and stir. Bake in Low oven 200-250° for 2 hours uncovered. Stir every

20 minutes.

Chech Party Mix – From: Mom

¼ C. (1/2 stick) butter	1 ¼ t. seasoned salt
4 ½ t. Worcestershire sauce	2 2/3 C. Corn Chex cereal
2 2/3 C. Rice Chex cereal	2 2/3 C. Wheat Chex cereal
1 C. salted mixed nuts	1 C. pretzel sticks

Preheat oven to 250°. In open roasting pan melt butter in oven. Remove. Stir in seasoned salt and Worcestershire. Gradually add cereals, nuts, and pretzels, stirring until all pieces are evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on absorbent paper to cool. Store in air tight container.

Cheese and Wiener Crescents

4 slices American cheese	8 wieners
1 (8 oz.) can Pillsbury refrigerated quick crescent dinner rolls	

Cut 4 cheese slices into 6 strips each. Slit wiener to within ½” of ends and insert 3 cheese strips. Center wiener on a crescent dinner roll, and roll up. Place on a baking sheet cheese side up. Bake at 375° for 12-15 minutes.

Hard Boiled Eggs – Soft Boiled Eggs.

HB – Put eggs in cool water. Wait for a good boil, leave 10 minutes.

SB – Put eggs in cool water. Wait for a good boil, leave 3 minutes.

HB – from incredibleegg.org.

1. PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch. HEAT over high heat *just* to boiling. REMOVE from burner. COVER pan.
2. LET EGGS STAND in hot water about 15 minutes for large eggs (12 mins for medium eggs; 18 mins for extra large).

3. DRAIN immediately and serve warm. OR, cool completely under cold running water or in bowl of ice water, then REFRIGERATE.

Baked Eggs

Crack 2 eggs into a baking dish coated with non stick spray. Sprinkle seasoning on top and pour on a T. of milk. Bake 10-12 minutes at 325 degrees.

Roasted Garlic

Cut top off. Coat with olive oil. Roast in 350° oven for 30-45 minutes.

Cheese Grits – From: Alton Brown, HGTV 01/30/2005. Yield: 4 Servings, Prep: 5 min. Cook: 30 mins.

2 C. whole milk	2 C. Water
1 ½ t. kosher salt	1 C. coarse ground cornmeal
½ t. fresh ground pepper	4 T. unsalted butter
4 oz. cheddar sharp cheese, shredded	

Place milk, water, and salt into large pot over Med-High heat and bring to a boil. Gradually add cornmeal while continually whisking. Once cornmeal is incorporated, decrease heat to low and cover. Remove lid and whisk every 3-4 minutes to prevent lumping and sticking. Make sure to whisk in corners of pot. Cook for 20-25 minutes or until mixture is creamy. Remove from heat, add pepper and butter and whisk to combine. Once butter is melted, gradually whisk in the cheese a little at a time. Serve immediately.

Savory Polenta – From: Alton Brown, Good Eats. 01/30/2005. Yield: 4-6 Servings.

2 T. olive oil, plus extra for sautéing	¾ C. finely chopped red onion
2 cloves garlic, finely minced	1 QT. chicken stock or broth
1 C. coarse ground cornmeal	3 T. unsalted butter
1 ½ t. kosher salt	¼ t. fresh ground pepper
2 oz. parmesan, grated	

Preheat oven to 350°. In large oven safe saucepan, heat oil over Medium heat. Add onion and salt and sweat until onions start to turn translucent, approximately 4-5 minutes. Reduce heat to low, add garlic and sauté 1-2 minutes. Turn heat up to high, add chicken stock and bring to a boil. Gradually add cornmeal while continually

whisking. Cover pot and place in oven. Cook 35-40 minutes stirring every 10 minutes to prevent lumps. Once mixture is creamy, remove from oven and add the butter, salt and pepper. Once incorporated, gradually add the parmesan. Serve as is, or pour the polenta into a 9x13 baking dish lined with parchment paper. Place in refrigerator to cool completely. Once set, turn polenta out onto cutting board and cut into squares, rounds or triangles. Brush each side with olive oil and sauté over Medium heat in a non stick skillet or grill.

Sloppy Joes – From: Grandma Ludwig

2 pounds lean ground beef	2 onions, chopped
2 ribs celery, diced	1 (10 ¾ oz.) can tomato soup
1 soup can water	1 t. Salt

Brown hamburger, simmer all ingredients.

Stuffing (For Turkey) – From: Gene Kriska 11/30/1998.

Saute ½ stick of butter, chopped celery, carrots and onion in a sauce pan. Make 4 hard boiled eggs. Pour a bag of Pepperidge Farms stuffing mix in a baking dish. Add the sauted vegetables and butter mix and cut up eggs. Add some turkey juice too. Pour in 1 - 1 ½ C. water and mix good. Cover and bake 30 minutes at 325° with Turkey.

Omaha Steaks Seasoned Butter Sauce

Butter, Parsley, Lemon Juice, Worcestershire sauce, Garlic powder, White pepper.

Steak Marinade Italiano

¼ C. A1 Steak sauce	¼ C. Wishbone Italian salad dressing
1 t. garlic powder	

Combine all ingredients. Use mixture to marinate any lean cut of beef at least 1 hour. Heat remaining marinade to a boil. Use to baste beef while cooking or serve with beef.

Salsa – From: Heather Domerese, 03/28/2011

1 (14.5oz) Can whole tomatoes
½ white or yellow Onion
1 – 2 limes to taste
Salt and Pepper

1 – 2 jalapenos to taste
minced garlic
½ half bunch Cilantro

Put the entire can of tomatoes in a blender with half the onion cut up, Cilantro, 2 regular spoons of garlic, about a spoonful of salt and pepper, one jalapeno[deseeded], and cut the lime in half and squeeze the juice of one into the mix. Blend until smooth and chunky. Taste and then keep adding what you think it needs only a little at a time and only 1 ingredient at a time.

St. Louis Pizza – From: The best of America’s Test Kitchen 2011 – 04/23/2011. Yield: Two 12-inch pizzas.

SAUCE

1 (8 oz.) can tomato sauce
2 T. chopped fresh basil

3 T. tomato paste
1 T. sugar

2 t. dried oregano

CHEESE

8 oz. shredded white American cheese (about 2 C.)
3 drops liquid smoke

2 oz. shredded Monterey Jack cheese (about ½ C.)

DOUGH

2 C. (10 oz.) unbleached all-purpose flour
2 t. sugar
1 t. salt
2 T. olive oil

2 T. cornstarch
1 t. baking powder
½ C. plus 2 T. water

1. FOR THE SAUCE AND CHEESE: Whisk together the tomato sauce, tomato paste, basil, sugar, and oregano in a small bowl and set aside. Toss the cheeses with the liquid smoke in a medium bowl and set aside.

2. FOR THE DOUGH: Combine the flour, cornstarch, sugar, baking powder, and salt in a large bowl. Combine the water and olive oil in a liquid measuring cup. Stir the water mixture into the flour mixture until the dough starts to come together. Turn the dough onto a lightly floured counter and knead 3 or 4 times, until it is cohesive.

3. Adjust an oven rack to the lower-middle position, place a pizza stone (or an inverted baking sheet) on the rack, and heat the oven to 475°. Divide the dough into 2 equal pieces. Working with 1 piece of dough at a time, press the dough into a small circle and transfer it to a piece of parchment paper dusted lightly with flour. Use a rolling pin to roll and stretch the dough to form a 12-inch circle, rotating the parchment as needed. Lift the parchment and pizza dough off the counter onto an inverted baking sheet.

4. Top 1 dough round with half of the sauce and half of the cheese. Carefully pull the parchment paper and pizza off the baking sheet and onto the hot baking stone. Bake until the underside is golden brown and the cheese is completely melted, 9 – 12 minutes. Remove the pizza and the parchment from the oven and transfer the pizza to a cooling rack. Cool for 2 minutes. Repeat with the second dough round and the remaining sauce and cheese. Cut the pizzas into 2-inch squares and serve. (The dough can be made in advance. At the end of step 2, tightly wrap the ball of dough in plastic wrap and refrigerate for up to 2 days.)

NOTE: We like to use a baking stone (also called a pizza stone), which heats evenly and helps crisp crusts, but if you don't have one, bake the pizzas on a preheated inverted rimmed baking sheet. Real St. Louis pizza uses Provel cheese, this recipe recreates the provel cheese, so use Provel cheese instead if you can find it locally.

VARIATION

St. Louis Pizza with Pepperoni

Follow the recipe for St. Louis Pizza through step 3. Arrange 7 oz. thinly sliced pepperoni on a paper towel-lined plate, cover with 2 more paper towels, and microwave for 2 minutes. Let cool. Proceed with the recipe, arranging the pepperoni on the pizza before sprinkling with cheese.