

# A Compilation...



**...of All Those Little Scraps  
of Paper Lying Around the  
Kitchen That You Can Never  
Find When You Need Them**

**Tommy Ballard**

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v8.0.5



## FOREWORD

Everyone who cooks has a kitchen drawer or a cabinet full of recipes that have been cut out of the newspaper or a magazine, or scrawled down on a napkin. I had that drawer in my kitchen. Or, maybe you can't remember which of your many cookbooks contain that recipe that you tried six months ago that was really good. My solution to that problem was to take all of those scrapes of paper and all of those really good cookbook recipes and put them in one place, my own cookbook.

The following recipes include old-time favorites, new favorites and some that just looked good when I ran across them. I can't vouch for everything in this book, but I can and do recommend any recipe with a '👍' next to the title.

Beginning with release 8.0 I have started using the symbol '**WW**' to indicate Weight Watcher recipes. These recipes all include the points for each serving in the Notes section. You can also find these special recipes by looking in the index under "Weight Watchers'.

Check out my web site ('tommyballard.com') for new releases of A Compilation in the future and please let me know about any errors or typos you run across. Enjoy and remember my favorite question, "What ya'll wanna eat now?"

*Tommy Wayne*



# What's New?

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# APPETIZERS

## ***Cheese Wrapped Olives*** 👍

1 jar stuffed olives  
1 cup plain flour  
3/4 stick margarine or butter

1/2 lb. grated medium cheddar cheese  
Garlic powder to taste  
Cayenne pepper to taste

Drain olives in a colander. Using the knife blade in a food processor, cream together flour and margarine. Add cheese, garlic powder and cayenne pepper and process until dough forms a ball. (You may need to add a Tbsp. or two of milk or water to obtain the right consistency.) Roll a small portion of dough around each olive. Bake at 450° for 12 minutes.

## ***Sausage Cheese Balls*** 👍

1 lb. hot sausage  
1 lb. sharp cheddar cheese (grated cold)

3 cups Bisquick

Combine ingredients and form into bite-size balls. Bake at 350° for 12 to 15 minutes.

## ***Cheese Straws***

2 sticks real butter, softened  
1/2 lb. sharp cheese, grated  
1/2 lb. mild cheese, grated

2 cups plain flour  
Dash salt  
1/4 tsp. red pepper

Mix well. Roll out, cut in strips, and bake on cookie sheet at 350° until browned.

## ***Pesto Cheese Blossom*** 👍

1 (8-oz) package sliced provolone cheese  
2 (8-oz) packages cream cheese, at room temperature  
20 pistachios, shelled  
2 cloves garlic  
1/2 cup fresh basil leaves

1/2 cup fresh parsley leaves  
1/2 cup pine nuts  
1/4 tsp. salt  
1/4 tsp. freshly ground pepper  
2 Tbsp. extra-virgin olive oil  
3 ounces oil-packed sun-dried tomatoes

Line a medium bowl with plastic wrap, leaving enough overhang to cover the top. Reserving 3 slices of the provolone, line the bottom and sides of the bowl with the remaining provolone, overlapping the slices. For the cream cheese layer, process the cream cheese, pistachios, and 1 of the garlic cloves in a food processor until blended; scrape the mixture into a bowl and set aside. For the pesto layer, process the basil, parsley, pine nuts, and the remaining garlic clove in the food processor until blended. Dissolve the salt and pepper in the olive oil and mix well.

With the machine running, add the oil in a fine stream. Scrape this mixture into a second bowl and set aside. For the tomato layer, drain the tomatoes, reserving the oil. Puree the tomatoes

with a small amount of the reserved oil in a food processor. Spread some of the cream cheese mixture over the cheese slices lining the bowl. Layer the pesto mixture, half of the remaining cream cheese mixture, the sun-dried tomato mixture, and then remaining cream cheese mixture in the bowl. Cover with the remaining provolone. Bring the edges of the plastic wrap together over the top and secure with a twist tie. Freeze until firm. Remove the plastic wrap and invert the mold onto a serving platter. Serve with party crackers. This will keep in the refrigerator for up to 3 months.

## **“What’s in These?” Pimento Cheese Wafers**

1/2 cup butter	1/2 envelope onion soup mix, about 2 Tbsp.
8 ounces New York sharp Cheddar cheese, grated	1/2 tsp. salt or seasoned salt
1 cup all-purpose flour	1 4-ounce jar diced pimentos, drained well

Let butter and cheese come to room temperature. In a large mixing bowl, combine the butter, cheese, flour, soup mix, salt and pimentos. Using an electric mixer, beat on low speed until well-blended. Roll into three or four ropes about the circumference of a quarter. Wrap in plastic wrap and chill in the refrigerator about 3 hours or overnight.

Preheat oven to 375° and slice dough into 1/4” rounds (thinner is better than fatter). Bake on an ungreased cookie sheet for 10 to 12 minutes until the edges are lightly browned.

## **Okra Relleños**

4 oz. Monterey Jack cheese with peppers	1/2 cup buttermilk
1 lb. fresh okra (4” long pods)	1/2 cup dark beer
1 cup self-rising flour	Corn oil
1/3 cup self-rising cornmeal	1/2 tsp. salt
1 large egg	

Cut cheese into 3 1/4 x 1/4 inch sticks. Cut a lengthwise slit in each okra pod, cutting to but not through ends; push seeds aside. Stuff pods with cheese sticks. Combine flour and cornmeal in a large bowl; make a well in center of mixture. Combine egg, buttermilk and beer, add to dry ingredients, stirring until smooth. Pour oil to depth of 3 inches into a Dutch oven; heat to 375°. Dip stuffed okra in batter, coating well; fry, a few at a time, until golden. Drain on paper towels. Sprinkle with salt; serve with salsa, or eat plain.

## **Vegetable Bars**

2 8-oz. cans crescent rolls	1/2 head cauliflower, chopped
2 8-oz. packages cream cheese, softened	1 stalk broccoli, chopped
1 cup mayonnaise	1 green pepper, seeded and chopped
1 .4-oz package ranch buttermilk salad dressing mix	2 medium carrots, grated
	1 1/2 cups shredded cheddar cheese

Press crescent roll dough onto bottom and sides of ungreased 15 x 10 x 1-inch baking pan.

Preheat oven to 350°. Bake 10 minutes, or until golden brown. Cool. Combine cream cheese, mayonnaise, and salad dressing mix.; spread on crust. Stir together vegetables; sprinkle over cream cheese and pat lightly. Sprinkle with cheese. Cut into 1-inch squares. Makes approximately 6 dozen appetizers.

## **Stuffed Mushroom Caps** 👍

1 1/2 lb. Sausage	1 Medium onion
8 oz. Cream cheese	2 lb. Mushrooms
4 Egg yolks	

Brown sausage & onions and drain. Beat egg yolks and cream cheese. Fold sausage mixture into eggs and cream cheese. Stuff mushroom caps and bake at 425° for 10 to 15 minutes.

## **Hot Artichoke Dip** 👍

2 cans artichoke hearts	8 oz. shredded medium cheddar cheese
1 1/2 cups mayonnaise	1/2 tsp. garlic powder
1/2 cup sour cream	salt and pepper to taste

Drain and chop artichoke hearts. Mix all ingredients. Pour into a 1 1/2 quart casserole and bake covered at 350° for 40 minutes. Stir and serve with hard crackers.

## **Mushroom Puff Pastry** 👍

1 (12 by 18-inch) sheet puff pastry	1/4 cup cooking oil
1 egg, lightly beaten	1 Tbsp. garlic, chopped
1/4 cup black sesame seeds	2 Tbsp. shallots, minced
1/4 pound oyster mushrooms, quartered	Salt
1/4 pound shiitake mushrooms, quartered	Black pepper
1/4 pound portobello mushrooms, cut into 8 pieces	1 cup white wine
	1 1/2 cups cream

### **For the dice puff pastries:**

Preheat the oven to 350 degrees F.

Cut the puff pastry into 60 even squares. Using a pastry brush, brush each square with the beaten egg. Place the squares on a greased sheet pan. Apply the black sesame seeds to the egg wash on top of the squares in different patterns to make them look like dice. Bake the puffs until golden brown about 12 minutes. Let the puffs cool. Cut the puffs in half horizontally for sandwiching.

### **For the mushrooms:**

Clean and cut all the mushrooms. Heat a large saute pan. Add the cooking oil and saute mushrooms in small batches seasoning with garlic, shallots, salt and pepper. Spread sauteed mushrooms out onto a large tray and allow to cool. Chop the mushrooms and return them to the saute pan. Add the white wine and reduce until the liquid is almost completely evaporated. Add the cream and reduce again until thick.

To assemble:

Place one scoop of mushroom mixture on the bottom layer of the puff pastry and then top with the other layer to form the sandwich.

## **Creole Dipping Sauce**

1/2 cup vegetable or olive oil  
1 small clove garlic, peeled  
1/4 cup coarsely chopped green onions  
1/4 cup coarsely chopped celery  
1/2 tsp. salt  
1/4 tsp. cayenne pepper  
3 drops hot pepper sauce

1 1/2 tsp. paprika  
1 Tbsp. ketchup  
1/4 cup tarragon vinegar  
2 Tbsp. horseradish mustard or Dijon mustard  
Several sprigs flat-leaf parsley, for garnish

Place oil, garlic, green onions, celery, 1/2 tsp. salt, cayenne pepper, hot pepper sauce, paprika, ketchup, vinegar and mustard in a blender or food processor and process until mixture is smooth, about 1 minute. The sauce can be made 2 to 3 days ahead. Cover and refrigerate. Garnish with parsley before serving.

*Dippers: Green and wax beans, asparagus spears or any raw vegetable.*

## **Cucumber Spread** 👍

2 large unpeeled cucumbers, grated, salted  
and drained  
1/2 onion, grated  
2 8-oz. cream cheese

Worcestershire sauce  
Tabasco sauce  
Salt and pepper

Squeeze liquid from cucumbers. Cube cream cheese and mix with cucumbers and remaining ingredients. Spread on sliced, white bread. Trim crust from each "sandwich" and cut diagonally into quarters.

## **Mushroom Puff Pastry** 👍

1 (12 by 18-inch) sheet puff pastry  
1 egg, lightly beaten  
1/4 cup black sesame seeds  
1/4 pound oyster mushrooms, quartered  
1/4 pound shiitake mushrooms, quartered  
1/4 pound portobello mushrooms, cut into 8 pieces

1/4 cup cooking oil  
1 Tbsp. garlic, chopped  
2 Tbsp. shallots, minced  
Salt  
Black pepper  
1 cup white wine  
1 1/2 cups cream

### **For the dice puff pastries:**

Preheat the oven to 350 degrees F.

Cut the puff pastry into 60 even squares. Using a pastry brush, brush each square with the beaten egg. Place the squares on a greased sheet pan. Apply the black sesame seeds to the egg wash on top of the squares in different patterns to make them look like dice. Bake the

puffs until golden brown about 12 minutes. Let the puffs cool. Cut the puffs in half horizontally for sandwiching.

### **For the mushrooms:**

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To assemble:

Place one scoop of mushroom mixture on the bottom layer of the puff pastry and then top with the other layer to form the sandwich.

## **Olive Spread** 👍

1 cup olives (green)	Dash Worcestershire Sauce
1 cup walnuts	Dash Tabasco
1 cup cream cheese (8 oz. package)	

Place olives and walnuts in a food processor and process until chopped. Add remaining ingredients and process until combined.

## **Butterbean Pâté** 👍

1 tsp. olive oil	1/3 cup minced fresh parsley
2 garlic cloves, minced	1 1/2 cups cooked butter beans
1 cup minced onion	1 Tbsp. nutritional yeast
1/3 cup minced carrot	1 tsp. soy sauce
1/3 cup minced mushrooms	

Heat oil in a large skillet over medium-high heat. Sauté garlic, onion, carrot, mushrooms and parsley until onion is browned, about 5 minutes.

Place the beans, yeast and soy sauce in a food processor and puree until the mixture is smooth. Stir in the sautéed vegetables. Transfer the pâté to a serving dish and refrigerate 1 hour.

## **Mushroom and Almond Pâté** 👍

1 cup almonds	3 1/2 cups sliced mushrooms
2 tsp. olive oil	3/4 tsp. thyme leaves
1 small onion, finely chopped	3/4 tsp. salt
1 garlic clove, minced	1/8 tsp. black pepper

Toast the almonds in a 375° oven until lightly browned, about 10 minutes. Cool. Meanwhile, heat the olive oil in a skillet and sauté the onion and garlic 3 minutes. Add the mushrooms,

thyme, salt and black pepper and cook until the mushrooms are browned and any liquid has evaporated.

Use a food processor to grind the almonds to a paste. Add the mushroom mixture to the food processor and continue to process until smooth. Chill before serving.

## ***Shrimp and Slaw on Wonton Chip***

60 large shrimp, peeled, deveined, and  
cooked (about 3 pounds)

### **Chips:**

3 (16-ounce) packages wonton skins,  
thawed

2 Tbsp. sesame oil  
Salt

### **Slaw:**

1/2 pound snow peas  
1/2 pound radishes  
1/2 pound carrots

3 Tbsp. black sesame seeds  
1/4 cup mint leaves  
3 Tbsp. grated fresh ginger

### **Marinade:**

1/2 cup orange juice  
1/2 cup rice vinegar  
2 tsps. grated fresh ginger  
2 tsps. black sesame seeds

1 Tbsp. mint leaves  
1/4 cup peanut oil  
2 Tbsp. sesame oil

Preheat oven to 350° F.

Arrange wonton skins in single layer on a flat surface. Cut out circles using a 2-inch cookie cutter. Lightly coat baking sheets with sesame oil, transfer rounds to pan. Drizzle wontons with a little sesame oil, season, to taste, with salt. Bake until lightly browned, about 5 minutes. Let cool completely. The wonton crackers may be made several days ahead and stored at room temperature in an airtight container.

Blanch the snow peas in a large pot of rapidly boiling water for 1 minute. Drain well then rinse in cold water to stop the cooking process. Julienne the snow peas, radishes, and carrots, place them in a large bowl. Add sesame seeds, mint, and ginger. Whisk together the marinade ingredients in a separate mixing bowl, pour 1/2 the marinade over the slaw, toss to coat.

Remove the shrimp tails and discard. Split the shrimp in half lengthwise and place in a large bowl. Pour the remaining marinade over the shrimp.

To assemble: place a small amount of snow pea slaw on wonton cracker. Top with 2 shrimp halves, cut side down. Garnish with black sesame seeds and mint before serving.

## ***Bacon Wrapped Shrimp***

1 orange, sectioned, seeded and chopped  
1 hot red chile, stemmed and chopped  
2 scallions, white and green parts, chopped  
2 Tbsp. chopped fresh cilantro leaves  
2 Tbsp. extra-virgin olive oil

Salt and freshly ground black pepper  
8 large shrimp, shelled and deveined  
3 to 4 slices bacon, cut into 2 to 3-inch  
sections  
8 leaves bibb or Boston lettuce

Preheat the broiler. In a bowl, stir together the chopped orange, chile, scallions, cilantro, olive oil, and salt and pepper.

Wrap each shrimp in a section of bacon and secure with a toothpick. Put the shrimp on a baking sheet and broil, turning once, until the bacon is crisp and the shrimp is cooked through, 2 to 3 minutes each side. To serve, lay a lettuce leaf on the cutting board. Remove the toothpick from 1 of the cooked shrimp and center the shrimp on the lettuce leaf. Spoon a little of the citrus sauce on top, wrap it all up in the lettuce like a burrito, and put it seam-side down on a plate. Keep going in the same way to wrap all of the shrimp. Serve hot.

## **Ranch Oyster Crackers**

1 12-oz package oyster crackers	¼ tsp. lemon pepper
1 package Ranch salad dressing mix	¼ tsp. garlic powder
¾ tsp. fresh dill (or ¼ tsp. dried)	¾ cup vegetable oil

Pre-heat oven to 250°. Combine salad oil, lemon pepper, garlic powder, dill weed, and ranch style dressing. Place oyster crackers in shallow pan and pour combined ingredients over them. Bake for 20-25 minutes. Toss once during baking.

## **Tommy Wayne's Wings**

24 chicken wings	1 Tbsp. red wine
¾ cup Texas Pete Buffalo Sauce	3 Tbsp. butter

Cut the tips off the wings and discard. Cut remaining chicken wings in half at the joint. Deep fry the wings in 375° oil for 10 minutes and drain on paper towels.

Combine the Texas Pete sauce, butter and red wine in a small sauce pan and heat until smooth. Toss the wings in just enough sauce to cover and serve.

## **Seared Shrimp in Endive Leaves with Parsley Sauce**

12 ounces uncooked large shrimp, peeled and de-veined	¼ cup low-fat yogurt
5 tsps. extra-virgin olive oil	3 Tbsp. chopped fresh chives
Salt and freshly ground black pepper	¼ cup finely chopped fresh tarragon or 1 Tbsp. finely chopped fresh thyme
3 tsps. fresh lime juice	leaves
¼ cup lightly packed fresh Italian parsley leaves	2 Tbsp. drained capers
¼ cup low-fat sour cream	2 heads Belgian endive

To make the shrimp salad: Toss the shrimp with 3 tsps. (1 Tbsp.) of oil in a large bowl to coat. Sprinkle with salt and pepper. Heat a heavy large non-stick skillet over medium-high heat. Sauté the shrimp until they are just cooked through or pink, about 1 1/2 minutes per side. Transfer the shrimp to a plate and toss with 1 tsp. lime juice. Cool completely. Cut the shrimp into small cubes.

To make the parsley sauce: Blend the parsley, sour cream, yogurt, and remaining 2 tsps. lime juice in a food processor until the parsley is finely chopped. Season the sauce, to taste, with salt and pepper.

Toss the shrimp with the chives, tarragon, capers, and remaining 2 tsps. of oil in a large bowl to coat. Season the salad, to taste, with salt and pepper.

Separate the endive leaves and arrange on a platter. Spoon about 1 generous Tbsp. of the shrimp salad atop each leaf. Drizzle the parsley sauce over the salad and serve immediately.

## **Cocktail Quiches** 👍

### **Pastry Shells**

1/2 cup butter, softened	1 1/2 Tbsp sesame seeds
1/2 (8-oz) package cream cheese, softened	1/4 tsp salt
1 cup plus 2 Tbsp all-purpose flour	

Combine butter and cream cheese in a mixing bowl; beat at medium speed of an electric mixer until smooth. Stir in remaining ingredients. Cover and chill 1 hour.

Shape mixture into 36 (1-inch) balls. Place in lightly greased miniature (1 3/4-inch) muffin pans, shaping each ball into a shell. Makes 3 dozen.

### **Filling:**

1 cup (4-oz) shredded Cheddar cheese	1/2 tsp salt
2 Tbsp chopped fresh chives	1/4 tsp pepper
2 Tbsp chopped fresh tarragon	1/8 tsp ground nutmeg
3 large eggs, lightly beaten	Dash of hot sauce
3/4 cup half-and-half	

Combine first 3 ingredients in a small bowl; spoon mixture evenly into Pastry Shells.

Combine eggs and remaining 5 ingredients; stir well. Pour into Pastry Shells, filling 3/4 full.

Bake quiches at 350° for 30 to 35 minutes or until set.



# SOUPS & STEWS

## ***Chilled Cucumber Soup***

3 cucumbers, peeled, seeded, and chopped, plus 1 cup peeled, seeded, and finely diced cucumber  
1 1/2 cups plain yogurt  
1/4 cup sour cream

1/2 tsp. English-style dry mustard, or to taste  
Salt and pepper  
1/4 cup chopped fresh dill  
Fresh lemon juice, to taste  
Cucumber slices, dill sprigs, for garnish

In a blender puree chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices, and dill sprigs.

## ***Quick Gazpacho***

1 large carrot, trimmed and peeled  
1 green bell pepper, halved, cored and seeded  
1 medium cucumber, peeled and seeded  
1/2 medium onion, or 4 green onions, tops removed  
1 rib celery

1 clove garlic, peeled and minced  
1 Tbsp. olive oil  
Juice of 1/2 small lemon  
32 ounces V-8 or other tomato-vegetable juice  
Salt and pepper to taste

Dice the carrot, green bell pepper, cucumber, onion and celery or coarsely chop them in a food processor. Place them in a bowl. Add the remaining ingredients, then cover and chill the mixture.

## ***Black Bean Soup***

1 16-ounce bag black beans  
2 quarts cold water (additional water for soaking)  
1 Tbsp. butter  
1 small onion, sliced  
2 ribs celery, broken in pieces, or 1/4 tsp. celery salt

1 1/2 tsp. salt  
1/8 tsp. black pepper  
1/4 tsp. dry mustard  
Pinch of cayenne  
2 hard-boiled eggs, sliced thin  
1 lemon, sliced thin and seeds removed

Soak beans in water to cover overnight. In the morning, drain the beans, place in a Dutch oven and add 2 quarts cold water. Bring to a boil over medium heat.

Meanwhile, melt the butter in a small skillet over medium heat; add the onion and cook 5 minutes. Add sautéed onions to the beans, along with the celery. Reduce heat to low and simmer 1 to 2 hours or until beans are soft; add more water if necessary to prevent sticking

Remove beans from heat and cool slightly. Purée all or some of the beans in a food processor, reheat to boiling and add salt, pepper, mustard and cayenne, mixing well.

Divide eggs and lemon slices between 6 soup bowls and pour the soup over them.

## ***Jalapeño Corn Chowder***

1/2 cup margarine	1 16-oz can kernel corn, drained (reserve juice)
1 small onion, diced	1/2 cup all-purpose flour
1 red bell pepper, diced	4 cups chicken broth
1 Tbsp. chopped garlic	1 16-oz can creamed corn
1 Tbsp. chopped jalapeño	1/8 cup jalapeño juice (from jar of peppers)
1 pinch black pepper	1/4 to 1/2 cup milk, if needed, for consistency
1 pinch cayenne pepper	Salt and pepper to taste
1 pinch thyme	

In large sauce pot, sauté margarine, onion, bell pepper, garlic, jalapeño, black pepper, cayenne pepper, thyme and kernel corn on low heat for 10 minutes.

Add flour and cook on low heat for 5 minutes. Add chicken broth, creamed corn, reserved kernel corn juice, jalapeño juice and milk, if needed.

Bring mixture to a boil, stirring frequently with a whisk. When the mixture begins to thicken, add more milk, slowly, to correct consistency, being careful not to add too much.

Let simmer on low heat for 15 minutes. Season with salt and pepper to taste; add more cayenne if desired.

## ***Poblano Corn Chowder***

1/2 cup chopped onion	1/3 cup granulated sugar
3 ribs celery, chopped	1 Tbsp. lobster base, optional (available at Harry's Farmers Markets)
1/2 cup plus 2 Tbsp. margarine, divided	1/2 cup flour
1 poblano pepper, seeded and diced	1 (15-oz) can creamed corn
1 quart heavy cream	1 (15-oz) can whole corn kernels, drained
1 quart half-and-half	1/2 lb. Shrimp, diced
1 tsp. ground black pepper	Salt and sugar to taste
Pinch ground chile de arbol, or to taste (available at specialty food stores and farmers markets)	

Purée onion and celery in food processor. Drain liquid.

In large Dutch oven, melt 2 Tbsp. margarine over medium heat. When hot, add purée and poblanos. Cook, stirring constantly, until vegetables are soft but not brown, about 5 minutes. Add cream, half-and-half, black pepper, chile de arbol, sugar and lobster base, if using. Bring to a boil (be careful; cream will rise quickly and overflow).

Meanwhile, in a separate saucepan, melt remaining margarine. Add flour. Cook, stirring constantly, until thickened. Continue to cook for several minutes. Remove from heat. Gradually add to chowder, whisking constantly, until thickened. Simmer 3 to 4 minutes. Add corn and shrimp. Simmer 1 to 2 minutes, until shrimp is cooked. Season to taste with additional salt and sugar.

## **Broccoli Cheese Soup**

1/4 cup margarine  
1/2 cup chopped onion  
1/4 cup all-purpose flour  
3 cups water  
2 10-ounce packages frozen chopped  
broccoli, thawed

4 chicken bouillon cubes or 4 tsp. Chicken-  
flavored instant bouillon  
1 tsp. Worcestershire cause  
3 cups shredded Cheddar cheese  
1 1/2 cups half-and-half  
1 cup low-fat milk

In Dutch oven, melt margarine. Add onion and cook until tender. Stir in flour until smooth. Gradually add water, then broccoli, bouillon and Worcestershire sauce. Cook and stir over medium heat until thickened and broccoli is tender, about 10 minutes. Add cheese, half-and-half and milk. Cook and stir until cheese melts and soup is hot, about 10 minutes

## **Cheri's Roasted Red Pepper Soup**

3 1/2 cups chicken stock or 2 cans (14 1/2  
ounces each)  
6 large red bell peppers  
1 medium onion  
1 carrot

1/2 cup half-and-half  
1/4 - 1/2 cup sour cream  
2 tsp. red wine vinegar  
1/4 tsp. sage  
Salt and Pepper to taste

Preheat oven to 450°. Rub red peppers with vegetable oil and place in oven on a cookie sheet for 30 to 45 minutes, turning occasionally until skins turn black. Remove skins and seed from peppers. Do not rinse under running water as this will wash away much of the roasted flavor from the peppers.

Cut up the peppers and other vegetables and place in the chicken stock and bring to a soft boil. Cook until vegetables are soft (around 30 minutes tops).

Run the mixture through the blender or food processor in batches. Strain through a metal strainer. Return to the stove and add half-and-half, sour cream, vinegar, sage, salt and pepper. Whisk thoroughly.

## **Broccoli, Red Pepper and Cheddar Chowder**

1 small head broccoli (1/2 lb.)  
1 large boiling potato (1/2 lb.)  
1 large onion, chopped  
1 red bell pepper, cut into 1/2" pieces  
1 large garlic clove, finely chopped  
2 Tbsp. unsalted butter  
1 tsp. ground cumin

1 tsp. salt  
1/4 tsp. black pepper  
1/2 tsp. dry mustard  
2 Tbsp. all-purpose flour  
3/4 cup heavy cream  
6 oz. sharp Cheddar, coarsely grated (1-  
1/2 cups)

Discard tough lower third of broccoli stem. Peel remaining stems and finely chop. Cut remaining broccoli into very small (1-inch) florets. Cook florets in a large pot of boiling salted water, until just tender, 2 to 3 minutes. Transfer with a slotted spoon to a bowl of ice water to stop cooking, then drain. Reserve 3 cups cooking water for chowder.

Peel potato and cut into 1/2-inch cubes. Cook potato, onion, bell pepper, broccoli stems and garlic in butter in a 3 to 4-quart heavy pot over moderate heat, stirring occasionally, until onion

is softened, 8 to 10 minutes. Add cumin, salt, pepper and mustard and cook, stirring, 1 minute. Add flour and cook, stirring, 2 minutes. Add reserved cooking water and simmer (partially covered)), stirring occasionally, until potatoes are tender, about 10 minutes. Stir in cream and cheese and cook, stirring, until cheese is melted, then season with salt and pepper.

Puree about 2 cups of chowder in a blender (or using a stick blender) until smooth and return to pot. Add florets and cook over moderate heat, stirring occasionally, until heated through, about 2 minutes.

## ***Roasted Red Pepper Soup with Corn Bread Croutons***

2 1/2 Tbsp. olive oil	3 or 4 large red bell peppers, roasted and coarsely chopped
1 onion, chopped	1 tsp. Sweet paprika
1 small potato, peeled and thinly sliced	Salt and freshly milled pepper
2 garlic cloves, sliced	1 quart water or vegetable stock
1 bay leaf	Balsamic vinegar to taste
1 Tbsp. chopped marjoram, plus extra for garnish	Corn bread croutons
1 Tbsp. tomato paste	

To roast peppers: Cut off the top of the peppers, then slice them in half lengthwise, remove the seeds and veins and press down on each half to flatten. Brush the skins with olive oil, then set them, skin side up, on a cookie sheet. Bake at 400° or broil 5 to 6 inches under the heating element until the skins are blistered and charred, about 15-20 minutes. Remove peppers, stack on top of each other and place in covered bowl or plastic bag to let steam for 15 minutes. Rub off the skins and discard them.

For croutons: Cube a couple of pieces of room-temperature corn bread and place on a cookie sheet at 200°. Bake about 15 minutes, or until dry throughout.

For soup: Heat the oil in a soup pot and add onion, potato, garlic, bay leaf and marjoram. Sauté over high heat, stirring often, until potato and onion begin to brown, about 12 minutes. Add tomato paste and cook for 1 minute. Add the peppers, paprika and 1 tsp. salt. Pour in the water or stock and scrape the bottom of the pot. Bring to a boil, then lower the heat and simmer, partially covered, for 25 minutes. Remove the bay leaf and blend the soup until smooth. Taste for salt, season with pepper and add a tsp. or so of vinegar. Put croutons and a sprinkling of chopped marjoram on top.

## ***The Soup Nazi's Cream of Sweet Potato Soup***

4 sweet potatoes (about 1 lb. each)	2 tsp. salt
8 cups water	1/8 tsp. pepper
1/3 cup butter	Dash thyme
1/2 cup tomato sauce	1 cup cashews (split in half)
2 Tbsp. half-and-half	

Preheat oven to 375°. Bake the sweet potatoes for 1 hour or until they are soft. Cool the potatoes until they can be handled.

Peel away the skin, then put the potatoes into a large bowl. Mash the potatoes for 15-20 seconds, but you don't need to mash them until they are entirely smooth.

Spoon the mashed sweet potato into a large saucepan over medium/high heat, add the remaining ingredients and stir to combine.

When the soup begins to boil, reduce the heat and simmer for 50-60 minutes. Cashews should be soft. Serve hot with an attitude.

## **Pizza Soup**

4 1-ounce slices Italian bread	1 1/4 cups beef broth
1 large garlic clove, peeled and split	1/2 tsp. dried oregano
1/4 cup grated Parmesan cheese	1/2 tsp. dried basil
2 1/4 cups tomato juice	Ground black pepper to taste

Dry cut bread in a 300-degree oven for 15 minutes. Rub each slice with garlic, then sprinkle evenly with cheese. Brown lightly under broiler.

In a medium saucepan combine juice, broth, oregano, basil and pepper. Bring to a boil over medium heat, reduce heat to low and simmer 5 minutes. Top each portion with 2 croutons.

## **Tortilla Soup**

1 medium onion chopped	1 cup water
2 garlic cloves minced	1/2 cup Pace picante sauce
2 Tbsp. vegetable oil	2 tsp. Worcestershire sauce
1 can (28 oz.) whole tomatoes	1 tsp. cumin
1 can condensed beef broth	1 tsp. chili powder
1 can condensed chicken broth	4 corn tortillas cut into 1/2" wedges
1 can condensed tomato soup	1/2 cup shredded cheddar cheese

Cook onion and garlic in oil in Dutch oven until tender but not brown. Drain and coarsely chop tomatoes reserving liquid. Add tomatoes and juice to Dutch oven with remaining ingredients except tortillas and cheese. Bring to a boil, reduce heat, and simmer uncovered 1 hour. Add tortillas and continue simmering 10 minutes. Ladle into soup bowls and sprinkle with cheese. Makes 6 to 8 serving.

## **Easy Baked Potato Soup**

4 large baking potatoes - cut into cubes	12 slices cooked bacon- crumbled
2/3 cup butter	1 1/4 cup shredded cheddar cheese
2/3 cup flour	1 8oz. carton of sour cream
6 cups milk	1 tablespoon chicken bouillon granules
4 green onions - sliced	salt and pepper to taste

Preheat oven to 425. Wash potatoes, prick with fork, and microwave just like you would as baked potatoes (leave skin on). Cook bacon until brown. Melt butter in large sauce pan on low heat. Add flour stirring until smooth (about 1 minute). Add milk one cup at a time, stirring as you add. Cook over medium heat until it is thick. Add all ingredients except sour cream, cook & stir until heated, then add the sour cream.

## ***Oriental Shrimp and Mushroom Soup***

4 green onions, cut into 1" pieces  
1/2 cup thinly sliced carrots  
1/2 cup thinly sliced fresh mushrooms  
1 Tbsp. margarine  
4 cups chicken broth

1/2 lb. medium shrimp, peeled and deveined  
1/2 cup chopped fresh cilantro  
4 drops sesame oil

Sauté onions, carrots and mushrooms in margarine until tender in large saucepan over medium-high flame. Add chicken broth; bring to a boil. Add shrimp, cilantro and sesame oil. Cook 3 minutes or until shrimp are done. Makes 4 servings.

## ***Potato Soup with Shrimp***

6 servings Ingredients  
1/2 stick butter  
1 small onion, diced  
2 medium carrots, diced about the same size as the onion  
2 Tbsp. all-purpose flour  
8 medium russet potatoes, peeled and cubed  
4 cups milk, whole, reduced fat (2 percent) or low fat (1 percent)

2 chicken bouillon cubes, dissolved in 1/2 cup hot milk  
1 cup half-and-half  
1 tsp. salt  
1/4 tsp. pepper  
2 cups salted water  
1 pound medium shrimp  
Crumbled bacon bits, for garnish  
Grated sharp Cheddar, for garnish  
Dill sprigs, optional garnish

In a 4-quart saucepan, melt the butter and saute the onion and carrots until both are slightly tender, about 5 minutes. Whisk in the flour and cook for 1 minute. Add the potatoes, milk, and dissolved bouillon cubes. Cook over medium heat for 15 minutes, until the potatoes are very soft and some of them have begun to dissolve into mush. Add the half-and-half, salt, and pepper.

In a small saucepan, bring 2 cups lightly salted water to a boil. Add the shrimp all at once and stir well. Watch the shrimp closely; as soon as they all turn pink, about 2 to 3 minutes, turn off the heat and drain. The shrimp should be slightly undercooked. When they are cool, peel them, and chop roughly into big chunks. Add the shrimp to the soup and stir well. Serve soup sprinkled with bacon bits and grated cheese. Garnish with dill sprigs, if desired.

*Note: If you don't have access to shrimp, use corn.*

## ***Slow-Cooker Beef Stew***

2 pounds boneless, well-trimmed 1" beef chunks  
1/4 cup all-purpose flour  
1/2 tsp. salt  
3/4 tsp. pepper  
1 can beef broth  
1 (14 1/2-ounce) can chopped stewed tomatoes

6 medium carrots cut in 1" chunks  
4 medium potatoes cut into chunks  
1 large onion coarsely chopped  
1 rib celery, sliced  
1 tsp. paprika  
1 tsp. Worcestershire sauce  
2 cloves garlic, minced  
2 bay leaves

Place beef cubes in a 4- or 5-quart slow cooker. Combine flour, salt and pepper and sprinkle over beef; toss to coat beef with flour. Add beef broth, tomatoes, carrots, potatoes, onions, celery, paprika, Worcestershire sauce, garlic and bay leaves. Cook 8 to 10 hours on low or 4 to 6 hours on high. Remove bay leaves. Stir to combine and serve.

## **Instant Brunswick Stew**

1 24-oz. can Castleberry's Brunswick Stew	1 Tbsp. lemon juice
1 10-oz. can Castleberry's Barbecue Beef	1 Tbsp. Worcestershire sauce
1 10-oz. can Castleberry's Barbecue Pork	1 tsp. onion salt
2 17-oz. cans cream style corn	1/2 tsp. salt
1 16-oz. can cut up tomatoes	1/4 tsp. pepper
1 Tbsp. vinegar	

Mix all ingredients in a large pot or Dutch oven. Heat and serve.

## **Beef Stew With Attitude**

3 Tbsp. olive oil	2 large ribs celery, cut into 1 1/2-inch lengths
2 lb. beef round or chuck, cut in 1-inch cubes	1 large turnip, cut in 1-inch cubes
Salt	1 cup dry red wine
Freshly ground pepper	1 cup reduced-sodium beef broth
2 medium onions, diced	2 Tbsp. tomato paste
1 Tbsp. balsamic or red-wine vinegar	4 whole peppercorns
1 large sweet potato, peeled and cut in chunks	1 tsp. fresh or 1/2 tsp. dried rosemary
3 small yellow potatoes, cut in chunks	1 cup tiny frozen peas
3 medium carrots, cut in 1-inch pieces	1/2 cup chopped fresh basil

Heat 1 Tbsp. oil in large heavy Dutch oven over high heat. Pat meat dry. When oil is hot, add half of meat. Season lightly with salt and pepper; brown well on all sides. Remove meat from pot; set aside. Heat another Tbsp. oil and brown remaining meat. Remove and set aside.

Heat remaining oil in same pan. Add onions; cook, stirring often, until well-browned, 6 to 7 minutes. Add vinegar, stir several seconds, then add remaining vegetables. Cook, stirring 1 to 2 minutes. Add wine, broth, tomato paste, peppercorns and rosemary. Cover pan and simmer gently until meat is tender, about 2 hours, adding peas during last 2 minutes. Add basil and salt and pepper to taste.

## **Wendy's Chili**

2 pounds ground beef	3 medium tomatoes, chopped
One 29-oz can tomato sauce	2 tsp. cumin powder
One 29-oz can kidney beans (with liquid)	3 Tbsp. chili powder
One 29-oz can pinto beans (with liquid)	1 1/2 tsp. black pepper
1 cup diced onion (1 medium onion)	2 tsp. salt
1/2 cup diced green chili (2 chilies)	2 cups water
1/4 cup diced celery (1 stalk)	

Brown the ground beef in a skillet over medium heat; drain off the fat. Using a fork, crumble the cooked beef into pea-size pieces. In a large pot, combine the beef plus all the remaining ingredients, and bring to a simmer over low heat. Cook, stirring every 15 minutes, for 2 to 3 hours.

For spicier chili, add 1/2 tsp. more black pepper. For much spicier chili, add 1 tsp. black pepper and a Tbsp. cayenne pepper. And for a real stomach stinger, add 5 or 6 sliced jalapeno peppers to the pot. Leftovers can be frozen for several months.

*Note: This recipe from <http://www.topsecretrecipes.com> clones the stuff served at the Wendy's chain. Dave Thomas, Wendy's founder, has been serving this chili since 1969, the year the first Wendy's opened its doors. Over the years the recipe has changed a bit, but this version here is an amazing copy of the version of chili served in the early 90's. Try topping it with some chopped onion and cheddar cheese, as you can request in the restaurant.*

## **Cincinnati Chili**

1 quart water	8 whole cloves, freshly ground (about 1/4 tsp. ground)
2 lbs. Ground beef or turkey	1 bay leaf
2 medium yellow onions, finely chopped	2 tsp. salt
5 cloves garlic	2 tsp. ground cinnamon
1 15-oz can tomato sauce	1 1/2 tsp. cayenne pepper
2 Tbsp. cider vinegar	1 tsp. ground cumin
1 Tbsp. Worcestershire sauce	1/2 oz. Unsweetened chocolate, grated
10 peppercorns, freshly ground (about 1/4 tsp. ground)	1 lb. Cooked spaghetti
8 whole allspice, freshly ground (about 1/4 tsp. ground)	

In a large stockpot over high heat, boil the water. Add the beef and stir until separated. Reduce the heat to a simmer and add the onions, garlic, tomato sauce, vinegar and Worcestershire sauce. Stir to combine. Add the black pepper, allspice, cloves, bay leaf, salt, cinnamon, cayenne pepper, cumin and chocolate. Return to a boil.

Reduce the heat and simmer for 2 hours. Cool completely, cover, and refrigerate overnight. Before serving, skim any fat and discard. Reheat and serve over spaghetti.

## **Black Bean Chili**

2 medium onions, chopped	1 Tbsp. ground cumin
4 large garlic cloves, minced	2 tsp. paprika
1 red pepper, chopped	1/2 tsp. cayenne pepper
1 Tbsp. vegetable oil	4 tsp. chili powder
3 16-oz cans black beans, drained and rinsed	1 tsp. dried oregano
1 28-ounce can chopped tomatoes with juice	1 1/2 tsp. salt
2 Tbsp., tomato paste	Freshly ground black pepper
	1 Tbsp. dark brown sugar



In a nonstick skillet over low heat, cook onions, garlic and red pepper in oil 12 to 15 minutes. Combine onion mixture and beans in a Dutch oven. Add tomatoes, tomato paste, cumin, paprika, cayenne, chili powder, oregano, salt, pepper and sugar and simmer, covered, 1 hour.

## **Vegetarian Chili**

1 tsp. olive oil	2 Tbsp. chili powder
1 large green pepper	1 heaping Tbsp. cumin
1 large red pepper	1 tsp. cayenne
2 carrots chopped	1 cup TVP or bulgar wheat
3 stalks celery chopped	1 can kidney or pinto beans
1 large onion chopped	Water
6 cloves garlic minced	Salt and pepper to taste
1 can (2 lb.) stewed tomatoes	Brown sugar (optional)
1 can (10 3/4 oz) tomato puree	

Sauté garlic and onions in olive oil until soft. Add peppers, carrots, and celery and sauté 3-4 minutes. Add remaining ingredients and add just enough water for the desired consistency. Bring to a boil and reduce heat, simmering 1 to 1 1/2 hours.

## **Cincinnati Five-Way Chili**

1 1/4 pounds ground beef	1/4 tsp. ground cloves
1 medium onion, chopped	1/4 tsp. ground coriander
2 garlic cloves, minced	1 1/4 tsp. ground cardamom
1 cup barbecue sauce	Tomato juice as needed
1/2 ounce unsweetened chocolate, grated	9 ounces spaghetti
1 Tbsp. chili powder	1 Tbsp. butter
1 tsp. freshly ground black pepper	1 (15-ounce) can kidney beans, rinsed and drained
1/2 tsp. salt	1 medium onion, chopped (garnish)
1/4 tsp. ground cumin	1 cup finely shredded cheddar cheese
1/4 tsp. ground turmeric	Oyster crackers for garnish (optional)
1/4 tsp. ground allspice	
1/4 tsp. cinnamon	

In a large skillet or Dutch oven, cook the beef, onion and garlic, stirring to break up, until meat is cooked through. Drain any fat from the pan. Add the barbecue sauce and 1/2 cup water and bring mixture to a boil. Add the chocolate, chili powder, black pepper, salt, cumin, turmeric, allspice, cinnamon, cloves, coriander and cardamom.

Cover and simmer for 30 minutes, stirring occasionally. The chili will thicken as it cooks. Add tomato juice as necessary for a consistency that ladles easily. Allow the chili to rest at least 30 minutes in a covered pan at room temperature. (Chili can be refrigerated and reheated to serve.)

Meanwhile, cook the spaghetti according to package directions. Drain and toss with butter. In a saucepan, cook beans until warm. Drain any excess water. To serve, on individual plates,

place a layer of spaghetti, top with chili, some beans and some chopped onion. Sprinkle with cheese. Top with oyster crackers, if desired.

Per serving: 894 calories (percent of calories from fat, 47), 46 grams protein, 72 grams carbohydrates, 8 grams fiber, 46 grams fat, 144 milligrams cholesterol, 1,313 milligrams sodium.

*Note: What barbecue is to Memphis, chili is to Cincinnati. There are at least 100 chili joints in and around the city, and they serve a dish that's seasoned and garnished like nowhere else. This version, from Jane and Michael Stern's cookbook "Chili Nation," is flavored with chocolate, cinnamon and cloves. It's served "five-way," meaning (1) chili over (2) spaghetti, with (3) beans, (4) chopped onions and (5) cheese on top.*

## **The Soup Nazi's Mexican Chicken Chili**

1 lb. chicken breast fillets	1 jalapeño, diced
1 Tbsp. olive oil	1/4 cup chopped Italian parsley
10 cups water	1 clove garlic, minced
2 cups chicken stock	1 1/2 tsp. chili powder
1/2 cup tomato sauce	1 tsp. cumin
1 potato, peeled & chopped	1/4 tsp. Salt
1 small onion, diced	Dash cayenne pepper
1 cup frozen yellow corn	Dash basil
1/2 carrot, sliced	Dash oregano
1 celery stalk, diced	Sour cream
1 cup canned diced tomatoes	Pinch chopped Italian parsley
1 15-oz. can red kidney beans, plus liquid	
1/4 cup diced, canned pimento	

Sauté the chicken breasts in the olive oil in a large pot over medium/high heat. Cook the chicken on both sides until done – about 7 to 10 minutes per side. Cool the chicken until it can be handled. Do not rinse the pot.

Shred the chicken by hand into bite-size pieces and place the pieces back into the pot.

Add the remaining ingredients (except the sour cream and the pinch of Italian parsley) to the pot and turn heat to high. Bring mixture to a boil, then reduce heat and simmer for 4 to 5 hours. Stir mixture often so that many of the chicken pieces shred into much smaller bits. Chili should reduce substantially to thicken and darken (less orange, more brown) when done.

Combine some chopped Italian parsley with sour cream and serve it on the side for topping the chili, if desired.

## **Yucatan Chicken & Lime Soup**

3 qts. chicken broth	2 limes, juice of
1 medium onion, thinly sliced	2 oz. butter
2 celery stalks, sliced	1/2 clove garlic, minced
1 medium carrot, sliced	12 oz. shredded cooked chicken
1 small tomato, blended	6 corn tortillas

Sauté garlic in butter. Add onion, celery and carrots. Do not overcook. Add the mixture to the chicken broth with the tomato. Season with salt to taste. Remove from heat, add lime juice. Serve over fried corn tortilla strips and 2 oz. shredded chicken. Garnish with slice of fresh lime.

## **Very Veggie Chili**

1 poblano pepper	1 (11-ounce) can whole kernel corn, undrained
2 1/2 Tbsp. olive oil, divided	1 (28-ounce) can crushed tomatoes
1 cup diced onions	1 (30-ounce) can chili beans in sauce
1 cup diced carrots	1 (15 1/2-ounce) can kidney beans, drained
1 cup diced bell peppers	1/2 tsp. red pepper flakes
1 jalapeño pepper, minced, seeds removed, optional	3 cups water
1 medium potato, small dice	1 cup uncooked rice
1 tsp. minced garlic	Salt to taste
1 Tbsp. chili powder	Black pepper to taste
1 Tbsp. cumin	

Preheat oven to 350° degrees. Rub poblano pepper with 1 Tbsp. olive oil. Place on ungreased baking sheet and roast for 10 to 12 minutes, or until pepper is charred. Place in mixing bowl and let steam 3 minutes. Peek, mince and remove seeds. Set aside.

In a medium stockpot, heat remaining olive oil. Add onions, carrots, bell peppers, jalapeño pepper, roasted poblano pepper, potatoes and garlic. Sauté 7 to 10 minutes. Add chili powder and cumin. Cook an additional 3 minutes, stirring frequently.

Strain corn and add corn stock to vegetables to deglaze. Bring to soft boil. Add tomatoes, corn, chili beans, kidney beans and pepper flakes. Stir to mix well. Add water and stir. Bring to a boil. Reduce heat to medium and simmer 45 minutes to 1 hour.

As chili cooks, cook rice according to packages directions. Set aside.

Add cooked rice to soup. Mix well. Add salt and black pepper to taste. Serve hot.

## **Lima Bean Corn Chowder**

1 cup dry lima beans	1/2 tsp. garlic powder
2 1/4 cups water	Salt and freshly ground black pepper
1 small onion, chopped	1 Tbsp. vegetable oil
2 celery ribs, chopped	2 cups frozen corn kernels
1/2 tsp. dried basil	2 Tbsp. tamari
1/4 tsp. dried thyme	1/2 cup milk

Soak lima beans according to package directions. Cook lima beans in water until tender, about 1 hour. Set beans aside, reserving cooking liquid. In sauté pan over medium-low heat, cook onion, celery, basil, thyme, garlic powder, salt, pepper and corn in oil until onion and celery are soft. In food processor or blender, puree half or the beans with cooking liquid. Add puree and onion-corn mixture to remaining limas and cooking liquid. Bring mixture to a simmer. Add tamari and milk and heat to serving temperature, but do not boil. If too thick, add more cooking liquid or water.

## ***Ham and Lima Bean Soup***

1 1/2 cups chopped onion  
1 cup diced carrots  
4 Tbsp. butter  
2 tsp. garlic powder  
1 tsp. Mrs. Dash garlic and herb seasoning  
1 Tbsp. lemon juice

1 1/2 cups diced ham  
10 ounces frozen baby lima beans  
2 tsp. dried marjoram  
1/2 cup fresh chopped parsley  
4 cups water  
Salt and pepper, to taste

In a Dutch oven or heavy stockpot over medium heat, sauté onion and carrots in the butter for 6 minutes. Add garlic powder and herb seasoning, and lemon juice. Cook until onions are soft. Add ham, lima beans, marjoram, parsley, and water.

Bring ham and lima bean soup to a boil; reduce heat, cover, and simmer 20 minutes, stirring occasionally. Serve ham and lima bean soup with homemade cornbread, if desired.

## ***Chicken Noodle Soup***

2 Tbsp. extra-virgin olive oil  
1 medium onion, chopped  
3 garlic cloves, minced  
2 medium carrots, cut diagonally into 1/2-inch-thick slices  
2 celery ribs, halved lengthwise, and cut into 1/2-inch-thick slices  
4 fresh thyme sprigs  
1 bay leaf

3-4 quarts chicken stock (recipe follows or use canned)  
8 ounces dried wide egg noodles  
1 1/2 cups shredded cooked chicken  
Kosher salt and freshly ground black pepper  
1 handful fresh flat-leaf parsley, finely chopped

Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned. Pour in the chicken stock and bring the liquid to a boil. Add the noodles and simmer for 5 minutes until tender. Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper. Sprinkle with chopped parsley before serving.

## ***Paula Deen's Coconut Soup***

4 cups chicken broth  
1 lemongrass stalk, cut into 1-inch pieces and crushed  
4 fresh kaffir lime leaves, torn in 1/2  
1 (3-inch) piece fresh ginger, thinly sliced  
1 pound, boneless, skinless chicken, cut into thin strips  
1 (8-ounce) can straw mushrooms, drained and rinsed

4 small green Thai chiles, sliced very thin  
4 Tbsp. fish sauce  
2 Tbsp. sugar  
1 (13-ounce) can coconut milk  
1/4 cup freshly squeezed lime juice  
1/4 cup fresh chopped cilantro leaves  
Salt and freshly ground black pepper

In a soup pot, combine and bring to a boil the chicken broth, lemon grass, lime leaves and ginger. Lower heat, cover and simmer for 10 minutes to infuse the broth with flavor. Strain the infused broth, discard the aromatics and return the broth to the pot. Add chicken, mushrooms, chiles, fish sauce, sugar, coconut milk, and lime juice and simmer for another 10 minutes until

the chicken is cooked through. Finally season the soup with salt and pepper. Ladle into serving bowls and top each bowl with some cilantro leaves. Serve immediately.

## ***Tyler Florence's Thai Coconut Chicken Soup***

- |  |   |
|--|---|
| 1 quart chicken stock  | 1 (13-ounce) can unsweetened coconut milk |
| 1 stalk lemon grass, white part only, cracked open with the flat side of a knife | 2 Tbsp. Thai fish sauce (nam pla)         |
| 3 kaffir lime leaves, fresh or dried, hand torn                                  | 1 1/2 tsp. sugar                          |
| 1 (3-inch) piece fresh ginger, peeled and thinly sliced                          | 1 (8-ounce) can straw mushrooms, rinsed   |
| 2 small Thai chilies, halved lengthwise  | 4 limes, juiced                           |
| 2 garlic cloves, crushed   | 1 1/2 cups shredded cooked chicken        |
|  | Kosher salt and freshly ground pepper     |
|  | 1/4 cup chopped fresh cilantro leaves     |

Bring the stock to the boil over medium heat in a soup pot. Add the lemon grass, kaffir lime leaves, ginger, chilies, and garlic. Lower the heat to medium-low, cover, and gently simmer for 10 minutes to let the spices infuse the broth.

Uncover and stir in the coconut milk, fish sauce, sugar, mushrooms, lime juice, and chicken. Simmer for 5 minutes to heat the chicken through; season with salt and pepper. Ladle the soup into a soup tureen or individual serving bowls. Garnish with cilantro. Be careful to avoid chewing the lemongrass, ginger, or lime leaves.

## ***Seafood Gumbo***

- |                                    |  |
|------------------------------------|--|
| 1/2 cup all-purpose flour          | 1/2 tsp. salt                                |
| 1/2 cup olive oil                  | 1/4 tsp. white pepper                        |
| 1/2 cup finely chopped celery      | 1/4 tsp. black pepper                        |
| 1 cup finely chopped yellow onion  | 3/4 cup chopped tomato                       |
| 3/4 cup finely chopped bell pepper | 6 cups seafood stock (Recipe follows)        |
| 1 Tbsp. pureed garlic              | 1/2 pound okra, cut into 1/2-inch slices     |
| 2 tsp. Louisiana hot sauce         | 1/2 pound coarsely chopped Andouille sausage |
| 1/4 Tbsp. thyme                    | 1/2 pound shrimp, shelled and de-veined      |
| 1/4 tsp. oregano                   | 1 Tbsp. file                                 |
| 1/4 tsp. cayenne pepper            |  |

Place the flour and half the oil in a cast iron Dutch oven and make a dark brown roux. Then add celery, onion and bell pepper and cook until tender. Add the garlic and all seasonings and stir for 5 minutes, then add tomato and stock and bring to the boil. Lower heat and let simmer for 15 minutes. Meanwhile, heat the remaining oil in a skillet and saute the okra for 10-12 minutes, then add to the pot and cook for a further 5 minutes. Add the sausage and shrimp. Mix the file with a Tbsp. of warm water and stir the resulting paste into the gumbo. Continue to simmer for a further 30-40 minutes, stirring occasionally.

Serve in bowls with white rice.

*Note: Recipe from The Best of Creole Cooking by Les Carlos.*

## Seafood Stock

- |  |                          |
|--|--------------------------|
| 2-3 pounds shrimp shells and heads         | Celery leaves            |
| 1 large yellow onion, peeled and quartered | 10-12 springs of parsley |
| 3-4 peeled garlic cloves                   | 2 bay leaves             |
| 2 large carrots, sliced                    | 1 lemon, quartered       |
| 3-4 broken ribs of celery                  | 1 tsp. cayenne pepper    |

Place all the seafood shells and heads in a large stockpot. Add water to cover and bring to a boil. Skim off any surface scum and reduce heat to medium. Add all the other ingredients and additional water to ensure vegetables are covered. Simmer for 3-4 hours until the liquid reduces by half, then remove from heat and strain into sterilized containers. May be frozen.

## Chicken Stock

- |  |                                |
|--|--------------------------------|
| 1 whole free-range chicken (about 3 1/2 pounds), rinsed, giblets discarded | 1 head of garlic, halved       |
| 2 carrots, cut in large chunks   | 1 turnip, halved               |
| 3 celery stalks, cut in large chunks                                       | 1/4 bunch fresh thyme          |
| 2 large white onions, quartered  | 2 bay leaves                   |
|  | 1 tsp. whole black peppercorns |

Place the chicken and vegetables in a large stockpot over medium heat. Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a boil. Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.

Carefully remove the chicken to a cutting board. When its cool enough to handle, discard the skin and bones; hand-shred the meat into a storage container.

Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze.

## Taco Soup WW

- |  |   |
|--|---|
| 1 lb ground turkey or lean ground beef               | 1 (15 ounce) can whole kernel corn            |
| 1 large onion, chopped                               | 1 (15 ounce) can diced Mexican-style tomatoes |
| 1 (1 ounce) package hidden valley ranch dressing mix | 1 (15 ounce) can diced tomatoes (any flavor)  |
| 1 (1 ounce) package taco seasoning mix               |   |
| 1 (15 ounce) can pinto beans                         |   |
| 1 (15 ounce) can chili beans (hot or regular)        |   |

Brown meat and onions and drain. Mix ranch dressing and taco seasoning into meat. Without draining, add all of the other ingredients.

Simmer 1 hour.

*Note: Makes 12 1-cup servings. Each serving = 2 points.*





# SALADS

## ***Black-Eyed Pea Salad***

2 15-ounce cans black-eyed peas, drained	1 jalapeño finely chopped
1 Vidalia onion, chopped	Lettuce leaves
2 large tomatoes, chopped	Salt to taste
1/4 cup chopped parsley	Parsley sprigs
1/4 cup cider vinegar	1 jalapeño thinly sliced
1/2 cup canola oil	

Combine peas, onion, tomatoes and parsley in a large bowl. In a medium bowl, whisk together the vinegar, oil, chopped jalapeño and salt. Pour over the vegetables and toss to evenly distribute the dressing.

Serve on lettuce leaves, garnished with parsley sprigs and some thin slices of jalapeño.

## ***Corn Bread Salad***

1 pkg. Jiffy Corn Bread mix	1/4-1/2 purple onion diced
1 lg. ripe tomato	2 chopped boiled eggs
2 Tbsp. chopped celery	1 (8 oz.) ranch dressing
1/2 cup diced bell pepper	

Bake corn bread according to directions on box. Cool slightly and break up in large bowl. Add tomato and stir. Add celery, bell pepper, onion and eggs. Stir to mix all ingredients. Pour ranch dressing over salad and mix well. Serves 4-6.

*Note: Be sure to use very ripe tomato. The juice keeps the corn bread from being too dry.*

## ***Mississippi Cornbread Salad***

1 pkg. cornbread muffin mix	1/2 cup chopped green onions
1 envelope ranch salad dressing	2 (16 oz.) cans pinto beans, drained
1 cup sour cream	2 cups shredded cheddar cheese
1 cup mayonnaise	10 slices crisply fried bacon
3 large tomatoes, chopped	2 (15 1/4 oz.) cans whole kernel corn, drained
1/2 cup chopped red bell pepper	
1/2 cup chopped green bell pepper	

Prepare cornbread mix according to package directions; cool. Stir together dressing mix, sour cream and mayonnaise; set aside.

Combine tomatoes, peppers and onions; gently toss. Crumble 1/2 the cornbread into a large salad bowl. Top with half each of beans, tomato mixture, cheese, bacon, corn and dressing mix. Repeat layers. Cover and chill for three hours.

## **Green Bean Salad**

- |   |                                   |
|---|-----------------------------------|
| 1 1/2 pounds green beans, trimmed and cut into 2-inch lengths | 1 clove garlic, peeled and minced |
| 2 1/2 Tbsp. red wine vinegar or balsamic vinegar              | Salt and pepper to taste          |
| 1 tsp. Dijon mustard  | 5 Tbsp. extra-virgin olive oil    |
|   | 1/2 cup chopped green onions      |
|   | 1 1/2 Tbsp. chopped parsley       |

Cook green beans in salted boiling water until tender. While the beans are cooking, whisk together vinegar, mustard, garlic, salt, pepper, and oil. Pour over green beans while they are still warm. Toss with green onions and parsley. Chill. May be served chilled or at room temperature.

## **Marinated Pea Salad**

- |  |                      |
|--|----------------------|
| 2 17-oz. green peas (drained)          | 3/4 cup vinegar      |
| 1 16-oz. bean sprouts                  | 3/4 cup sugar        |
| 1 4-oz. jar chopped pimentos (drained) | 1 tsp. dried basil   |
| 4 stalks celery, chopped               | 1 tsp. garlic powder |
| 1 medium onion, chopped                | 1 tsp. salt          |
| 3/4 cup vegetable oil                  |                      |

In large mixing bowl, toss first 5 ingredients lightly. Combine remaining ingredients in a quart jar and shake well. Pour dressing over salad and marinate overnight in the refrigerator.

*Note: A great side dish for Mexicali Chicken (page 75).*

## **Chunky Chicken Salad**

- |   |                             |
|---|-----------------------------|
| 4 cups chicken breasts, cooked, chilled & cubed | 1 cup sour cream            |
| 3 cups white grapes, sliced                     | 1 cup mayonnaise            |
| 2 cups celery, chopped                          | 2 large Tbsp. Dijon mustard |
| 1 large handful sliced toasted almonds          | Salt and pepper to taste    |

Combine sour cream, mayonnaise and mustard. Blend in salt and pepper. Add to chopped ingredients.

## **Chicken Dijon Potato Salad**

- |   |                                 |
|---|---------------------------------|
| 1 1/2 lb. medium red potatoes, quartered                              | 3 Tbsp. wine vinegar            |
| 1 1/2 cups fresh green beans, trimmed and cut                         | 2 Tbsp. minced fresh parsley    |
| 1 cup Chicken Tonight Light Cooking Sauce for Chicken - Honey Mustard | 1 Tbsp. Dijon mustard           |
| 2 Tbsp. olive oil   | Salt and pepper to taste        |
|   | 2 cups cooked, cubed chicken    |
|   | 1 medium red bell pepper, diced |

In a large saucepan, boil potatoes in enough boiling water to cover until potatoes are tender, about 20 minutes. Drain and set aside. Briefly cook green beans in boiling water about 2 minutes. Drain and rinse under cold water.

To prepare dressing, combine sauce, oil, vinegar, parsley, mustard, salt and pepper. Stir to mix thoroughly. Place potatoes, green beans, cooked chicken and red bell pepper in a large bowl. Add dressing; toss to coat well. Serve chilled.

## **Lemon-Tarragon Chicken Salad**

1 1/4 lbs. skinless boneless chicken breast halves (about 3)	1/4 cup finely chopped red onion
3/4 cup finely chopped celery	2 Tbsp. chopped fresh tarragon
1/2 cup mayonnaise	2 Tbsp. fresh lemon juice
	1 tsp. grated lemon peel

Bring large saucepan of salted water to boil. Add chicken breasts; reduce heat to medium-low, cover and simmer until chicken is just cooked through, about 12 minutes. Transfer chicken to plate; cool.

Mix celery, mayonnaise, onion, tarragon, lemon juice and lemon peel in large bowl to blend. Cut chicken into 1/2-inch cubes; stir into mayonnaise mixture. Season with salt and pepper.

## **Blue Corn-Fried Chicken Salad with Cayenne-Buttermilk Dressing**

2 large eggs, lightly beaten	2 medium red bell peppers, roasted, peeled, seeded and julienned
1 Tbsp. Worcestershire sauce	2 medium yellow bell peppers, roasted, peeled, seeded and julienned
1 Tbsp. Tabasco sauce	2 medium beets, roasted, peeled and sliced
Salt and freshly ground pepper	4 Tbsp. Balsamic Vinaigrette (recipe follows)
1 cup seasoned blue cornmeal (to cup of cornmeal, add 1 Tbsp. salt and 1 Tbsp. freshly ground pepper)	2/3 cups Cayenne-Buttermilk Dressing (recipe follows)
4 skinless, boneless chicken thighs	
2 cups peanut oil	
4 cups mesclun or mixed red and green lettuce leaves	

### **Cayenne-Buttermilk Dressing:**

2 Tbsp. sour cream, regular or low-fat	1 Tbsp. fresh lime juice
1/2 cup buttermilk	1 tsp. cayenne
1 tsp. minced garlic	Salt and freshly ground pepper
1 tsp. minced red onion	

### **Balsamic Vinaigrette:**

3 Tbsp. Balsamic vinegar	1/2 cup olive oil
1 Tbsp. finely chopped red onion	Salt and freshly ground pepper
1 Tbsp. honey	

In a mixing bowl, combine the eggs, Worcestershire sauce, Tabasco sauce and salt and pepper to taste. Pour the cornmeal into a shallow bowl.

Dip the chicken into the egg mixture and dredge with cornmeal. Heat oil to 350° or until edge of meat sizzles when immersed and fry the chicken for about 5 minutes, turning until brown on all sides. (May be prepared several hours ahead and refrigerated.)

Dress the mesclun with the vinaigrette and arrange on the top halves of four plates. Slice the chicken 1 inch thick and arrange each thigh in a fan shape beneath the greens. Scatter the peppers and beets over the chicken and dress generously with Cayenne-buttermilk dressing.

For the Cayenne-Buttermilk Dressing: Combine sour cream, buttermilk, garlic, onion, lime juice and cayenne. Add salt and pepper to taste. Mix well. May be prepared one day ahead and refrigerated.

For the Balsamic Vinaigrette: In a blender, combine the vinegar, onion and honey; purée. With motor running, slowly add the oil until emulsified. Season to taste with salt and pepper and pour into a squeeze bottle. May be prepared a day ahead and refrigerated. Bring to room temperature before serving.

*Note: If you can't find blue cornmeal, substitute an 8-ounce bag of blue corn chips and grind them to a fine, meal-like texture in a food processor.*

## **Seven-Layer Salad**

- |  |  |
|--|--|
| 1 6-ounce packages assorted young greens, torn into bite-size pieces | 10 ounce package frozen green peas, thawed             |
| 2 large ribs celery, thinly sliced                                   | 1 1/2 cups fat-free mayonnaise                         |
| 1/2 lb. trimmed radishes, sliced                                     | 1/2 cup (2 ounces) shredded extra-sharp Cheddar cheese |
| 2 green onions, sliced   |  |
| 6 slices turkey bacon, cooked, drained and crumbled                  |  |

Place greens in the bottom of a large glass bowl, Add celery, radishes, green onions, bacon and peas in individual layers. Carefully spread mayonnaise over peas, covering the top completely and sealing to the edge of the bowl. Sprinkle with cheese. Cover salad tightly, and refrigerate at least 2 hours, but no longer than 12 hours, to blend flavors. To serve, toss the salad and spoon onto chilled plates.

## **Old-Fashioned Layered Salad** 👍

- |   |   |
|---|---|
| 1 cup mayonnaise                                    | 2 cups (8 oz.) shredded cheese (Swiss or Cheddar) |
| 1 cup Miracle Whip salad dressing                   | 1 10-oz. package frozen peas, thawed              |
| 1 Tbsp. milk  | 1 medium-size purple onion, diced                 |
| 1 tsp. dry mustard                                  | 6 hard-boiled eggs, chopped                       |
| 1/2 tsp. salt                                       | 1 1/2 cups crumbled, cooked bacon                 |
| 1/2 tsp. pepper                                     | 1 large cucumber, seeded and chopped              |
| 1 head Romaine or Iceberg lettuce, coarsely chopped |   |

Stir together first 6 ingredients. Layer half each of lettuce and next 6 ingredients in a clear bowl. Spread half of dressing over top; repeat layers. Cover and chill 8 hours.

## ***Tofu and Peanut Rice Salad***

- |                           |   |
|---------------------------|---|
| 1 cup rice                | 2 to 3 scallions                            |
| 2 1/4 cups water          | 1 Tbsp. honey                               |
| Bay leaf                  | 1 Tbsp. lemon juice                         |
| 1/3 cup soy sauce         | 1 Tbsp. sherry (or other sweet wine)        |
| 1 tsp. sesame oil         | 1/2 lb. firm tofu, cut into bite-size cubes |
| 1 1/2 tsp. ginger, grated | 1 cup frozen peas                           |
| 1 clove garlic            | 1 cup toasted peanuts                       |

In a medium sauce pan, combine water and bay leaf and bring to a boil. Add rice, reduce heat to low, and steam until water is absorbed by the rice, about 20 minutes. Meanwhile, in a large mixing bowl, combine soy sauce, sesame oil, ginger, garlic, scallions, honey, lemon juice and sherry. Marinate tofu in dressing for 5 to 10 minutes, then remove with a slotted spoon. Combine cooked rice, tofu, peas and peanuts in large salad bowl, add dressing and mix well.

## ***Raw Corn and Tomato Salad***

- |  |                            |
|--|----------------------------|
| 2 large ears sweet corn, kernels removed               | 1 small zucchini, diced    |
| 2 to 3 medium to large ripe tomatoes cut in large dice | 1/4 to 1/3 cup vinaigrette |
| 2 small cucumbers, diced, seeds removed                | 2 garlic cloves, minced    |
|  | 6 to 8 basil leaves        |

In a large bowl, toss together corn, tomatoes, cucumbers, zucchini, vinaigrette, garlic and basil. Marinate at room temperature for 30 minutes or in the refrigerator up to several hours before serving.

## ***Michael's Pasta Salad***

- |   |                      |
|---|----------------------|
| 1 box bow-tie pasta                                 | 1 pint sour cream    |
| 1 bunch Asparagus                                   | 1 cup water          |
| 3-4 carrots (Cut into slices)                       | 2 Tbsp. fresh dill   |
| 2 heads broccoli (Cut into small flowerettes)       | Worcestershire sauce |
| 4-5 green onions (Cut into 1" lengths)              | Tabasco sauce        |
| 1 small red bell pepper (Cut into bite-size pieces) | 1 large Cucumber     |
|   | 2 Tbsp. minced onion |
|   | Salt and pepper      |

Peel and grate cucumber. Salt and place in colander to drain.

Cook pasta according to package directions. Wrap asparagus in wax paper and cook in microwave just until tender and cut into bite-size lengths. Cook carrots in microwave just until tender. Cook broccoli in microwave just until tender. Mix pasta, asparagus, carrots, broccoli, green onions and red bell pepper and set aside.

For dressing, thin sour cream with water. Squeeze remaining moisture from cucumbers and add to sour cream. Add dill and minced onion. Add dashes of Worcestershire, Tabasco and salt and pepper to taste. Pour over pasta and vegetables.

## **Salad Cucumbers**

2 Tbsp. vegetable oil  
1/4 cup vinegar  
2 Tbsp. granulated sugar  
1/2 tsp. white pepper

4 hothouse cucumbers, peeled and thinly sliced  
1 large onion, thinly sliced

In a bowl, mix oil, vinegar, sugar and pepper. Add cucumbers and onion and toss gently to coat. Adjust seasonings to taste. Marinate for 30 minutes.

## **Official Vortex Potato Salad**

4 lbs. medium Red Bliss potatoes  
1 small red onion  
4 ribs celery  
1 heaping Tbsp. ground black pepper  
1 1/4 Tbsp. Lawry's seasoning salt

2 tsp. salt  
1 1/4 cups sour cream  
1/2 cup mayonnaise  
1/4 cup red wine vinegar

Cook potatoes with skins on at a slow boil for 1 hour. Cool potatoes with cold water before cutting into eighths. In a separate container, finely dice onions and celery. Add black pepper, seasoning salt, salt, sour cream, mayonnaise and red wine vinegar. Mix well. Add the dressing to the potatoes and mix well.

Chill before serving.

## **Garden Pea Salad**

1 (15-ounce) can very young early peas  
(recommended: Lesueur)  
1/4 cup chopped onions  
2 boiled eggs, crumbled

Salt and freshly ground pepper  
2 to 3 Tbsp. mayonnaise  
Chopped pimento, optional

In a colander, drain peas very well. Place drained peas in a medium bowl. Add the onions, crumbled eggs, and mayonnaise, tossing to combine and coat peas. Season to taste with salt and pepper. Add pimento, if using. This recipe is easily doubled or tripled.

## **Sweet Broccoli Salad**

4 cups broccoli florets, chopped into bite-sized pieces  
1 cup mayonnaise  
1/3 cup apple cider vinegar  
1/2 cup vinegar

1/2 cup sugar  
1/3 cup raisins  
1/4 cup diced red onion  
1/3 cup chopped pecans

For the dressing, mix sugar, mayonnaise and vinegar together. Combine remaining ingredients, and toss with dressing according to taste. Serve immediately. (Can be stored up to one day.) Makes about 4 servings.

## ***Cranberry-Pineapple Gelatin Salad***

### **Base:**

2 (3-ounce) packages raspberry gelatin	1 (8-ounce) can crushed pineapple packet in its own juice
1/2 envelope unflavored gelatin	
1 cup boiling water	1 (15-ounce) can whole cranberry sauce
1/2 cup cold water	1/4 cup finely chopped walnuts

### **Topping:**

1 (8-ounce) package cream cheese	2 Tbsp. whipped cream
1/4 cup confectioners' sugar	1/4 cup walnuts

Spray a 4-cup gelatin mold or a 9-inch square pan with vegetable oil cooking spray. In a medium glass mixing bowl, combine the raspberry gelatin and unflavored gelatin. Add 1 cup boiling water and stir with a metal spoon continuously for 2 minutes, until the gelatin is completely dissolved. Stir in 1/2 cup cold water. Add the pineapple and juice, cranberry sauce, and walnuts. Stir with a metal spoon until all ingredients are completely incorporated. Pour the mixture into the prepared mold, cover with plastic wrap and refrigerate until firm.

About 1 hour before serving, invert the mold onto a serving platter and allow to sit at room temperature; the salad will release itself and come clean from the mold.

## ***Curry's on Johnston Street Sweet Broccoli Salad***

4 cups broccoli florets, chopped into bite-sized pieces	1/2 cup sugar
1 cup Hellman's mayonnaise	1/3 cup raisins
1/3 cup apple cider vinegar	1/4 cup diced red onion
1/2 cup vinegar	1/3 cup chopped pecans

For the dressing, mix sugar, mayonnaise and vinegar together. Combine remaining ingredients, and toss with dressing according to taste. Serve immediately. (Can be stored up to one day.) Makes about 4 servings.

## ***Spicy Slaw***

1 head green cabbage, shredded	1 Tbsp. cider vinegar
2 carrots, grated	1 lemon, juiced
1 red onion, thinly sliced	Pinch sugar
2 green onions, chopped	1/2 tsp. celery seed
1 red chile, sliced	Several dashes hot sauce
1 1/2 cups mayonnaise	Kosher salt and freshly ground black pepper
1/4 cup Creole mustard	

Combine the cabbage, carrot, red onion, green onions, and chile in a large bowl. In another bowl, mix the mayonnaise, mustard, vinegar, lemon juice, and sugar; stirring to incorporate. Pour the dressing over the cabbage mixture and toss gently to mix. Season the coleslaw with celery seed, hot sauce, salt, and pepper. Chill for 2 hours in refrigerator before serving

## **Asian Cole Slaw**

- |   |                                   |
|---|-----------------------------------|
| 1 lb. packaged slaw mix                       | 1/3 cup vinegar                   |
| 1 bunch green onion, chopped                  | 1/2 cup oil                       |
| 1 package Chicken and Vegetable Ramin Noodles | Salt and pepper to taste          |
| 1/2 cup sugar                                 | 1/2 cup sunflower seeds           |
|   | 1/2 cup slivered, toasted almonds |

Mix Ramin flavor packet with sugar, vinegar, oil, salt and pepper. Pour over the slaw mix and onions combined and let marinate at least 1 hour and preferably over night. Mix in noodles, sunflower seeds and almonds just before serving.

## **Cole Slaw**

- |   |   |
|---|---|
| 1 head green cabbage, shredded                  | 1 Tbsp. cider vinegar                       |
| 2 carrots, grated                               | 1 lemon, juiced                             |
| 1 red onion, thinly sliced                      | Pinch sugar                                 |
| 2 green onions (white and green parts), chopped | 1/2 tsp. celery seed                        |
| 1 fresh red chile, sliced                       | Several dashes hot sauce                    |
| 1 1/2 cups mayonnaise                           | Kosher salt and freshly ground black pepper |
| 1/4 cup Dijon mustard                           |   |

Combine the cabbage, carrots, red onion, green onions, and chile in a large bowl. In another bowl, stir together the mayonnaise, mustard, vinegar, lemon juice, and sugar. Pour the dressing over the cabbage mixture and toss gently to mix. Season the cole slaw with the celery seed, hot sauce, salt, and black pepper. Chill for 2 hours in the refrigerator before serving.



# EGGS, CHEESE, & PASTAS

## **Basic Breakfast Strata**

1 1/2 lb. bulk sausage  
2 cups sliced mushrooms  
1/2 cup finely chopped onion  
4 large eggs, lightly beaten

2 cups milk  
12 to 14 slices day old bread  
Butter  
1 1/2 cups grated Swiss or Cheddar cheese

Butter a 2 1/2-quart soufflé or casserole. Heat a large, heavy skillet over medium-high heat and add sausage. Brown for 5 minutes, breaking it up with a fork as it cooks. Add mushrooms and onions and cook for 5 minutes, stirring frequently. Set aside. In a large bowl, combine eggs and milk.

Place in the bottom of the prepared baking dish a layer of buttered bread slices. Top with half of sausage and sprinkle with 1/2 cup of cheese. Repeat with another layer of bread, the other half of sausage and another 1/2 cup cheese. Slowly pour the milk and egg mixture over the top and sprinkle with the last 1/2 cup grated cheese. Cover and refrigerate overnight.

Preheat oven to 350°. Set a baking sheet on the lowest rack of the oven to catch any drips and bake the strata until the top is nicely browned and bubbly, about 1 hour.

## **Asian Peanut Noodles**

1 lb. spaghetti, cooked as directed  
3 Tbsp. peanut butter  
2 Tbsp. soy sauce  
1/2 tsp. granulated sugar  
1 tsp. rice wine vinegar  
6 garlic cloves, minced

1 Tbsp. ginger root, minced  
1/2 tsp. crushed red pepper, or to taste  
1 cup water, reserved from the cooked pasta  
6 green onions, thinly sliced

While the pasta is cooking, blend the peanut butter, soy sauce, sugar and vinegar together. Stir in the garlic, ginger root and crushed red pepper.

When the pasta has cooked, drain it, reserving about a cup of the water. Add a little of the cooking water to the peanut butter sauce if necessary to thin it to pourable consistency. Toss the pasta with the peanut butter mixture, adding a little more of the water if necessary if the mixture seems dry. Stir in the green onions.

This pasta dish can be made ahead and refrigerated up to 24 hours. Let stand for at least 30 minutes at room temperature before serving.

## **Mac's Mac 'n' Cheese**

1 1-lb. box large elbow macaroni  
1 1-lb. block New York extra-sharp cheddar cheese  
1 8-ounce package cream cheese  
2 heaping Tbsp. butter

2 beaten large eggs  
1/8 to 1/4 cup milk or half-and-half  
Salt and pepper to taste  
1/4 to 1/2 cup seasoned breadcrumbs

Preheat oven to 350 degrees. In a large pot of boiling water, cook macaroni according to package directions and drain. Cut cheddar and cream cheese into cubes. To macaroni add butter, cheeses, eggs, milk, salt and pepper. Mix well. Pour into greased 9-by-13-inch pan. Top with seasoned breadcrumbs. Bake 30 minutes.

*Note: This recipe won 1st place in the Atlanta Journal-Constitution Macaroni and Cheese contest. I also like to use 1/2 lb. cheddar and 1/2 lb. Velveeta in place of the 1 lb. cheddar block.*

## **Over the Rainbow Macaroni and Cheese**

1 Tbsp. vegetable oil	1/2 cup (2 oz) shredded Monterey Jack
1 lb. elbow macaroni	2 cups half-and-half
9 Tbsp. butter	1 cup (8 oz) Velveeta, cut in small cubes
1/2 cup (2 oz) shredded Muenster cheese	2 large eggs, lightly beaten
1/2 cup (2 oz) shredded mild cheddar cheese	1/4 tsp. seasoned salt
1/2 cup (2 oz) shredded sharp cheddar cheese	1/8 tsp. fresh black pepper

Preheat oven to 350°. Lightly butter a deep 2 1/2-quart casserole and set aside.

Bring a large pot of salted water to a boil over high heat. Add the oil, then the elbow macaroni, and cook until the macaroni is just tender, about 7 minutes. Do not overcook. Drain well. Return to the cooking pot.

In a small saucepan, melt 8 Tbsp. of the butter. Stir into the macaroni. In a large bowl, mix Muenster, mild and sharp cheddars and Monterey Jack cheeses. To the macaroni, add the half-and-half, 1 1/2 cups of the shredded cheese, cubed Velveeta and eggs. Season with salt and pepper. Transfer to the buttered casserole dish. Sprinkle with the remaining 1/2 cup shredded cheese and dot with the remaining 1 Tbsp. butter.

Bake until bubbling around the edges, about 30 to 35 minutes.

*Note: This recipe was taken from Patti LaBelle's cookbook, hence the name.*



Heat remaining oil in same pan over medium heat. Add chicken breasts; cover and cook, turning occasionally, until no longer pink, 6 to 8 minutes. Return vegetable mixture to pan and add coconut milk, cilantro and salt. Cook just to heat through, 1 minute.

## **Chicken Rotel** 👍

Meat of 1 cooked chicken  
1 green bell pepper, chopped  
1 onion, chopped  
1/2 lb. processed American cheese

1/2 stick butter or margarine, melted  
1/2 can Rotel tomatoes with green chilies  
1 tsp. Worcestershire sauce, add to butter  
1 can tiny green peas

Layer in casserole and bake at 350° until cheese melts and onions and peppers are tender, about 30 to 45 minutes.

## **Blanchard's Wonderful Chicken** 👍

1 tsp. olive oil  
2 cloves garlic, minced  
2 green onions, chopped  
2 Tbsp. white wine  
1 Tbsp. lemon juice

4 Tbsp. Dijon mustard  
1 tsp. tarragon  
Pepper  
4 large boneless chicken breasts

Mix oil, garlic, and onions in a large glass mixing bowl. Microwave on high for 1 minute. Add wine, lemon juice, mustard, tarragon and pepper. Roll chicken well in mixture and lay against sides of bowl. Cover bowl with wax paper and microwave on high for 3 minutes. Turn chicken over, spoon sauce on chicken, cover, and cook again for 3 to 5 minutes, or until chicken is done.

## **Peanut Chicken on a Stick**

1/2 cup water  
1/3 cup rice vinegar  
1/3 cup creamy-style peanut butter  
2 Tbsp. reduced-sodium soy sauce  
1 Tbsp. granulated sugar  
4 cloves garlic, peeled

2 tsp. arrowroot  
1/2 tsp. crushed red pepper flakes  
4 6" bamboo skewers  
12 ounces chicken tenders  
4 cups hot cooked brown rice

In a blender, combine the water, vinegar, peanut butter, soy sauce, sugar, garlic, arrowroot and red pepper flakes. Blend until smooth. Transfer to small saucepan. Heat over medium heat, stirring constantly, until heated through and thickened. Do not boil.

Cool. Pour half of sauce into resealable plastic bag, setting remainder aside. Add chicken to bag. Seal and marinate in refrigerator 1 to 2 hours.

Meanwhile, soak four 6" bamboo skewers in water. Preheat broiler. Thread tenders on skewers. Broil skewers close to heat, 1 to 2 minutes each side or until cooked through. In small saucepan, heat reserved sauce.

Divide hot rice among 4 serving plates. Top with chicken. Drizzle with heated sauce and serve extra sauce in a bowl.

## ***Chicken and Rice Casserole***

- |  |                              |
|--|------------------------------|
| 1 lb. Chicken tenders, baked and cut into small pieces | 1/2 tsp. salt                |
| 1 10 3/4-oz can cream of chicken soup                  | 1/2 cup mayonnaise           |
| 1 cup finely cut celery                                | 1 tsp. Lemon juice           |
| 1 Tbsp. minced onion                                   | 3 eggs, boiled and chopped   |
| 1/2 cup slivered almonds                               | 3/4 cups rice, cooked        |
|  | 1/2 cup crushed potato chips |

Preheat oven to 350°. In a large bowl, mix baked chicken, soup, celery, onion, almonds, salt, mayonnaise, lemon juice, cooked eggs and rice. Put into a 8-by-8-inch baking dish, cover with aluminum foil and bake for 30 minutes. Remove from oven, uncover and sprinkle with potato chips. Bake an additional 10 minutes.

## ***Paula's Chicken Bog***

- |   |                            |
|---|----------------------------|
| 1 (3-lb.) chicken, quartered                        | 1 tsp. ground red pepper   |
| 1 lb. smoked link sausage                           | 1 tsp. ground black pepper |
| 1 cup chopped onion                                 | 3 bay leaves               |
| 1/2 cup (1 stick) butter                            | 8 cups water               |
| 2 tsp. Lawry's Seasoned Salt                        | 3 cups raw white rice      |
| 2 tsp. Paula's House Seasoning (recipe on page 230) |                            |

Slice the sausage into 1/2-inch pieces. In a stockpot, combine the chicken, sausage, onion, butter, seasonings and bay leaves. Add the water, bring to a boil, cover and cook at a low boil for 40 minutes. Remove the chicken from the pot and let cool slightly. Pick the meat from the bones, discarding the bones and skin. Add the rice to the pot and bring to a boil, stirring well. Boil for 10 minutes, then reduce the heat, cover the pot and simmer for 10 minutes or until rice is done. Remove the bay leaves and return the chicken to the pot.

## ***Smothered Chicken With Mushrooms and Onions***

- |  |   |
|--|---|
| Nonstick cooking spray   | 1 large yellow onion, thinly sliced                       |
| 4 skinless, boneless chicken breast halves, 4 to 5 oz. each                      | 3/4 lb. fresh mushrooms, thinly sliced                    |
| 1/2 tsp. salt  | 1/4 cup all-purpose flour                                 |
| 1/4 tsp. freshly ground pepper   | 2 cups low-sodium chicken broth                           |
| 2 Tbsp. vegetable oil  | 2 Tbsp. chopped fresh tarragon or 1/2 tsp. dried tarragon |
| 1 large carrot, peeled, quartered lengthwise and then cut into 1/2" thick pieces |   |

Coat a large nonstick frying pan with nonstick cooking spray and place over medium-high heat. When hot but not smoking, add the chicken breast halves and sprinkle with salt and pepper.

Cook, turning once, until browned, about 2 minutes on each side. Transfer the chicken to a plate and set aside.

Return the pan to medium-high heat and add the oil. When hot but not smoking, add the carrot, onion and mushrooms and cook briskly, stirring frequently, until the vegetables have softened and are lightly browned, about 7 minutes. Sprinkle with the flour and cook, stirring constantly, until fully blended, about 2 minutes longer.

Add the broth and tarragon and bring to a boil, stirring frequently, until slightly thickened. Return the chicken breasts to the pan, pushing them down into the liquid. Reduce the heat to low, cover and simmer until the chicken breasts are opaque throughout when cut into with a knife and the vegetables are tender, about 10 minutes. Season to taste with salt and pepper and serve at once.

## **Southern-Style Oven Fried Chicken** 👍 WW

1/3 cup all-purpose flour  
1/4 tsp table salt  
1/8 tsp cayenne pepper  
3 oz buttermilk

1/2 cup cornflake crumbs  
1 pound uncooked boneless, skinless  
chicken breast, four 4-oz pieces

Preheat oven to 365°F. Lightly coat an 8 X 8 X 2-inch baking dish with nonstick cooking spray; set aside.

Combine flour, salt and cayenne pepper together in a medium-size bowl. Place buttermilk and corn flakes crumbs in 2 separate shallow bowls.

Roll chicken breast halves in flour mixture and evenly coat each side. Next dip chicken into buttermilk and then corn flakes crumbs.

Place coated chicken breasts in prepared baking dish. Bake until chicken is tender and no longer pink, about 25 to 30 minutes (there is no need to flip the chicken during baking). Yields 1 breast per serving.

*Note: Makes 4 servings. Each serving= 4 points.*

## **Chicken Fajitas** 👍 WW

8 oz. boneless, skinless, chicken breast, cut  
into thin strips  
4 tsp. lime juice  
1 tsp. ground cumin  
1 onion thinly sliced  
1 bell pepper, cut into thin strips

4 7" whole wheat tortillas  
1 cup canned refried beans  
Shredder lettuce  
Chopped Tomato  
1/2 cup shredded low-fat Monterey Jack  
cheese

Combine chicken, lime juice and cumin in a zip-top bag. Refrigerate 30 minutes. In a large skillet over medium-high heat, cook chicken using non-stick spray until well browned. Remove. Cook onions and peppers until soft. Return chicken to skillet. Cook 2 minutes more. Serve chicken and vegetables in warmed tortillas topped with beans, lettuce, tomato and cheese.

*Note: Makes 2 servings. Each serving = 8 points.*

## ***Chicken Marsala***

4 skinless, boneless, chicken breasts (about 1 1/2 pounds)  
All-purpose flour, for dredging  
Kosher salt and freshly ground black pepper  
1/4 cup extra-virgin olive oil  
4 ounces prosciutto, thinly sliced

8 ounces crimini or porcini mushrooms, stemmed and halved  
1/2 cup sweet Marsala wine  
1/2 cup chicken stock  
2 Tbsp. unsalted butter  
1/4 cup chopped flat-leaf parsley

Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.

Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once – do this in batches if the pieces don't fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm.

Lower the heat to medium and add the prosciutto to the drippings in the pan, saute for 1 minute to render out some of the fat. Now, add the mushrooms and saute until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.

## ***Chicken Mojo***

2 Tbsp. butter  
1 small onion, peeled and thinly sliced  
1/4 lb. Fresh mushrooms, wiped clean and sliced  
1/4 cup chopped tasso ham or andouille sausage

1 cup heavy cream  
3 Tbsp. blackened seasoning, or to taste  
Salt to taste  
1/2 lb. Penne pasta, cooked  
1 lb. Cooked chicken, sliced

Melt the butter in a frying pan, and sauté onions, mushrooms and tasso or andouille over high heat until just tender. Add heavy cream and blackened seasoning, and stir. Continue to cook on high heat until cream has reduced and sauce thickens. Salt to taste. Add the chicken and cook just to heat through. Toss with the cooked pasta.

## ***Chicken and Dumplings***

1 cut-up frying chicken plus 4 chicken breast halves  
3 cups self-rising flour

1/2 to 1 cup hot water  
2 12-ounce cans evaporated milk

Place chicken in very large pot, like a canner. Cover with water. Bring to a boil, then cover and simmer on low heat for 1 hour, until chicken is tender and releases from the bone. Cool

chicken on a plate for 30 minutes or until it can be handled. Reserve broth. Pull chicken from bones; discard bones and skin.

In medium bowl put flour, then gradually stir in enough hot water to make a stiff dough. Divide dough into 4 balls and roll them out on a floured board one at a time. Roll dough very thin. Cut dumplings 2 inches wide and 3 inches long. Return chicken to broth; bring to a boil. Add dumplings one at a time, stirring gently to distribute then and prevent sticking. When all dumplings are in pot, cook for 2 or 3 minutes. Add evaporated milk and bring to a boil; simmer for 5 minutes or until heated through and serve.

## ***Sesame Asparagus and Chicken***

12 asparagus spears	1 tsp. sesame oil
4 scallions	1/2 tsp. lemon juice
2 boneless, skinless chicken breasts	2 Tbsp. soy sauce
2 tsp. vegetable oil	2 Tbsp. chicken stock
1 clove garlic, minced	Pepper
1 tsp. fresh ginger, minced	Toasted sesame seeds

Bake chicken breasts for 15 minutes at 400°. Slice cooked chicken into 3/8" strips. Trim woody bottoms from asparagus spears and discard. Cut 2" tops from asparagus and slice in half lengthwise. Diagonally slice remaining stalks and scallions. Add vegetable oil to hot sauté pan. Stir fry garlic, ginger and asparagus and scallion mix until slightly colored. Stir in chicken. Add sesame oil, lemon juice, soy sauce and chicken stock. Simmer for 5 minutes. Season with pepper and sprinkle with sesame seeds. Serve with steamed rice.

## ***Chicken Piccata***

4 boneless, skinless chicken breast halves, about 6 ounces each	2 Tbsp. unsalted butter, cut into small pieces
1/2 cup all-purpose flour	1 Tbsp. drained bottled capers, rinsed and chopped
1 1/2 tsp. kosher salt	Additional kosher salt and freshly ground black pepper
1/2 tsp. freshly ground black pepper	Thin slices lemon and chopped fresh parsley leaves, for garnish
3 Tbsp. extra-virgin olive oil	
1 1/2 cups chicken stock, preferably homemade	
2 Tbsp. fresh lemon juice	

Sprinkle a small amount of water on a large plastic sheet of plastic wrap. Place 2 of the breast halves on top of the plastic and sprinkle again with water. Cover with another sheet of plastic wrap and pound with a rolling pin or meat pounder until about 1/4-inch thick. Repeat with the remaining 2 breast halves.

Mix the flour with the salt and pepper in a shallow pie plate. Heat half of the olive oil in a large skillet over medium-high heat until almost smoking. Working in 2 batches, place the chicken in the flour mixture and turn to coat on all sides. Shake off the excess flour and add to the skillet. Cook until lightly browned and cooked through, 3 to 4 minutes per side. Transfer to a plate or platter and cover loosely with foil. Repeat with the remaining oil and chicken.



Pour off the fat from the skillet and return the skillet to the heat. Add the chicken stock and lemon juice. Increase the heat to high and bring to a boil, stirring to pick up and browned bits in the bottom of the pan. Simmer for 3 minutes. Return the chicken to the skillet and simmer, turning often, until warmed through and the sauce is thickened, about 2 minutes. Add the butter and the capers. Season with salt and pepper and heat just until the butter has melted. Serve on warmed plates with a spoonful of the skillet sauce, topped with lemon slices and parsley.

## **Mexicali Chicken** 👍

1 can cream of mushroom soup  
2/3 cup milk  
1/2 tsp. salt  
2 3-oz. packages cream cheese  
1 cup cottage cheese  
1/2 tsp. poultry seasoning  
1/2 cup sliced stuffed olives  
1/2 cup chopped onion

1 small can Ortega chopped chilies  
1 small chicken (cooked, boned, chopped)  
1 Bag corn chips (Crushed)  
2 cups grated cheddar cheese  
Bread crumbs  
1 small jar pimentos  
Parmesan Cheese

Mix soup and milk in saucepan and heat to boil. Stir in salt, crumbled cream cheese, cottage cheese and poultry seasoning. Heat until smooth. Add olives, onions, chilies and chicken.

Layer corn chips in bottom of a greased 9" x 13" casserole dish and top with 1/2 of sauce, then 1/2 of cheddar cheese. Repeat with other half of sauce and other half of cheddar cheese. Top with crumbs, pimentos and parmesan cheese.

Bake 30-40 minutes at 350°.

*Note: Marinated Pea Salad (page 44) makes a great side dish for this casserole.*

## **Country Chicken Pot Pie**

2 pound skinless, boneless chicken breast  
halves – cubed  
2/3 cup oil (olive or vegetable)  
2 tsp minced garlic  
1/2 tsp onion salt  
1/2 tsp black pepper  
2 cup flour  
4 tsp baking powder  
1 tsp ground sage  
4 tbsps butter (separate)  
1/4 tsp. salt  
2/3 cup milk

1 cup chopped onion  
2 cup sliced carrots  
2 cup frozen green peas  
1 cup sliced celery  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 tsp celery seed  
1/4 tsp black pepper  
1/4 tsp salt  
1/4 tsp garlic powder  
2 can (14oz) chicken broth (more if needed)

Preheat oven to 350°F.

### **Chicken:**

In a skillet, place oil, minced garlic, onion salt, black pepper, and 1 lb chicken which has been cubed. Cook on medium to high heat until cooked through. Drain and leave in strainer for future use.

## **Crust:**

In a large bowl, combine flour, baking powder, ground sage, salt, butter, and milk. Form into a ball, roll out. Using skillet from the chicken, add carrots, celery, and onion. Pour in enough broth to cover the vegetables. Set left over broth aside for future use. Bring to a boil, reduce heat and simmer for 10-15 minutes. In the same bowl used to prepare the crust, combine chicken, carrots, onion, celery, frozen peas, condensed soup, celery seed, pepper, salt, garlic powder. Add left over chicken broth until the desired consistency is reached. Lightly grease a 9"x13"dish. Place mixture in bottom. Place crust on top and brush with egg whites or butter.

Bake in preheated oven for 30 to 35 minutes, or until crust is golden brown and filling is bubbly.

## ***Curried-Honey Chicken***

1/3 cup butter

1/2 cup honey

1/2 cup Dijon mustard

4 tsp. curry powder

8 skinless and boneless chicken breasts

Preheat the oven to 375°. Put butter in a 9x13-inch pan and place in the oven just until it melts. Remove pan from oven and carefully (pan may be warm) add honey, mustard and curry powder, stirring well to blend.

Coat chicken on both sides with mixture and place in pan. Bake for 20 to 25 minutes or until cooked through, basting frequently and turning pieces after 10 minutes.

## ***Chicken Milanese à la Tommy***

1/3 cup all-purpose flour

2 eggs, beaten

1 1/4 cups plain bread crumbs

2/3 cup grated Parmesan

2 tsp. dried basil

1 tsp. dried thyme

4 (6 to 8-ounce) boneless and skinless chicken breasts

Kosher salt

Freshly ground black pepper

1/3 cup vegetable oil

### **Sauce:**

1 Tbsp. olive oil

2 celery stalks, trimmed and julienned

2 1/2 cups (12 ounces) cherry tomatoes, halved

1/4 tsp. kosher salt, plus more for seasoning

1/4 tsp. freshly ground black pepper, plus more for seasoning

1 clove garlic, minced

1 tsp. dried thyme or 1 Tbsp. chopped fresh thyme leaves

1/2 cup mascarpone cheese, at room temperature

For the chicken: Put an oven rack in the center of the oven. Preheat the oven to 150 degrees F. Line a baking sheet with a wire rack.

Using 3 wide shallow bowls, add the flour to 1, the eggs to another and to the third bowl combine the bread crumbs, Parmesan cheese, basil, and thyme.

On a work surface, put the chicken between 2 pieces of plastic wrap. Using a meat mallet, lightly pound the chicken until approximately 1/4 to 1/2-inch thick. Season the chicken with salt and pepper. Dredge the chicken pieces in the flour to coat lightly, then dip into the beaten

eggs, allowing the excess egg to drip off. Coat the chicken with the bread crumb mixture, pressing gently to adhere.

In a large, nonstick sauté pan, heat the vegetable oil over medium heat. Add 2 pieces of the breaded chicken into the oil and cook until light golden brown, about 3 to 4 minutes on each side. Transfer the chicken to the prepared baking sheet and keep warm in the oven. Repeat with the remaining chicken. Reserve the cooking juices in the sauté pan.

For the sauce: Using the same sauté pan, add the olive oil to the reserved cooking juices and heat over medium heat. Add the celery and cook, stirring frequently, until softened, about 5 to 6 minutes. Stir in the cherry tomatoes, 1/4 tsp. salt, 1/4 tsp. pepper, garlic and thyme. Cook for 5 to 6 minutes until the tomatoes are tender. Remove the pan from the heat. Add the mascarpone cheese and stir until the mixture is creamy. Season with salt and pepper, to taste.

## ***Transfer the chicken to a serving platter and spoon the sauce over the top before serving Champagne Chicken***

1/2 cup all-purpose flour	3 Tbsp. unsalted butter, margarine or light oil
1/2 tsp. salt	Juice of 1 lime
1/4 tsp. freshly ground pepper, plus more to taste	1/2 cup champagne
2 whole boneless chicken breasts, well-rinsed, patted dry, halved and trimmed	1/2 lb. mushrooms. Sliced
	1/4 tsp freshly grated nutmeg

In a shallow bowl, combine the flour, salt and pepper. Dredge the chicken in the mixture; set the breasts aside on a clean plate.

Warm a nonreactive 10" skillet over medium heat. Add the butter and when hot, sauté the chicken until lightly browned on all sides, 3 minutes per side. Remove the chicken to a plate.

Add the lime juice and champagne to the skillet and stir to scrape up the bits from the bottom of the pan. Let the sauce simmer over medium-low heat until the alcohol burns off. Add the mushrooms and nutmeg and cook until the mushrooms soften and the sauce reduces by a quarter to a third, about 5 minutes.

Return the chicken to the skillet and cook over medium heat until the chicken is cooked through, 5 to 8 minutes more. Correct the seasonings with more salt and pepper, then serve.

## ***Chicken and Spaghetti***

4 chicken breasts	1 tsp. salt
¾ pkg. Spaghetti	2 tsp. pepper
1 bell pepper, chopped fine	1 tsp. Creole Seasoning (see recipe on page 232)
1 onion, chopped fine	½ tsp. oregano
1 can cream of mushroom soup	¼ tsp. garlic
1 small (8-oz.) box Velveeta	
1 stick margarine	

Preheat oven to 350°.

Boil chicken until tender, and then chop into small pieces. In the same water that the chicken was cooked in, cook the spaghetti until done and drain. Sauté bell pepper, onion and spices in the stick of margarine. Combine chicken, spaghetti, onion, bell pepper and soup. Put in a 9x13 inch glass baking dish.

Grate the Velveeta cheese over the top and bake for 20 minutes or until cheese melts.

## ***Fiesta Chicken & Rice Bake***

1 can Cream of Chicken Soup  
1 cup salsa  
1/2 cup water  
1 cup whole kernel corn

3/4 cup uncooked long-grain white rice  
4 boneless chicken breast halves  
Paprika  
1/2 cup shredded Cheddar cheese

Mix soup, salsa, water, corn and rice in 2-qt. shallow baking dish. Top with chicken and sprinkle with paprika. Cover.

BAKE at 375°F. for 45 min. or until done. Sprinkle with cheese.

## ***Swiss Steak***

2 Tbsp. flour  
1 tsp. salt  
1/2 tsp. pepper  
2 lbs. round steak, 1" thick  
1 Tbsp. shortening

1/2 cup minced onion  
1/2 cup finely chopped celery  
1/2 cup finely chopped green pepper  
1 cup canned tomatoes, undrained  
2 cups water

Combine flour with salt and pepper. Pound mixture thoroughly into both sides of steak. Cut into serving pieces.

Melt shortening in skillet. Brown steak for 5 minutes per side.

Combine vegetables and water. Pour over steak. Cover and reduce heat to simmer and cook until tender, 1 to 1 1/2 hours.

## ***Bubba's Country-Fried Steak and Gravy***

1 1/2 cups, plus 2 Tbsp. all-purpose flour  
1/2 tsp. freshly ground black pepper  
8 (4-ounce) tenderized beef round steak  
(have butcher run them through cubing machine)  
1 tsp. f's House Seasoning, (recipe on page 230)

1 tsp. seasoning salt  
3/4 cup vegetable oil  
1 1/2 tsp. salt  
4 cups hot water  
1/2 tsp. Ac'cent, optional  
1 bunch green onions, or 1 medium yellow onion, sliced

Combine 1 1/2 cups flour and 1/4 tsp. of pepper in a small bowl. Sprinkle 1 side of the meat with the House Seasoning and the other side with the seasoning salt, and then dredge the meat in the flour mixture. Heat 1/2 cup oil in a large heavy skillet over medium-high heat. Add 2 or 4 of the steaks to the hot oil, and fry until browned, about 5-6 minutes per side. Remove

each steak to a paper towel-lined plate to drain. Repeat with the remaining steaks, adding up to 1/4 cup more oil, as needed.

Make the gravy by adding the 2 Tbsp. remaining flour to the pan drippings, scraping the bottom with a wooden spoon. Stir in the remaining 1/4 tsp. pepper, and the salt. Reduce the heat to medium and cook, stirring frequently, until the flour is medium brown and the mixture is bubbly. Slowly add the water and the Ac'cent, if using, stirring constantly. Return the steaks to the skillet and bring to a boil over medium-high heat. Reduce the heat to low, and place the onions on top of the steaks. Cover the pan, and let simmer for 30 minutes.

## ***Foolproof Standing Rib Roast***

1 (5-pound) standing rib roast

1 Tbsp. Paula's House Seasoning (recipe on page 230)

Allow roast to stand at room temperature for at least 1 hour.

Preheat the oven to 375° F. Rub roast with Paula's House Seasoning; place roast on a rack in the pan with the rib side down and the fatty side up. Roast for 1 hour. Turn off oven. Leave roast in oven but do not open oven door for 3 hours. About 30 to 40 minutes before serving time, turn oven to 375 degrees F and reheat the roast. Important: Do not remove roast or re-open the oven door from time roast is put in until ready to serve.

## ***Paula's Pot Roast***

1 (3-pound) boneless chuck roast  
1 1/2 tsp. Paula's House Seasoning (recipe on page 230/230)  
1/4 cup vegetable oil  
1 onion, thinly sliced

3 bay leaves  
3 or 4 beef bouillon cubes, crushed  
2 garlic cloves, crushed  
1 can cream of mushroom soup  
1/2 cup Chardonnay

Sprinkle roast on all sides with house seasoning. Using a skillet over high heat, sear roast until brown in oil. Place roast in a crock pot, and layer onions, bay leaves, crushed bouillon cubes, garlic and cream of mushroom soup. Add the Chardonnay and cover with enough water to cover all of the ingredients. Cook on the low setting for 8 hours.

## ***Bourbon Beef Tenderloin***

1 cup bourbon  
1 cup brown sugar  
2/3 cup soy sauce  
1 bunch parsley leaves chopped  
1/2 cup lemon juice  
1 Tbsp. Worcestershire sauce

1 tsp. fresh ginger, grated  
2 cups beef broth  
3 to 4 sprigs fresh thyme, leaves chopped  
1 (5-pound) beef tenderloin, silver connective tissue removed  
Oil, to brush grill

Preheat oven to 350° F.

Prepare marinade by combining the bourbon, brown sugar, soy sauce, parsley, lemon juice, Worcestershire sauce, ginger, broth and thyme in a bowl. Make sure the tenderloin has been cleaned and the tissues have been removed. Fold the tail end of the beef back underneath

itself so that it is of uniform thickness and secure with butcher's string. Place meat in a dish and pour marinade over meat, cover, and refrigerate for 4 to 6 hours, or up to overnight, turning meat over several times.

When grill is ready, place meat on oiled surface and reserve the liquid from the marinade. Cook over high heat with lid closed, turning meat often and occasionally basting with the marinade. Cook for approximately 1 hour or until temperature reaches 140° for rare or 150° for medium rare.

Serve with horseradish cream on the side.

*Note: Recipe inspired by Paula Deen*

## **Boy Scout Roast Beef**

4 pounds beef eye of round or chuck roast	2 Tbsp. minced garlic, or to taste
1/2 cup soy sauce	1 pound small new potatoes
1/2 cup tarragon or white wine vinegar	1 pound baby carrots
3/4 cup cream sherry (not cooking sherry)	1 pound small yellow onions
2 tsp. Tabasco sauce, or to taste	

Place roast in cold Dutch oven. Pour in soy sauce, vinegar and sherry. There should be at least 1/2 inch of liquid in the bottom of the Dutch oven around the roast. Add Tabasco sauce and garlic. Put cover on oven and place on medium-high heat, bringing to a boil. Reduce heat to low and simmer about 2 hours.

Scrub potatoes and carrots and peel onions.

After 2 hours, remove roast and set aside. Place the carrots on the bottom of the pan. Put the roast back in the pan, upside down on top of the carrots. Place onions around the roast and potatoes on top of the roast. Replace the lid, increase heat to return to a boil, then reduce heat and simmer another 45 minutes to 1 hour or until vegetables are done.

*Note: Makes about 6 servings.*

## **Pot Roast**

1 (3 to 4-pound) boneless chuck roast	1 (10 3/4-ounce) can cream of mushroom soup
1 tsp. House Seasoning, recipe follows	1/4 cup red wine
1 tsp. salt	2 Tbsp. Worcestershire sauce
1/2 tsp. black pepper	1 Tbsp. beef bouillon granules
2 Tbsp. vegetable oil	3/4 cup water
1 cup thinly sliced onion wedges	
3 cloves garlic, crushed	
2 bay leaves	

Preheat oven to 350°F.

Add the House Seasoning, salt and pepper to a small bowl. Rub seasoning into the roast on both sides. Heat oil in a large skillet and brown the roast, searing it on both sides. Place the meat in a roaster pan. Add onions and garlic to skillet for 1 to 2 minutes to absorb leftover roast juice. Place into roaster pan with meat and bay leaves.

Combine the mushroom soup, wine, Worcestershire sauce and beef bouillon into a bowl. Pour over the roast. Add water.

Cover pan with foil and bake for 3 to 3 1/2 hours or until tender.

Remove and discard the bay leaves.

*Note: If the gravy is not thick enough, remove the meat from the pan and pour the gravy into a saucepan. Bring to a boil and thicken it by adding 2 Tbsp. of cornstarch mixed with 1/4 cup cold water, stirring constantly.*

## **Beef Stroganoff over Buttered Noodles**

3 cups beef stock	2 Tbsp. cognac
1 carrot, chopped	5 Tbsp. unsalted butter
6 sprigs fresh thyme	1 pound mushrooms, sliced
1 bay leaf	3 cloves garlic, chopped
2 pounds chuck roast, cut into 2-inch cubes	2 Tbsp. sour cream, plus more for arnish
Kosher salt and freshly ground black pepper	1 Tbsp. Dijon mustard
6 Tbsp. extra-virgin olive oil	2 Tbsp. chopped fresh parsley leaves, plus more for garnish
1 medium onion, chopped	1 (1-pound) package wide egg noodles

Heat the beef stock with the carrot, 3 thyme sprigs, and bay leaf. Pat the beef dry and season it with salt and pepper. Heat 3 Tbsp. oil in a large heavy bottomed skillet over high heat. Fry the meat in batches so that it is browned on all sides. Lower the heat to medium and return all the meat to the pot. Add the onions and cook until they are soft, about 5 minutes. Pour in the cognac and cook until the alcohol has burned off, about 5 minutes. Add the beef stock, discarding the carrot, thyme sprigs, and bay leaf. Cook, partially covered, over a very low flame for 1 1/2 to 2 hours.

In a large skillet over medium heat, melt 3 Tbsp. butter in the remaining 3 Tbsp. olive oil. Add the mushrooms, garlic, and remaining 3 thyme sprigs and cook until the mushrooms are browned and cooked through. Remove from heat and set aside.

When the meat is done, remove it from the heat and fold in the mushrooms, sour cream, mustard, and parsley. Taste and adjust the seasoning with salt and pepper.

Meanwhile, cook the noodles in a large pot of boiling, salted water until tender. Drain the noodles well, toss with the remaining 2 Tbsp. butter, and season with salt and pepper. Serve the stroganoff over the noodles; garnish with more sour cream and chopped parsley

## **Beef Stroganoff**

1 tsp. vegetable oil	1 10 3/4-oz. can reduced-fat condensed cream of mushroom soup, undiluted
1 medium (1/2 cup) finely chopped onion	1/4 cup dry wine red
2 tsp. minced garlic	1/4 tsp. ground black pepper
8 oz. (2 1/2 cups) sliced fresh mushrooms	1/2 cup fat-free sour cream
1 lb. boneless beef sirloin, thinly sliced across grain and cut in 1 1/2"-long pieces	

In large nonstick skillet, heat oil over medium heat. Add onion, garlic and mushrooms. Cook, stirring often, 3 or 4 minutes or until soft.

Remove to a plate with slotted spoon. Increase heat to medium high. Add meat and cook about 7 minutes, stirring occasionally, until browned. Reduce heat to low. Return vegetables to skillet. Stir in soup, wine and pepper. Cover and simmer 5 minutes. Remove from heat; stir in sour cream and serve immediately.

## **Cajun Meatloaf**

1 cup finely chopped onion	1/2 tsp. dried thyme
2 cloves garlic, minced	1/2 tsp. paprika
2 Tbsp. butter	1 1/2 lb. ground beef
1/4 cup chopped fresh parsley	1/2 lb. ground pork or turkey
1/2 cup chopped green onion	3/4 cup bread crumbs
1/2 cup chopped carrot	1/4 cup milk
1/2 cup chopped celery	2 eggs, beaten
1/4 cup chopped green pepper	Salt and pepper
1/4 cup chopped sweet red pepper	1/4 cup ketchup
1 tsp. ground cumin	1/4 cup molasses
1/2 tsp. ground red pepper	

Preheat oven to 350°. In a small skillet over medium heat, cook the onion and garlic in butter until soft. Transfer to a large mixing bowl and add the parsley, green onion, carrot, celery, green pepper, red pepper, cumin, ground red pepper, thyme, paprika, beef, pork or turkey, bread crumbs, milk, eggs, salt and pepper. Mix well. Place mixture in a 9"x5" loaf pan.

Place in oven and bake for 1 hour. Meanwhile, in a small bowl, combine the ketchup and molasses. Pour mixture over loaf and return to oven for 30 minutes.

## **Fried Beef Empanadas**

### **For the filling:**

2 tsp. vegetable oil	Salt to taste
1/2 cup diced onion	1/2 tsp. whole oregano
1 1/2 tsp. minced garlic	2 Tbsp. capers
1 lb. group beef	2 Tbsp. raisins
1/2 cup tomato sauce	2 Tbsp. chopped green olives
Black pepper to taste	

### **For the dough:**

3 cups plus 6 Tbsp. all-purpose flour	1/2 cup (1 stick) unsalted butter, chilled and cut into pieces
1 1/2 tsp. salt	2 egg yolks, beaten with 3 Tbsp. ice water
1/4 cup vegetable shortening, chilled and cut into pieces	6 to 8 Tbsp. ice water, divided
	Vegetable oil for deep-frying

To make the filling: In a large nonstick skillet, heat the oil over high heat. Add the onions and garlic, and cook, stirring constantly, until golden brown, about 5 minutes. Add the ground beef,



tomato sauce, pepper, salt, oregano, capers, raisins and olives. Stir to combine, reduce heat to low, and cook slowly for 15 to 20 minutes, stirring frequently. Set aside to cool.

To make the dough: Place flour and salt in a food processor and process for several pulses to blend. Add the shortening and butter and process until the mixture resembles a coarse meal, about 12 seconds. Add the yolk and water mixture and process for 3 pulses. Keep adding water, a Tbsp. at a time, following with 2 to 3 pulses, until the mixture just sticks together but does not form into a ball around the blades. You may not need all of the ice water. Turn the pastry out onto a cool, smooth surface, knead briefly, and form it into two balls. (The dough can be prepared ahead of time up to this point and refrigerated overnight.)

To complete: Flatten one ball of the pastry into a disk. Cover it with wax paper and roll it out to a thickness of 1/16". Cut into 4" rounds. Place a pastry circle on work surface. Put a heaping Tbsp. of filling on the lower half of each circle. Fold over, moistening the edges with a little water to seal, if necessary. Crimp edges with the tines of a fork to seal.

Pour oil to a depth of 1 1/2 inches into a large, deep skillet and heat to 360°. Fry the empanadas, a few at a time, until golden brown, about 2 to 3 minutes per batch. With a slotted spoon, remove them to drain on paper towels. Keep the finished empanadas warm in an oven on low while the rest fry.

## ***Beef Tenderloin***

1 cup Burgundy wine  
1 cup soy sauce  
1/2 cup vegetable oil  
1 tsp. thyme leaves  
1 bay leaf

1 beef tenderloin (4 to 5 lbs., trimmed)  
5 cloves garlic  
1 tsp. salt  
1 tsp. pepper  
5 slices bacon

Combine first 5 ingredients; stir well. Rub tenderloin with garlic. Make 5 slits in tenderloin and insert 1 garlic clove in each slit; sprinkle with salt and pepper. Place in large shallow dish; pour marinade over tenderloin. Cover and refrigerate 8 hours, turning occasionally. Drain meat; discard marinade. Place meat on rack in roasting pan. Place bacon slices on top of beef; insert meat thermometer into thickest portion, making sure it does not touch fat. Preheat gas oven to 425°. Bake 40 minutes, or until meat thermometer registers 140° for rare, 160° for medium, or 170° for well done. Remove meat from oven; let stand 10 minutes before slicing.

## ***Beef Tenderloin with Red Wine-Mushroom Sauce***

4 beef tenderloin steaks (about 1 1/4 lb. total)  
1 1/2 tsp. coarsely ground black pepper  
2 tsp. unsalted butter, divided  
1 tsp. vegetable oil  
1/4 cup minced shallots

1 minced garlic clove  
1/2 cup dry red wine or beef broth  
2 cups thinly sliced mushrooms  
3/4 cup evaporated skim milk

Pat steaks dry; rub pepper into each steak. In a large, heavy skillet, warm 1 tsp. butter and the oil over medium-high heat. Add steaks and cook until browned, about 2 minutes per side. Reduce heat to medium and cook, turning occasionally, for about 6 minutes for rare. Transfer to warm plates and loosely cover with foil. Pour off drippings and melt remaining tsp. butter in skillet over medium heat. Add shallots and garlic and sauté 1 minute. Add wine, bring to boil and deglaze pan. Boil 1 minute. Add mushrooms and cook, stirring frequently, until softened,

about 3 minutes. Add milk and simmer until mixture begins to thicken, about 1 minute. Spoon sauce over steaks and serve.

## **Northern Italian Pasta Shells**

3 packages frozen, chopped spinach  
3 pounds ground round  
2 (8-ounce) packages cream cheese,  
softened  
2 large onions, chopped  
Grated Parmesan

Salt and pepper  
2 jumbo eggs  
1 (1-pound) package jumbo pasta shells  
2 cups tomato sauce (your own or ready-  
made)

Place frozen spinach in a strainer and run under hot water until thawed. Squeeze all of the water out and place in a large bowl. In a large saute pan, cook the ground round until browned. Drain meat, reserving 2 Tbsp. fat in the pan, and place meat in the same bowl with the spinach. Stir in the cream cheese until blended with the meat and spinach. Saute the chopped onions in the reserved meat fat until transparent. Transfer onions to the bowl with the other ingredients and stir to combine. Add grated cheese, salt, and pepper, to taste, and combine. Let mixture cool and then add the eggs. The filling can be made up to 1 day in advance and refrigerated until ready to use.

Preheat the oven to 350 degrees F.

Cook pasta shells in boiling, salted water until al dente. Drain and cool to the touch. Stuff the shells with the meat mixture. Place shells in a large baking pan and cover with tomato sauce. Cover with foil and bake for approximately 1 hour. Serve.

## **Tommy's Lasagna**

### **Sauce:**

2 cups canned, diced tomatoes  
2 cups tomato sauce  
1 cup water  
1/2 cup onions, diced  
1/2 cup green bell peppers, diced  
2 cloves garlic, diced  
1/4 cup chopped, fresh parsley leaves  
1 1/2 tsp. Italian Seasoning

1 1/2 tsp. Paula's House Seasoning (recipe  
on page 230)  
1 1/2 tsp. seasoning salt  
1 1/2 tsp. sugar  
2 bay leaves  
1 (3-ounce) package cream cheese  
3/4 lb. ground beef  
3/4 lb. ground Italian Sausage

### **Lasagna:**

6 to 9 Long strips lasagna noodles  
12 ounces cottage cheese, mixed with 1  
beaten egg and 1/2 cup Parmesan  
1 cup Gruyere cheese, grated

1 cup Swiss cheese, grated  
2 cups cheddar, grated  
1 cup mozzarella, grated

To make the sauce, in a stockpot, combine the tomatoes, tomato sauce, water, onions, peppers, garlic, parsley, seasoning mixtures, sugar, bay leaves and cream cheese. Bring to a boil, then reduce the heat and simmer, covered, for 1 hour. Crumble the ground beef in a saucepan. Cook until no pink remains, then drain off the fat. Add the ground beef and ground Italian sausage to the stockpot. Simmer for another 20 minutes. While the sauce simmers, cook the pasta according to the package directions (if sauce is too thin, for your taste, you can

thicken it up at this time by mixing 1 Tbsp. of cornstarch and a 1/4 of a cup of cold water. Bring sauce back to a boil. Stir in cornstarch mixture, stirring constantly). Remove bay leaves.

Preheat oven to 350 degrees F.

To assemble lasagna, place a thin layer of sauce in the bottom of a 9 by 13 by 2-inch pan. Layer 1/3 of each, noodles, cottage cheese mixture, Gruyere, Swiss and cheddar cheeses. Add another layer of sauce. Repeat layering 2 to 3 times ending with sauce. This may be covered and refrigerated at this point. Bake for 20 minutes. Remove from oven and top with mozzarella and continue to bake for another 10 to 15 minutes. Note: If lasagna has been refrigerated, bake for 40 minutes total.

*Note: Inspired by Paula Dean's Lasagna Recipe*

## **Picadillo**

1/2 cup extra virgin olive oil	3 ounces tomato paste
1 large onion, diced	4 tomatoes, diced
1 green bell pepper, diced	1/2 cup coarsely chopped Spanish olives
3 cloves garlic (or to taste), crushed	1/2 cup raisins
3 lb. ground round beef	1/4 cup sliced almonds
4 crushed bay leaves	1 3-1/2-ounce jar capers, rinsed and drained
1/4 tsp. dried oregano	1/2 cup sliced mushrooms
Salt and pepper to taste	

In a large sauté pan or Dutch oven, heat the olive oil over medium-high heat. Add the onion, bell pepper and garlic. Cook until the onions are transparent. Add ground meat, bay leaves, oregano, salt and pepper. Cool until meat is no longer pink (use fork to keep meat in pieces while cooking). Add tomato paste, tomatoes, olives, raisins, almonds, capers and mushrooms. Stir well, reduce heat to medium-low and simmer for about 30 minutes. Serve over plain rice.

## **Italian Calzones**

1/2 package (16 ounces) bread dough, thawed	2 plum tomatoes, chopped
1/2 cup tomato sauce	1/4 cup chopped onion
1 tsp. basil	1/4 cup chopped green pepper
1 clove garlic, minced	24 slices pepperoni
1/2 cup cottage cheese	1 cup shredded mozzarella cheese
1/2 cup sliced fresh mushrooms	1 egg, slightly beaten
	1 Tbsp. water

Preheat oven to 375°. Divide dough into 4 equal pieces. Roll each piece into a 7-inch circle on a lightly floured surface. Combine tomato sauce, basil and garlic; spread evenly over each circle to within 1/2 inch of edge. On half of each circle, place 1/4 of the remaining ingredients, except the egg and water. Fold dough over filling; pinch edges to seal. Place calzones on greased baking sheet. Mix egg and water; brush top of calzones with mixture. Bake 25 minutes or until golden brown. Makes 4 servings.

## **Paella** 👍

6 rock lobster tails	1/4 cup tomato sauce
12 large raw shrimp	3 cups long-grain rice
6 cherrystone clams	1/8 tsp. saffron powder
6 mussels	1 tsp. salt
1/2 lb. chorizos sausage	1 large clove garlic, pressed
2/3 cup olive oil	1/4 tsp. pepper
1/2 lb. pork cubes	1 1/2 quarts boiling water
4 chicken breasts, thighs, and legs	1 cup frozen peas
1 onion	1 fresh tomato, peeled, seeded, and diced
1 green pepper	

With kitchen shears, break center of ribs on belly side of lobster shell. Loosen meat from shell with fingers, leaving meat attached near tail fins. Shell and devein shrimp. Scrub clams and mussels. Soak mussels in cold water 30 minutes to remove salty taste. Discard any that open their shells while soaking; drain.

Place sausage in shallow skillet. Cover with water; bring to a boil. Boil 5 minutes; drain. Remove skin from sausage; cut into 1/4-inch rounds. Heat 1/3 cup oil. Fry sausage until browned on each side. Remove from skillet; drain. Add pork to heated oil. Fry until brown on all sides and no longer pink. Remove from skillet; drain.

Add chicken to skillet. Fry until golden brown and meat is cooked. Remove from skillet; drain. Add lobster to skillet; fry just until shells start to turn pink. Remove from skillet; drain.

Add remaining oil to skillet; heat thoroughly. Peel and chop onion. Sauté in skillet 10 minutes or until tender.

Remove seeds and membranes from pepper; dice. Add to onions; sauté 5 minutes. Stir in tomato sauce; simmer until mixture thickens and holds shape on spoon. Add rice, saffron, salt, pressed garlic and pepper; mix well. Add boiling water; mix well. Bring mixture to boil; reduce heat to simmer.

Arrange lobster, shrimp, clams, mussels, sausage, pork and chicken on top of rice mixture. Scatter peas and tomato over rice and meat; cover. Simmer 30 to 45 minutes or until rice is tender, shrimp and lobster meat turns white, and mussels and clams pop open. Remove from heat. Cover; let rest 10 minutes for flavors to mingle. Serve paella directly from pan.

## **Tuscany Individual Pizzas** 👍

1/4-ounce active dry yeast (1 package)  
3/4 cup warm water (105 to 115 degrees)  
1 3/4 cups unbleached flour  
1/2 cup semolina (durum wheat)  
1 tsp. sugar  
1 tsp. salt  
1 Tbsp. extra virgin olive oil

Place a pizza stone on the bottom rack of oven and preheat to 500° for 45 minutes to 1 hour. Dissolve the yeast in the warm water and let stand for 10 minutes.

Traditional Method: Put 1 1/2 cups of the flour, semolina, sugar and salt in a large bowl. Stir to combine. While stirring with a wooden spoon, slowly add the yeast mixture until combined. Add the olive oil and continue stirring until the mixture forms a loose ball, adding the remaining 1/4 cup of flour if necessary to form a ball that is not sticky. On a lightly floured board, knead the dough for 3 to 5 minutes until the dough is smooth and consistent in texture.

Food Processor method: With the metal blade inserted, put the flour, semolina, sugar and salt into the work bowl. With the motor running, pour the yeast mixture through the feed tube and process for 30 to 45 seconds or until the dough pulls away from the sides of the bowl. Add the olive oil through the feed tube and continue to process for 1 minute. The dough should have formed a ball. Turn the dough onto a lightly floured surface and knead briefly with flour until it is not sticky.

Both Methods Continue: Form the dough into a ball and put in a bowl that has been slightly coated with olive oil. Cover the bowl with a damp towel and put it in a warm place until it doubles in size, about 1 hour. Roll the dough on a lightly floured surface into a cylinder and cut into 2 equal pieces. Roll each piece into a ball and place on a lightly floured platter. Cover with a damp towel. Using a rolling pin, roll one ball into a circle. Garnish the pizza as desired. Place directly on pizza stone and bake for approximately 4 minutes (check after 3 minutes) or until ready.

Continue creating individual pizzas.

La Margherita Pizza toppings: Top the pizza with a tomato puree made up of peeled tomatoes (use canned tomatoes when good quality fresh are unavailable), olive oil, oregano and a pinch of salt. Sprinkle with grated mozzarella cheese and light drizzle olive oil over the pizza. Add salt and pepper for taste.

La Napoletana Pizza toppings: Top the pizza with tomato puree and sprinkle with capers, mozzarella cheese and top with anchovies. Lightly drizzle olive oil over the pizza.

Additional Toppings to add as you wish: Italian Ham, Peccorino Romano Cheese, red and yellow bell peppers, olives, onions, fresh basil and mozzarella cheese.

## ***Easy Paella***

1 4- to 6 1/2-oz. package rice pilaf mix  
3 Tbsp. butter  
1 tsp. Cajun seasoning  
1 tsp. finely chopped garlic

1/2 lb. boneless, skinless chicken breast  
tenders  
1 medium onion, cut into eighths  
1 10-oz. package frozen peas  
1/2 lb. cooked medium shrimp

Cook rice mix according to package directions. Meanwhile, in a 12-inch skillet, melt butter until sizzling. Stir in seasoning and garlic. Add chicken and onion. Cook over medium-high heat, stirring occasionally, until chicken is no longer pink, 7 to 9 minutes. Add peas, shrimp and cooked rice mix. Continue cooking, stirring occasionally, until peas and shrimp are heated through, 4 to 5 minutes.

*Note: For extra-spicy paella, add ground red pepper or hot pepper sauce to taste.*

## ***Apple and Plum Pork Tenderloin***

1/4 cup soy sauce  
1/2 tsp. ground ginger  
1/4 tsp. pepper  
1 lb. pork tenderloin, cut into 1/4" slices  
2 Tbsp. brown sugar  
1 Tbsp. cornstarch  
1 Tbsp. water

1 tsp. oil  
1/4 cup chopped celery  
1/2 cup julienne-sliced red bell pepper  
1/2 cup chopped green onions  
1/2 cup apple cider  
1 cup cored, sliced cooking apples, unpeeled  
1 cup pitted, sliced ripe plums, unpeeled

In medium bowl, combine soy sauce, ginger, pepper and pork. Refrigerate for between 30 minutes and 2 hours. Meanwhile, in a small bowl, combine brown sugar, cornstarch and water. Heat oil in large skillet over medium-high heat. Add pork and discard marinade. Cook pork 5 to 7 minutes or until browned. Add celery, red pepper, green onions and apple cider. Cover and simmer for 3 minutes. Add apples, plums and cornstarch mixture. Cook 5 minutes on very low heat, stirring constantly, until mixture is thickened and fruit is crisp-tender.

## ***Slow Cooker Pork Chops***

6-8 lean pork chops (1 inch thick)  
1/2 cup flour  
1 Tbsp. salt  
1 1/2 tsp. dry mustard

1/2 tsp. garlic powder  
2 Tbsp. oil  
1 can Chicken and Rice soup

Dredge chops in mixture of flour, salt, dry mustard and garlic powder. Brown in oil in a skillet. Place browned pork chops in slow cooker. Add can of soup (undiluted). You can use two cans if you would like also. Cook on low for 8 hours.

## ***Oven-Roasted Pulled Pork Bar-B-Queue***

1 (5 to 7 pound) pork roast, preferably shoulder or Boston butt

### **Dry Rub:**

3 Tbsp. paprika  
1 Tbsp. garlic powder  
1 Tbsp. brown sugar

1 Tbsp. dry mustard  
3 Tbsp. coarse salt

### **Cider Vinegar Barbecue Sauce:**

1 1/2 cups cider vinegar  
1 cup yellow or brown mustard  
1/2 cup ketchup  
1/3 cup packed brown sugar  
2 garlic cloves, smashed

1 tsp. salt  
1 tsp. cayenne  
1/2 tsp. freshly ground black pepper

Mix the paprika, garlic powder, brown sugar, dry mustard and salt together in a small bowl. Rub the spice blend over the pork and marinate for as long as you have time for, as little as 1 hour or up to overnight, covered, in the refrigerator.

Preheat the oven to 300° F.

Put the pork in a roasting pan and bake for about 6 hours. Basically, roast the pork until it's falling apart and an instant-read thermometer inserted into the thickest part registers 170°F.

To make the barbecue sauce, combine the vinegar, mustard, ketchup, brown sugar, garlic, salt, cayenne and black pepper in a saucepan over medium heat. Simmer gently, stirring, for 10 minutes until the sugar dissolves.

Remove the pork roast from the oven and transfer to a large platter. Allow the meat to rest for about 10 minutes. While still warm, take 2 forks and "pull" the meat to form shreds. Using 2 forks shred the pork by steadying the meat with 1 fork and pulling it away with the other. Put the shredded pork in a bowl. Pour 1/2 of the sauce on the shredded pork and mix well to coat.

*Note: For a great B-B-Q sandwich, serve pork and a spoonful of Spicy Slaw (Page 57) between warmed hamburger buns.*

## **Pan Seared Pork Chops**

Kosher salt and freshly ground black pepper	4 sprigs of fresh thyme
1/2 tsp. dried thyme	1 Tbsp. olive oil
4 pork chops, trimmed of fat (about 1 lb.)	1 cup chicken stock or low-sodium canned
	1/2 cup marsala wine

Combine the salt and pepper and dried thyme and rub on the pork chops. Press a sprig of thyme into each chop. Heat the olive oil in a nonstick skillet over medium-low heat and add the pork chops, thyme side down. Sear 5 to 7 minutes per side, or until just browned and the interior is no longer bright pink. Transfer to a warm plate. Pour off the fat from the skillet, return pan to heat, add the stock and wine, and bring to a boil. Cook until slightly thickened, about 10 minutes. Spoon the sauce over the pork chops and serve.

## **Pork Chop and Sausage Casserole**

4 pork chops	1/4 cup milk
8 oz. Andouille sausage, cut into 2" lengths	1 can cream of mushroom soup
2 cups thin sliced potatoes	1 cup sliced mushrooms
1 onion	

Brown pork chops over medium heat. Remove the pork chops and deglaze with milk. Add mushroom soup and stir until smooth. Add sliced mushrooms and let simmer for 5-10 minutes, or until mushrooms are softened. Arrange potatoes in 2-quart dish. Season with salt and pepper. Slice onion very thin and arrange on top of potatoes. Pour 1/2 of soup and sliced mushroom mixture over all. Repeat procedure, then place pork chops and sausage on top. Cover and bake at 350° for about 1 hour or until tender.

*Note: Microwaving potatoes and onions for 8 minutes helps shorten the cooking time.*

## **Oven Fried Pork Chops**

4 pork chops, trimmed	2 tablespoons milk
2 tablespoons butter, melted	1/4 teaspoon black pepper
1 egg, beaten	1 cup herb-seasoned dry bread stuffing mix

Preheat oven to 425 degrees F (220 degrees C). Pour butter into a 9x13 inch baking pan.

Stir together egg, milk and pepper. Dip pork chops in egg mixture, coat with stuffing mix and place in pan.

Bake in preheated oven for 10 minutes. Turn chops and bake for another 10 minutes, or until no pink remains in the meat and juices run clear.

## **Honey Sesame Tenderloin** 👍

1/2 cup soy sauce  
2 cloves garlic, minced  
1 Tbsp. grated fresh ginger  
1 Tbsp. sesame oil

1 lb. pork tenderloin  
1/4 cup honey  
2 Tbsp. brown sugar  
1/4 cup sesame seeds

Combine soy sauce, garlic, ginger and sesame oil. Place tenderloin in a heavy plastic bag; pour soy mixture over to coat. Marinate 2 hours at room temperature or overnight in refrigerator. Remove pork from marinade; pat dry. Mix together honey and brown sugar in a shallow plate. Place sesame seeds on a separate plate. Roll pork well in honey mixture, coating well; then roll in sesame seeds. Roast in a shallow pan at 400° for 20 to 30 minutes, until meat thermometer inserted registers 160 degrees. Remove to serving platter, slice thinly to serve.

## **Lemon Pork Chops** 👍

4 (1 1/4" thick) boneless pork chops  
2 lemons

4 Tbsp. olive oil  
1 cup balsamic vinegar

Preheat grill to medium-high.

Marinate the pork chops with the juice of 1 lemon, olive oil and balsamic vinegar for 10 minutes.

Drain chops from marinade. Season both side of the pork chops with sea salt and freshly ground pepper.

Grill for 12 to 18 minutes, turning once (internal temperature should be 150°). Remove from heat and squeeze the other lemon over the pork chops for additional flavor.

## **Martha Stewart's Oven-Roasted Ribs with Barbecue Sauce**

4 racks (about 8 pounds) Saint Louis-style  
pork ribs, baby back ribs, or  
spareribs, rinsed well and patted dry

2 tsp. cayenne pepper  
1 tsp. ground cumin  
Barbecue Sauce (Recipe on page 227)

1/4 cup packed dark-brown sugar  
1/4 cup paprika  
4 1/2 tsp. coarse salt  
1 Tbsp. unsweetened cocoa powder

Line 2 rimmed baking sheets with foil, and place a wire rack on top of each. Transfer 2 racks of ribs to each wire rack, meat side up.



Using a sieve, sift sugar, paprika, salt, cocoa, cayenne, and cumin together into a small bowl. (Use the back of a spoon to break up any lumps and to press ingredients through a sieve.) Stir to combine.

Sprinkle spice mixture evenly over both sides of each rack of ribs. Lightly rub mixture into the ribs to coat completely. Cover with plastic wrap. Refrigerate on racks on sheets at least 20 minutes (or up to 2 hours for maximum flavor).

Preheat oven to 350°, with racks in upper and lower thirds. Cook ribs on racks on sheets, switching positions of baking sheets about halfway through, until meat pulls away easily from the bones, 1 1/2 to 2 hours. Let cool completely. Refrigerate, covered, until ready to finish cooking, up to 2 days. (If finishing cooking immediately, raise oven temperature to 425° and continue with next step.)

Preheat oven to 425°. Let ribs stand at room temperature 20 minutes.

Using 2 cups reserved barbecue sauce, brush both sides of ribs. Cook ribs on wire racks set over rimmed baking sheets lined with foil until sauce is slightly caramelized and ribs are heated through, about 15 minutes. Let stand 5 minutes; serve with more barbecue sauce.

## ***New Orleans Barbecue Shrimp***

4 lbs. unpeeled large shrimp	1 1/2 Tbsp. liquid smoke
1/2 cup (1 stick) butter	1 Tbsp. chopped parsley
1/2 cup olive oil	2 tsp. dried oregano
1/2 cup chili sauce	1 tsp. paprika
2 cloves garlic, chopped	1 tsp. cayenne pepper
1 lemon, sliced	1 tsp. Tabasco sauce
2 Tbsp. Worcestershire sauce	Salt and black pepper
2 Tbsp. lemon juice	

Spread shrimp in a shallow pan.

In a sauce pan over low heat, combine butter, olive oil, chili sauce, garlic, lemon, Worcestershire sauce, lemon juice, liquid smoke, parsley, oregano, paprika, cayenne pepper and Tabasco. Season with salt and pepper, stir until combined. Set aside to cool.

Pour sauce over shrimp and toss to combine. Refrigerate, stirring shrimp every 30 minutes, for 3 or more hours.

Preheat oven to 350°F. Bake for 20 to 30 minutes, turning shrimp at 10-minute intervals.

Serve in a bowl with French bread to dip in the sauce.

## ***Shrimp and Scallop Fraiche***

1/2 cup creme fraiche (see page 233)	1 lemon, juiced
1 pound shrimp, cleaned, peeled, and deveined	3 cloves garlic, minced
1 pound fresh sea scallops	1 Tbsp. Cognac or wine
Salt and pepper	1 Tbsp. cornstarch
1/2 stick butter	2 Tbsp. fish or chicken stock
	4 sprigs fresh basil

Clean, peel and devein shrimp, leaving tails on. Pat scallops dry with paper towels and season with salt and pepper. Melt butter in a large skillet. Add lemon juice and garlic. Place shrimp and scallops in butter and sauté until scallops are opaque, 3 to 4 minutes per side. Remove to a warm platter. Add Cognac or wine to pan juice. Dissolve cornstarch in stock and add along with creme fraiche to pan. Simmer until thickened. Pour sauce over shellfish and garnish with basil sprigs.

## **Jambalaya** 👍

1/4 cup clarified butter	1 cup chicken stock
1 onion, coarsely chopped	3 tsp. Louisiana Red Hot Sauce
1 green bell pepper, coarsely chopped	1/4 cup Worcestershire sauce
3 ribs celery, coarsely chopped	1/2 pound andouille sausage, sliced 1/4" thick
5 cloves garlic, minced	1/2 pound smoked ham, cut into 1/2" cubes (optional)
1 1/2 pounds shrimp, peeled and deveined	1/2 pound crawfish tails, peeled (optional)
1 1/2 pounds boneless, skinless chicken, cut into 1 1/2" cubes	1 bunch green onions, coarsely chopped
3 bay leaves	Salt
1/2 tsp. thyme	3 cups long-grained rice
1/4 tsp. paprika	
2 28-ounce cans stewed tomatoes	

Heat butter in an uncovered heavy-bottomed pot or kettle. Add vegetables and garlic and sauté, stirring, for 5 minutes. Add shrimp, chicken, bay leaves and thyme and continue to cook over medium heat until chicken becomes white and shrimp are pink, about 10 to 15 minutes.

Add paprika and stir thoroughly to mix well with other ingredients. Add tomatoes, stock, hot sauce and Worcestershire sauce. Mix well.

Add sausage and ham (if desired). Stir well. Add crawfish (if desired) and cook over moderate heat until liquid returns to a boil. Add green onions, salt to taste, and rice. Cook covered over low to medium heat for 30 minutes.

## **Shrimp Creole**

1 1/2 lb. shrimp, peeled	3 large tomatoes, seeded, chopped
juice of 1 lemon	1/3 cup tomato paste
1 tsp. salt	1 tsp. sugar
1/2 tsp. ground red pepper	5 sprigs fresh thyme
1 Tbsp. olive oil	2 bay leaves
5 cloves garlic, minced	1 tsp. Old Bay seasoning
1 large onion, chopped	3 cups fish stock or clam juice
3 ribs celery, chopped	2 tsp. grated lemon rind
1 green bell pepper, cored, seeded and diced	1 tsp. ground black pepper
1 red bell pepper, cored, seeded and diced	1/2 cup dry vermouth
	3 Tbsp. chopped parsley

Place peeled shrimp in a bowl and sprinkle with 1 Tbsp. of the lemon juice, a pinch of salt and the ground red pepper. Toss lightly and refrigerate.

Heat oil in a large skillet over medium-high heat. Add garlic; cook, stirring often, until it begins to soften, 2 minutes. Add onion, celery and bell peppers. Reduce heat to medium and cook,

stirring occasionally, until vegetables are soft, 10 minutes. Add tomatoes, tomato paste, remaining salt, sugar, thyme, bay leaves and Old Bay. Cook until mixture begins to thicken, 5 minutes.

Stir in stock and heat to a boil. Reduce heat and simmer gently, uncovered, 15 minutes. Add shrimp, lemon rind, remaining lemon juice, pepper, and vermouth and cook until shrimp are done, 4 to 5 minutes. Adjust seasoning and sprinkle parsley on top.

## **Martha Jo's Fried Shrimp**

1 egg  
Evaporated milk  
Salt

Pepper  
Shrimp  
Self-rising Flour

Peel and wash shrimp. Mix egg, a small amount of evaporated milk, salt and pepper together in a bowl. Place flour in a paper bag or a plastic bowl with lid. Dredge shrimp in egg mixture and drop in flour. Shake to coat well. Drop into very hot oil, a few at a time. Cook until brown. Drain on paper towels.

## **Shrimp au Poivre**

2 lb. shrimp, shelled and deveined (see notes)  
Salt  
2 Tbsp. olive oil  
1 cup dry white wine  
1 1/4 cups chicken broth or fish stock (see notes)

1 Tbsp. finely minced garlic  
1 1/2 tsp. grated lemon zest  
2 Tbsp. fresh lemon juice  
2 Tbsp. cracked black pepper  
1 tsp. salt  
1/3 cup extra-virgin olive oil or butter

Sprinkle shrimp lightly with salt. Heat olive oil in a large sauté pan or deep skillet. Sear shrimp quickly on both sides over high heat. Remove from pan with slotted spoon and set aside.

Deglaze pan with wine and broth, scraping up any bits that cling to bottom or sides of pan. Add garlic, lemon zest, lemon juice and pepper. Reduce liquids by half (to about 1 1/4 cups), return shrimp to pan, season with salt and swirl in the olive oil or butter to smooth out sauce.

*Notes: Be sure you salt the shrimp - it will bring out the sweetness. If you've gone overboard on the lemon or the wine is too tart, rescue the dish with a swirl of butter or olive oil at the end of the cooking; that's why it's there. Serve over pasta or sautéed spinach. Fish stock is sold frozen in small plastic containers at some supermarkets. It works better in this recipe than chicken broth.*

## **Cabbage and Shrimp**

1 head cabbage  
1 or 2 pkgs small cooked and peeled salad shrimp  
1 (12 oz) pkg bacon

2 or 3 Tbsp. oil  
Salt and pepper  
Cajun Seasoning

Fry, drain and crumble the bacon, then set it aside. Chop cabbage into small pieces. Cook in wok or large stainless steel skillet in oil on medium. Heat until tender, then add salt, pepper and Cajun seasonings to taste. Add shrimp and cook until shrimp and cabbage is done. Add crumbled bacon and serve.

## **Shrimp and Grits**

6 servings quick grits, cooked according to package directions  
Hot pepper sauce to taste  
1/4 cup shredded Cheddar cheese  
1 1/2 Tbsp. butter

2 slices bacon, diced  
1 lb. fresh shrimp, peeled and deveined  
1 cup finely chopped green onions  
1 Tbsp. chopped parsley  
juice of 1/2 lemon

When grits are done, remove from heat and add hot sauce, cheese and butter.

Meanwhile, cook the bacon until it is lightly browned. Stir in shrimp, then add onions. Cook for about 3 minutes or until shrimp are done. Don't overcook. Add parsley and lemon juice. Spoon grits onto plates and top with shrimp mixture.

## **Low Country Boil**

Lemons, sliced and quartered  
Zataran's Seafood boil-in-a-bag  
Onions, peeled and quartered  
Tabasco  
Salt  
Fresh ground pepper  
3-4 red new potatoes (per person)

1/4 lb. smoked sausage (per person)  
2-3 half ears fresh corn (per person)  
1/3 – 1/2 lb. headless shrimp in the shell (per person)  
Ketchup  
Worcestershire sauce  
Horseradish

Combine the first 6 ingredients in a large stockpot and fill 2/3 full of water. The more people, the larger the stockpot. The more adventurous, the more seasonings. Let water come to a rapid boil and remain there for 15 minutes. Add the potatoes and cook for 10 minutes. Add the sausage and cook for 5 minutes. Add the corn and cook for 5 minutes. Add the shrimp and cook until done (3-5 minutes).

While the LCB is cooking, let your guests prepare their own cocktail sauce. Set out ketchup, lemon quarters, Tabasco, Worcestershire Sauce, horseradish and cocktail cups and encourage them to create to their own taste by combining, tasting and adjusting until they are satisfied.

*Note: If the shrimp or sausage is cold, you might quickly dip them in a smaller pot of boiling water before adding to the stockpot to avoid bringing down the temperature of the stockpot water.*

# VEGETABLES & SIDE DISHES

## **Green Pepper Casserole**

3 large green bell peppers, chopped	1 1/2 Tbsp. all purpose flour
1 cup bread crumbs	1 cup milk
1 cup sharp cheddar cheese, shredded	1 tsp. salt
1 1/2 Tbsp. margarine, melted	1/8 tsp. pepper

Preheat oven to 350°. Divide cheddar cheese into thirds. Combine peppers, bread crumbs and 1/3 cup cheese. Stir slightly and set aside. Combine butter and flour in medium saucepan and cook until bubbly. Gradually add milk till thickened. Add 1/3 cup cheese, salt and pepper, and cook until cheese melts. Add green pepper mixture and mix well. Spoon into greased casserole. Top with remaining 1/3 cup cheese. Bake for 1 hour.

## **Onion Ring Casserole**

1 lb. onions	1/2 cup milk
Salt and pepper	1 egg, well beaten
1/3 cup water	1/2 cup shredded sharp cheddar cheese
2 Tbsp. butter or margarine	Paprika

Peel and slice onions 1/4" thick; separate into rings. Place onion rings in 9-inch foil pan; season to taste with salt and pepper. Add water. Cover snugly with foil. Preheat gas grill. With cover down, cook on low setting 20 minutes, or until onions are tender. Uncover; dot with butter, stirring as butter melts. Combine milk and egg; pour over onions. Top with cheese, then sprinkle with paprika. Replace foil. With cover down, cook on low setting 10 minutes, or until "set." Makes 4 servings.

## **Squash Casserole**

2 lb. sliced squash	1 cup shredded carrots
1/4 cup chopped onion	8 oz. package Stove Top Stuffing
1 can cream of mushroom or chicken soup	1/2 cup melted butter
1 cup sour cream	

Cook squash and onion together for 5 minutes, drain well. Add soup and sour cream. Fold in carrots. Put stuffing mix on top and pour melted butter over top. Bake at 350° for 30 minutes.

## **Fried Squash**

1 1/2 lb. fresh yellow squash	Salt and pepper, to taste
1 egg, beaten	1/4 to 3/4 cup flour
1 small onion, chopped	Vegetable oil

Boil squash until very tender. Drain and place in a large mixing bowl. Add egg, onion, salt, pepper and enough flour to bind ingredients together into a thin batter. Sauté in vegetable oil, using approximately 1/4 cup at a time to form pancake like patties. Drain on paper towels.

## **Sweet Potato Casserole**

3 cups grated sweet potatoes  
3 eggs  
Scant 1 1/2 cups brown sugar  
2 - 3 Tbsp. melted butter

2 tsp. vanilla  
raisins  
1/2 cup water  
1 small can crushed pineapple

Mix and bake at 350° until brown at tips.

## **Twice Baked Potatoes**

2 large baking potatoes  
Olive or vegetable oil  
1/2 cup finely grated Monterey Jack or brick cheese  
1/4 cup sour cream

2 slices cooked bacon, crumbled  
1 to 2 scallions, minced  
1 tsp. Dijon mustard  
1/4 to 1/2 tsp. hot red pepper sauce  
Minced fresh parsley

Preheat the oven to 400°. Wash, dry and pierce potatoes in several places. Rub the potatoes generously with olive or vegetable oil. Bake on an oven rack until softened, 45 to 55 minutes. Meanwhile, in a small bowl, mix together cheese, sour cream, bacon, scallions, mustard and pepper sauce. When the potatoes are cooked, cut a long slit in the top of each. Squeeze the potato open and scoop out the pulp, leaving a 1/2-inch thick shell. Mix the cooked potato with the cheese mixture. Place the shells in an 8 x 8-inch baking dish and mound the cheese mixture in them. Bake until the cheese is nicely melted, about 15 minutes. Serve sprinkled generously with parsley.

## **Roasted Garlic Mashed Potatoes**

6 cloves garlic  
1 Tbsp. olive oil  
1 1/2 pounds all purpose potatoes  
5 Tbsp. butter

1/3 - 2/3 cup warm milk  
Salt & Pepper  
1/2 cup Parmesan, grated

Preheat oven to 400°. Place garlic cloves on a small square of aluminum foil and drizzle with olive oil. Wrap foil around garlic and bake in oven for 20 minutes or until golden. If you prefer, peel the potatoes. Quarter potatoes and cover with water in a large pot. Bring to a boil and simmer until tender, about 15 minutes. Drain the potatoes and return to hot pot and mash with masher or hand held mixer. Mash in the roasted garlic. Mix in butter, milk and salt and pepper. Transfer mashed potatoes to an oven proof dish and sprinkle top with parmesan. Bake in oven for 15 minutes or until top is golden.

*Note: There amounts are for 4 servings.*

## **Make-Ahead Mashed Potatoes** 👍

1 cup sour cream	1/3 cup chopped chives (optional)
1 8-oz. package cream cheese, softened	Salt and pepper to taste
8 to 10 medium potatoes, peeled and boiled until tender	1/2 cup grated Parmesan cheese plus 1/4 cup
6 Tbsp. butter, divided	

Beat the sour cream and cream cheese together. Add the hot, drained potatoes. Beat until smooth. Add 2 Tbsp. butter, optional chives, salt and pepper. Rub the inside of a 3-quart soufflé dish with 2 Tbsp. softened butter. Sprinkle 1/4 cup grated Parmesan into the dish, and tip the dish so the cheese adheres to the butter. Turn the potatoes into the soufflé dish, dot with remaining butter and sprinkle with cheese. Refrigerate 2 to 3 days and bake at 350° for 25 minutes, until golden.

## **Herb Rice** 👍

3 Tbsp. butter	1 tsp. rosemary
1/2 cup onion, finely chopped	1/2 tsp. salt
1 cup white rice	3 bouillon cubes (chicken or beef)
1/2 tsp. marjoram	2 cups water
1/2 tsp. summer savory	

Melt butter in 2-quart saucepan. Add the onion and rice. Cook until the rice is beginning to brown. Add spices and bouillon cubes. Add water and bring to a boil, stirring to dissolve cubes. Cover with lid, turn on low and heat for 14 minutes. Remove from heat, but leave lid on for 10 additional minutes, or until ready to serve.

*Notes:*

*From Georgia On My Menu – A Medley of Southern Hits compiled by the Junior League of Cobb-Marietta, Inc.*

*If you are unable to find summer savory, substitute 1/4 tsp. mint and 1/4 tsp. thyme.*

*This is a great side dish to serve with pork marinated in Sarah's Pork Marinade (Page 230).*

## **Carrot Soufflé** 👍

1 1/2 lb. carrots, sliced	1/4 cup all-purpose flour
3/4 cup (1 1/2 sticks) butter or margarine	1 1/2 tsp. baking powder
3 large eggs	1 1/4 – 1 1/2 cups granulated sugar
	1/4 tsp. ground cinnamon

Preheat oven to 350°. Lightly grease a 1 1/2-quart soufflé dish; set aside.

Cook carrots in boiling water to cover for 15 minutes or until tender; drain. In the work bowl of a food processor, combine the carrots, butter, eggs, flour, baking powder, sugar and cinnamon and process until smooth, stopping once to scrape down the sides. Spoon into prepared dish. Bake about 1 hour or until set and lightly browned. Serve immediately.

## **Corn Casserole** 👍

2 (16 oz.) cans creamed corn  
1 stick margarine  
1/3 cup oil  
2/3 cup corn meal

1 medium onion, chopped  
1 medium bell pepper, diced  
2 eggs  
1/2 lb. cheddar cheese

Melt margarine and add to corn. Brown onions and bell pepper in oil. Mix all ingredients together. Bake at 350° for 30 minutes.

## **Okra Cakes**

2 cups okra  
1/2 cup onion, chopped  
1/2 - 3/4 cup stewed tomatoes  
2 eggs

1/2 cup dried bread crumbs or cornmeal  
1/2 tsp. salt  
dash pepper

Combine okra, onion and tomatoes. Beat eggs, and add vegetables, bread crumbs, salt and pepper. Mix well. Drop by spoonfuls on hot greased griddle. Brown slowly on both sides.

## **Andouille Dressing** 👍

1 Tbsp. vegetable oil  
1/2 pound Andouille Sausage, finely  
chopped  
1 cup chopped onions  
1/2 cup chopped celery  
1/4 cup chopped bell peppers  
4 cups crumbled corn bread

2 cups chicken stock  
1 can water chestnuts, chopped  
Salt  
Cayenne  
1 Tbsp. Sage (Or more)  
1/4 cup chopped green onions

In a large sauté pan, heat the oil. When the oil is hot, render the sausage for about 3 minutes. Add the onions, celery, and bell peppers and sauté for 5 minutes, or until the vegetables are wilted. Add the corn bread, chicken stock and water chestnuts. Mix well. Season the dressing with salt, cayenne and sage. Cook, stirring, for 2 to 3 minutes. Add green onions and transfer to a casserole dish. Bake at 350° for 20 – 30 minutes.

## **Squash Dressing**

2 cups sliced yellow squash, cooked and  
drained  
2 cups crumbled cornbread  
1 10 3/4-oz. can cream of chicken soup

1 small onion, chopped  
1/2 cup melted butter  
3 eggs, beaten  
1/2 tsp. ground sage, or to taste

Preheat oven to 350°. In a bowl, combine squash, cornbread, soup, onion, butter, eggs and sage. Pour into a greased 8-inch pan. Bake 40 minutes.



## ***Turkey Sausage and Chestnut Dressing***

- |   |  |
|---|--|
| 1 medium green apple, cored and diced into 1-inch cubes | 1 tsp. freshly ground black pepper                             |
| 1 medium red apple, cored and diced into 1-inch cubes   | 1 pound sweet Italian turkey sausage, meat removed from casing |
| 1 medium onion, diced into 1/2-inch cubes               | 8 ounce jar steamed whole chestnuts, roughly chopped           |
| 2 Tbsp. extra-virgin olive oil                          | 1/2 pound day old cornbread or bread, cut into 1/2-inch cubes  |
| 1 Tbsp. unsalted butter, plus 2 Tbsp. cubed             | Pinch red pepper flakes  |
| 1/4 cup dry white wine                                  | 1 cup canned chicken stock                                     |
| 1 (6-ounce) bag dried cranberries                       | 1 cup freshly grated Parmesan                                  |
| 1/2 Tbsp. salt  |  |

Preheat oven to 400 degrees F.

In a medium sauté pan add the apples, onion, 1 Tbsp. oil and butter cook over a medium low heat for 10 minutes to soften. Add the wine, cranberries, and salt and pepper, simmer for about 5 minutes. Take off the heat and allow the mixture to cool.

In a large sauté pan over medium high heat, add 1 Tbsp. olive oil and turkey sausage meat and break up with a wooden spoon and cook until browned and cooked through, approximately 8 to 10 minutes.

In a medium bowl toss together the fruit and onion mixture, the sausage, the chestnuts, the cornbread and red pepper flakes. Combine all the ingredients.

Add the chicken stock, and 3/4 cup of the Parmesan. Gently place into an 8 1/2 by 8 1/2- inch glass Pyrex baking dish and top with the remaining Parmesan. Dot with butter. Place in middle rack and bake until top is golden brown, 45 minutes to 1 hour.

## ***Cornbread Dressing***

- |                               |                           |
|-------------------------------|---------------------------|
| 1 can chicken broth           | 1 Tbsp. poultry seasoning |
| 1 Tbsp. butter                | 1 egg                     |
| 1 cake cornbread              | Pepper                    |
| 1 small onion, chopped        | Water chestnuts           |
| 1 - 1 1/2 cup celery, chopped |                           |

Heat broth with butter. Crumble cornbread and mix with other ingredients. Add chicken broth. Bake at 350° for 20 - 30 minutes.

## ***Asparagus Parmigiano-Reggiano***

- |   |   |
|---|---|
| 1 bunch asparagus (about 1 lb.), rinsed and trimmed | 1 small piece (about 2 ounces) Parmigiano-Reggiano or Parmesan cheese, shaved or shredded |
| 1 Tbsp. extra-virgin olive oil                      |   |

Heat oven to 400°. Arrange asparagus in a 13-by-9-inch baking dish. Drizzle oil and toss to coat. Bake 12 to 15 minutes or until tender. Remove from the oven. Top with cheese. Return to oven and bake just until cheese melts, about 5 minutes.

## ***Corn and Pepper Cakes***

1/2 cup all-purpose flour  
1/4 cup milk  
1 Tbsp. granulated sugar  
1/2 tsp. salt  
1/8 tsp. pepper  
2 egg yolks

1 (10-ounce) bag frozen whole-kernel corn,  
cooked (or kernels from 4 ears fresh  
corn)  
1 small bell pepper, finely chopped  
2 egg whites  
1/4 cup vegetable oil

Beat flour, milk, sugar, salt, pepper and yolks on a medium bowl. Stir in corn and bell pepper. Beat egg whites until stiff and glossy. Fold corn mixture into egg whites.

Heat oil in a 10-inch skillet. Drop corn mixture by Tbsp.fuls into hot oil. Fry about 30 seconds on each side, until golden brown, serve with sour cream if desired.

## ***French Fries***

4 large, long Idaho potatoes  
Peanut oil

Kosher salt or coarse sea salt

Peel potatoes. Place in a bowl, cover with water and refrigerate 8 hours.

Slice potatoes lengthwise into sticks 1/4 inch thick. Place in a bowl, cover with water and refrigerate 8 hours more.

Drain potato sticks and lay out on dishtowels to dry. Be sure they are completely dry before frying.

In a large stovetop deep-fryer with a candy thermometer clipped to the side, heat 2 inches of peanut oil to 300°. Add just enough potatoes to cover the base of the frying basket and cook until slightly limp, 1 1/2 to 2 minutes. Do not brown. Lift basket and drain fries. Transfer potatoes to a baking rack and separate sticks. Repeat with remaining potatoes.

Increase heat to 375°. Again add potatoes in batches to the oil. Fry until chestnut brown on edges and crisp. Drain and transfer to a bowl lined with paper towels. Immediately season with salt, tossing to coat. Serve.

## ***Mushroom Gratin With Asiago Cheese***

1 Tsp. unsalted butter  
1/4 cup chopped shallots  
1 lb. button mushrooms, quartered  
1/4 cup white wine

1/2 Tbsp. salt and pepper (mixed)  
1 cup heavy cream  
2 Tbsp. grated Asiago cheese

Preheat the broiler. In a large skillet, melt the butter over medium heat. Add the shallots and sauté, stirring occasionally until softened, 3 to 5 minutes. Add the mushrooms, wine and salt/pepper mix and cook until all the liquid evaporates. Add cream and reduce to a sauce consistency. Taste for seasoning. Transfer mixture to an ovenproof serving dish and top with Asiago cheese. Place under the broiler until the cheese melts.

## **Au Gratin Vegetable Bake**

2 Tbsp. butter  
1/2 medium onion, finely chopped  
2 Tbsp. flour  
1/8 tsp. dry mustard  
1 cup milk  
1 tsp. celery seed

1/4 tsp. black pepper  
2 cans (15 oz. each) Veg-All Original Mixed Vegetables, drained  
1 cup shredded sharp cheddar cheese  
1 cup bread crumbs, croutons or crushed crackers

Preheat oven to 350°. In a large saucepan, sauté onions in butter until tender. Stir in flour and mustard; cook 1 minute. Slowly stir in milk, stirring constantly until mixture is smooth and thick; add celery seed and pepper. Stir in Veg-All; pour into 1 1/2-quart casserole.

Top with shredded cheese and bread crumbs. Bake 30 to 35 minutes or until bubbling and golden brown. Serve hot.

## **Pineapple Casserole**

1 cup sugar  
6 Tbsp. all-purpose flour  
2 cups grated sharp cheddar  
1 cup cracker crumbs (recommended: Ritz)

2 (20-ounce) cans pineapple chunks, drained, and 6 Tbsp. juice reserved  
8 Tbsp. (1 stick) butter, melted, plus extra for greasing pan

Preheat the oven to 350° F.

Grease a medium-size casserole dish with butter.

In a large bowl, stir together the sugar and flour. Gradually stir in the cheese. Add the drained pineapple chunks, and stir until ingredients are well combined. Pour the mixture into the prepared casserole dish.

In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake for 25 to 30 minutes, or until golden brown.

## **Brussels Sprouts with Mushrooms**

1 1/2 lbs. Brussels sprouts  
3/4 lb. button mushrooms  
Salt

1/2 lemon  
6 tbsp. butter  
1/2 c. toasted slivered almonds

Trim the Brussels sprouts, removing any coarse outer leaves and then cut a cross in the base of the stems. Wipe the mushrooms clean with a damp cloth and trim the stems.

Bring a large pan of salted water to a boil, add the Brussels sprouts with a squeeze of lemon juice and cook for 10 to 12 minutes, until tender. During the last 5 minutes of the Brussels sprouts cooking time, heat 1/4 cup of the butter in a large skillet with a squeeze of lemon juice and cook the whole mushrooms for 3 to 4 minutes, turning frequently to ensure they are evenly coated.

Drain the sprouts well and turn both vegetables into a warmed serving dish. Mix well and dot the remaining butter and squeeze the remainder of the lemon juice over the top. Sprinkle with toasted almonds. Serves 4.

## ***Asparagus with Lemon Broth***

1 Tbsp. vegetable oil	1 cup chicken broth
1 shallot, minced	Juice of 1 lemon
1 clove garlic, minced	16 asparagus spears, tough ends removed

In a large nonstick skillet, heat vegetable oil. Add shallot and garlic and cook for 5 minutes. Add the chicken broth and lemon juice and stir to blend. Add the asparagus in a single layer and bring to a boil. Reduce heat to low and simmer, uncovered, turning the asparagus occasionally until the asparagus is tender, 5 to 8 minutes. Remove the asparagus to a platter and pour the juice over it before serving.

## ***Black Beans***

1 1/4 cups black beans (about 1/2 pounds)	2 tsp. ground cumin
12 cups water	2 tsp. dried oregano
1 bay leaf	1 tsp. ground coriander
2 Tbsp. extra-virgin olive oil	1 Tbsp. red wine vinegar, plus more for the table
1 medium onion, chopped	1 Tbsp. kosher salt
1 green bell pepper, stemmed, seeded and chopped	Pinch of cayenne pepper
10 cloves garlic, minced	Freshly ground black pepper

Put the beans in a large saucepan, add the water and bay leaf, and bring to a boil. Set aside, covered, for 1 hour.

Return the beans to a boil, lower the heat to a simmer, cook uncovered, for 1 1/2 hours.

Heat the oil in a medium skillet over medium-high heat. Add the onion and peppers and cook, stirring, until soft, about 5 minutes. Add the garlic, cumin, oregano, and coriander and cook, stirring, until fragrant, about 1 minute more. Add the onion mixture to the beans and continue simmering until the beans are very tender and the liquid has thickened, about 1 1/2 hours more.

If the beans seem too thick, adjust the consistency with a little bit of water. Stir in the vinegar, season with the salt, cayenne, and pepper to taste. Serve.

## ***Southern Baked Beans***

1 large onion, sliced	4 Tbsp. ketchup
2 (16-oz) cans pork and beans	1 Tbsp. lemon juice
3 Tbsp. prepared yellow mustard	1/2 lb. bacon strips, cut into 1/2-inch pieces
1/4 cup maple syrup	1/2 lb. ground beef, browned and drained (optional)
1/4 cup light brown sugar	

Preheat oven to 350° F.

In a Dutch oven, mix onion, pork and beans, mustard, maple syrup, light brown sugar, ketchup, lemon juice and ground beef (optional). Top with the bacon pieces. Bake, covered, for 45 to 60 minutes.

## **Butternut Squash**

1 large Butternut squash  
Sour Cream  
2 tsp. Cumin

½ cup Sunflower seeds  
½ cup Butter  
Salt and Pepper

Preheat oven to 350° F.

Boil squash just until tender. Slice lengthwise and place on buttered cooking pan. Dollop each with sour cream, butter, sunflower seeds and sprinkle with cumin, salt and pepper. Bake until warm and bubbly, approximately 20-25 minutes.

## **Fried Black-eyed Peas**

1 cup of cold, cooked black-eye peas  
2 cloves of garlic chopped  
1/4 - 1/2 cup chopped  
1 tsp. salt

1 1/2 tsp. of freshly ground black pepper  
2 Tbsp. self-rising flour  
1/2 cup of peanut or vegetable oil, more if  
necessary

Place all ingredients other than oil in food processor and combine into a batter. Fry in hot oil in an old cast iron frying pan. Brown on one side and flip to brown on the other.



# BREADS

## **Cornbread** 👍

1/4 cup bacon drippings	1/4 cup self-rising flour
1 1/4 cup buttermilk (or 1 cup milk + 5 Tbsp. buttermilk powder)	1 egg
1 3/4 cup self rising corn meal	salt
	1/8 - 1/4 tsp. baking soda

Melt bacon drippings in skillet in oven at 450°. Mix other ingredients. Add bacon drippings, stir, and pour into skillet. Bake at 450° for 20 to 25 minutes.

## **Hot Water Corn Bread** 👍

1 cup stone-ground yellow cornmeal	1 cup boiling water
1/2 tsp. salt	2 Tbsp. butter or margarine
3 tsp. granulated sugar	

Preheat oven to 400°. Combine cornmeal, salt and sugar in medium bowl. Pour boiling water into dry ingredients and stir well.

Add butter or margarine and beat until well-mixed. On greased baking sheet, spoon mixture to form 2 1/2-by-1 1/2-inch ovals. Bake 20 minutes or until edges are crispy and brown.

## **Festive Good Luck Corn Bread** 👍

### **Filling:**

1 Tbsp. butter	2 15-ounce cans black-eyed peas (reserve 1/2 can for corn bread below)
1/2 cup chopped onions	1 14.5-ounce can low-sodium chicken broth
1 lb. smoked sausage, cut lengthwise and then into 1/4" slices	1/2 tsp. Tabasco sauce, or to taste
1 to 2 cloves garlic, very finely minced	1/2 tsp. chili powder
	1/2 cup frozen chopped collard greens

### **Topping:**

2 cups self-rising cornmeal mix	1/4 cup oil
2 tsp. sugar	1/2 cup shredded cheddar cheese
1 1/3 cups buttermilk	1/4 cup finely chopped fresh cilantro or parsley leaves
1 egg	
1/2 can reserved black-eyed peas	

### **Garnish:**

1/2 cup sour cream	Fresh cilantro or parsley leaves
1 to 2 Tbsp. sliced jalapeño peppers	

Preheat oven to 400°. In a 12-inch cast-iron skillet, over medium-high heat, melt butter. Add onions and sausage and cook until onions are translucent. Add garlic, all but one-half can of

the black-eyed peas, chicken broth, Tabasco and chili powder. Reduce heat and simmer 10 minutes. Add collards. Continue simmering while preparing corn bread topping.

In large bowl, combine all topping ingredients and stir until just combined but not completely smooth. Gently spoon over mixture in skillet and spread evenly. Bake in oven for 30 to 40 minutes, or until corn bread is browned.

Garnish with sour cream, jalapeños, cilantro or parsley, as desired.

## **RO•TEL Corn Bread**

3/4 cup white cornmeal	1 cup buttermilk
3/4 cup yellow cornmeal	1 egg, beaten
3 Tbsp. all-purpose flour	1 finely chopped jalapeño
1/4 tsp. baking soda	1 10-oz. can RO•TEL diced tomatoes and green chilies
1 1/2 tsp. baking powder	2 Tbsp. vegetable shortening, melted
1 tsp. salt	
1 tsp. granulated sugar	

Preheat oven to 425°. In a large bowl, combine cornmeals, flour, baking soda, baking powder, salt and sugar. In a medium bowl, combine the buttermilk, egg, jalapeño and RO•TEL tomatoes.

Place shortening in a 10-inch oven-proof skillet and place in oven. Meanwhile, stir the liquid mixture into the dry mixture, being careful not to over mix. Gently stir the melted shortening into the batter, leaving about 2 tsp. in the skillet. Pour the batter into the hot skillet and bake for 25 to 30 minutes.

## **Tip's Cinnamon Rolls**

1 cup milk	5 1/4 cups all-purpose flour, unsifted
1/4 cup granulated sugar	1/2 cup packed brown sugar
1 tsp. salt	3 Tbsp. cinnamon (or to taste)
3/4 cups (1 1/2 sticks) margarine, divided	GLAZE:
2 2.25-oz. packages yeast	2 cups confectioners' sugar (about 1/2 box)
1/2 cup warm water (105-115 degrees)	1/2 cup milk
2 eggs, beaten	

In a medium saucepan, scald milk over medium heat. Remove from heat and add the sugar, salt and 1/2 cup (1 stick) of the margarine. Cool to lukewarm. In a large bowl, dissolve yeast in warm water. Add milk mixture, eggs and 2 cups flour; beat until smooth. Stir in enough remaining flour to make a soft dough. Turn out onto a lightly floured board; knead for 8-10 minutes or until smooth and elastic. Place dough in a greased bowl; turn to grease top. Cover and let rise for about 30 minutes or until double in bulk.

Preheat oven to 375°. Punch down dough and roll out into a rectangle about 12 by 24 inches. Sprinkle the dough with the brown sugar and cinnamon. Melt remaining 1/4 cup margarine and drizzle over the dough. Roll up jellyroll style into a 24-inch log. Cut into 1 1/2-inch slices; place in a 9-by-13-inch baking pan with rolls touching in pan. Bake in preheated oven about 20 minutes.



After baking, prepare glaze: In a medium saucepan, combine confectioners' sugar and milk; bring to a boil over medium heat and cook about 5 minutes until slightly thickened. Pour over baked rolls.

## ***Panettone***

2 packages active dry yeast	3 3/4 cups flour
1/2 cup warm (110°) water	2 eggs
1/3 cup granulated sugar	2 egg yolks
1/4 cup warm (110°) milk	1/4 cup Marsala wine
1/2 tsp. salt	1/2 cup golden raisins
1/4 tsp. grated nutmeg	1/3 cup each slivered candied cherries and diced mixed candied fruits
2/3 cup butter, softened	1/4 cup slivered pine nuts or almonds
2 tsp. grated orange zest	Confectioners' sugar
1 tsp. vanilla extract	

Sprinkle yeast over warm water in a large bowl of electric mixer; add 1 tsp. of the sugar. Let stand until yeast is soft (about 5 minutes).

Add remaining sugar, warm milk, salt, nutmeg, butter, orange zest and vanilla. Add 2 cups of the flour; mix to blend, then beat until smooth and elastic (about 5 minutes).

Beat in eggs and egg yolks, one at a time. Gradually beat in remaining 1 3/4 cups flour; when it has been added, beat at medium speed until batter is elastic (about 3 minutes).

Transfer batter to a greased bowl. Cover and let rise in a warm place until bubbly (about 1 hour). While batter is rising, pour Marsala over raisins in a small bowl; set aside to plump.

Stir batter down; then stir in raisin mixture, cherries, candied fruits and pine nuts until well-distributed.

Spread batter in a well-greased, lightly floured 9 1/2-to-10-cup panettone pan. Let rise until doubled (30 to 45 minutes). Preheat oven to 325°.

Bake until bread is well-browned and a skewer inserted in center comes out clean (1 to 1 1/4 hours). Let stand in pan on wire rack for about 15 minutes, then remove pan and transfer to rack to cool (rounded side up). Dust with confectioners' sugar while warm.

## ***Strawberry Bread with Strawberry Spread***

Grease for the pans	1 tsp. ground cinnamon
2 (10-ounce) packages frozen sliced strawberries, thawed	1 tsp. salt
3 cups plain all-purpose flour	1 cup vegetable oil
2 1/4 cups granulated sugar, divided	4 large eggs
1 tsp. baking soda	1 (8-ounce) package cream cheese, softened

Preheat the oven to 350°. Grease two 8-by-3 7/8-by-2-inch loaf pans and set aside. Drain strawberries, reserving 1/2 cup juice for the spread and setting aside remainder for the bread batter. Coarsely mash the strawberries with a potato masher or a fork.

In a large mixing bowl, combine strawberries, remaining strawberry juice, flour, 2 cups sugar, baking soda, cinnamon, salt, oil and eggs. Stir until just blended. Divide batter evenly

between prepared pans. Bake in center of oven for 1 hour and check for doneness. If necessary, continue baking up to 15 minutes more. Cool and serve with Strawberry Spread.

To make spread: Combine cream cheese, reserved 1/2 cup strawberry juice and remaining 1/4 cup granulated sugar. Blend thoroughly.

## **All-Purpose Pizza Dough**

1 package dry yeast (about 2 1/4 tsp.)	1/2 tsp. salt
1 1/4 cups warm water (100 to 110°)	Cooking spray
3 1/4 cups all-purpose flour, divided	

Dissolve yeast in warm water in a large bowl and let stand 5 minutes. Lightly spoon flour into dry measuring cups and level with a knife. Add 1 cup flour and salt to yeast mixture, and stir well. Stir in 2 cups flour, 1 cup at a time, stirring well after each addition. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes) and add enough of the remaining flour, 1 Tbsp. at a time, to prevent the dough from sticking to hands (dough will feel tacky).

Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough, If an indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Shape dough according to the recipe directions. Yield: 1 pizza dough.

*Note: To freeze, let the dough rise once, punch down and shape into ball. Place in a heavy-duty zip-top plastic bag coated with cooking spray; squeeze out all air and seal. Store in freezer up to 1 month. To thaw, place dough in refrigerator 12 hours or over night. With scissors, cut away the plastic bag. Place dough on a floured surface, and shape according to recipe directions.*

*Alternatively, for pizza, you can make the dough, roll out, wrap in foil, and freeze. To bake, remove from freezer; top and bake according to recipe instructions (no need to thaw).*

## **Sour Cream Muffins**

2 cups self-rising flour	1/2 pint sour cream
2 sticks butter, melted	

Preheat oven to 350 degrees F.

Combine all ingredients and spoon into small, un-greased muffin tins. Bake for 20 to 30 minutes.

## **Best Buttermilk Waffles**

2 1/2 c. flour	1 tsp. baking sod
1/2 tsp. salt	2 tsp. baking powder
2 c. buttermilk	4 eggs, separated
8 tbsp. melted butter or shortening	1 tsp. vanilla extract

Mix dry ingredients. Add egg yolks to milk and blend well. Add dry ingredients, mix together. Add melted butter and beat with a few quick strokes, fold in beaten egg whites. Bake in waffle iron until golden. Can add fruits such as blueberries, strawberries, chopped apple and nuts for variety.



# DESSERTS

## **French Silk Pie** 👍

1 8" or 9" pie shell  
3/4 cup sugar  
1 stick margarine  
1 tsp. vanilla

1 sq. melted unsweetened Baker's  
chocolate  
2 eggs

Bake and cool pie shell. Cream sugar and margarine until fluffy. Add vanilla, chocolate, and beat until smooth. Add 1 egg and beat 5 to 6 minutes. Add other egg and beat another 5 to 6 minutes or until smooth. Pour into pie shell. Refrigerate. Cover with whipped cream and sprinkle with chocolate shavings.

## **Boston Cream Pie**

### **Cake:**

1 1/2 sticks (3/4 cups) unsalted butter.  
softened  
1 1/4 cups granulated sugar  
1 tsp. vanilla extract  
2 large eggs

2 cups cake flour  
2 1/2 tsp. baking powder  
1/2 tsp. salt  
3/4 cup milk

### **Custard:**

3 Tbsp. cornstarch  
1/3 cup granulated sugar  
1 cup milk  
3 large eggs

1/2 cup heavy cream  
1/4 tsp. salt  
1 vanilla bean, split lengthwise  
3 Tbsp. unsalted butter

### **Glaze:**

6 oz. bittersweet chocolate, broken into  
pieces  
3 Tbsp. water

2 Tbsp. unsalted butter  
1 1/2 Tbsp. light corn syrup  
1/4 tsp. salt

To make the cake: Preheat oven to 350° and flour a 9 1/2-inch springform pan. In a large bowl of an electric mixer, cream together the butter, sugar and vanilla until mixture is light and fluffy, beat in the eggs, one at a time, beating well after each addition. Into another bowl, sift together the flour, baking powder and salt and beat the mixture into the butter mixture in batches alternately with the milk, beginning and ending with the flour mixture. Pour the batter into the prepared pan and bake in the middle of the oven until a tester comes out clean, 50 to 55 minutes. Let the cake cool in the pan on a rack.

To make the custard: In a medium saucepan whisk together the cornstarch, sugar and milk; add the eggs, cream and salt and whisk the mixture until it is smooth. Scrape the seeds from the vanilla bean, reserving the pod for another use; add them to the cream mixture and bring the custard to a boil over moderate heat, whisking constantly. Boil the custard, whisking, for 2 minutes, remove the pan from the heat and whisk in the butter. Let the custard cool completely, whisking occasionally.

To make the glaze: In a metal bowl set over a saucepan of barely simmering water, melt the chocolate with the water, butter, corn syrup and salt, stirring until the glaze is smooth, and remove the bowl from the pan.

To assemble: Remove the cake from the pan, halve it horizontally with a long serrated knife and arrange the bottom half, cut side up, on a plate. Top the bottom half with the custard, spreading the custard to the edge, put the remaining cake half, cut side down, on the custard and pour the glaze on top of it., spreading the glaze and letting it drip down the side. Cake may be made a day in advance and kept covered loosely and chilled.

## ***Peaches 'N Cream Pie***

### **Crust:**

3/4 cup flour	3 Tbsp. margarine
1/2 tsp. salt	1 egg
1 small package instant vanilla pudding	1/2 cup milk

Beat the above ingredients together until smooth. Pat into a greased pie pan.

### **Filling:**

1 large can sliced peaches, drained (reserve 3 Tbsp. juice)	8 oz. softened cream cheese 1/2 cup sugar
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Place the peaches over the crust. Beat the cream cheese, sugar, and juice together until creamy. Spoon over the top of peaches.

### **Topping:**

1 Tbsp. sugar	1/2 tsp. cinnamon
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Mix sugar and cinnamon together. Sprinkle over the filling. Bake at 350° for about 30 minutes. Refrigerate.

## ***Bright Star Pineapple Pie***

1 15-oz. can crushed pineapple (in juice)	1 egg
1 cup granulated sugar, divided	1 tsp. vanilla
3 Tbsp. cornstarch	1 unbaked pie shell
8 oz. cream cheese	

In a medium saucepan, combine pineapple, 1/2 cup sugar and cornstarch. Cook on top of stove until clear, about 3 minutes. Remove from heat and allow to cool. In a mixing bowl, combine 1/2 cup sugar, cream cheese, egg and vanilla and beat until well mixed. Pour cream cheese mixture into an unbaked pie shell and spoon pineapple mixture on top. Bake at 350° for 30 minutes.

*This is the signature dessert at the Bright Star Restaurant in Bessemer, Alabama.*

## ***Holiday Pie***

4 eggs, beaten	1 cup shredded coconut
1 cup butter, melted	1 cup chopped pecans
2 cups sugar	1 cup white raisins
2 Tbsp. vinegar	1/2 tsp. salt
2 tsp. vanilla	2 pastry shells (9-inch), unbaked

Preheat gas oven to 350° F. Combine eggs and butter in medium mixing bowl, mixing well. Stir in remaining ingredients. Pour into pastry shells. Bake 35 to 40 minutes. Cool before serving. Makes 12 servings.

## ***Toffee Ice Cream Pie***

1 9" chocolate wafer pie crust	3 1.4-ounce toffee bars, crushed
1/2 gallon vanilla ice cream, softened	1/2 cup caramel topping
1/4 cup coffee liqueur (optional)	

Put the pie crust in the freezer while the ice cream softens. In a medium bowl, beat the vanilla ice cream with an electric mixer on low speed until creamy, adding the liqueur if using.

Stir in the crushed toffee bars and spoon the ice cream mixture into the crust. Cover tightly with plastic wrap and freeze until ready to serve. Top each serving with caramel topping.

## ***Sawdust Pie***

7 egg whites, unbeaten	1 1/2 cups finely chopped pecans
1 1/2 cups granulated sugar	1 1/2 cups flaked coconut
1 1/2 cups graham cracker crumbs	1 9-inch deep dish unbaked pie shell

Preheat oven to 325°. In a large deep-dish bowl, mix egg whites, sugar, crumbs, pecans and coconut and stir by hand. Pour into pie shell and bake for 25 to 30 minutes until glossy and set. Do not overbake. (It should be firm near the edge but moist and chewy in the center.) Serve warm with sliced bananas and whipped cream.

## ***Toll House Pie***

2 eggs	1 cup chopped walnuts
1/2 cup plain flour	1 cup butter, melted and cooled to room temperature
1/2 cup granulated sugar	1 Tbsp. bourbon
1/2 cup brown sugar	1 unbaked pie shell
1 6-oz. package chocolate chips	

Beat eggs until foamy. Beat in flour and sugars. Blend well. Stir in melted butter and bourbon. Add chocolate chips and walnuts. Mix well. Pour into pie shell and bake at 325° for 1 hour.

## **Candy Bar Pie** 👍

1 9-inch pie crust, unbaked	1/3 cup sour cream
5 2.07-oz. Snickers bars	1/3 cup creamy peanut butter
1/2 cup sugar	3 Tbsp. heavy cream
4 3-oz. packages cream cheese, softened	2/3 cup chocolate chips
2 eggs	

Preheat oven to 450°. Using a 9-inch pie pan, bake pie crust for 5 to 7 minutes or until very light golden brown. Remove from oven and let cool. Reduce oven temperature to 325°

Meanwhile, cut Snickers bars in half lengthwise, then cut into 1/4" pieces. Place candy bar in partially baked crust. In a small bowl, combine sugar and cream cheese; beat until smooth. Add eggs one at a time, beating well after each addition. Add sour cream and peanut butter, beating until mixture is smooth. Pour over candy bar pieces. Bake until center is set (approximately 40 - 45 minutes). Cool completely.

When pie is cooled, heat the heavy cream in a small saucepan until very warm. Remove from heat and stir in chocolate chips. Stir until chips are melted and mixture is smooth. Drizzle over top of cooled pie. Refrigerate for 2 to 3 hours before serving. Store in refrigerator.

## **Easy Lemon Chess Pie**

1 3/4 cups sugar	1/4 cup evaporated milk
2 Tbsp. yellow cornmeal	3 Tbsp. lemon juice
1/4 tsp. salt	4 large eggs
1/3 cup butter, melted	1/2 (15-oz.) package refrigerated piecrusts

Combine first 3 ingredients in a medium bowl, stirring well. Add butter, milk and lemon juice; stir well. Add eggs, once at a time, beating well after each addition.

Fit piecrust into a 9-inch pie plate according to package directions; flute edges. Pour filling mixture into piecrust. Bake at 350° for 45 minutes or until pie is just set. Let cool on a wire rack. Chill. Yield; one 9-inch pie.

## **Frozen Banana Split Delight**

2 cups graham cracker crumbs, divided	1/2 cup evaporated milk
3 medium bananas, sliced	2 cups confectioners' sugar
1/2 gallon Neapolitan ice cream, softened	1/2 tsp. vanilla extract
1 cup finely chopped walnuts	1 12-oz. container frozen whipped topping, thawed
1 cup chocolate chips	
1/2 cup butter or margarine	

Layer 1 1/2 cups graham cracker crumbs, bananas and ice cream in a 9-by-13-inch pan; sprinkle with walnuts. Freeze until firm.

In a medium saucepan over medium-low heat, combine chocolate chips, butter, evaporated milk and confectioners' sugar. Cook until melted and smooth, stirring constantly. Cool to room temperature. Add vanilla. Spread over frozen dessert. Freeze until firm. Spread with whipped topping at serving time; sprinkle with remaining 1/2 cup graham cracker crumbs.



## **Tiramisu**

1 cup granulated sugar  
6 large egg yolks  
3 Tbsp. cornstarch  
2 1/2 cups half-and-half  
16 oz. (2 cups) mascarpone cheese  
2 8-oz. Angel food cakes cut into 1/2 inch slices

1/2 cup espresso coffee  
2 Tbsp. cognac  
1 cup heavy (whipping) cream  
3 Tbsp. confectioners' sugar  
1 tsp. Vanilla  
1 1/2 Tbsp. Hershey's "European-Style" cocoa powder

In a medium bowl, whisk together sugar, egg yolks and cornstarch. Scald the half-and-half in a saucepan over medium heat. Slowly whisk about 1/2 cup of the half-and-half into the bowl containing the egg mixture. Whisking vigorously, add entire egg mixture to the half-and-half in the saucepan. Continue cooking over medium heat, stirring constantly and scraping the bottom of the pan until mixture thickens, about 5 minutes. Remove from heat and stir the mascarpone into the mixture until blended thoroughly. Line a 3-quart, 3-inch deep casserole dish with cake slices. Combine coffee and cognac. Soak bottom layer of cake with half the coffee mixture. Spread half of the cheese and egg mixture over the cake, add another layer of cake slices, soak with remaining coffee mixture. Spread on remaining half of egg and cheese mixture. With an electric mixer, whip heavy cream for about 3 minutes, adding confectioners' sugar and vanilla until stiff peaks form. Spread on top of final layer. Refrigerate for several hours. Dust top with cocoa powder immediately before serving.

## **Pumpkin Cheesecake**

3/4 cup graham cracker crumbs  
1/2 cup ground pecans  
2 Tbsp. sugar  
2 Tbsp. brown sugar  
1/4 cup butter or margarine, melted  
3/4 cup sugar  
3/4 cup canned pumpkin  
3 egg yolks  
1 1/2 tsp. ground cinnamon  
1/2 tsp. ground mace  
1/2 tsp. ground ginger  
1/4 tsp. salt

3 (8-ounce) packages cream cheese, softened  
1/4 cup plus 2 Tbsp. sugar  
1 egg  
1 egg yolk  
2 Tbsp. whipping cream  
1 Tbsp. cornstarch  
1/2 tsp. vanilla extract  
1/2 tsp. lemon extract  
Whipped cream (optional)  
Pecan halves (optional)

Preheat oven to 350°. Combine first 5 ingredients; mix well. Firmly press mixture into a 9" springform pan.

Combine 3/4 cup sugar, pumpkin, 3 egg yolks, spices, and salt in a medium bowl; mix well, and set aside.

Beat cream cheese with an electric mixer until light and fluffy; gradually add 1/4 cup plus 2 Tbsp. sugar, mixing well. Add egg, egg yolk, and whipping cream, beating well. Add cornstarch and flavorings; beat until smooth. Add pumpkin mixture; mix well. Pour into prepared pan. Bake for 50 to 55 minutes. (Center may be soft but will firm when chilled.)

Let cool on a wire rack; chill thoroughly. Garnish with whipped cream and pecans, if desired. Yield: one 9" cheesecake.

## **Pumpkin Roll** 👍

3 eggs	½ tsp. nutmeg
1 cup sugar	1 tsp. salt
2/3 cup canned pumpkin	1 cup finely chopped pecans
1 tsp. lemon juice	1 cup powdered sugar
¾ cup flour	4 Tbsp. margarine or butter
1 tsp. baking powder	6 oz. cream cheese
1 tsp. ginger	½ tsp. vanilla
2 tsp. cinnamon	

Preheat oven to 375°. Grease and flour 15- x 10- x 2- in. jelly roll pan. Line pan with wax *p*aper.

Beat eggs at high speed for 5 minutes. Gradually add sugar. Stir in pumpkin and lemon juice.

Sift together flour, baking powder, ginger, cinnamon, nutmeg and salt. Fold sifted ingredients into pumpkin mixture. Spread batter in pan and sprinkle with pecans. Bake for 15 minutes, remove from oven. Let cake sit in pan for 10 minutes, then turn out on a clean tea towel sprinkled with powdered sugar. Peel off wax paper. While cake is still warm, roll up in towel lengthwise.

Beat together powdered sugar, margarine or butter, 6 oz. cream cheese and vanilla until smooth. When cake is cool, unroll and spread with filling. Reroll (without towel), cover with plastic wrap and chill at least one hour.

## **Mick's Restaurants' Famous Oreo Cheesecake**

### **For the crust:**

4 Tbsp. butter, melted	2 cups Oreo cookies, crushed fine (about 18 cookies)
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### **For the filling:**

3 lbs. cream cheese	2 tsp. pure vanilla extract
2 ¾ cups granulated sugar	2 cups Oreo cookies, in chunks (about 15 cookies)
5 eggs	

### **For the garnish (optional):**

12 oz. whipped cream	12 Oreo cookies
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To make the crust: Preheat the oven to 250°. Wrap the outside of a 10-by-3-inch springform pan tightly with foil (to prevent water from leaking in). Line the bottom with a parchment circle. Set aside.

In a medium bowl, stir together melted butter and Oreo crumbs. Place in pan and press down firmly and evenly. Bake for 8 to 10 minutes. Remove from oven; set aside to cool.

To make the filling: Place cream cheese in a mixing bowl and mix on medium speed until soft (6 to 8 minutes). Use a rubber spatula to scrape bowl often to ensure even distribution.

Add sugar and blend well, scraping bowl just until mixture is smooth (no lumps). Reduce mixing speed to low, then slowly add eggs and vanilla. Mix until combined.

Remove the bowl from mixer. With a wooden spoon, stir Oreo chunks into batter. Pour batter into pan prepared with crumb crust; place cheesecake pan into large roasting pan. Fill roasting pan with water, leaving 1 inch of space from the top of cheesecake pan.

Bake in preheated oven for 2 1/2 to 3 hours, until top of cheesecake is slightly golden. Refrigerate at least 24 hours before serving.

To make the garnish: If desired, top each slice of cheesecake with 1 ounce of real whipped cream and an Oreo cookie.

## **Old Fashion Banana Pudding**

2/3 cup sugar	Pinch of salt
4 Tbsp. Flour (heaping)	2 tsp. vanilla
2 cup milk	a box vanilla wafers
4 egg yolks	6 to 8 ripe bananas
1 stick margarine	

Mix together dry ingredients. Separate egg yolks from whites; reserve whites for meringue. Beat egg yolks with milk (a fork will do nicely). Combine dry ingredients, milk and yolks and margarine in top of a double boiler. Cook until thick, stirring constantly. Remove from heat; cool and add vanilla. Line a dish with vanilla wafers, alternating with a layer of sliced bananas, then more wafers, etc. Pour sauce over all. Beat egg whites for meringue. Brown in a 350° oven.

## **Sweet Disaster Meringue Float**

### **Meringues:**

4 egg whites	1/4 tsp. cream of tartar
Pinch salt	1 cup granulated sugar

### **Filling:**

1 cup heavy cream	1 tsp. vanilla extract
2 Tbsp. granulated sugar	2 cups sliced strawberries

### **Custard:**

2 cups heavy cream	2 egg yolks
1/4 cup granulated sugar	1/4 cup dark rum
2 tsp. vanilla extract	

To make the meringues: Preheat oven to 150°. Beat the egg whites, salt and cream of tartar until stiff. Gradually beat in the sugar and continue to beat until the meringue is stiff and glossy.

Line a baking sheet with wax paper or parchment paper and spoon the meringue into 6 iceberg shapes on the paper. Place baking sheet in the oven and bake for 3 hours.

Remove the baking sheet from the oven. The meringues will be pure white and soft in the center. Turn each iceberg over and gently break into the center and remove it, creating a hollow shell. Set shells on a clean baking sheet and discard the centers. Return to oven for 15 minutes to dry out the shells.

To make the filling: Whip the cream with the sugar and vanilla until stiff. Fold in strawberries. Fill each iceberg shell with the strawberry and cream mixture. Turn right side up, place on the baking sheet and refrigerate up to 2 hours before assembling.

To make the custard: Heat cream over medium heat with sugar, vanilla extract and egg yolks. Stir constantly so that mixture doesn't boil. When mixture thickens enough to coat a spoon, remove from heat and stir in rum. Refrigerate until assembly.

Assembly: Spoon some of the custard sauce onto 6 dinner plates. Place one iceberg in the center of each. Garnish with strawberry halves and mint leaves.

## **Orange Sorbet** 👍

2 cups fresh orange juice  
Juice of 1 lemon

1 cup water  
1/3 cup sugar

Heat water and sugar in a sauce pan until dissolved. Bring to a boil, simmer 2 minutes and leave to cool. Stir the orange juice and lemon juice into the sugar syrup. Chill the mixture. Freeze the mixture in an ice cream machine using it according to manufacturer's instructions.

## **Strawberry Yogurt Parfait** 👍

2 3-oz. packages strawberry-flavored gelatin  
1 1/2 cups boiling water  
1 8-oz carton low-fat dairy sour cream  
1 pint frozen strawberry low-fat yogurt, softened

1 1/2 cups sliced strawberries  
1 8-oz carton frozen lite shipped topping, thawed  
6 whole strawberries

Dissolve gelatin in boiling water; stir in sour cream with wire whisk. Add yogurt and stir until melted. Refrigerate yogurt mixture 15 minutes, or until it begins to thicken. Layer yogurt, strawberries, and whipped topping in 6 parfait glasses. Repeat layers to fill glasses. Garnish with fresh strawberries.

## **Crème Brulée**

2 cups whole milk  
Zest of 1 orange  
1 cup granulated sugar  
9 egg yolks

2 cups heavy (whipping cream)  
4 Tbsp. Grand Marnier  
1 Tbsp. vanilla extract  
1/3 cup light brown sugar

In a medium saucepan over medium-low heat, bring milk and orange zest to a simmer. Remove from heat and let steep for 15 minutes.

Preheat oven to 350 degrees. In a large bowl, whisk granulated sugar into egg yolks until thoroughly combined. Whisk in warmed milk, cream, Grand Marnier and vanilla. Strain mixture into a large measuring cup or bowl. Pour mixture evenly into eight 6-ounce ramekins; place ramekins in a large baking pan (you may need two baking pans to accommodate all the ramekins). Pour hot water into the baking pan until it reaches halfway up the sides of the ramekins. Place the baking pan in the oven and bake until the custard is set but still quivery in the center when gently shaken, 30 to 35 minutes. Carefully remove the ramekins from the water bath and cool to room temperature. Cover and refrigerate until chilled, at least 4 hours.

When ready to serve, preheat broiler. Using a sieve, apply a thin coating of brown sugar on the top of each brulée. Arrange the custards on a baking sheet and broil until the sugar melts and bubbles, 1 to 3 minutes, watching closely to prevent burning.

## **Crème Brulée** 👍

1 cup heavy cream  
2 extra large or jumbo egg yolks

2 Tbsp. plus 1/3 cup sugar  
1/2 tsp. vanilla extract

Preheat oven to 300°. Prepare some boiling water.

In a saucepan over medium heat, combine cream and 2 Tbsp. sugar; cook, stirring occasionally until small bubbles appear around the edges of pan, 5-6 minutes. Set aside.

In a bowl, beat egg yolks and vanilla until smooth and light. Pour hot cream mixture into egg yolks, a little at a time, beating continuously until well blended. Strain mixture through a fine sieve into a bowl. Divide mixture among four 4 oz. ramekins.

Arrange ramekins in a baking pan and place on middle shelf of preheated oven. Fill pan with boiling water to halfway up the sides of ramekins. Cover pan loosely with aluminum foil. Bake until custard is just set, about 25 minutes (use caution when removing ramekins from oven as they will be very hot!). Chill 2-3 hours.

Sprinkle remaining sugar evenly over top of cooled custards. With a torch, move the flame continuously over the surface of the ramekins, in a circular motion until sugar melts and becomes golden brown and bubbly. Serve immediately surrounded by fresh berries or cut-up fruit or refrigerate for later use.

## **Cream Puffs** 👍

### **For the pate a choux pastry:**

1 cup water  
8 Tbsp. (1 stick) unsalted butter  
1/2 tsp. salt

1 1/2 tsp. granulated sugar  
1 cup all-purpose flour  
3 to 4 eggs, plus 1 egg for egg wash

### **For the filling:**

2 cups heavy cream  
2 Tbsp. granulated sugar

1/4 tsp. vanilla

To make the cream puffs: Preheat the oven to 425°F. In a large saucepan, bring the water, butter, salt and granulated sugar to a rolling boil over medium-high heat. When it boils, immediately take the pan off the heat. Stirring with a wooden spoon, add all the flour at once and stir hard until all the flour is incorporated, 30 to 60 seconds. Return the pan to the heat and cook, stirring, 30 seconds to evaporate some of the moisture.

Scrape the mixture into a mixer fitted with a paddle attachment. Mix at medium speed. With the mixer running, and working 1 egg at a time, add 3 of the eggs, stopping after each addition to scrape down the sides of the bowl. Mix until the dough is smooth and glossy and the eggs are completely incorporated. The dough should be thick, but should fall slowly and steadily from the beaters when you left them out of the bowl. If the dough is still clinging to the beaters, add the remaining egg and mix until incorporated.

Using a pastry bag fitted with a large plain tip, pipe the dough into the baking sheet in 2-inch diameter rounds or balls. Whisk the remaining egg with 1 1/2 tsp. water. Brush the surface of the rounds with the egg wash to knock down the points. (You may not use all the egg wash.) Bake 15 minutes, then reduce the heat to 375°F and bake until puffed up and light golden brown, about 20 minutes more. Try not to open the oven door too often during the baking. Let cool on the baking sheet.

To fill the cream puffs, place a pastry tip on your finger and poke a hole in the bottom of each puff. Whip the cream with the sugar and vanilla until stiff. Pipe the whipped cream into each cream puff and chill until ready to serve, no more than 4 hours.

*Note: The moisture in the eggs turns to steam and puffs the batter to try to release itself. You can fill them with anything.*

## **Toffee and Coconut Bars**

4 cups (about 15 1/2 ounces) graham cracker crumbs  
1 cup (2 sticks) butter, melted  
1 (14-ounce) package sweetened flaked coconut

1 (14-ounce) can sweetened condensed milk  
1 1/4 cups chocolate chips  
1 (9-ounce) bag toffee bits

Preheat oven to 350 degrees. Line a 15-by-11-inch jellyroll pan with sides with parchment paper.

In a large bowl, combine crumbs and butter. Spread mixture evenly over pan and pat to compact. Spread coconut evenly over crumbs. Drizzle evenly with condensed milk. Sprinkle with chocolate chips and toffee bits. Bake for 15 to 20 minutes, or until evenly browned, reversing the tray once. Cool overnight before cutting.

## **Savory Crepes**

1 cup all-purpose flour  
3 eggs  
1 1/2 cups whole milk, divided use  
1/4 tsp. sea salt

1/8 tsp. ground black pepper  
3 Tbsp. unsalted butter, melted, plus whole butter for cooking crepes

Whisk together the flour, eggs, 1/2 cup milk, salt and pepper in a large bowl. Continue whisking until you have a smooth batter. Add the remaining cup of milk and stir well to combine. Cover the bowl and place it in the refrigerator to chill the batter for at least 30 minutes or several hours.

Melt the butter in a small saucepan over medium heat. Just before you are ready to make the crepes, whisk in the melted butter. The batter should be the consistency of heavy cream; if it is too thick, add milk slowly while whisking constantly until it is the right texture.

Heat a 9-inch non-stick skillet or crepe pan over medium heat. Melt a tsp. of butter in the pan or spray with vegetable spray and heat the pan until a drop of water "dances" across the surface.

Using a ladle or a measuring cup with a lip, pour about 1/4 to 1/3 cup of the batter into the pan. Hold the pan with 1 hand and pour the batter in with the other. Swirl the pan while pouring so

that the batter covers the pan thinly and evenly for each crepe. Pour off any excess batter. Try not to leave any holes. After the first few crepes you will know exactly how much batter your pan will hold.

Cook the crepe over medium-high heat until the edges turn brown, about 15 seconds. Flip the crepe using a small spatula and your fingers. Cook on the second side for another 10 to 15 seconds. The second side will not be as evenly browned as the first side. Remove the pan from the heat and invert it over a warm plate to stack the crepes. Keep warm until ready to use. Continue making crepes with remaining batter, adjusting the heat as needed.

If not using immediately, place a square of waxed paper between each 1, place in a resealable plastic bag and store in the refrigerator. Crepes can be refrigerated for up to 2 days or frozen for several months. Reheat uncovered in a low oven (250 degrees) for 15 minutes or until warm. Fill with your favorite filling.

## ***Peanut Butter Cheesecake Minis***

### **Crust:**

1 1/2 cups graham cracker crumbs  
4 Tbsp. sugar

1/4 cup (1/2 stick) butter, melted  
12 bite-size peanut butter cups

### **Filling:**

2 (8-ounce) packages cream cheese, at room temperature  
1 cup sugar

1/4 cup all-purpose flour  
1 tsp. pure vanilla extract or almond extract  
2 eggs

Preheat oven to 350°F. Place a paper cupcake liner in each cup of a standard muffin pan.

To make crust, in a bowl, combine graham cracker crumbs, sugar and melted butter until crumbs are moistened. Press crust into bottom of each muffin cup. Put 1 peanut butter cup into the center of each crust.

Beat cream cheese with a handheld electric mixer until fluffy. Add sugar, flour, and vanilla, beating well. Add eggs, 1 at a time, beating well after each addition. Spoon cream cheese mixture over peanut butter cups and graham cracker crusts. Bake until just set, about 20 minutes. Allow to cool completely before serving.

## ***Dennie's Frozen Christmas Delight***

1 8-oz. cream cheese, softened  
1 cup sugar  
1 large package frozen strawberries  
3 bananas, sliced or diced

1 small can crushed pineapple, drained  
1 cup chopped pecans  
1 8-oz. Cool Whip

Cream together sugar and cream cheese. Add remaining ingredients and mix well. Fold in Cool Whip. Pour into a 9x13 dish and chill in freezer overnight before serving. Microwave each serving for 15-30 seconds to soften before serving, if desired.

## ***Fruit Cobbler***

1/4 cup butter

1 1/4 cups all-purpose flour

1 cup white sugar

1 tablespoon baking powder

1/4 teaspoon salt

1 cup milk

1/2 teaspoon vanilla extract

4 cups fresh peaches, pitted and sliced

Melt butter or margarine in a 9 x 13 inch pan. Set aside to cool.

Stir together flour, sugar, salt, and baking powder. Mix in milk and vanilla. Pour batter over melted butter. **DO NOT MIX OR STIR.** Spoon fruit with juice over the batter. **DO NOT MIX OR STIR.**

Bake at 350 degrees F (175 degrees C) for 55 minutes.



# CAKES, COOKIES, AND CANDIES

## **Paula Harper's "Instant" Liqueur Party Cake**

2 cups self-rising flour, sifted  
2 cups sugar  
3/4 cup water  
1/2 cup sour cream  
1/4 cup milk  
1/2 cup butter  
2 eggs  
1 tsp. vanilla

4 oz. melted unsweetened chocolate  
(moderately cool)  
2 boxes Instant vanilla pudding mix (5 1/8 oz)  
1 quart whipping cream  
1 pint Half & Half  
1/2 Scraped vanilla bean  
3/4 to 1 cup Bailey's Irish Cream  
1 cup crushed Heath bars

Cream butter and sugar together until light & fluffy. Add partially cooled chocolate, scraping bowl well after each addition. Add eggs, vanilla, sour cream, milk and water. Mix until blended. Add flour 1 cup at a time, slowly blending after each addition.

Pour into two greased and floured 9" cake pans. Bake at 350° for 30-35 minutes or until cake just pulls away from sides of pans and center of cake is done. (Use toothpick test.) Cool completely and split each layer in half.

(In meantime, chill whip and mixing bowl in refrigerator.)

**FILLING:** Place dry pudding mix and vanilla bean into chilled bowl. Turn mixer on low and slowly pour whipping cream into bowl. Scrape sides of bowl. Whip at high until thickened and peaks form. Thin SLOWLY with Half & Half. Add Bailey's slowly and whip to a spreadable consistency. Reserve 3 cups of mixture. Gently fold in crushed Heath bars.

Spread mixture onto top of each layer, being careful not to get onto sides. Decorate with chunks of Heath bars. Using pastry tube, pipe reserved filling around bottom of cake.

## **Pistachio Cake**

1 18.25-oz. box white cake mix  
1 3.4-oz. package instant pistachio pudding  
mix  
3 whole eggs  
1 cup vegetable oil  
1 cup club soda  
1/2 cup chopped pecans

1 1.3-oz. envelope dry nondairy topping mix  
1 3.4-oz. package instant pistachio pudding  
mix  
1 cup cold milk  
1 4-oz. container frozen whipped topping,  
thawed

Preheat oven to 350°. Grease a bundt or tube pan; set aside.

Sift cake mix into the large bowl of an electric mixer. Add pudding mix, eggs, oil, club soda and nuts. Beat batter at medium-high speed for 4 minutes. (This is very important.) Pour the batter into prepared pan. Bake 45 to 50 minutes or until cake tests done. Do not over bake. Cool in pan on a rack for 5 minutes. Remove from pan and allow to cool completely. While cake is cooling, prepare frosting.

**FROSTING:** Put dry topping mix, instant pudding mix and milk in bowl. Whisk until mixture thickens. Fold in thawed container of frozen topping. Spread on cake when cake is cooled.

## **Deep Dark Chocolate Cake** 👍

2 cups granulated sugar  
1 3/4 cups all-purpose flour  
3/4 cups unsweetened cocoa powder  
1 1/2 tsp. baking powder  
1 1/2 tsp. baking soda  
1 tsp. salt  
2 large eggs

1 cup milk  
1/2 cup vegetable oil  
2 tsp. vanilla extract  
1 cup boiling water  
One-Bowl Buttercream Frosting (recipe follows)

Preheat oven to 350°. Grease and flour two 9-inch round baking pans or one 13-by-9-by-2-inch baking pan. In large bowl, stir together sugar, flour, cocoa, baking powder, baking soda and salt. Add eggs, milk, oil and vanilla; beat on medium speed of electric mixer 2 minutes. Stir in boiling water (batter will be thin). Pour batter into prepared pans. Bake 30 to 35 minutes for round pans, 35 to 40 minutes for rectangular pan or until wooden toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely. (Cake may be left in rectangular pan, if desired.) Frost with One-Bowl Buttercream Frosting.

## **One-Bowl Buttercream Frosting** 👍

6 Tbsp. butter or margarine, softened  
2 2/3 cups confectioners' sugar  
1/2 cup unsweetened cocoa powder

1/3 cup milk  
1 tsp. vanilla extract

In medium bowl, beat butter. Add sugar and cocoa alternately with milk, beating to spreading consistency (additional milk may be needed). Stir in vanilla.

## **Toffee Goopy Butter Cake** 👍

### **Cake:**

Vegetable oil cooking spray  
1 (18.2- ounce) package yellow cake mix

1 large egg  
1/2 cup (1 stick) butter, melted

### **Filling:**

1 (8-ounce) package cream cheese, softened  
2 large eggs  
1 tsp. vanilla extract

1 (1 pound) box confectioners' sugar  
1/2 cup (1 stick) butter, melted  
1 cup toffee bits

Preheat the oven to 350 degrees°F. Spray a 13x9x2-inch baking pan with vegetable oil cooking spray.

In the bowl of an electric mixer at medium speed, combine the cake mix, egg, and butter and mix well. Pat evenly into the bottom of the prepared baking pan and set aside.

In a bowl, mix together the cream cheese, eggs, vanilla extract, confectioners' sugar and butter. Beat on medium speed until smooth. Fold in the toffee bits with a spatula.

Pour the filling over the cake mixture and spread it evenly. Bake until the center is just a little bit gooey, about 40 to 50 minutes. Remove from the oven and cool completely. Cut into pieces and serve.

## **Sour Cream Pound Cake**

3 cups sugar  
2 sticks room temperature softened butter  
6 large room temperature eggs  
1 Tbsp. vanilla

3 cups sifted cake flour  
1/4 tsp. salt  
1/4 tsp. soda  
1 cup sour cream

Preheat oven to 350°.

Cream sugar and butter with mixer until light. Add eggs, one at a time, mixing well after each. Add vanilla. Dissolve soda in sour cream. Fold sour cream mixture by hand into butter/egg mixture. Add salt to sifted flour. Fold flour by hand into creamed mixture.

Pour into a greased and floured tube pan (or bundt or large loaf). Bake for 1 hour 15 minutes or until done. Leave in pan 10 minutes, then turn out on a rack.

*Note: Cake freezes well wrapped in wax paper then in a freezer bag. Freezes for up to 6 months.*

## **Ginger Angel Food Cake**

4-oz. Fresh ginger (about a 4" piece),  
peeled and quartered  
1 1/2 cups sugar  
1 cup cake flour

2 cups egg whites (about 12)  
1 1/2 tsp. cream of tartar  
1/2 tsp. salt

Preheat the oven to 350°. In a food processor, combine the ginger and 1/2 cup sugar, Process until blended into a thick paste. Set aside.

In a medium bowl, sift the cake flour and 3/4 cup sugar together 3 times. In a large mixer bowl, beat the egg whites on high speed until foamy, about 1 minutes. Beat in the cream of tartar and salt. Add the remaining 1/2 cup sugar, 1 Tbsp. at a time, beating continuously. Continue to beat until the egg whites form soft peaks that hold their shape, 8 to 10 minutes longer.

Sift the flour mixture evenly over the whites in 2 batches and mix on the lowest speed until barely incorporated, about 5 seconds. Do no overmix. Add the reserved ginger paste and blend in on the lowest speed for a few seconds. With a rubber spatula, gently fold a few more times to insure blending.

Turn the batter into an ungreased 10-inch tube pan. Cut through the center of the batter with the rubber spatula to eliminate air pockets.

Bake for 35 minutes, or until a cake tester inserted into the center comes out clean. Remove from the oven and invert the pan to cool. Free the cake from the sides of the pan with a long narrow knife.

## **Montclair Martha's Red Velvet Cake**

### **Cake:**

¾ cups unsalted butter, room temperature, plus more for pans	1 tsp. pure vanilla extract
2 ½ cups cake flour (not self-rising), sifted, plus more for pans	¼ tsp salt
3 Tbsp. unsweetened cocoa powder	Two 1-ounce bottles liquid red food coloring
1 ½ tsp. baking powder	3 Tbsp. lukewarm water
2 cups sugar	1 cup buttermilk
3 large eggs	1 tsp. baking soda
	1 Tbsp. white vinegar

### **Icing:**

1/2 cup (1 stick) unsalted butter, room temperature	1 cup confectioners' sugar, sifted
1 8-ounce bar cream cheese, room temperature	1 tsp. pure vanilla extract
	1/4 cup finely chopped walnuts

Preheat oven to 350°. Butter two 9-by-2-inch round cake pans. Line with parchment paper, and butter again. Dust with flour, and tap out the excess; set aside. In a medium bowl, sift together cake flour, cocoa, and baking powder; set aside.

In the bowl of an electric mixer fitted with the paddle attachment, combine the butter and sugar, and beat on medium speed until light and fluffy, about 15 minutes. Add eggs, one at a time, beating well after each addition. Add vanilla, salt, food coloring, and water; beat, scraping down the sides of the bowl, until well combined. Add reserved dry ingredients in additions, alternating with the buttermilk; beat on low speed until well combined.

In a small bowl, stir together baking soda and vinegar; add to batter. Beat on medium speed for 10 seconds. Be sure not to over beat. Divide batter between prepared pans, and bake until a cake tester inserted into the center comes out clean, 25 to 30 minutes. Remove pans from oven, and transfer to a wire rack to cool, about 15 minutes. Turn cakes out onto rack; let stand until completely cool.

Meanwhile, place butter in bowl of an electric mixer fitted with the paddle attachment, and beat on medium-high speed until light and fluffy, about 2 minutes. Add cream cheese, and beat until well combined and fluffy, about 2 minutes more. Add sugar and vanilla, and beat until combined, about 2 minutes. Fold in walnuts.

Using a serrated knife, trim tops of cakes so surfaces are level. Place a layer on a cake stand or cardboard round, and spread about one-third of the frosting over top. Place the second layer on top, and spread with the remaining frosting over the tops and sides of assembled cake. Transfer to refrigerator, and chill until ready to serve.

## ***Grandmother Paul's Red Velvet Cake***

### **Cake:**

2 cups sugar	2 1/2 cups cake flour
1/2 pound (2 sticks) butter, at room temperature	1 tsp. salt
2 eggs	1 cup buttermilk
2 Tbsp. cocoa powder	1 tsp. vanilla extract
2 ounces red food coloring	1/2 tsp. baking soda
	1 Tbsp. vinegar

### **Icing:**

1 (8-ounce) package cream cheese	1 (1-pound) box confectioners' sugar
1 stick butter, softened	1 cup shredded coconut
1 cup melted marshmallows	1 cup chopped pecans

Preheat oven to 350°F.

In a mixing bowl, cream the sugar and butter, beat until light and fluffy. Add the eggs one at a time and mix well after each addition. Mix cocoa and food coloring together and then add to sugar mixture; mix well. Sift together flour and salt. Add flour mixture to the creamed mixture alternately with buttermilk. Blend in vanilla. In a small bowl, combine baking soda and vinegar and add to mixture. Pour batter into 3 (8-inch) round greased and floured pans. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean. Remove from heat and cool completely before frosting.

Blend cream cheese and butter together in a mixing bowl. Add marshmallows and sugar and blend. Fold in coconut and nuts. Spread between layers and on top and sides of cooled cake.

## ***Dolly's Red Velvet Bouffant Cake***

### **For the Cake:**

1 1/4 cups sugar	1/2 tsp. salt
1 cup vegetable shortening	1 Tbsp. vanilla
2 eggs	1 cup buttermilk
1/2 cups beets, cooked and peeled	2 1/4 cups cake flour, sifted
3 Tbsp. cocoa	1 tsp. baking soda
2 Tbsp. red food coloring	1 Tbsp. white vinegar

### **For the Icing:**

2 cups powdered sugar	1 stick softened butter
12 oz. cream cheese, softened	1 cup pecans, chopped

Preheat oven to 325°. Butter a 9 inch bundt pan, sprinkle a couple of Tbsp. of flour in the buttered pan and rotate the pan a few times to distribute the flour evenly before tapping out the excess.

Combine the sugar and shortening in a large mixing bowl and beat until fluffy.

Add the eggs one at a time, beating well after each addition.

Combine the beets, cocoa and food coloring in a blender jar and process until smooth, about 45 seconds. Add the beet mixture to the egg mixture and mix well.

Mix together the salt, vanilla and buttermilk and add alternately with the sifted cake flour, stirring after each addition.

In a small bowl, stir together the baking soda and vinegar and fold into the batter.

Pour the batter into the prepared pan and bake in the center of the preheated oven for 45 minutes, or until a knife inserted into the center comes out clean.

Set the cake on a wire rack to cool for 20 minutes before frosting.

Combine all frosting ingredients and beat well. Ice the cake and refrigerate before serving.

## **Red Velvet Cupcakes with Cream Cheese Frosting**

### **Cupcakes:**

2 1/2 cups all-purpose flour	1 cup buttermilk, room temperature
1 1/2 cups sugar	2 large eggs, room temperature
1 tsp. baking soda	2 Tbsp. red food coloring
1 tsp. salt	1 tsp. white distilled vinegar
1 tsp. cocoa powder	1 tsp. vanilla extract
1 1/2 cups vegetable oil	

### **Frosting:**

1 pound cream cheese, softened	4 cups sifted confectioners' sugar
2 sticks butter, softened	Chopped pecans and fresh raspberries or strawberries, for garnish
1 tsp. vanilla extract	

Preheat the oven to 350°F. Line 2 (12-cup) muffin pans with cupcake papers.

In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.

Divide the batter evenly among the cupcake tins about 2/3 filled. Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Garnish with chopped pecans and a fresh raspberry or strawberry.

*Cook's Note: Frost the cupcakes with a butter knife or pipe it on with a big star tip.*

## **Pumpkin Goopy Butter Cakes**

### **Cake:**

1 (18 1/4-ounce) package yellow cake mix  
1 egg

8 Tbsp. butter, melted

### **Filling:**

1 (8-ounce) package cream cheese,  
softened  
1 (15-ounce) can pumpkin  
3 eggs  
1 tsp. vanilla

8 Tbsp. butter, melted  
1 (16-ounce) box powdered sugar  
1 tsp. cinnamon  
1 tsp. nutmeg

Preheat oven to 350 degrees F.

To make the cake: Combine all of the ingredients and mix well with an electric mixer. Pat the mixture into the bottom of a lightly greased 13 by 9-inch baking pan. Prepare filling.

To make the filling: In a large bowl, beat the cream cheese and pumpkin until smooth. Add the eggs, vanilla, and butter, and beat together. Next, add the powdered sugar, cinnamon, nutmeg, and mix well. Spread pumpkin mixture over cake batter and bake for 40 to 50 minutes. Make sure not to over bake as the center should be a little gooey.

Serve with fresh whipped cream.

### **Variations:**

*For a Pineapple Goopy Cake: Instead of the pumpkin, add a drained 20-ounce can of crushed pineapple to the cream cheese filling. Proceed as directed above.*

*For a Banana Goopy Cake: Prepare cream cheese filling as directed, beating in 2 ripe bananas instead of the pumpkin. Proceed as directed above.*

*For a Peanut Butter Goopy Cake: Use a chocolate cake mix. Add 1 cup creamy peanut butter to the cream cheese filling instead of the pumpkin. Proceed as directed above.*

## **The Dampest, Darkest, Deadliest Brownies of All Time**

Nonstick cooking spray  
1/2 cup (1 stick) unsalted butter  
4 oz. unsweetened chocolate, broken in  
pieces  
1 3/4 cups dark brown sugar

Pinch of salt  
2 tsp. vanilla extract  
3 eggs  
1 cup all-purpose flour  
3/4 cup semisweet chocolate chips

Preheat oven to 375°. Coat a 9-inch-square baking pan with nonstick cooking spray. In a large, heavy-bottomed saucepan over medium heat, begin melting the butter. When it is half melted, add the chocolate. Remove from heat and stir until the butter and chocolate are completely melted.

Stir in the sugar, salt, vanilla and eggs until smooth. Stir in the flour until well combined. Mix in the chocolate chips. Pour and scrape the batter into the prepared pan. Bake for 20-25 minutes, until the top is dry but the center is still damp. Do not over bake. Remove from the oven and cool on a rack until the brownies are cool and firm, about 30 minutes.

## ***J. R. 's Old-Time Tea Cookies***

2 1/2 cups all-purpose flour  
1/2 tsp. Baking soda  
3/4 tsp. Salt  
1/2 cup shortening  
1 cup granulated sugar, plus 1/4 cup for  
tops

1/2 cup butter  
2 tsp. Vanilla extract  
1 egg  
2 tsp. Evaporated milk

Preheat oven to 400°. Line cookie sheet with foil. Set aside.

In a medium bowl, sift together flour, baking soda and salt. Set aside.

In a large bowl, cream together shortening, 1 cup sugar, butter and vanilla extract. Add egg and cream until smooth. Blend in milk. Gradually add sifted flour mixture, mixing well.

Drop by rounded tsp.fuls onto prepared cookie sheet. Lightly dampen imprinted glass bottom and dip into remaining sugar. Use coated glass bottom to flatten cookies and make design on top. Bake 8 to 10 minutes or until golden brown.

## ***Chocolate Almond Biscotti***

2 cups flour  
1 cup sugar  
1/3 cup cocoa powder  
1 tsp. baking soda  
1/4 tsp. salt

2 eggs  
2 egg whites  
3/4 tsp. vanilla extract  
2/3 cup whole almonds, toasted  
1/3 cup chocolate chips

In a standing mixer with a paddle attachment, combine flour, sugar, cocoa powder, baking soda and salt. Mix together eggs, egg whites and vanilla extract. Gradually add egg mixture to flour mixture blending on low. Toss almonds with chocolate chips then add to flour mixture and blend just until combined.

On a well floured surface, roll dough into 2 logs, 2 inches in diameter. Place on a greased sheet pan and brush with beaten egg. Bake at 350° until light golden brown, about 30-35 minutes. Allow logs to cool 15 minutes then cut into slices on the bias. Place slices on a greased sheet pan and bake in a 350° oven until toasted, about 15-20 minutes. Cool. Store in an airtight container.

## ***Thelma's Tea Cakes***

1 cup Crisco  
2 cups sugar  
3 eggs

1 tsp. vanilla extract  
3 1/2 cups self- rising flour

Preheat oven to 350°. Cream Crisco and sugar. Add eggs and vanilla. Add flour a little bit at a time until stiff enough to roll out into a thin dough. Cut into cookies and bake until light brown, 10 - 15 minutes depending on size and shapes of cookies.



## **Butter Cookies** 👍

3 1/4 cups all purpose flour  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
20 Tbsp. (2 1/2 sticks unsalted butter,  
softened

1 cup sugar  
1 large egg  
1 Tbsp. milk  
2 1/2 tsp. vanilla  
1/4 tsp. finely grated lemon zest (optional)

Whisk together flour, baking powder and salt thoroughly. Set aside. Beat butter and sugar on medium speed until very fluffy and well blended. Add egg, milk, vanilla and lemon zest (if desired) and beat until well combined. Gradually stir the flour mixture into the butter mixture until well blended and smooth. Divide the dough in half. Place each half between 2 large sheets of wax or parchment paper. Roll out to a scant 1/4-inch thick, checking the underside of the dough and smoothing any creases. Keeping the paper in place, layer the rolled dough on a baking sheet and refrigerate until cold and slightly firm, about 30 minutes.

Position a rack in the center of the oven. Preheat the oven to 375°. Grease cookie sheets.

Working with 1 portion at a time (leave the other refrigerated), gently peel away and replace 1 sheet of the paper. (This will make it easier to lift the cookies from the paper later.) Peel away and discard the second sheet. Cut the cookies using 2- or 3-inch cutters. With a spatula, transfer them to the cookie sheets, spacing about 1 1/2 inches apart. Roll the dough scraps and continue cutting out cookies until all the dough is used; briefly refrigerate the dough if it becomes too soft to handle.

Bake, 1 sheet at a time, just until the cookies are lightly colored on top and slightly darker at the edges, 6 to 9 minutes; rotate the sheet halfway through baking for even browning. Remove the sheet to a rack and let stand until the cookies firm slightly. Transfer the cookies to racks to cool.

## **Oatmeal Cookies**

1 cup all-purpose flour  
3/4 tsp. baking soda  
1/2 tsp. fine salt  
1/2 tsp. ground allspice  
1/2 tsp. ground cinnamon  
1/8 tsp. ground mace  
3/4 cup unsalted butter, at room  
temperature

1/2 cup sugar  
3/4 cup packed light brown sugar  
2 large eggs, at room temperature  
1 tsp. vanilla extract, at room temperature  
2 3/4 cups rolled oats  
3/4 cup raisins  
3/4 cup chopped pecans

Position the racks in the top and lower third of the oven and preheat to 350 degrees F.

In a large bowl, whisk together the flour, baking soda, salt, allspice, cinnamon, and mace.

In another large bowl, combine the butter and sugar and, with a hand-held electric mixer, mix on low speed until just incorporated. Raise the speed to high and mix until light and fluffy. (Occasionally turn the mixer off, and scrape the sides of the bowl down with a rubber spatula.)

Add the brown sugar and mix until incorporated. Add the eggs to the butter mixture, one at time, waiting for the first one to be fully incorporated before adding the last. Mix in the vanilla.

Reduce the mixer's speed to low. Add the flour mixture, little by little, until a smooth dough is formed (scrape the bowl down occasionally). Turn off the machine, stir in the oats, raisins, and pecans with a rubber spatula.

Line 2 baking sheets with parchment paper. Using a spoon, drop heaping Tbsp. of the dough onto the sheets, spaced about 2 inches apart.

Bake the cookies in batches, turning the pans once, until golden brown, but still soft and spongy, about 15 minutes per batch. Let the cookies cool slightly on the baking sheets, and then transfer to racks to cool completely. Store in a sealed container.

## **NOT Neiman Marcus Cookies**

### **For a large batch:**

2 cups butter	1 tsp. salt
2 cups granulated sugar	2 tsp. baking powder
2 cups light brown sugar	2 tsp. baking soda
4 eggs	24 ounces chocolate chips
2 tsp. vanilla	1 18-oz. milk chocolate Hershey bar, grated
4 cups flour	3 cups chopped nuts (optional)
5 cups oatmeal	

### **For a smaller batch:**

1 cups butter	1/2 tsp. salt
1 cups granulated sugar	1 tsp. baking powder
1 cups light brown sugar	1 tsp. baking soda
2 eggs	12 ounces chocolate chips
1 tsp. vanilla	1 9-oz. milk chocolate Hershey bar, grated
2 cups flour	1 1/2 cups chopped nuts (optional)
2 1/2 cups oatmeal	

Measure oatmeal and blend in a blender to a fine powder. Cream butter and sugars together. Add the eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and baking soda. Add chocolate chips, grated Hershey bar and nuts.

Roll into balls and place 2 inches apart on a cookie sheet. Bake for 12 to 14 minutes at 375°.

*Note: This recipe makes a very large batch of cookies and may be cut in half.*

## **Peanut Brittle**

1 1/2 cups raw shelled peanuts	1 tsp. butter
1 cup granulated sugar	1 tsp. vanilla
1/2 cup light corn syrup	1 tsp. baking soda
1/8 tsp. salt	

In a 1 1/2 quart casserole, stir together peanuts, sugar, syrup, and salt. Cook 8 minutes on high in microwave oven stirring well after 4 minutes. Stir in butter and vanilla. Microwave 2 minutes longer on high. Add baking soda and quickly stir until light and foamy. Immediately pour onto lightly greased baking sheet; spread out very thin. When cool, break into small pieces. Store in airtight container.

## **Caramel Corn** 👍

4 qt. popped popcorn  
1 cup brown sugar  
1 stick margarine

1/4 cup Karo white syrup  
1/2 tsp. salt  
1/2 tsp. baking soda

Combine sugar, margarine, syrup and salt in 2 qt. dish. Microwave to boil (2 1/2 minutes) then cook on high for 2 minutes. Remove from oven and stir in soda. Place popcorn in heavy brown paper bag, pour in cooked mixture, close and shake. Cook 1 1/2 minutes on high. Shake again. Cook another 1 1/2 minutes on high. Pour on cookie sheet to cool.

## **Honey Bunches** 👍

8 Tbsp. (1 stick) butter  
1 1/2 cups quick cooking rolled oats  
1/2 cup flaked sweetened coconut  
1/2 cup coarsely chopped walnuts

1/4 cup all-purpose flour  
2/3 cup honey  
24 walnut halves

Preheat the oven to 350°.

Butter 2 mini muffin tins, or use 1 tin and bake in 2 batches. In a small saucepan, melt the butter over low heat. Meanwhile, in a large bowl, combine the oats, coconut, walnuts and flour and mix. Stir the honey into the melted butter and bring to a boil, stirring often. Pour the butter mixture over the dry ingredients and mix well.

Press 1 heaping Tbsp. of the mixture into each mini muffin tin cup. Bake until just beginning to brown, 15 to 20 minutes. Remove from the oven and immediately press a walnut half on top of each "honey bunch". Let cool 10 minutes in the pan, then transfer to a wire rack and cool completely. Store in an airtight container.

## **Pecan Pralines** 👍

2 cups sugar  
5 Tbsp. brown sugar  
1/3 cup white corn syrup  
2/3 cup evaporated milk

1 cup pecan halves  
Pinch soda  
1 tsp. vanilla extract

Mix first five ingredients and place in heavy boiler. Cook to soft ball stage. Remove from heat, add soda, and vanilla and beat until thickened. Spoon quickly one Tbsp. at a time on waxed paper to harden.

## **Frozen Watermelon Margaritas**

5 cups cubed watermelon, seeds removed  
1/2 cup simple syrup (equal amounts sugar and water, heated until sugar melts), cooled  
1/2 cup fresh lime juice

2 cups silver tequila  
4 ounces orange liqueur  
2 ounces melon liqueur  
Watermelon wedges, for garnish

Place watermelon in a food processor and process until smooth. Pour the pureed watermelon into 2 empty ice cube trays and freeze until firm, at least 4 hours. Place 8 martini glasses in the freezer to chill.

Place 2 cups of the watermelon ice cubes and the remaining ingredients in a blender and blend until smooth. Pour into 4 glasses and repeat with the remaining ingredients. Garnish each glass with a watermelon wedge.

# BEVERAGES

## **Lemonade** 👍

3/4 cup lemon juice  
2 quarts water

1 cup sugar

Mix ingredients well and chill.

## **Betsy's Bloody Marys** 👍

1 32 oz can tomato juice  
2 Tbsp. Pickapeppa Sauce  
4 Tbsp. Worcestershire Sauce  
1 tsp. sugar

1 Tbsp. salt  
Juice of 4 limes  
6 dashes Tobacco

Mix all ingredients and pour over vodka on ice.

## **Dennie's Champagne Punch**

3 cups sugar  
2 cups fresh lemon juice  
2 packages Dole frozen pineapple chunks

1 1/2 quarts ice water  
1 bottle chilled Sauterne or Rhine  
2 bottles chilled Champagne

Make an ice ring by combining water and Sauterne (or Rhine) in a large mold and place in freezer until completely frozen. In a large punch bowl, dissolve sugar in lemon juice. Add pineapple. Just before serving, add Champagne and ice ring.

## **Homemade Bailey's Irish Cream**

1 can Eagle Brand  
1 pint half & half  
1 Tbsp. instant coffee

1/2 tsp. coconut extract  
1/2 tsp. vanilla extract  
1 cup whiskey (e.g., Seagram's V.O.)

Combine all ingredients and refrigerate overnight before serving.

## **Coffee Eggnog** 👍

3/4 cup commercial eggnog  
1 cup whole milk  
1 tsp. Instant coffee granules  
1/3 cup Kahlua

1/4 - 3/4 cup blended whiskey or bourbon  
Freshly grated nutmeg or ground  
cinnamon, optional garnish

In a saucepan, combine eggnog and milk. Bring to a simmer and stir in the instant coffee. Off the heat, stir in the Kahlua and whiskey. Pour into two heat-proof punch cups or mugs and garnish with optional nutmeg or cinnamon.

## **Instant Spiced Tea** 👍

2 cups Instant orange drink powder (Tang)	1 tsp. cinnamon
2 cups Sugar	1 tsp. allspice
1 cup Instant tea powder	1 tsp. ground cloves
2/3 cup instant lemonade powder	

Mix all ingredients together thoroughly. Use 2 or 3 tsp. per serving. Add water. Good hot or cold!

## **Margarita Jell-O Shooters** 👍

Lime Jell-O, large box or two small boxes	1/2 cup Tequila
2 cups boiling water	1/4 cup Triple Sec
1 1/4 cups cold water	

Mix Jell-O with boiling water to dissolve well. Add cold water to cool off. Add remaining ingredients and pour into shooter cups. Refrigerate until congealed.

## **Coffee Liqueur (Kahlúa)** 👍

2 cups granulated sugar	1 vanilla bean, split
1 cup packed brown sugar	3 cups vodka (preferably 100 proof, but 40 proof if fine)
2 cups distilled water	3 tsp. vanilla extract
10 Tbsp. instant coffee	

Combine sugars, water and instant coffee in a large saucepan and bring to a boil. Reduce heat and simmer 45 minutes to 1 hour. It will seem thick. Remove from heat. Add split vanilla bean to mixture and cool completely. Add vodka and vanilla extract. Pour into an aging container (with bean) and age 1 month. Feel free to strain and pour into clean containers.

## **Citrus Vodka** 👍

6 2x1/2" strips orange peel (orange part only)	6 2x1/2" strips lime peel (green part only)
1 8" wooden skewer	1 empty 750-ml clean clear wine bottle with cork or other decorative bottle
6 2x1/2" strips lemon peel (yellow part only)	1 750-ml bottle vodka

Fold 1 orange peel strip crosswise in half without breaking. Thread onto skewer, shish-kebab style. Repeat with 1 lemon peel strip, then 1 lime peel strip. Repeat, alternating remaining orange, lemon and lime peel strips on same skewer. Guide citrus peel skewer through neck of

empty bottle, pushing gently but being careful not to break any peel. You may find a chopstick useful in easing the peels into the bottle. Fill bottle with vodka. Chill at least 1 week and up to 3 weeks. Serve chilled.

## ***Cosmopolitan***

4 parts vodka

3 parts cranberry juice

2 parts triple-sec

1 part fresh lime juice

Mix with ice in cocktail shaker and pour into martini glass to serve.





# MISCELLANEOUS

## ***Pimento Cheese Spread***

1 lb. Velveeta  
1 lb. Cheddar cheese  
2 4 oz. jars pimento  
1 Tbsp. mayonnaise

Garlic powder  
Worcestershire  
Tabasco  
Jalapeños (Optional)

Combine all ingredients.

## ***Benihanna Ginger Salad Dressing***

1/2 cup minced onion  
1/2 cup peanut oil  
1/3 cup rice vinegar  
2 Tbsp. water  
2 Tbsp. minced fresh ginger  
2 Tbsp. minced celery  
2 Tbsp. ketchup

4 tsp. soy sauce  
2 tsp. sugar  
2 tsp. lemon juice  
1/2 tsp. minced garlic  
1/2 tsp. salt  
1/4 tsp. black pepper

Combine all ingredients in a blender. Blend on high speed for about 30 seconds or until all of the ginger is well-pureed.

## ***Hoisin-Ginger Dressing***

1 4" piece fresh ginger, peeled  
2 Tbsp. rice-wine vinegar

2 Tbsp. hoisin sauce  
2 green onions, chopped (1/4 cup)

Grate ginger on the smallest holes of a box grater. To extract the juice, press the grated ginger in a fine sieve set over a small bowl, or squeeze it in a piece of cheesecloth. (You should have about 1 Tbsp. ginger juice.) Discard the pulp. Stir vinegar and hoisin sauce into the ginger juice. (The sauce can be made 3 days ahead; store, covered, in the refrigerator.) Pour the dressing over hot or room-temperature asparagus. Garnish with chopped onions just before serving.

## ***Roast Garlic Vinaigrette***

1 head garlic, cut in half horizontally  
1 to 2 shallots, peeled and roughly  
chopped  
1/3 cup balsamic vinegar

1 Tbsp. Dijon mustard  
2 Tbsp. cream sherry  
1 Tbsp. olive oil  
1 tsp. salt, or to taste

Preheat the oven to 400°. Keeping the two halves of garlic together, place root side down on a piece of foil; bring sides of foil up and twist closed. Place in a small baking dish and bake for about 50 minutes.

Remove from foil and cool, then squeeze baked garlic from the top and bottom sections into the bowl of a food processor or blender. Add shallots and puree. Add vinegar, mustard, sherry, olive oil and salt and mix well.

## ***Lemon and Roasted Garlic Dressing***

2 large heads garlic  
3 Tbsp. fresh lemon juice  
2 Tbsp. olive oil, preferably extra-virgin

Salt and black pepper to taste  
1/2 ounce Parmesan cheese, grated (about  
1/4 cup)

Preheat oven to 400°. Peel the papery husk from the garlic heads without detaching the cloves from the base. Slice 1/4" off the top and set the heads on a piece of aluminum foil. Sprinkle with 2 Tbsp. water and gather the foil together at the top to form a packet. Roast the garlic until the cloves are soft and golden, about 1 hour. Remove from the oven and let cool.

Squeeze the soft pulp from the garlic cloves into a blender. Add lemon juice, oil and 2 Tbsp. water. Blend on low speed until smooth and creamy. Season with salt and pepper. (The sauce can be made 3 days ahead; store, covered, in the refrigerator.) Spoon the dressing over hot or room-temperature asparagus, garnish with parmesan and serve.

## ***Coffee Liqueur Zesty Seafood Marinade***

1 Tbsp. coffee liqueur  
1/4 cup lemon juice  
1/4 cup finely chopped onion  
6 drops hot pepper sauce  
1/2 tsp. honey  
1/8 tsp. grated ginger root

1/4 cup lime juice  
1/4 cup vegetable oil  
1 tsp. Worcestershire sauce  
1/2 tsp. dill weed  
1/4 tsp. ground white pepper

Shake all ingredients together well in a covered jar. Let stand 1 hour or longer to blend flavors. Shake well before using. Pour over fish and marinate 30 minutes. Grill fish, basting often with remaining marinade.

## ***Roasted Red Pepper Sauce***

2 small red bell peppers  
1 1/2 Tbsp. tomato paste  
1 Tbsp. olive oil, preferably extra-virgin

2 tsp. cider vinegar  
Salt and black pepper to taste

Place peppers directly over the flame of a gas burner or under a preheated broiler. Roast, turning often, until black all over, about 8 to 10 minutes. Place in a brown paper bag and set aside to cool. Slip off the skins, cut away the stems, slit the peppers open and remove seeds.

In a food processor, puree the peppers. (You should have about 1/2 cup puree.) With a rubber spatula, force the puree through a fine strainer set over a small bowl; discard solids. Whisk in tomato paste, oil and vinegar. Season with salt and pepper. (The sauce can be made 3 days ahead; store, covered, in the refrigerator.) Serve over hot or room-temperature asparagus.

*Note: In a pinch, bottled roasted red peppers are fine for this recipe.*

## ***Roasted Garlic Paste***

2 large heads garlic, separated into cloves  
and peeled  
2 Tbsp. olive oil, divided

1 Tbsp. balsamic vinegar  
1/2 tsp. salt  
1/4 tsp. dried hot pepper flakes

Preheat the oven to 350°. Place the garlic cloves on a sheet of heavy-duty aluminum foil. Drizzle with 1 Tbsp. of oil. Wrap tightly in foil and roast until the cloves are very soft, about 30 minutes. Let cool, then mash with the remaining oil, using the back of a spoon to make a fairly smooth paste. Stir in the vinegar, salt and pepper flakes. Use immediately or let stand up to 2 hours before using.

## ***Smoky Texas Sauce***

1 10-ounce can tomato soup  
1/3 cup water  
1 Tbsp. oil  
1 tsp. dry mustard  
1 tsp. brown sugar  
1 tsp. salt

2 tsp. chili powder  
2 Tbsp. vinegar  
1 Tbsp. Worcestershire sauce  
1/4 tsp. pepper  
1/2 cup finely chopped onion  
1 Tbsp. liquid smoke

In 1-quart casserole or glass measure, stir together all ingredients. Microwave on high for 7 to 9 minutes, until hot and well-blended.

## ***Spicy Barbecue Sauce***

1 Tbsp. minced or pressed garlic  
1 large onion, finely chopped  
1 1/2 Tbsp. olive oil  
1 (14-ounce) can crushed tomatoes  
1/3 cup tomato paste  
1/4 cup red wine vinegar  
1/4 cup Worcestershire sauce  
1 1/2 tsp. hot sauce, or to taste

1 bay leaf  
1 Tbsp. dried oregano  
1/4 tsp. crushed red pepper, or to taste  
1/2 tsp. dried thyme  
1 tsp. lemon juice  
1 tsp. lemon zest  
1/4 cup honey

In a large stockpot, sauté onion and garlic in olive oil over medium-high heat for 3 to 5 minutes, or until tender. Stir in tomatoes, tomato paste, vinegar, Worcestershire sauce, hot sauce, bay leaf, oregano, red pepper, thyme, lemon juice, zest and honey. Bring to a boil. Lower heat and simmer about 30 minutes. Use for basting foods while grilling.

## ***Martha Stewart's Barbecue Sauce***

2 Tbsp. vegetable oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
1/2 tsp. ground cumin  
1/4 tsp. cayenne pepper  
One 6-ounce can tomato paste  
One 28-ounce can crushed tomatoes

One 12-ounce jar apple butter or  
applesauce  
1/2 cup cider vinegar  
2 Tbsp. packed dark brown sugar  
2 Tbsp. course salt  
1/2 tsp. freshly ground black pepper  
2 cups apple juice

Heat oil in a medium saucepan over medium-low heat. Add onion and garlic; cook until onion is translucent, about 1 minute. Add cumin and cayenne; cook 1 minute. Add tomato paste; cook 1 minute.

Stir remaining ingredients into onion mixture; bring to a boil. Reduce heat to low. Partially cover; simmer, stirring occasionally, about 2 hours. If sauce becomes too thick, add water, a little at a time. Let cool. Purée sauce in batches in a blender until smooth. Set aside 2 cups sauce for brushing ribs. Sauce can be refrigerated in an airtight container up to 3 weeks.

*Note: Makes 1 quart*

## **Campbell's® Honey Barbecue Sauce**

1 (10.5 ounce) can Campbell's®  
Condensed French Onion Soup  
3/4 cup ketchup

1/3 cup honey  
1/2 tsp. garlic powder  
1/2 tsp. ground black pepper

Mix soup, ketchup, honey, garlic powder and black pepper in 2-quart saucepan. Heat to a boil. Reduce heat to low. Cook 5 minutes.

## **Green Tomato Pasta Sauce**

3 Tbsp. quality olive oil  
3 medium cloves garlic, chopped  
3 medium (Baseball-size) green tomatoes,  
cut in eights  
1/2 cup water

1/2 tsp. dried basil (or 2 Tbsp. chopped  
fresh basil)  
1/2 cup shredded Parmesan cheese  
Salt and freshly ground black pepper, to  
taste

Heat oil in a large pot or saucepan over medium-low heat. Add garlic and stir to cook 1 minute, until softened and aromatic. Add cut-up tomatoes and increase heat to medium. Sauté, stirring frequently, until garlic begins to brown, about 4 minutes. Add water immediately and cover pot. If using dried basil, add now. Cook 5-8 minutes longer, checking occasionally, until tomatoes are soft and liquid in pot is thick and syrupy.

Transfer contents to bowl of food processor or blender and add cheese. Puree. Transfer to a saucepan or microwavable bowl and season to taste. Reheat on stovetop or microwave and serve with hot strand pasta. If using fresh basil, sprinkle on top as a garnish.

*Note: This sauce is also excellent for cold pasta salad. Toss with cooked pasta and chill thoroughly.*

## **Lemon Mayonnaise for French Fries**

1 egg yolk  
1 tsp. Dijon mustard  
1 tsp. champagne vinegar  
Kosher salt

3/4 cup plus 1 Tbsp. peanut oil  
3 Tbsp. olive oil  
2 Tbsp. lemon juice

In a small mixing bowl, whisk together egg yolk, mustard, vinegar and a pinch of salt.

Whisk in peanut oil, starting a drop at a time and moving to a slow, steady stream, until sauce is emulsified. Whisk in olive oil, then lemon juice. Adjust seasoning; serve immediately. Can be stored 4 days in the refrigerator.

## **Mustard Horseradish Sauce**

1 1/2 cups good mayonnaise	1 Tbsp. prepared horseradish
3 Tbsp. Dijon mustard	1/3 cup sour cream
1 1/2 Tbsp. whole-grain mustard	1/4 tsp. kosher salt

Whisk together the mayonnaise, mustards, horseradish, sour cream, and salt in a small bowl.

## **Chocolate Spoons**

8 ounces bittersweet chocolate chips	Heavy plastic spoons
Peppermint extract (optional)	

To coat 12 spoons, microwave chocolate chips in microwavable bowl on high using 30-second bursts, stirring for at least 20 seconds and rotating after each burst. Do this carefully; if you overheat the chocolate, it will seize, and you'll have to start over with new chocolate.

When chocolate is thoroughly melted, add a few drops of peppermint extract, if desired, and stir well. Dip spoons in chocolate all the way up to the neck. Shake excess back into your bowl and place spoons on cookie sheet to set.

To make designs on your spoons, simply spoon excess chocolate into a squirt bottle or piping bag (a plastic sandwich bag with a teensy part of the corner cut off would work) and squeeze designs onto your already beautiful spoons. You can also add a layer of colored sprinkles or some crushed peppermint.

As soon as the chocolate hardens, package the finished spoons in cellophane bags with twist ties. Use nothing but cellophane bags, as plastic wrap or sandwich bags let in too much air, even if they are well sealed. Store in cool, dry place. (Do not refrigerate.) Properly stored, they will remain fresh for up to six months.

*Note: We don't advise using milk chocolate chips; although pretty, they don't add much flavor to the cup. Do not substitute candy melts in this recipe as they do not melt well when immersed in hot beverage. Peppermint is the only extract that will work with real chocolate because of its low water content. You may, however, use flavored oils as long as water is not among the ingredients.*

## **Holiday Smell Good**

1 large jar or can apple juice	1 package whole cloves
1 package pickling spice	1 package stick cinnamon

Mix ingredients in crock-pot and add water to fill container. Bring to boil and then simmer for as long as you desire. This mixture will last about one week. If you wish to use it again, strain

out spices and add fresh juice and water. Be sure to re-use your spices in the next brew, maybe adding a little more.

*This is NOT a beverage. Use only as a fragrance.*

## **Caramel Apple Dip** 👍

3/4 cups granulated sugar  
1/2 cup brown sugar  
1 tsp. vanilla

8 oz. cream cheese, softened  
1/4 bag Heath Almond Toffee Bites

Combine ingredients using a food processor. Use as a dip for apple slices or to stuff strawberries.

## **Jamaican Jerk Sauce** 👍

3/4 cup vinegar  
Juice of 1 orange  
1/4 cup soy sauce  
1/4 cup olive oil  
Juice of 1 lime  
1 cup chopped green onions  
1-3 scotch bonnet peppers (careful!)  
2 Tbsp. salt  
2 Tbsp. garlic powder

1 Tbsp. sugar  
1 Tbsp. allspice  
1 Tbsp. thyme  
1 1/2 tsp. black pepper  
1 1/2 tsp. cayenne pepper  
1 1/2 tsp. sage  
3/4 tsp. nutmeg  
3/4 tsp. cinnamon

Combine all ingredients and mix well. Marinade meats for 1 hour to over-night before cooking.

## **Sarah's Pork Marinade** 👍

1/4 cup vegetable oil  
1/4 cup Worcestershire sauce  
1/4 soy sauce  
1 tsp. rosemary  
1 tsp. marjoram  
1 tsp. thyme

1 tsp. onion powder  
1 tsp. garlic powder  
1 tsp. salt  
1 tsp. pepper  
1 tsp. ginger

Combine ingredients and pour over pork chops or pork tenderloin. Let marinade from 2 hours to over night before grilling or roasting.

*Note: A great side dish for pork prepared using this marinade is the Herb Rice on page 119.*

## **Tommy's Pork Marinade** 👍

1/2 cup soy sauce  
1/4 cup brown sugar, packed  
1/4 cup olive oil

1/2 tsp. fresh ginger, grated  
2 cloves garlic  
1 tsp. black pepper

Combine ingredients and pour over pork chops or pork tenderloin. Let marinade from 2 hours to over night before grilling or roasting.

## **Paula's House Seasoning** 👍

1 cup salt  
1/4 cup black pepper

1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

## **Kirstie's Beef Marinade** 👍

1/3 cup soy sauce  
1/4 cup teriyaki sauce  
1/3 cup Worcestershire

1/3 cup A1 Steak Marinade Classic  
Steakhouse  
2-3 Tbsp. Tone's Canadian Steak  
Seasonings

Mix all ingredients and pour over steaks, flank steak or any other cut of beef. Let marinade over night in the refrigerator before grilling or broiling.

*Note: Tone's Canadian Steak Seasonings can be found at Sam's Warehouse.*

## **Snowcone Syrup** 👍

2 cups sugar  
3/4 cup water

1 pkg. unsweetened Kool-Aid (any flavor)

Bring water and sugar to a full boil. Remove and stir in Kool-Aid. Chill. It's ready to pour over crushed ice.

## **Tempered Chocolate**

In this procedure you may use a metal bowl that fits snugly on top of a saucepan or a double boiler.

Have ready a 3 to 4-quart saucepan and a metal bowl large enough to fit on top. Make sure that when saucepan is filled one third full with water, bottom of bowl is not touching water.

Chop chocolate into no larger than 1/4-inch dice and transfer three-fourths to metal bowl. Fill saucepan one third full with water and bring water to a boil. Remove pan from heat. Set bowl with chocolate over pan (do not let bowl touch water) and melt chocolate, stirring until a digital or chocolate thermometer registers 118°-120°F. for bittersweet chocolate or 116°-118°F. for milk chocolate. (If chocolate does not reach desired temperature, remove bowl, return water in pan to a boil, and repeat procedure.)

Remove bowl from pan and cool chocolate by adding remaining chopped chocolate and stirring until smooth. Let chocolate cool until thermometer registers 80° F.

Return water in pan to a boil and remove from heat. Set bowl over pan and reheat melted chocolate, stirring until thermometer registers 88°-91°F. for bittersweet chocolate or 85°-87°F. for milk chocolate.

## **Creole Seasoning**

2 ounces granulated garlic  
2 ounces paprika  
2 ounces black pepper

1 tsp. cayenne pepper  
1 tsp. ground oregano  
1 Tbsp. granulated onion

Mix ingredients together and store in a sealed container.

*Note: This version of creole seasoning is from Les Carloss and his cookbook, The Best of Creole Cooking.*

## **Roasted Peanuts**

Peanuts can be roasted in the shell or unshelled. In both cases the oven should be set at 350 degrees. Peanuts in the shell should be placed one or two layers deep in a shallow baking pan. While roasting for 25 to 30 minutes the peanuts should be stirred occasionally. In order to check for doneness, shell and sample a few peanuts during the last few minutes of cooking.

Shelled peanuts should be placed one layer deep in shallow baking pan and cooked for 15 to 20 minutes, until golden brown. If you wish, pour melted butter over the peanuts and salt them lightly.

## **Pickled Shrimp**

7 1/2 cups water  
2 1/2 pounds unpeeled fresh shrimp  
3 medium onions, sliced  
Fresh ground pepper  
Whole peppercorns

4 bay leaves  
2 whole cloves garlic, peeled  
1 cup cider vinegar  
1 Tbsp. lemon juice

Bring the water to a boil in a large saucepan. Add the shrimp and cook until just pink, no more than 3 to 5 minutes. Drain well and rinse in cold water to prevent further cooking. Peel and devein shrimp, leaving tails on. In a large glass airtight jar (about 1 1/2 quarts \*) layer shrimp and onions and top each layer with ground black pepper, peppercorns, bay leaf and a clove of garlic. Keep layering until jar is about 2/3 full. Pour vinegar and lemon juice over layers until jar is almost full. Leave space at the top so you can gently shake jar to remix ingredients. Seal jar tightly and chill for a few days up to 2 weeks. Turn jar upside down to remix every other day or so. Serve chilled as an appetizer.

*Note: For larger shrimp you may need a larger jar and adjust ingredients accordingly.*



## ***Poultry Brine***

1 cup salt  
1 cup brown sugar  
2 oranges, quartered

2 lemons, quartered  
6 sprigs thyme  
4 sprigs rosemary

To make the brining solution, dissolve the salt and sugar in 2 gallons of cold water in a non-reactive container (such as a clean bucket or large stockpot, or a clean, heavy-duty, plastic garbage bag.) Add the oranges, lemons, thyme, and rosemary.

Note: if you need more brine than this, use 1/2 cup salt and 1/2 cup brown sugar for every gallon of water.

Soak the poultry in the brine, covered and refrigerated, for at least 4 hours and up to 24 hours. Remove the poultry from the brine and rinse well under cold running water. Pat dry with paper towels, inside and out and roast using your favorite method.

## ***Sweet Shelby's Beefy Bites (Dog Biscuits)***

1 1/2 cup beef broth  
1 up uncooked Oatmeal  
1/3 c margarine  
3/4 cup powdered milk

3/4 cup cornmeal  
1 egg, eaten  
3 cup whole wheat flour

In a large bowl pour hot beef broth over oatmeal and margarine. Let stand 5 minutes. Stir in powdered milk, cornmeal and egg. Add flour, 1/2 cup at a time, mixing well after each addition. Knead 3 to 4 minutes, adding more flour if necessary to make a very stiff dough. Pat or roll dough to 1/4 inch thickness. Cut into bone shapes and place on a greased baking sheet. Bake in a 325 degree oven for 50 minutes. Allow to cool and dry out until hard.

*Note: Use chicken broth instead of beef broth for Sweet Shelby's Chick-Chick Bites.*

## ***Creme Fraiche***

1 cup heavy cream

2 Tbsp. sour cream

Prepare creme fraiche by combining heavy cream and sour cream. Cover with plastic wrap and let stand at room temperature for 12 to 24 hours.



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