

# THE GOURD RECIPE BOOK

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\*Not yet made as of last recipe update

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NOTES

CHANGELOG

Latest change

**SOUPS,  
SAUCES,  
DRESSINGS,  
PASTES,  
DRINKS,  
AND SALADS**

### **ALFREDO SAUCE**

1.5 c milk  
1.5 c heavy cream  
0.66 c Parmesan cheese, grated  
0.66 c Romano cheese, grated  
6 egg yolks  
Salt and pepper (to taste)

Scald milk and cream in a saucepan until steam rises from the pan. Turn off the heat, slowly whip in the cheese then remove from heat. Place egg yolks in a separate bowl, lightly whisk and add a bit of the milk mixture to temper the eggs. Slowly add the egg mixture back into the remaining milk mixture. Place back on low heat and stir continuously until the sauce thickens slightly (it will get a little thicker when taken off the heat). This will take some time, and rushing this step will cause the oils in the cheese to separate somewhat and make it hard for the sauce to coat the pasta. Take the sauce off the heat and season with salt and pepper. Serves 4.

## **BASIL PESTO**

0.5 cup pine nuts  
2 cups fresh basil, chopped  
3 cloves of garlic, chopped  
1 cup extra virgin olive oil  
0.5 cup Parmesan cheese, grated  
0.5 cup Romano cheese, grated  
Salt and pepper (to taste)

Place pine nuts, garlic, basil, and oil in a food processor and pulse until finely blended. Transfer to a bowl and add the remaining ingredients. Toss with your favorite pasta or chill and use within 3 days. Serves 4.



### **BÉCHAMEL EGG SAUCE (W/ TOAST)**

2 c milk  
4 T all-purpose flour  
4 T butter  
Salt and pepper (to taste)  
6 eggs

Cook the eggs in boiling water for 12 minutes. Drain and rinse eggs immediately in cold water; set aside. Melt butter in a saucepan on medium heat. Slowly add the flour and stir with a whisk, then add milk and seasoning and stir until desired thickness (about 5 m). If too thick, add milk; if too thin, add more flour (that you previously dissolve with a bit of water). Cut hard-boiled eggs in half (or slice) and add to the mixture. Serve on dry toast.

## **BEEF STOCK**

1 lb. stock meat (with bones)  
2 large carrots  
1 white onion (with skin)  
2 celery stalks (with leaves)

Coarsely chop carrots, onions and celery. Add to a pot with the meat and about 1 gal. water. Bring to a boil then reduce heat and simmer for about 3 hours. Strain and add salt and pepper to taste. It's better to add less salt than you think you will need and add it later when using the stock in a recipe.

## **BERNAISE SAUCE**

0.25 c champagne vinegar or white wine vinegar  
0.25 c good white wine  
2 T green onions, minced  
3 T fresh tarragon leaves, chopped  
Kosher salt  
Freshly ground black pepper  
3 egg yolks (extra large)  
0.5 lb. (2 sticks) unsalted butter, melted

Put the champagne vinegar, white wine, green onions, 1 T tarragon, 0.25 t salt, 0.25 t pepper in a small saucepan. Bring to a boil and simmer over medium heat for about 5 minutes until the mixture reduces to a few tablespoons. Cool slightly.

Place the cooled mixture with egg yolks and 1 T salt in a blender and blend for 30 seconds. While blending, slowly pour the hot butter. Add the remaining 2 T tarragon and blend for a second. If the sauce is too thick, add a bit of white wine. Keep at room temperature until serving.

Note: you can prepare the sauce an hour before serving. Leave it in the blender until ready to serve, then add 1 T of very hot water and blend for a few seconds.

## **BLACK BEAN SOUP**

1 small brown onion, chopped  
0.66 c celery, diced  
2 T olive oil  
3 cloves garlic, minced  
1 t ground cumin  
5 c cooked black beans, divided  
1 bay leaf  
0.5 c orange juice  
4 c chicken broth  
1 T orange zest, finely grated  
1 c carrot, diced and lightly steamed to just past crisp  
0.5 c cilantro  
0.5 t jalapeño peppers, minced  
1 t lemon juice

In a large saucepan, cook the onion and celery in oil until softened (about 5 m). Add garlic and cumin and cook a few more minutes. Add 4 c black beans, bay leaf, orange juice, and broth. Bring to a boil, reduce heat and simmer for 15 m. Remove from heat, remove bay leaf, add orange zest, and puree in batches in a blender or food processor. Return blended soup to pot, add remaining 1 c black beans, carrot, cilantro, jalapeño peppers, and lemon juice. Bring to a simmer and keep warm until serving.

Another version is to puree the cilantro leaves, jalapeño peppers and lemon juice in a food processor or blender. Add 0.5 c sour cream and briefly process to blend. This can be made in advance and refrigerated for several hours. You can use this to garnish the soup before serving.

### **BOURBON SAUCE**

0.5 c bourbon  
0.5 c brown sugar  
1 t red pepper flakes  
1 T butter

Combine and simmer in a small pan to cook off alcohol. If not using immediately, leave on a very low burner so that the sauce doesn't get too thick and hard. This sauce goes well with pork belly.

## **BROCCOLI CHEESE SOUP**

0.5 c butter  
1 medium onion, diced  
2 cloves garlic, minced  
42 oz chicken broth  
2 12-oz bags cut broccoli  
2# Velveeta cheese, cubed  
2 c heavy cream  
Shredded cheddar cheese (optional)  
Bacon (optional)

Sauté the onions in the butter until tender. Add the garlic and sauté for a few more minutes. Add the chicken broth and broccoli, and simmer until the broccoli is tender (~10 min). Lower the heat and add the Velveeta cheese in small cubes. Stir until melted, then add the cream. Stir constantly until slightly thickened (~15 min). Salt and pepper to taste, and top with shredded cheddar cheese and bacon if desired.

### **BUFFALO WING SAUCE**

2 c Frank's (or Louisiana) hot sauce  
2 c unsalted butter  
6 T white vinegar  
1 t cayenne pepper  
1 t paprika  
0.5 t garlic powder  
2 t Worcestershire sauce  
Salt and pepper, to taste

Mix all ingredients in a saucepan. Over low heat, bring to a simmer, stirring occasionally, and then turn off the heat.  
Yields ~4 c.

### **CAESAR DRESSING (OUTBACK STEAKHOUSE)**

6 large eggs  
0.5 c garlic, crushed  
2.5 c grated Parmesan cheese  
0.33 c red wine vinegar  
2 T fresh lemon juice  
1 T salt  
1 T black pepper  
1 T dry mustard  
1.5 oz. (about 3 T) anchovy paste  
1 T Worcestershire sauce  
1.5 c olive oil  
0.25 c fresh parsley, stemmed

Combine all ingredients in a blender. Blend for 20 s on high then 20 s on low. Do not over-blend as it may cause the eggs to cook and ruin the texture of the dressing. Doesn't keep for more than a few days since it uses unpasteurized eggs. Egg Beaters can be substituted for the eggs which will make it last longer. Yields 1 qt.

Note: an "official" recipe differs slightly from the above and calls for 2 T Worcestershire sauce, 3 cups olive oil, and unspecified measurements (to taste) for salt, pepper, dry mustard, and anchovy fillets (not paste).



### **CHICKEN STOCK**

- 1 leftover chicken (with bones and after carving and removing breasts, legs and wings)
- 2 large carrots
- 1 white onion (with skin)
- 2 celery stalks (with leaves)

Coarsely chop carrots, onions and celery. Add to a pot with the chicken and about 1 gal. water. Bring to a boil then reduce heat and simmer for about 3 hours. Strain and add salt and pepper to taste. It's better to add less salt than you think you will need and add it later when using the stock in a recipe.

## **CHILI POWDER**

3 ancho (dried poblano) chiles, stemmed, seeded, and sliced  
3 cascabel (dried bola) chiles, stemmed, seeded, and sliced  
3 dried arbol chiles, stemmed, seeded, and sliced  
2 T whole cumin seeds  
2 T garlic powder  
1 T Mexican oregano  
1 t smoked paprika

Place all of the chiles and the cumin into a medium non-stick saute pan or cast iron skillet over medium-high heat. Cook, moving the pan around constantly, until you begin to smell the cumin toasting (~3 to 5 min). Set aside and cool completely. Once cool, place the chiles and cumin into a blender (best) or food processor along with the garlic powder, Mexican oregano, and smoked paprika. Process to a fine powder. Allow the powder to settle for a bit before removing the lid of the carafe. Store in an airtight container for up to 6 months.

Note: Bola (fresh cascabel) chiles are 2 to 3 cm in diameter and look like little cherries. Guajillo chiles can be substituted for cascabel, but reduce to 1 chile. Arbol chiles are thin (like cayenne), ~2 to 3 in long, and red when mature.

### **CILANTRO PESTO**

1 bunch (about 2 c packed) cilantro  
3 cloves garlic  
0.25 c pine nuts (or walnuts)  
0.5 c olive oil  
0.5 c grated Parmesan cheese  
Salt and pepper (to taste)

Combine cilantro, garlic and pine nuts in a food processor. Continue blending while slowly drizzling the olive oil. Add the cheese and pulse until combined. Add salt and pepper (to taste). Chill before using. To preserve the color, pour a little olive oil over the cilantro pesto in a container and cover.

## **CLAM CHOWDER**

3 large russet Potatoes (1.5 #), peeled and cubed  
1 small onion, diced  
2 8-oz bottles of clam juice  
1 c of chopped clams (or ~2 cans)  
0.5 stick of butter plus 1 T  
2 to 3 oz diced Pancetta (traditionally its salt pork)  
3 to 4 T of flour  
2 c of water  
1.5 c half and half  
1 t fresh thyme, chopped (or 0.5 t dried)

In a large pot, melt on low heat 1 T butter. Add Pancetta and cook until it starts to brown. Add the onion and cook until translucent. Add the water, clam juice, thyme, and potatoes. Increase to high until it boils, then reduce to a steady simmer until the potatoes are cooked through. Meanwhile, in a saucepan, add the butter and melt on medium heat. Once melted, add the flour and whisk constantly for 2 to 3 minutes, making a roux. Add half and half, whisking constantly until it thickens (basically you're making a bechamel). Add it to the simmering potatoes when a fork passes through them easily. Add the chopped clams and simmer it all together for 10 minutes.

### **CLASSIC VINAIGRETTE**

1 T white wine vinegar  
1 t Dijon mustard  
1 small pinch of sugar  
3 T extra virgin olive oil  
Salt and pepper (to taste)

Mix all but the oil in a blender until well emulsified. While still blending, add the oil in a slow stream. The vinaigrette should be cloudy and slightly thickened.

## **CLAUSSEN PICKLES**

1.25 c water, boiled and cooled  
1.25 c vinegar  
1 T Kosher salt  
2 T dill seed  
0.25 t celery seed  
1 t mustard seed  
1 t red pepper flakes  
1 bay leaf  
2 cloves of garlic, minced  
6 pickling cucumbers

Clean and sanitize a 1 qt. jar (this can be done in the dishwasher). Add salt and spices. Add cucumbers, packing them tightly. Add water and vinegar to cover the cucumbers and fill to within 0.5 inch of the top. Put lid and ring on the jar, seal and shake for a few seconds to distribute the salt and spices evenly. Refrigerate for 7 days, shaking the jar a few seconds every day. These will last about 6 months.

NOTE: after making this the first time, to me it is a bit too salty, too spicy and has too much vinegar. So next time perhaps go with the following (it's better to add since you can't remove):

2 c water, boiled and cooled  
0.5 c vinegar  
1 t Kosher salt  
1 T dill seed  
0.25 t celery seed  
0.5 t mustard seed  
1 pinch red pepper flakes  
0.5 bay leaf  
3 cloves of garlic, minced  
6 pickling cucumbers

## **COLESLAW**

1 large cabbage  
1 carrot, julienned  
0.25 c celery, finely chopped  
0.25 c red onions, finely chopped  
1 c vinegar  
0.75 c canola oil  
0.25 c sugar  
1.5 t salt  
Pepper (to taste)

Remove the core of the cabbage and chop very finely. Add the carrots, celery and onions. In a bowl, combine the remaining ingredients and mix. Add to the cabbage and mix thoroughly. Taste and add more salt as needed. Refrigerate for at least 2 hours (overnight is best). Use a zip-loc bag for storage.

### **CREAM OF TOMATO AND BASIL SOUP**

4 T butter  
1 small red onion, diced  
2 c dry white wine  
3 c (about 3 12-oz. cans) diced tomatoes  
2 c heavy cream  
3 T fresh basil, chopped  
Salt and pepper (to taste)

Melt butter in a heavy saucepan. Add red onions and sauté until tender (about 5 m). Add white wine and reduce by 0.75. Add tomatoes and heavy cream, bring to a simmer and reduce by 0.5. Puree soup in a food processor. Stir in 2 T basil, salt and pepper (to taste). Garnish with remaining basil and diced tomatoes (if desired). Serves 4.



## **CREME FRAICHE**

1 c heavy cream  
2 T buttermilk

Cover and let sit at room temperature for 12 hours. Then refrigerate.

## **CRUNCHY NOODLE SALAD**

1 # thin spaghetti  
1 # sugar snap peas  
1 c extra virgin olive oil  
0.25 c rice wine vinegar  
0.33 c soy sauce  
3 T toasted sesame oil  
1 T honey  
2 cloves garlic, minced  
1 t fresh ginger, grated  
3 T sesame seeds  
0.5 c creamy peanut butter  
2 bell peppers  
4 green onions, sliced in 1" pieces  
3 T fresh parsley, chopped  
Kosher salt

Bring a large pot of salted water to a boil. Add the spaghetti and cook to al dente. Drain and set aside. Bring another large pot of salted water to a boil, add the snap peas, return to a boil, and cook for 3 to 5 minutes until crisp tender. Immerse them in ice water once done and drain.

For the dressing, whisk together the olive oil, rice wine vinegar, soy sauce, sesame oil, honey, garlic, ginger, 2 T sesame seeds, and peanut butter in a bowl. In a serving bowl, combine the spaghetti, peppers, and green onions. Pour the dressing over, add the remaining 1 T sesame seeds and the parsley, and toss. Yields ~6 servings. Goes well with Asian Salmon.

### **DALE'S STEAK SAUCE**

3 c soy sauce  
0.33 c Worcestershire sauce  
1 t garlic powder  
0.5 t ginger  
1 pinch paprika  
1 t salt  
1 pinch pepper  
0.5 t liquid smoke

Mix and use as a marinade for meats. Similar to Dale's seasoning.

### **DILL CREAM**

4 T sour cream  
2 t fresh dill, finely chopped  
1 t fresh lemon juice  
Salt and pepper, to taste

Whisk the sour cream, dill, and lemon juice in a bowl. Season with salt and pepper. Store in the refrigerator until ready to serve. This goes well with salmon.

### **FRENCH ONION SOUP (MOM'S)**

2 T olive oil  
1 large onion, sliced  
1 envelope Lipton's Beefy onion soup  
4 c water  
1 small bay leaf  
Mozzarella, Provolone, or Gruyere cheese  
Salt and pepper (to taste)  
about 2 slices French bread

In saucepan, cook the onion in olive oil until tender. Add water, soup and seasonings. Bring to a boil then simmer 45 to 50 m. Meanwhile, toast the French bread and set aside. When the soup is ready, fill two oven-proof bowls 0.75 full with soup, add toasted bread and top with cheese. Broil in the oven until the cheese is melted and golden brown. Yields 2 servings.

### **FRENCH ONION SOUP (MONIQUE'S)**

0.5 # butter  
1 whole onion (white or yellow)  
0.25 c sugar  
3 oz. white wine  
3 T beef base (or 4 cubes of bouillon)  
2 c water  
Croutons and Provolone cheese (to top)

Cut the onion into large slices and cook in butter until semi-transparent. Add sugar, white wine, bouillon and water; mix. Cook until the soup starts to get dark brown. Pour soup in bowls and top with croutons and Provolone cheese. Place in a 300F oven until cheese is melted.

## **GINGER BEER**

1 # ginger root, peeled and grated  
1 c sugar  
8 c water  
4 c soda water (seltzer)  
Ice

Put the grated ginger and sugar into a large pan with the water. Boil for 1 m. Drain the liquid into a pitcher. Discard the ginger and let cool. When completely cool, add the soda water and ice.

### **GUACAMOLE (MONIQUE'S)**

1 small to medium onion, diced  
2 avocados, diced  
2 to 2.5 t lemon juice  
Salt and pepper (to taste)  
1 boiled egg, chopped (optional)

Mix the avocados in a food processor until only very small pieces remain. Mix the onion, avocados, lemon juice, salt and pepper in a bowl. Add the egg at the very end if desired. Place one of the avocado seeds in the center of the bowl to help prevent browning of the guacamole.



## **HOLLANDAISE SAUCE**

12 T unsalted butter  
4 extra large egg yolks, at room temperature  
1 T freshly squeezed lemon juice  
1.5 t salt  
0.75 t pepper  
2 pinches cayenne pepper

Melt the butter in a small saucepan. Place egg yolks, lemon juice, salt, pepper, and cayenne pepper in a blender. Blend for 15 s. With the blender running, slowly pour the hot butter into the blender and blend for 30 s until the sauce is thick. It can stay in the blender at room temperature for 1 hour. If made in advance, add 1 T very hot water and blend for a few seconds before serving.

### **HUMMUS (SIRPA'S)**

2 c chick peas, canned  
Juice of 0.5 lemon  
2 to 4 T Tahini sauce  
3 to 4 cloves garlic  
1 to 2 T olive oil  
Water  
Cumin, salt, and pepper (to taste)

Mix soft chick peas with other ingredients in a food processor or electric blender. Add water a little at a time until you get a nice, creamy spread.

### **ITALIAN DRESSING (OLIVE GARDEN)**

0.5 c white vinegar  
0.33 c water  
0.33 c vegetable oil  
0.25 c corn syrup  
2.5 T Romano cheese, grated  
2 T dry pectin  
2 T beaten egg (or egg substitute)  
1.25 t salt  
1 t lemon juice  
0.5 t minced garlic  
0.25 t dried parsley flakes  
1 pinch of dried oregano  
1 pinch of crushed red pepper flakes

Combine all ingredients with a mixer on medium speed or in a blender on low for 30 s. Chill at least 1 hour.

Note: omitting egg and pectin still creates a good dressing but not as thick. Liquid pectin may be easier to work with.

Note: salad is made with mixed salad greens, large black olives, red onions, Roma tomatoes, pepperoncini peppers, and Parmesan cheese (to top).

## JALAPENO CHEESE SOUP

0.5 c butter  
1 medium onion, diced  
2 cloves garlic, minced  
42 oz chicken broth  
0.25 t white pepper  
0.25 t celery seed  
3 medium jalapeño peppers, diced  
2# Velveeta cheese, cubed  
2 c heavy cream

Sauté the onions in the butter until tender. Add the garlic and sauté for a few more minutes. Add the chicken broth, white pepper, celery seed, and jalapeño peppers, and simmer for ~10 min. Lower the heat and add the Velveeta cheese in small cubes. Stir until melted, then add the cream. Stir constantly until slightly thickened (~15 min). Salt to taste.

### **John G's version:**

0.25 c onions, diced  
1 stick butter  
0.5 c flour  
1.5 c chicken broth  
2.5 c cream  
1.25 c milk  
1.5 # Velveeta cheese (chunked)  
0.33 t white pepper  
0.33 t celery seed  
2 jalapeño peppers, diced

In a double boiler add the chicken broth, Velveeta cheese, white pepper, celery seed, jalapeño peppers, and half of the milk. Cook until melted and creamy. In a skillet, sauté the onions in butter until translucent. Add the flour (all at once), stirring constantly. Stir until the mixture begins to boil (about 2 minutes). Add the remaining milk and stir until creamy (about 2 minutes). Pour the mixture into the double boiler, add the cream, and stir well. Continue stirring on medium heat until the soup thickens. If desired, puree in a blender. This freezes well but will need mixing when reheated to break up lumps that form as the butter and cheese separate. Once reheated, it is thicker and makes a great queso dip.

Note: remove the seeds from the jalapeño peppers for a little less heat.

## **JAPANESE ONION SOUP**

4 c chicken broth  
2 c water  
1 white onion  
0.25 c carrots, coarsely chopped  
0.25 celery stalk, coarsely chopped  
0.5 t salt  
1 c vegetable oil  
1 c milk  
1 c all-purpose flour  
6 medium mushrooms, thinly sliced  
4 green onions, diced

Combine the chicken broth and water in a large saucepan over high heat. Cut the white onion in half, then coarsely chop one half. Add the chopped onion, carrot, celery, and salt to the saucepan and bring to a boil. Reduce heat and simmer for about 10 m or until the onions start to become translucent. As the broth simmers, heat the vegetable oil in a small saucepan over medium heat. Slice the remaining onion into very thin slices. Separate the slices, dip them into the milk then into the flour. Fry the breaded onions, a handful at a time, until golden brown. Drain on a paper towel. When the soup has simmered, strain the vegetables and toss them out. Pour the broth back into the pan and keep it hot over low heat. Add salt (to taste). To serve, ladle the broth into a bowl, add a few pieces of the fried onion, a few mushroom slices, and sprinkle with diced green onion.

### **JIMMY JOHN'S VINAIGRETTE**

0.2 c red wine vinegar

0.5 c oil

0.25 t salt

Put all ingredients in a bottle and mix well.

## **KANSAS CITY STYLE BBQ SAUCE**

8 12-oz jars Heinz chili sauce  
1 c onions, chopped  
8 to 10 cloves garlic, minced  
0.66 c vinegar  
0.25 c rice vinegar  
1.25 c Jack Daniels whiskey  
1.33 c brown sugar  
0.5 c sugar  
2 oz Worcestershire sauce  
1.25 T salt  
1 t cayenne  
Pepper (to taste)  
0.5 t crushed red pepper  
1 t ground mustard  
1 t ground coriander  
2 T Tabasco sauce  
1.5 T lemon juice  
0.25 c fresh parsley, chopped

Sauté the onion and garlic in Jack Daniels. Add the remaining ingredients (except for the parsley) and simmer for 30 minutes. Add the parsley with 10 minutes left. Strain to remove the chunks. Yields ~0.5 gal.

Note: keep the chunky part for a moist rib rub.

### **Version 2:**

2 T chili powder  
1 t ground black pepper  
1 t salt  
2 c ketchup  
0.5 c yellow mustard  
0.25 c cider vinegar  
0.33 c Worcestershire sauce  
0.25 c lemon juice  
0.25 c steak sauce  
0.25 c dark molasses  
0.25 c honey  
1 t hot sauce  
1 c dark brown sugar  
3 T vegetable oil  
1 medium onion, finely chopped  
4 medium cloves of garlic, crushed or minced  
2 T tamarind paste

In a small bowl, mix the chili powder, pepper and salt. In a large bowl, mix the ketchup, mustard, vinegar, Worcestershire sauce, lemon juice, steak sauce, molasses, honey, hot sauce, and brown sugar. There's no need to mix thoroughly. Over medium heat, warm the oil in a large saucepan. Add the onions and sauté until limp and translucent. Add the garlic and cook for another minute. Add the dry spices and stir for about 2 minutes. Add the wet ingredients and simmer over medium heat for 15 minutes with the lid off. Taste and adjust. Strain if you don't want chunks of onion and garlic. The sauce can be used immediately but it's better if refrigerated overnight. Yields 6 cups (enough for about 15 to 18 baby back rib slabs).

## **KETCHUP**

(see <https://www.foodnetwork.com/recipes/food-network-kitchen/homemade-ketchup-recipe-2112513>)

3 T vegetable oil  
2 c finely chopped onion  
1 T chopped peeled ginger  
4 cloves garlic, minced  
2 t mustard powder  
0.5 t ground allspice  
0.25 t cayenne pepper  
0.25 c tomato paste  
2 28-ounce cans whole peeled tomatoes  
2 bay leaves  
0.66 c packed light brown sugar  
0.5 c apple cider vinegar  
1 T molasses  
Kosher salt

Heat the vegetable oil in a large pot or Dutch oven over medium heat. Add the onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Stir in the ginger, garlic, mustard powder, allspice and cayenne and cook, stirring, 1 minute. Add the tomato paste and cook, stirring, 1 minute, then add the whole peeled tomatoes and scrape up any browned bits from the bottom of the pot with a wooden spoon; remove from the heat.

Puree the ketchup in batches in a blender until smooth; return to the pot (or use an immersion blender). Add the bay leaves, brown sugar, vinegar, molasses and 4 teaspoons salt. Bring to a simmer over medium-low heat and cook, stirring occasionally to avoid scorching, until very thick, about 2 hours. Remove the bay leaves and let the ketchup cool. Feel free to blend more in a blender. Transfer to an airtight container and refrigerate up to 2 weeks.



## **KICKASS SALSA**

1 28-oz. can of whole Roma tomatoes  
2 garlic cloves, chopped  
0.33 Vidalia onion, chopped  
1 medium tomatillo, chopped  
1 good handful of cilantro (mainly the leaves)  
0.5 t garlic salt  
1 jalapeño pepper  
1 serrano pepper  
1 habanero pepper  
1 good squeeze of lime juice

Squeeze most of the liquid out of the tomatoes and put in a food processor. Pulse to remove any chunks. Add garlic, onions, tomatillos, garlic salt, peppers (use about 0.25 of the habanero and 0.5 of the serrano), lime juice, and pulse until well combined. Finally, add the cilantro and pulse to desired consistency. Pour into a strainer to drain most of the liquid, then put into a container and refrigerate for at least 4 hours (overnight is better). Remove the seeds from the peppers to remove most of the heat and keep the wonderful flavor.

### **MEAT LOAF SAUCE (JEAN'S)**

2 15-oz. cans of tomato sauce  
0.25 cup finely chopped onions  
2 large cloves of garlic, finely chopped  
1 t oregano  
1 t basil  
1 t thyme  
1 T sugar  
0.75 t cinnamon  
Salt and pepper (to taste)

In a saucepan sauté the onions in olive oil until tender. Add the garlic and sauté until the onions just begin to caramelize. Reduce heat and add the tomato sauce. Incorporate the remaining spices and mix well. Simmer for an hour.

### **MEMPHIS STYLE BBQ SAUCE**

2 T unsalted butter  
1 small onion, finely chopped  
2 cloves garlic, minced  
2 c tomato sauce  
0.5 c cider vinegar  
0.33 c rice vinegar  
0.33 c molasses  
3 T Worcestershire sauce  
2 T dark brown sugar  
2 t yellow mustard  
1 t hot sauce  
1 t Kosher salt  
1 t freshly ground black pepper  
0.25 t cayenne pepper

Melt butter in saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Add tomato sauce, cider vinegar, rice vinegar, molasses, Worcestershire sauce, brown sugar, mustard, hot sauce, salt, black pepper, and cayenne. Stir to combine. Bring to a boil, then reduce heat to low and simmer until slightly thickened, stirring occasionally (about 15-20 minutes). Blend until smooth. Store in refrigerator for up to a month.

## **MOJO MARINADE**

0.5 c olive oil  
3 oranges (juice and zest)  
6 limes (juice, zest, and squished “carcasses”)  
2 T fresh oregano, chopped  
0.5 c cilantro, chopped  
0.25 c mint leaves, chopped  
1 head of garlic, minced  
A few heaping pinches of kosher salt  
Freshly ground pepper  
2 T freshly ground and toasted cumin

In a bowl, whisk the Mojo marinade.

### **MONTREAL SPICES**

6 T whole peppercorns  
2 T dill seed  
4 t coriander seed  
1 T mustard seed  
2 t celery seed  
1 t fennel seed  
4 T dehydrated minced garlic  
2 T dehydrated minced onion  
0.5 t crushed red pepper

Combine well. When ready to use, measure appropriate amount and lightly grind or crush. Yields about 4 oz.

### **MR. B'S CREOLE SEASONING**

(see [https://www.nola.com/expo/errry-2018/05/22b82427487149/new\\_orleansstyle\\_barbecue\\_shri.html](https://www.nola.com/expo/errry-2018/05/22b82427487149/new_orleansstyle_barbecue_shri.html))

1.5 c paprika  
0.75 c ground black pepper  
0.5 c kosher salt  
0.33 c granulated garlic  
0.33 c dried thyme  
0.33 c dried oregano  
0.33 c dried basil  
0.25 c granulated onion  
0.25 c cayenne pepper

Combine all ingredients in a bowl. Store in an airtight container. Makes 4 cups.

### **NEW ENGLAND CLAM CHOWDER**

7 lbs. medium-sized hard-shell clams  
5 oz. (about 3 slices) thick-cut bacon, cut into 0.25" pieces  
1 large onion, roughly chopped  
2 T unbleached all-purpose flour  
1.5 lbs. red potatoes (about 4 medium)  
1 bay leaf  
1 t fresh thyme  
1 cup heavy cream  
2 T fresh parsley, minced  
Salt and pepper (to taste)

Scrub the clams under cold running water using a soft brush. Bring 3 cups of water to a boil in a large Dutch oven. Add the clams and cover. Cook for 5 minutes, uncover and stir with a wooden spoon. Quickly cover the pot and steam until the clams just open (2 to 4 minutes). Don't let the clams open completely. Transfer the clams to a large bowl and cool slightly; reserve the broth. Open the clams with a paring knife, holding the clams over a bowl to catch any juices. With the knife, sever the muscle that attaches the clam to the bottom shell and transfer the meat to a cutting board. Mince the clams and set aside. Pour the clam broth into a large bowl, holding back the last little bit in case of sediment; set aside. You should have about 5 cups; if not, add bottled clam juice or water. Rinse and dry the pot, then return it to the burner.

Fry the bacon in the pot over medium-low heat until the fat renders and the bacon crisps (5 to 7 minutes). Add the onion and cook, stirring occasionally, until softened (about 5 minutes). Add the flour and stir until lightly colored (about 1 minute). Gradually whisk in the reserved clam broth. Add the potatoes, bay leaf and thyme and simmer until the potatoes are tender (about 10 minutes). Add the clams, cream, parsley, and salt and pepper (to taste). Bring to a simmer. Remove from the heat, discard the bay leaf and serve.

### **PERFECT HARD BOILED EGGS**

However many eggs you wish!

Place the eggs into a saucepan and pour in cold water to cover. Place over high heat. When the water just starts to simmer, turn off the heat, cover the pan with a lid, and let stand for 17 minutes. Don't peek!

When done, pour out the hot water and pour cold water over eggs. Drain and refill with cold water. Let stand until the eggs are cool (~20 minutes). Peel the eggs under running water.



### **PIZZA SAUCE**

1 28-oz. can whole, peeled tomatoes  
1 T olive oil  
0.5 t oregano  
Salt and pepper (to taste)

Remove most of the liquid from the tomatoes. In a food processor, blend the tomatoes until smooth. Add the olive oil, pepper, salt, and oregano (to taste). Blend until combined.

### **PONZU SAUCE**

2 parts soy sauce  
1 part lemon juice  
1 part orange juice

Mix together well.

### **RAISING CANE'S SAUCE**

0.5 c mayo  
0.25 c ketchup  
0.5 t garlic salt  
0.25 t Worcestershire sauce  
0.5 t black pepper, to taste

Mix all ingredients together.

## **RIB RUB**

0.75 cup dark brown sugar (firmly packed)  
0.75 cup sugar  
0.5 cup paprika  
0.25 cup kosher salt (consider removing and adding separately when rubbing different meats and cuts)  
0.25 cup garlic powder  
2 T ground black pepper  
2 T ginger powder  
2 T onion powder  
2 t rosemary powder (or just crush some rosemary)  
2 T or less crushed dried cayenne, chili or other pepper (consider removing since sauce includes spiciness)

Mix ingredients thoroughly in a food processor. Store in an airtight jar. Yields 3 cups (enough for about 10 to 12 baby back slabs).

### **Version 2:**

1 c dark brown sugar  
0.75 c paprika  
0.33 c sugar  
0.33 c celery salt  
0.33 c kosher salt  
3 T granulated onion  
3 T granulated garlic  
3 T chili powder  
1 T ground white pepper  
1 T ground black pepper

Mix ingredients thoroughly in a food processor. Store in an airtight jar.

### **SAFFRON SAUCE**

10 cups chicken broth (lightly salted)  
1 cup heavy cream  
1 small pinch of saffron  
2 t tarragon  
0.25 lb. sweet butter  
Parsley, chopped (to garnish)

Place the chicken broth in a saucepan and bring to a simmer. Carefully chop the saffron and add it to broth along with the tarragon. Reduce to 1.5 cups. Add cream and reduce the sauce to a desired consistency. Strain and add butter a little at a time. Hold the sauce until ready to serve, then add drained pasta and stir to thoroughly coat. Garnish with chopped parsley. Serves 4.

### **SEAFOOD CHOWDER**

1 stick butter  
4 green onions, chopped  
1# cooked crawfish  
3 cans crab meat  
1 can whole kernel corn  
2 cans cream of potato soup  
8 oz cream cheese  
1 pt half-half  
Cajun seasoning, to taste  
Old Bay seasoning, to taste

In a saucepan, melt the butter and sautee the onions and crawfish. Add the remaining ingredients and simmer until the cream cheese melts.

### **SHRIMP COCKTAIL (YOLANDA'S)**

4 lbs. large shrimp  
0.25 cup ketchup  
0.25 cup lime juice  
1 cup fresh Roma tomatoes, chopped  
0.5 cup purple onion, chopped  
0.25 cup fresh cilantro, finely chopped  
1 to 2 t hot sauce  
1 to 2 jalapeño peppers, finely chopped  
2 avocados, diced  
4 cans chicken broth

Peel and de-vein the shrimp. Boil in the chicken broth for about 2 minutes; drain, add salt and pepper (to taste) and set aside. In a small bowl, mix the ketchup, lime juice and hot sauce. In a large bowl, mix the shrimp, tomatoes, onion, cilantro, and jalapeño peppers. Add ketchup and mix/toss to coat. Cover and chill for about 2 hours. Just before serving cut and add the avocados. Serves about 20.

## **SPAGHETTI SAUCE**

2 lbs. ground beef  
1 t basil (Italian basil is better)  
1 medium onion  
1 t oregano  
2 to 3 cloves of garlic (about 1 t)  
1 t thyme  
1 12-oz. can of V8  
0.25 t anise seed  
2 15-oz. cans of tomato sauce  
5 t sugar  
1 large bay leaf  
0.5 t hot red pepper  
1 T salt  
Chopped green peppers (optional)

In a big pot, brown the beef in butter until the red disappears and drain in a strainer. Cook the onion in the same pot until almost transparent. Then add the garlic and cook for a few minutes. Add the beef and mix. Add all the remaining ingredients in the pot and mix well. Let simmer on low heat for about 3 hours. Do not cover the top of the pot!



### **SPINACH AND ARTICHOKE DIP (OLIVE GARDEN)**

1 14-oz. can artichoke hearts, drained and sliced  
1 lb. cream cheese at room temperature  
8 oz. Mascarpone cheese at room temperature  
2 T all-purpose flour, sifted  
1 cup Parmesan cheese, grated  
0.25 t fresh thyme  
0.25 t crushed red pepper  
1 T parsley, chopped  
1 clove of garlic, minced  
5 green onions, chopped  
Salt and pepper (to taste)  
1 6-oz. pack of fresh spinach, chopped  
8 slices of crusty Italian bread  
Extra virgin olive oil (to drizzle)

Preheat oven to 325F. Mix all ingredients (except bread and olive oil) in a large bowl. Coat a large non-stick baking pan with pan spray and fill it with the mixture. Bake for about 25 minutes or until bubbling and the center is hot. Drizzle both sides of the bread with olive oil and grill on both sides. Sprinkle the top of the hot dip with Parmesan cheese and serve hot with grilled bread. Serves 4.

### **SPLIT PEA SOUP**

2.25 c (1 lb) dried split peas, sorted and rinsed  
8 cups water or broth  
1 large onion (~1 c), chopped  
2 medium celery stalks (~1 cup), finely chopped  
0.25 t pepper  
1 ham bone or 2 lbs shanks  
3 medium carrots (~1.5 c), cut into 0.25" slices

In a Dutch oven, heat the peas and water or stock to boiling. Boil uncovered 2 minutes, then remove from the heat. Cover and let stand 1 hour.

Stir in the onion, celery, and pepper. Add the ham bone. Heat to boiling, then reduce the heat. Cover and simmer about 1 hour 30 minutes or until the peas are tender.

Remove the ham bone, then remove the ham from the bone. Trim any excess fat from the ham and cut into 0.5" pieces. Stir the ham and carrots into the soup. Heat to boiling, then reduce the heat. Cover and simmer about 30 minutes or until the carrots are tender and the soup is the desired consistency.

### **ST. HUBERT BBQ POUTINE SAUCE**

1 qt. chicken or veal stock  
2 oz. flour  
2 oz. butter  
Salt and pepper (to taste)

Bring the stock to a boil in a saucepan. In another pan, combine butter and flour over high heat. Stir continuously until you have a pale roux (2 to 3 minutes). Whip the roux into the stock and simmer 30 to 40 minutes. Skim the surface every 5 to 10 minutes. Strain the sauce through a strainer lined with cheesecloth. Salt and pepper (to taste). At this point, the sauce is a Velouté sauce which is the base for a Poutine sauce. Reduce the sauce by 0.5 to 0.75 to make into a Poutine sauce. You can add 2 to 4 T pepper to the roux for a more peppery sauce, or before bringing the stock to a boil dice 1 small sweet onion into a little butter and heat until translucent.

## **STRAWBERRY JAM**

2 c sugar

8 pints strawberries, washed and thoroughly dried

If the strawberries are larger than a walnut, cut them into smaller pieces. Place them in a large pot and add the sugar. Over medium heat let the sugar melt while stirring often. When the sugar is melted increase the heat until it comes to a boil. Then reduce the heat and keep at a slight boil for 30 minutes. Adjust the sugar and remove the pink foam as needed (or just wait until after it cools). Take off the heat and let cool, then put in jars. To preserve the jam, boil the jars completely immersed in water for 10 minutes. Yields about 4 pints (usually about half the volume of fresh strawberries).

Note: 1 pint strawberries is about 8 oz.

### **TAPENADE (OLIVE PASTE)**

30 black olives, pitted  
10 green olives, pitted and rinsed  
1 t capers (drained)  
2 cloves of garlic  
Pepper (to taste)

Mix everything in a food processor or electric blender. Don't over-mix.

### **TERRIYAKI SAUCE**

2 T cornstarch  
0.25 c cold water

1 c water  
0.25 c soy sauce  
2 T honey  
0.25 c + 1 T brown sugar  
0.5 t ground ginger  
0.25 t garlic powder

Combine the cornstarch and 0.25 c cold water together in a small measuring cup or bowl and mix well until the cornstarch is completely dissolved. Place the remaining ingredients in small sauce pan and bring to a low simmer. Add the cornstarch mixture, whisking as you add it in. Cook for about 2 minutes or until desired thickness.

### **VEGETABLE SOUP (TANTE CECILE'S)**

1 to 2 1" beef bones  
32 oz. beef broth  
1 15 oz. can of whole tomatoes, diced  
3 celery stalks, diced  
3 large carrots, diced  
3 potatoes, diced  
About 20 green beans, diced  
1 bay leaf  
1 t Herbes de Provence  
Fresh parsley (to taste)  
Fresh cilantro (to taste)  
Salt, pepper and sugar (to taste)

Put all the ingredients in a large pot (or crock pot) with water. Simmer covered for 3 to 4 hours (on the stove) or 6 to 8 hours (in a crock pot). Note: you can also add rice or barley for substance.

### **VERMONT PIG CANDY**

1 cup apple juice (from cooking ribs, Texas Crutch)  
2 pinches of salt  
2 t hot sauce  
0.25 cup maple syrup

Pour the apple juice from the Texas Crutch when cooking ribs into a saucepan and boil until about 0.33 cup remains. Add the maple syrup and heat on medium-high until it starts to foam. Turn down the heat until it stops foaming and cook until it reduces and thickens to the consistency of house paint. Add salt and hot sauce.



# BREADS AND DOUGHS

## **BRIOCHE**

250 g (about 9 oz.) all-purpose or bread flour  
5 g (1 t) salt  
25 g sugar (about 1 oz.)  
10 g (2 t) fresh yeast  
3 eggs (plus milk), beaten  
125 g butter (about 4.5 oz.), softened

Note: for a dough to be called a “brioche”, liquid ingredients must be 70% max. (i.e., 175 ml (6 fl. oz.) total egg, water, or milk). It's best to dissolve the salt and sugar separately in a little water or milk.

Note: can substitute 1/8 oz. active dry yeast for the fresh yeast.

In mixer bowl, add yeast to 3 times its volume of water and let sit for a few minutes. Pour in flour, salt and sugar (both previously dissolved). Add an egg to the dough and beat on slow speed for 3 to 5 minutes to work up the gluten before adding the remaining eggs. The dough should become smooth and very elastic. Add the remaining eggs, one at a time, and beat on slow speed. Avoid warming the dough too much. The dough is ready once it's quite soft, elastic, very smooth, and shiny.

Add the butter in chunks while kneading the dough on slow speed. Make sure to keep pulling the dough off the hook so that everything is worked together evenly. As soon as the dough no longer sticks to the sides of the bowl, it's ready. Adding the butter should be done as rapidly as possible.

Transfer the dough to a plastic tub that is 3 times its volume and cover with plastic. Put the dough in a warm place (75 to 85F) away from drafts or heat sources. Let rise until 1.5 times its original size. Push down the dough by folding it several times over itself. Refrigerate the dough overnight in the same proofing container (it will rise again slowly). Make sure that it isn't more than 2” thick in the proofing container so that it can cool quickly and not over-proof.

Punch down, fold several times and shape into a round loaf by pulling and tucking the ends into a nice round shape. Place on floured linen cloth (or in a nice brioche pan), cover and let rise until double in size. Preheat oven to 450F with pizza stone and lipped cookie sheet inside. Once proofed, cut out a nice design on top (optional), brush with egg and milk mixture and bake for 10 minutes. Reduce heat to 400F and bake another 10 to 15 minutes. Brioche is ready when internal temperature reaches about 210F.

### **CREPES (MOM'S)**

Mix:

2 eggs

2.5 cups milk

1 T vegetable oil

Mix:

2 cups flour

3 t baking powder

1.25 t salt

Add second mix to first and mix well. Bake in hot pan covered in vegetable oil.

### **CREPES (PAULE'S)**

1 cup flour  
2 eggs  
1.5 cups milk  
0.5 t salt  
1 t butter

Mix well in a blender. Pour a little of the batter into a non-stick pan heated at medium-high heat. Roll pan to let the batter cover it completely. Once the ends of the crepe curl up, flip the crepe over to let the other side cook. Make a batch of crepes and separate them with wax paper.

## **FRENCH BAGUETTES**

See: <http://www.pbs.org/juliachild/free/baguette.html>

1.5 lbs. (5 cups) bread flour  
2 cups water  
0.6 oz. cube compressed (fresh) yeast  
2.5 t salt

Note: can use 0.2 oz. (almost an entire packet) of active dry yeast instead.

Mound flour on a smooth work surface and make a well in the center. A little at a time, pour water into the well. Use fingertips to draw in flour closest to water. Work in increasingly larger circles, adding water and drawing in flour to form a medium-soft dough. Pull dough toward you with a dough scraper. Smear small pieces of dough across the work surface away from you with the heel of your hand. Work through all the dough in this way. Another method is to use a mixer on slow speed from the beginning. Put dough on a floured board, cover with a towel, and let rest 15 minutes. Flatten dough into a disk and crumble yeast over it; fold dough over on itself to mix in yeast. Repeat flattening and folding until yeast is fully incorporated. Sprinkle on salt and knead for 15 minutes, using flour as necessary, until smooth and elastic. Grab dough at one end and lift shoulder-high. Slam it onto work surface and roll dough over on itself. Give dough a quarter turn, grab at one end, and repeat slamming, rolling, and turning motion for 10 to 15 minutes, using flour as necessary, until the dough is smooth and elastic. This can also be accomplished with a mixer on medium speed with the dough hook performing about 850 revolutions. Form into a tight ball and let rest, covered with a floured towel, for 15 minutes. Turn dough over and flatten slightly. Grab dough on either side and stretch it out; fold stretched ends back to the center. Repeat with top and bottom. Work into a tight ball and put onto a floured baker's peel or floured work surface, cover with a floured towel, and let rise in a warm place until nearly doubled (about 90 minutes for dough at 77 to 78F). Turn dough out onto work surface and punch down. Divide into thirds or quarters (or halves for boules). Form into balls, cover lightly, and let rest 5 minutes. Rub flour into a large cotton towel and lay on a board or peel. Make a standing pleat at a short end of the towel and set aside. To form batards (short, fat baguettes), turn dough smooth side down and flatten it. Lift dough, fold into thirds, and flatten into an even rectangle. Roll and flatten two more times. Dust hands, dough, and board with flour as necessary. Put dough seam side up on work surface and mark the midpoint with a groove. Lift top edge of dough and fold it two thirds of the way down. Seal the seam with the heel of your hand. Lift, fold, and seal again. Fold top edge down to bottom edge and seal the seam. Scrape work surface and, working with one piece of dough at a time, turn the dough seam side down, cup right hand over center of dough, and place cupped left hand over right. Start rolling dough back and forth along counter, widening the space between hands as dough extends; keep hands cupped and fingertips and heels of hands touching the counter. Push dough forward with heels of hands and pull it back with fingertips. When it is about 14" long, press down on ends to taper them. Lift shaped dough, seam side up, onto floured towel and pull a pleat of towel up to cradle it. When pieces are shaped, fold end of towel over loaves and let rest 2 hours, or until dough has risen and barely springs back when poked. Position rack in lower third of oven and line with a baking tile. Place a cast-iron skillet or "lipped" cookie sheet on oven bottom. Preheat oven to 425F. Flour a baker's peel. Toss 0.5 cup water into skillet and immediately close oven door. Flip one batard onto the peel and slash 3 diagonal cuts in the top. Transfer immediately to the oven. Slash and transfer the other two batards as fast as possible. Bake 20 to 25 minutes, until brown and an internal temperature of 200F. Cool loaves at least 20 minutes before cutting. Yields 3 baguettes.

### **Version 2:**

1 Poolish recipe  
1 Pâte Fermentée recipe  
1 lb. 3 oz. bread flour  
11 oz. water  
1 t instant yeast  
0.5 oz. sea salt

Combine Poolish, flour, yeast, salt, and water. With a spatula, mix until homogeneous. Turn the dough onto a floured surface and knead while adding the pâte fermentée gradually. Continue kneading until you form a smooth, elastic dough (about 10 minutes). Form into a "boule" and proof until double in size (about 1 to 2 hours).

Weigh out four 12-oz. chunks of dough and shape into tight balls. Allow them to rest for 5 minutes. Form your baguettes (or batards) by pressing down on the seam side of the boule, forming a rectangle. Shape each rectangle of dough into 10" cylinders and allow them to rest. Roll and rest until you have 24" cylinders. Preheat oven to 450F with pizza stone and lipped cookie sheet. Proof for about 40 minutes. Brush baguettes with water, score each loaf, throw 0.5 cup water into the cookie sheet in the oven, and bake at 450F for 20 to 22 minutes or until golden brown. Let cool.

## GENOISE

4 eggs  
125 g sugar  
125 g cake flour

Place parchment paper on sheet pans if using instead of molds ; otherwise, prepare the molds by buttering and flouring them. Sift the flour on a sheet of parchment paper . Combine the sugar and eggs in a mixer bowl and beat vigorously over a pot of simmering water until they are warm (105F to 113F) . Continue beating off the heat in the mixer on high speed until the mixture is completely cool and maximum volume has been obtained . The mixture should form a ribbon when the whisk is lifted over the bowl; the egg that slides off the whisk should remain visible on the surface . Don't over-mix when the eggs are cool as it may reduce the volume; instead, mix at low speed until the mixture is completely cool . Fold the flour using a rubber spatula by plunging the spatula in the center of the mixture all the way to the bottom and lifting the spatula along the sides of the bowl, scooping up the mixture and folding in . Give the bowl 0.125 turn and continue . It is best to have someone help by adding the flour in a slow, steady stream . Again, don't overwork the mixture; a few folds should be enough . Immediately place into prepared sheet pans or molds. Using a spatula, fill the pans from 0.5 to 0.75 full, starting from the outside walls of the pan and working toward the center . Carefully and lightly smooth out the surface of the batter . If using sheet pans, smooth out the batter to a thickness of 0.375" with a metal spatula . Work the batter as little as possible to avoid breaking up the air bubbles . Don't keep the batter waiting before it is baked; bake immediately after filling . Baking temperature and time depends on the size of the batter , but for a 8.5" round cake pan, bake at 375F for 20 to 30 minutes . For a sheet pan, bake at 475F to 500F for 6 to 8 minutes . The genoise is finished baking once it begins to detach itself from the sides of the mold and should be golden brown . Touching the surface of the cake with a finger should feel slightly resistant, and any imprint should disappear immediately . Place on a cooling rack as soon as it comes out of the oven . Once cool, they can be wrapped in plastic and frozen.

### **Version 2\*:**

3 eggs  
100 g sugar  
100 g flour

Place parchment paper on sheet pan. Sift the flour on a sheet of parchment paper . Combine the sugar and eggs in a mixer bowl and whisk until double in size. Reduce speed and add the flour a spoonful at a time. Combine until just homogeneous. Immediately pour into prepared sheet pan. Using a spatula, spread the batter so that it coats the pan evenly. Carefully and lightly smooth out the surface of the batter . Work the batter as little as possible to avoid breaking up the air bubbles . Don't keep the batter waiting before it is baked; bake immediately after filling . Bake at 350F for about 15 minutes or until golden brown. The genoise is finished baking once it begins to detach itself from the sides of the mold and should be golden brown . Touching the surface of the cake with a finger should feel slightly resistant, and any imprint should disappear immediately . Place on a cooling rack as soon as it comes out of the oven . Once cool, they can be wrapped in plastic and frozen .

Note: I use this version for the fraiser.

## **NO-KNEAD BREAD**

3 cups bread flour  
1.25 t salt  
0.25 t instant yeast (or 0.33 t active dry yeast)  
1.5 cups water

Mix dry ingredients in a bowl. Stir in water until just homogeneous (10 to 15 seconds). Cover with plastic and let sit at room temperature for 18 to 20 hours. Turn dough onto well-floured surface. Spread flour on top and on hands. Gently spread out (flatten) and fold into thirds (like a brochure). Rotate 90 degrees and fold into thirds again. Loosely cover and let rest for 15 minutes. Cover hands in flour and loosely shape into ball (by folding in at 12, 3, 6, and 9 o'clock) and place seam-side down onto well-floured towel (or use wheat bran or cornmeal instead of flour) or proofing basket (better), cover and let rise for 1.5 to 2 hours. Bake seam-side up for 30 minutes in a clay baker or cast iron dutch oven preheated to 500F. Remove lid to baker or dutch oven and reduce heat to 450F for 15 minutes. Let cool. Yields 1 large round loaf.

Note: If you want, you can just bake directly on a pizza stone in the oven. Make sure the stone is preheated and that you brush water on top of the bread prior to baking.

Note: Try adding fillings to the bread when you fold the dough. A nice mix is green onions, Parmesan cheese, and Kalamata olives.

## **NO-KNEAD PIZZA DOUGH**

1.5 cups water  
0.25 t active dry yeast  
3 cups unbleached all-purpose flour  
1.25 t salt  
0.25 t sugar  
2 T olive oil

In large bowl, add yeast to lukewarm water and let sit for a few minutes. Add remaining ingredients, flour first, and mix. Final dough should be very sticky but not runny. Place in a well oiled bowl, cover with plastic wrap (poke a few small holes), and let rise at room temperature for about 12 hours; a good place is in a cool oven overnight. Drop on a well-floured board, generously sprinkle the top with flour, and pat down to flatten air bubbles. Cut into quarters, and roll each into a ball, tucking underneath (like a jellyfish). The dough can keep (in individual zip-loc bags sprayed with oil) in the refrigerator for about 4 to 6 days or in the freezer for about 3 months (let sit at room temperature for several hours before using). Stretch the dough by first patting down a bit (make sure that the edge is a bit thicker than the remainder of the dough). You can roll it if you wish, but it's better to stretch with the knuckles and rotate and throw in the air like the pros do. In any case, the dough does not have to be perfectly round. Each ball can make a pizza up to about 11" diameter, but about 9" is probably easier. Sprinkle cornmeal on dough and on a pizza peel. Place the dough, cornmeal side down, on the peel and add toppings. Place in a preheated 450F oven on pizza stone at the bottom of the oven for 6 minutes. Move pizza to the center of the oven and bake for another 3 to 4 minutes. The underside should be golden brown.

Note: I've found that using slightly less water or more flour is best so that the dough is not too wet. It handles better.

Note: brush the dough with olive oil prior to adding sauce to prevent it from being absorbed by the dough.

Note: try baking in a grill on bricks or a pizza stone (or unfinished quarry stone).

Note: an important key is to go light on the toppings (particularly the sauce) and to leave about a 0.5" edge around the crust.

Note: for a nice garlic pizza, mix 2 T olive oil with 3 cloves crushed garlic and spread on the dough. Add black pepper, a pinch of salt, and some oregano. Sprinkle with shredded mozzarella or pepper-jack cheese and dust with Parmesan cheese. After baking, sprinkle with green onions.

Note: for a nice Italian sausage and egg pizza (!), first sautee the sausage to remove most of the fat and drain on paper towels (prevents the pizza from being too oily). To the dough, add pizza sauce, a bit of red pepper flakes, cheese (mozzarella or Fontina), and the sausage (make into a pattern so that 4 circles are left open at each corner of the pizza). Bake until almost done (about the point that the pizza is transferred from the bottom to the center of the oven). Crack 4 eggs into separate containers (do not break the yolks), slightly pat down the center of each circle of the pizza crust to allow centering of each egg, drop each egg into a circle, sprinkle with pepper, dust the entire pizza with Parmesan cheese, and continue baking in the oven until the white of the egg is set and the yellow is still runny but has a coating (like sunny side up). Let the pizza rest for a few minutes, break each yolk with a fork and spread lightly on its quadrant of the pizza; top with spinach or arugula tossed in olive oil.

Note: for a Margherita pizza, coat the dough with olive oil and add a light coating of sauce. Spread very thinly sliced vine-ripe tomatoes and sliced fresh mozzarella cheese. Drizzle a bit of olive oil on top and bake as above. Remove from oven, scatter fresh basil throughout, and let sit for about 3 minutes prior to slicing. You can try adding some of the basil prior to baking.



## PÂTE À CHOUX (CHOUX PASTRY)

1 cup water  
6 T unsalted butter  
1 large pinch salt  
1 T sugar  
5.75 oz. bread flour  
6 eggs

Boil water, butter, salt, and sugar on high heat. Dump flour in one quick shot and stir vigorously with a spatula until a paste forms. Reduce heat to low and keep mixing/kneading until paste is no longer sticky to the touch and there's a residue on the bottom of the pan. Remove from heat and place in a mixer bowl. Spread paste over the bottom so that it cools faster; let sit 5 to 10 minutes (until not too hot to touch). Preheat oven to 275F. Place 4 eggs and 2 egg whites in a cup. Add to the paste (about 1 egg at a time) and mix. The paste is ready when it leaves a "v-shape" on the end of the beater. Pipe (using a quick "s-move") onto a parchment paper-covered cookie sheet. Pat down any points with water-coated finger. Slide in oven and increase heat to 425F; bake for 15 minutes. Decrease heat to 350F and bake another 10 minutes. Turn heat off and let cool with oven door open. Once warm (not hot), poke a slit in each "puff" with a knife. When at room temperature, fill with pastry creme or vanilla pudding.

Chocolate icing:  
1 cup chocolate chips  
1 t vegetable oil

Melt chocolate chips with vegetable oil in double boiler. Coat "puffs" with chocolate and cool in refrigerator.

### **Version 2:**

200 g milk  
80 g butter  
140 g flour, sifted  
4 to 5 eggs  
1 T sugar  
0.5 t salt

Preheat oven to 390F. Whisk the eggs and let them get to room temperature. In a saucepan, bring milk, butter, sugar, and salt to a low boil over medium heat. Make sure the butter is melted before the mixture comes to a boil. Off the heat, add the flour all at once to the milk and butter mixture. Back on the heat, mix with a wooden spoon until the batter doesn't stick to the sides of the bowl and leaves a film on the bottom of the pan. Put the dough in a mixing bowl and spread it out to allow it to cool quickly. Once cool, slowly add the eggs a little at a time and incorporate them thoroughly each time. The batter is ready when it forms a hook as you grab some on your finger and turn it upside down. Another sign of readiness is to take a large amount on the spoon and hold it upside down above the bowl. It should take a count of 8 to 12 to fall into the bowl. Pipe into 5.5" strips about 0.75" in diameter on a sheet pan covered in parchment paper. Bake for 30 minutes, then lower the heat to 340F and bake another 15 minutes. Do not open the oven while baking. Once done, turn off the oven and crack the door open to let the pastries dry.

Note: can be lightly covered in egg wash prior to baking for a nice sheen.

### **Version 3\*:**

1 cup water  
7 T unsalted butter  
0.5 t salt  
5 oz. cake flour  
4 to 5 eggs

In saucepan, add water, salt, sugar, and butter (cut into small cubes). Bring to a boil over medium heat, stirring from time-to-time. Make sure that the butter is completely melted before the water comes to a boil. Remove from heat and add the flour all at once. Work the mixture with a spatula; avoid splashing by working the spatula at an angle. Once the mixture begins to stiffen, work it rapidly until a homogeneous mass is obtained. Put the saucepan back on high heat while working the batter rapidly with the spatula. Continue stirring until the mixture no longer sticks to the pan and spatula. It's better to stop the process early than late (if the butter oozes out and the batter becomes greasy, you've worked the batter too long).

Transfer the batter to a bowl and let cool a bit. Add 1/3 of the eggs and mix until fully absorbed, then incorporate the remaining eggs carefully, one at a time, until the batter forms a “v-shape” on the end of the beater. You can also run a finger through the batter forming a groove which should slowly close in on itself. Or you can take a small amount of batter on the tip of your finger and hold your finger upright; a small hook should form at the tip of the batter.

Preheat oven to 500F. Cover a baking sheet with parchment paper and load a pastry bag (or modified zip-lock bag) with the batter. For eclairs, pipe the batter in staggered rows at an angle. Bake until the pastries have puffed (about 10 minutes); then reduce heat to 450F and leave the oven door open a little. The pastries are done when firm enough not to fall when taken from the oven (about 15 minutes). They should be golden brown on top; slightly paler on the sides. When tapped on the bottom, they should make a hollow sound. As soon as they are removed from the oven, transfer to a cooling rack.

Fill immediately or freeze (can be kept for several weeks so long as they are tightly sealed in plastic bags).

## **PÂTE À CROISSANTS (CROISSANT DOUGH)**

500 g (about 17.5 oz.) all-purpose flour  
10 g (about 2 t) salt  
50 g (about 1.5 oz.) sugar  
25 g (about 1 oz.) fresh yeast  
300 ml (about 10.5 fl. oz) milk  
250g (about 9 oz.) unsalted butter, slightly softened

Note: can substitute 10.25 g (0.33 oz.) active dry yeast for the fresh yeast.

In a small bowl, thoroughly mix 1/4 of the milk and the yeast. Place the flour in a mixing bowl and pour the yeast/milk mixture over it. Dissolve the salt and sugar in the remaining milk and pour over the flour. Start the machine at slow speed. Stop mixing when the liquid is well-distributed throughout the flour. Avoid over-working (no more than 2 to 3 minutes; any longer and the result will be more cake-like than flaky). Work the dough very quickly into a "boule". Proof in the refrigerator overnight (maximum of 30 hours). If using the same day, then proof until double in size, beat down, shape into a boule again, and cool in refrigerator for a few hours.

Prepare the butter, shaping it into a square. This can be done by cutting open a large zip-lock bag and pounding the butter in between the sides. Remove the dough from the refrigerator, work into a "boule" and let rest for 5 minutes. Roll the dough into a rectangle so that it is slightly larger than the flattened butter (maybe 2" larger on each side). Fold each side of the dough over the butter to completely encase it, pat down and even out with roller and roll to three times its width long using as little flour as possible; make sure to dust off any extra flour. Give the dough a simple turn (fold in thirds and gently press to seal the ends of the dough). Cover with plastic wrap and put in freezer for 30 minutes. Roll the dough again so that it is about four times its width long. Do a double turn this time by folding the ends to meet in the middle and then folding in half. Cover and put in freezer for 30 minutes. Roll one last time to three times its width long and do a simple turn. Cover and put in freezer for 30 minutes. Roll so that the dough is about .25" thick and about 15" wide (this will allow you to cut the dough in half and to make croissants that are about 7" from base to vertex. Let the dough rest for 5 minutes.

Cut the dough in half to make two strips that are 6" wide. Cut the dough into triangles, make a slit at the center of the base of each triangle, and roll the croissants by moving the palm toward you until half the dough is rolled. Stretch the tip and finish the roll. The tip should be on the bottom (not over the top so that it doesn't unravel when baking). It may help to spray the triangles with water prior to rolling. Place croissants on a baking sheet lined with parchment paper. Make sure not to place too many croissants on a sheet. Proof the croissants until double in size, tender but not sticky, and a poke should bounce back and disappear quickly (about 2 hours). Preheat oven to 425F.

Brush on a layer of egg wash (1 egg whisked with 1 T water; no too thick so as to avoid dripping). Bake for 10 to 15 minutes until deep golden brown on top and lighter on the sides.

Note: best eaten warm or barely cool, within 2 hours after coming out of the oven. They freeze well so long as they are placed in the freezer when still warm; when ready to eat, let thaw and bake at 350F for about 5 minutes.

Note: with the extra pieces of dough, make "pain au chocolat" (chocolate bread) by forming into a rectangle, placing some chocolate chips at one end of the dough and rolling into a tight cylinder.

### **Version 2\*:**

1 lb. bread flour  
2 oz. sugar  
0.5 oz. salt  
9 oz. water  
1 large egg  
0.5 oz. vanilla extract  
0.5 oz. instant yeast  
1 oz. butter, at room temperature (mixed into the dough)  
13 oz. butter (folded into the dough)

Whisk sugar, salt, water, egg, vanilla extract, and yeast. Add to flour and mix until homogeneous. Knead in the 1 oz. butter as quickly as possible (don't overwork the dough). The rest is the same as the first version.

### **Version 3 (Janusz's):**

7 g active dry yeast  
1 cup milk  
1 lb. bread flour  
9.33 g salt  
2 oz. sugar  
1 stick unsalted butter (at room temperature)  
1 egg  
1 T water

Thoroughly mix the yeast and milk. Add flour, salt, and sugar and mix until just homogeneous. Form into a boule and let rest in the refrigerator overnight. Roll dough into a rectangle 3 times longer than it is wide. Spread butter on 2/3 of the dough with hands. Try not to push down but instead to smear the butter onto the dough. Fold the dough in thirds over itself and roll perpendicular to the direction of the fold, again to the same proportions. Push a single fingertip into the dough to mark the first turn, wrap in a bag and place in the freezer for 30 minutes. Repeat the rolling, folding, and mark two fingertips this time. Place in the freezer for 30 minutes. Again repeat the rolling, folding, and mark three fingertips; place in the freezer for 15 to 30 minutes. Roll the dough to approximately 0.25" thick and wide enough for a single croissant. Cut the dough into triangles, make a slit at the center of the base of each triangle, and roll the croissants by moving the palm toward you until half the dough is rolled. Stretch the tip and finish the roll. The tip should be on the bottom (not over the top so that it doesn't unravel when baking). It may help to spray the triangles with water prior to rolling. Place croissants on a baking sheet lined with parchment paper. Make sure not to place too many croissants on a sheet. Proof the croissants until double in size, tender but not sticky, and a poke should bounce back and disappear quickly (about 2 hours). Preheat oven to 425F. Brush on a layer of egg wash (1 egg whisked with 1 T water; no too thick so as to avoid dripping). Bake for 10 to 15 minutes until deep golden brown on top and lighter on the sides.

Note: if dough is too elastic and won't stretch when rolled, let it rest overnight in the refrigerator or for a few hours at room temperature.

### **PÂTE BRISÉE (SAVORY PIE DOUGH)**

1.5 cups all-purpose flour  
1 large pinch salt  
0.33 cup ice water  
1 stick unsalted butter (chilled and cut into small pieces)

Put flour and salt in food processor bowl. Combine. Slowly add chunks of butter and pulse until mixture looks like coarse cornmeal. Add ice water in small amounts and pulse until dough has formed (leaves the side of the bowl) but is not smooth. Roll into a ball, cover with plastic wrap and chill for a couple of hours. Freezes well. Yields 1 quiche bottom.

Note: this dough is good for quiches and meat pies and such.

## **PÂTE FERMENTÉE**

5 oz. bread flour  
0.5 t instant yeast  
3.75 oz. water  
1 large pinch of sea salt

Combine all ingredients until homogeneous. Cover with plastic wrap and refrigerate for 24 hours. Take out 4 hours prior to use.

### **PÂTE SABLÉE (SHORTBREAD DOUGH)**

250 g (about 9 oz.) all-purpose flour  
7 g (about 1.5 t) baking powder  
125 g (about 4.5 oz.) confectioner's or granulated sugar  
125 g (about 4.5 oz.) unsalted butter  
1 egg

Put flour in food processor bowl. Slowly add chunks of butter and pulse until mixture looks like coarse cornmeal. Don't overwork! In a bowl, dissolve the sugar and baking powder in the egg. Add to flour/butter mixture in small amounts until dough has formed (leaves the side of the bowl) but is not smooth. Roll into a cylinder, cover with plastic and chill for a couple of hours or freeze for 30 minutes. Freezes well. Yields enough dough for 10 cookies.

Note: cut dough needs to rest for about 1 hour before baking, and cookies should be poked with a fork. Cookies are typically glazed twice with egg wash containing caramel coloring or coffee extract, although I prefer not to glaze them at all. Cookies are baked at 350F until pale brown in color on the bottom! It's very easy to over-bake these, so be careful. Immediately transfer to a cooling rack.

### **PÂTE SUCRÉE (SWEETENED PIE DOUGH)**

250 g (9 oz.) all-purpose flour  
100 g (3.5 oz.) confectioner's sugar  
100 g (3.5 oz. or about 7 T) cold unsalted butter  
1 egg and cold water to total 60 ml (2 fl. oz.)

Combine the flour and sugar in a food processor. Cut the butter into small chunks (about the size of cheese cubes) and pulse to incorporate into the flour mixture until it resembles coarse cornmeal. Lightly whisk the egg and add water if necessary. With the machine running, add the egg mixture in a steady stream until the dough just starts to come together. Press the dough into a flattened disk and wrap in plastic. Refrigerate for at least two hours or freeze up to two months.

When ready to use, let the dough warm slightly until it can be rolled to size. Preheat oven to 375 F. Fit the rolled-out dough into a tart pan and press firmly into the sides and bottom without stretching it. Trim off excess dough, cover, and cool for 15 to 30 minutes to prevent the dough from changing shape during baking. Prick the dough on the bottom with a fork, cover lightly with foil and bake at 375 F for 15 to 20 minutes. If necessary, add weights (such as dried beans, a smaller mold or other small object) on top of the foil to hold the dough down. Remove the foil and continue baking until golden brown.

Yields one 9 to 9-1/2 inch tart shell.



### **PIE CRUST (GRANDMA'S)**

4 cups flour  
2 cups shortening  
1 cup cold water  
2 t salt

Combine the flour and salt. Add the shortening and mix until incorporated. Mix in the water (the less you mix, the better). The result will be a gooey mess. Form into a ball and cover with wax paper. Place in fridge for at least 4 hours (or the freezer for at least an hour). Yields 3 full pie crusts.

### **PIE CRUST (MOM'S)**

1.5 cups flour  
0.5 cup shortening  
0.5 t salt  
0.33 cup water  
0.5 t baking powder

Mix flour, salt and baking powder in a bowl. Add shortening with fork. Add water, a little at a time (until batter retains the shape of a ball). Before rolling dough, sprinkle work surface and rolling pin with flour. Repeat this step whenever necessary to avoid dough from sticking to surfaces. Use half of dough to cover bottom and border of pie pan and save other half for top. Roll dough rather thin into round shape to fit size of pie pan. Make 4 or 5 slices (1" to 2") on pie crust top only with a knife.

### **POOLISH (WET PÂTE FERMENTÉE)**

5 oz. bread flour  
5 oz. water at room temperature  
0.25 t instant yeast

Combine all ingredients until homogeneous. Cover in plastic wrap and place in refrigerator for 24 hours. Take out 4 hours prior to use.

## PUFF PASTRY DOUGH

300 g all-purpose flour  
1 t salt  
150 to 200 ml water, cold  
100 g butter (for the detrempe)  
150g butter (for folding in)

Soften the butter for the detrempe with a rolling pin and cut into small nut-sized pieces. Make sure the butter remains cold. Quickly cut the butter into the flour until texture is somewhat rough, like sand. Dissolve the salt into the water. With a mixer, combine the water and flour until the detrempe no longer sticks to the bowl. It should be firm, smooth, and not elastic. Wrap the dough in plastic and let it rest in the refrigerator for 20 to 30 minutes. Soften the remaining butter for folding in with a rolling pin, but make sure to keep it cold. Roll out four sides of the dough into a shape somewhat like a "plus" with the center remaining thicker than the flaps. Place the butter in the center and fold the flaps in, completely covering the butter. Even out the dough by tapping it lightly with a rolling pin in two directions. The dough should now be in the shape of a square. Roll it out to form a rectangle 3 times its length and 0.5" thick. Dust with flour to make sure it doesn't stick to the surface, but use as little as possible. Brush off any excess flour. Fold in thirds and press gently with the rolling pin to seal the folds together. Give the dough a quarter turn so that the opening is to either side. Square off each end of the dough and roll out a second time. Fold and seal as before. Wrap in plastic and place in the refrigerator for 20 to 30 minutes. Repeat the procedure (making 2 more turns) so that the dough has a total of 4 turns. Again, be careful to square off the dough.

If the dough is needed right away, rest it again in the refrigerator for 20 to 30 minutes before making the two final turns. Then rest 20 to 30 minutes again, cut as needed, and let rest an hour. If the dough is not needed right away, let it rest in the refrigerator until needed. When ready, make the two final turns, cut the dough as needed, and let it rest an hour. In either case, it may help to let the dough get close to room temperature prior to the last two foldings.

Note: Napoleons usually have 6 to 7 turns and vol-au-vents usually have 5 to 6 turns.

Note: puff pastry can be stored in the refrigerator (prior to the last 2 turns) for 3 to 4 days if well wrapped in plastic and in the freezer for several weeks, again if well wrapped in plastic.

Note: in order to make Napoleons, roll the dough to about 0.125" thick and prick it all over with a fork. Roll it onto a sheet pan moistened with water. Rest the dough for about 2 hours. Bake in an oven preheated to 375F. Turn it over when it begins to brown. Avoid baking in an excessively hot oven as it will brown the puff pastry too much. Make sure that the dough is completely baked before removing from the oven. Once done, let cool on a cooling rack. When ready to make Napoleons, cut the dough into three equal bands (the center will usually be used for the top of the pastry since it will probably look the best). Place the bottom layer right-side up, add pastry or mousseline cream, place the middle layer upside-down, add more cream, and place the top layer upside-down. Lightly press down with a sheet pan to seal the layers together. Glaze with slightly warmed fondant using a metal spatula. Draw parallel lines of chocolate and drag the back of a knife through the lines to create a marbling effect. This must be done quickly. Trim the edges if necessary and cut into individual pieces with a non-serrated knife.

Note: in order to make vol-au-vents, roll the dough to about 0.125" thick. For the *two-layer* method, cut two equal squares, cut off the corners and place the trimmings in the center of the squares. Roll the circles to the needed size. Shake the dough after rolling to relax it. Cut the doughs into two even circles. Place the first circle on a sheet pan slightly moistened with water. Press slightly so the dough will adhere to the pan. Brush off any excess flour from the dough. Cut a smaller circle inside the remaining one to make a ring. Lightly brush the ring with egg wash and adhere it to the circle on the sheet pan. Place a flat pan on top and apply even pressure to seal the two pieces of dough. Flute all around the top edge with the back of a knife held vertically. This helps to get a uniform rise. Glaze with egg wash. For the *three-layer* method, do as in the two-layer method with the circle and ring. Roll the extra dough from the center of the ring to the same size as the other circle. Shake it out to relax it. Make sure it is the same size as the bottom circle. Place a little flour in the center of the bottom circle, glaze the ring with egg wash, and place the third layer on top. Press down gently on the three layers to seal them. Flute as in the two-layer method. Both methods now converge and the remaining process is the same. Allow the pieces to rest for 40 to 60 minutes. Glaze with egg wash a second time prior to baking. Prick the vol-au-vents at 12, 3, 6, and 9 o'clock with a toothpick or the point of a knife so that it rises evenly. Bake in an oven preheated to 450F to 475F for several minutes. Once the puff pastry begins to rise, lower the temperature to 350F to 425F and bake 20 to 30 minutes. Vol-au-vents require constant attention throughout baking. If the three-layer method was used, after baking cut the middle of the top off the pastry with a knife. After doing so, remove any uncooked dough from the inside. While this uncooked dough is still hot, some butter will have come to the surface. Use this to brush on the top of and around the pastry to give it a nice sheen.

## **RYE BREAD**

### **Rye starter:**

1 to 2 cups lukewarm water  
1/8 t active dry yeast (instant is fine)  
8 oz. finely ground whole rye flour

In mixer bowl, add yeast to 1 cup lukewarm (about 105F) water and let sit for a few minutes. Add flour and combine. Add water (if necessary) until consistency is similar to silty sand at the edge of a lake. Place in airtight container at about 70F for 8 to 20 hours. Yields enough starter for 4 loaves.

### **Wheat starter:**

1 cup lukewarm water  
1/8 t active dry yeast (instant is fine)  
8 oz. unbleached bread (or all-purpose) flour

In mixer bowl, add yeast to lukewarm water and let sit for a few minutes. Add flour and combine. Place in airtight container at about 70F for 8 to 20 hours. Yields enough starter for 4 loaves.

### **Bread:**

1 t active dry yeast (instant is fine)  
1.25 cups lukewarm water  
7.5 oz. rye starter  
5 oz. wheat starter  
2.5 to 2.75 t salt  
3 T caraway seeds  
19 oz. unbleached bread (or all-purpose) flour

In a mixer bowl, add yeast to lukewarm water and let sit for a few minutes. Add the flour, starters, caraway seeds, and salt (last). Mix until combined and let rest for 10 minutes. Knead until gluten has formed well (poking the dough rebounds quickly). Let rise until almost double in size (usually about 1 to 2 hours). Punch down and knead a bit (about 2 minutes). Let rest for 10 minutes. Divide dough into 2 equal pieces. Shape into loaves and let rise until double in size (1 to 2 hours). Preheat oven to 450F with pizza stone and lipped cookie sheet inside. Coat loaves with water, sprinkle poppy seeds (or sesame seeds or whatever suits your fancy), slice several times at a sharp angle (about 0.5" deep cuts). Throw a few ice cubes into the oven and "drop" bread onto pizza stone. Add about 1.5 cups water to cookie sheet. Bake for 10 minutes. Reduce heat to 400F and bake for another 10 minutes. Rotate loaves and bake until hollow sound when tapped on bottom (about 210F internally; usually another 15 to 18 minutes). Let cool. Yields 4 loaves.

### **THIN CRUST**

1.5 cups flour  
0.5 t salt  
0.5 cup shortening  
5 to 10 T ice cold water

Mix flour and salt. Add shortening and cut into the flour with two knives until the mixture is granular. Add water a little at a time and mix with a fork until the mixture can form a dough that resembles two flat balls. Work the dough as little as possible. Flatten each dough ball from the center outward on a lightly floured surface to form a circle 1/16" thick and 1" larger in diameter than a 9" pie pan. Fold in half and place in pie pan. Unfold without stretching. Poke the bottom with a fork several times. Bake in a 450F oven for 10 to 12 minutes. For "tartelettes," cut into circles large enough for small pie pans and bake as instructed previously. Yields 20 little pie crusts.

### **WHITE BREAD (FOR SANDWICHES)**

#### **Preferment:**

10 oz. lukewarm water  
5 oz. bread flour  
0.25 t instant yeast

In a tupperware container, add yeast to lukewarm water and let sit for a few minutes. Add flour and whisk well. Refrigerate for 8 to 12 hours.

#### **Cornstarch mixture:**

0.33 cup water  
1 T cornstarch

Mix water and cornstarch in tupperware container by shaking.

#### **Bread:**

1 preferment recipe  
11 oz. bread flour  
0.75 t instant yeast  
2 t kosher salt

In mixer bowl, mix all ingredients until homogeneous mass forms. Cover and let rest for 20 minutes. Knead on medium speed for 5 to 10 minutes. If dough crawls up the hook, spin faster for a bit. Check gluten structure; it's ready when the dough bounces back fairly quickly when poked. Proof in greased container until double in size (about 1 to 2 hours). Punch down and tri-fold twice. Let rest for 10 minutes under a cloth. Flatten and fold in on itself at 4 corners; turn over and tighten up to form a nice ball. Rotate to tighten and shape. Place on floured pizza peel, cover and let rise for about an hour. Preheat oven to 400F with pizza stone and lipped cookie sheet inside. Glaze/brush bread with cornstarch mixture, sprinkle desired topping, and slice on top 4 sides (0.25" deep). Throw a few ice cubes in the oven. Drop bread on stone and add about 1.5 cups water to the cookie sheet. Bake 50 to 60 minutes until hollow sound when tapped on bottom (about 205 to 210F internal temperature). Let cool. Yields 1 round loaf.

# MAIN (AND OTHER) COURSES



#### **40 CLOVES AND A CHICKEN**

1 whole broiler/fryer chicken cut into 8 pieces  
0.5 cup (+ 2 T) olive oil (not extra virgin)  
10 sprigs fresh rosemary  
40 cloves garlic, peeled  
Salt and pepper (to taste)

Preheat oven to 350F. Season chicken with salt and pepper, and brown well on both sides in a skillet with 2 T olive oil over high heat. Remove from heat, place in a roasting pan, and add garlic cloves, oil, and rosemary. Cover and bake for 1 hour. Remove cover and bake another 30 minutes. Remove chicken from oven, let rest for 5 minutes, and serve.

Note: traditionally, this calls for thyme instead of rosemary, but I prefer rosemary. You can also cut the heads of garlic in half and drop them whole into the roasting pan. Instead of using a whole chicken, you can use precut parts that you prefer.

## **ASIAN SALMON**

2.25 # center-cut salmon fillet (~1.5" thick)  
1 c soy sauce  
0.25 c rice wine vinegar  
0.25 c freshly squeezed lemon juice (~2 lemons)  
2 T oyster sauce  
1 T fish sauce  
1 T toasted sesame oil  
1.5 t chili paste  
0.5 c green onions, sliced (~2 green onions)  
2 T garlic, minced (~8 large cloves)  
2 T fresh ginger, minced  
1.5 c panko bread crumbs  
0.5 stick butter

Line an 8"x12" baking pan with aluminum foil. Place the salmon in the pan. In a mixing cup, whisk the soy sauce, rice wine vinegar, lemon juice, oyster sauce, fish sauce, toasted sesame oil, chili paste, green onions, garlic, and ginger. Pour over the salmon fillet. Set aside for 15 minutes at room temperature.

Preheat oven to 450F. Toast the salmon for 18 to 20 minutes (~12 minutes per inch at the thickest part). Cook until the salmon is almost done (check with a fork periodically).

Meanwhile, toss the panko bread crumbs with the butter. Once the salmon is almost done, sprinkle the panko bread crumbs on top of the salmon, coating it completely. Cook ~5 minutes more until the bread crumbs are golden brown. Remove from the oven and rest for ~15 minutes.

Serve sliced. I find it's nice to pour the sauce into a container and drizzle it lightly on top of the salmon, partially coating the bread crumbs. Note that the sauce is very salty, so a little goes a long way. Yields enough for 6.

## **BABY BACK RIBS**

1 slab baby back ribs  
3 T vegetable oil or mustard (optional)  
4 T rib rub  
1 cup BBQ sauce  
8 oz. dry wood

Rinse ribs in cool water and pat dry with paper towels. Remove the membrane from the back of the ribs with a butter knife and paper towels. Trim any excess fat. Coat each slab with a thin layer of vegetable oil or mustard (optional). Sprinkle and massage liberally with dry rub on both sides. Wrap in plastic, then foil and refrigerate for at least 4 hours (16 hours is better).

Put the ribs on a rack in a pan with about 0.25" apple juice (or a sweet liquid) on the bottom. Cover with aluminum foil and cook in a 225F oven for about 7 hours. Remove from the oven, uncover, and smoke at 225F with heavy smoke in a smoker (or a grill) for 2 hours. If using a grill to smoke the ribs, create two zones on the grill. Put the coals on the direct side and a pan with water on the indirect side. Preheat the grill to 225F and keep it there throughout the cook. Don't go under 200F or over 250F. You can use apple, hickory, maple, oak, cherry, peach, grape, alder, or mesquite wood for the smoke, but I prefer apple. Put slabs, meat side up, on the indirect side (there's no need to ever flip the slabs). Keep the lid closed. Resist the urge to open the grill (except when putting the slabs on, adding wood or charcoal, rotating the slabs, and removing them when done). If desired, brush both sides of the slabs with BBQ sauce. Put them on high heat with the lid open until the glaze bubbles a bit to caramelize and crisp the sauce (no more than 15 minutes).

## **BACON AND WHOLE EGG PHYLLO PIES**

3 green onions, chopped  
3 slices of bacon, chopped  
0.25 c milk  
0.5 c heavy cream  
1 t basil  
1 t oregano  
1 small pinch ground nutmeg  
7 eggs (1 large, 6 small)  
10 sheets phyllo pastry  
Melted butter, for brushing

Cook the bacon in a pan with butter until desired doneness. Set aside on paper towels to cool. Mix together the milk, cream, nutmeg, basil, oregano, and 1 egg. Season with 2 large pinches of salt and some pepper.

Brush 1 sheet of phyllo pastry with melted butter. Lay another sheet on top. Continue until you have a stack of five sheets (make sure to butter the top sheet). Cut into 6 squares. Do the same with the remaining five sheets of phyllo pastry. Place two squared together at an angle to form a rough 8-pointed star and fit into a muffin tin (1 cup size). Repeat with the remaining squares. Remember, less is more with the butter.

Preheat oven to 400F. Place an even amount of bacon and green onions into each cup. Pour the cream mixture over making sure to leave enough room to gently crack open a single egg over the top of each. Small eggs are better for this. Bake for 10 minutes, then reduce the heat to 350F and bake for another 10 to 15 minutes until the pastry is lightly crisp and golden brown and the egg is just set. Serve immediately. Yields 6 pies.

An option is to cook the eggs sunny side up in a pan while baking the pies. Make sure the eggs don't spread (keep them small enough) so that they fit nicely on top of the pie once cooked.

### **BAKED SPAGHETTI/ZITI**

1 lb. pasta  
1 T olive oil  
0.5 cup finely chopped onions  
1 12-oz. can tomato juice or V8  
Salt and pepper (to taste)  
Mozzarella or Parmesan cheese

Preheat oven to 350F. Cook pasta until "al dente". In saucepan on medium heat, sauté onions in olive oil until tender. Add tomato juice or V8 and seasonings. When pasta is done, pour into oven-proof dish and add liquids. Sprinkle top with mozzarella or Parmesan cheese. Bake in oven until cheese is melted. For extra crispiness, broil for a couple of minutes longer.

## **BBQ BEANS**

6 strips of thick cut bacon  
2 medium onions, coarsely chopped  
1 poblano pepper, coarsely chopped  
1 jalapeño pepper, coarsely chopped  
6 15-oz. cans white kidney beans (or 2 cans each of red kidney beans, Northern beans, Navy beans), drained and rinsed  
0.25 cup raisins  
1.5 cup Kansas City Style BBQ Sauce  
0.5 cup molasses  
0.5 cup Kentucky bourbon or Tennessee whiskey  
4 t dry mustard  
0.5 t salt  
0.5 t black pepper  
2 bay leaves

Use a 4 qt. or larger pot (or Dutch oven). Cut the bacon into chunks and cook over medium heat. When it begins to brown, flip; remove before it renders all its fat and gets hard. Pour off the bacon fat leaving behind a few tablespoons and most of the brown bits dissolved in fat. Add the onions and peppers, and cook until they wilt. Add everything else. Cook below ribs on a grill (at 225F). They will collect flavorful, smoky drippings. Make sure they don't burn. Or cook in your oven, uncovered, for 2 hours at 250F. Stir every 30 minutes to make sure they don't burn. Or cook on the stove by bringing to a gentle boil over medium heat and then letting simmer for 20 minutes (or even several hours) without a lid. Stir and scrape the bottom with a wooden spoon every 10 minutes to prevent burning and sticking. Try to keep the bay leaves submerged. Periodically taste and adjust. When done, remove the bay leaves. If you like it spicier, add hot sauce; sweeter, add molasses; saltier, add salt. Cook longer if you want it thicker; add water if you want it thinner. Yields about 12 servings.

## **BEEF STEW**

1 lb. beef round  
1 medium onion, chopped  
5 cloves garlic, chopped  
3 large carrots, chopped  
4 potatoes, chopped  
0.25 cabbage, chopped  
3 turnip roots, chopped  
3T flour  
0.5 gal. beef stock  
0.25 c fresh cilantro  
1 t basil  
1t thyme

Cube the round and sauté in olive oil until brown on the outside. Drain and set aside. Sauté onions and garlic until translucent. Put meat, onions and garlic in a crock pot. Add vegetables and beef stock. Mix flour in a little water until dissolved and add to the pot. Add herbs and stir. Cook on very low heat for up to 10 hours. If the stew is too thin once cooked, add a few tablespoons of cornstarch diluted in 0.5 c water. You can also transfer to the stove top and simmer to reduce until the desired thickness is reached.

## **BLACK-EYED PEAS AND COLLARD GREENS**

2 lbs black-eyed peas, soaked 6 hours (or overnight)  
2 lbs smoked ham hock or meaty ham bone  
4 slices of thick-cut bacon, cut into 2" pieces  
10 c stock (or water)  
2 t kosher salt  
1 large onion, peeled and stuck with 2 whole cloves  
1 bay leaf  
0.5 t black pepper  
0.5 t allspice  
2 T vegetable oil  
4 garlic cloves, minced  
0.5 t crushed red pepper  
4 lbs collard greens, triple-washed and cut in 1" ribbons (~8 cups)  
1 green onion (for garnish)

Drain the peas and put them in a large Dutch oven or heavy-bottomed soup pot. Add the ham hock or bone and the bacon, cover with 10 cups beef stock, chicken stock, and/or water, and turn heat to high. Add salt, onion stuck with cloves, bay leaf, black pepper, and allspice. Bring to a boil, then reduce heat to a gentle simmer. Skim off and discard any foam that rises to the surface. Simmer for 1.5 to 2 hours, until the peas are tender. Throughout the cooking, add water as necessary, always keeping liquid level 1" above the surface – stirring with wooden spoon occasionally. When done, turn off the heat, and check the broth for salt and adjust seasoning. The mixture should be fairly brothy. Remove the ham hock or ham bone and the bacon. Chop the meat and skin in rough pieces and set aside.

Put a large wide skillet over medium-high heat. Add vegetable oil and heat until wavy. Add garlic and red pepper, and let sizzle without browning. Add the collard greens and stir to coat. Season with salt and add 1 c water, stirring to help wilt greens. Add chopped ham and bacon, and reduce heat to medium – then cover with a lid slightly ajar and cook until the greens are soft (about 20 minutes). Check the seasoning.

To serve, put the greens and meat in low soup bowls, then ladle over hot black-eyed peas. Sprinkle with scallions.



## **BOEUF BOURGUIGNON**

1 cup beef broth  
3 T all-purpose flour  
1 T tomato paste  
2 lbs. beef (round part)  
3 T olive oil  
1.5 cups finely chopped onions  
1 clove garlic, finely chopped  
1 cup burgundy wine  
1 bay leaf  
0.25 t thyme  
1 cup sliced mushrooms and 0.25 cup butter (if desired)

Blend flour, beef broth and tomato paste well and put aside. Cut meat in 1" squares. On medium-high heat, add olive oil in saucepan. Brown meat on every side, then take off and put aside. Add onions to saucepan and let cook until transparent then add garlic. Add mixture of flour/broth/tomato paste and bring to a boil stirring constantly. Incorporate wine and spices (leaf/thyme). Add meat, cover and let it simmer about 2.5 to 3 hrs or until beef is tender. Optional: in saucepan, sauté mushrooms in butter then add to meat about 15 minutes before serving. Yields enough for 4 people.

### **BOILED HAM (TANTE CECILE'S)**

1 ham (whole boned or de-boned)  
Celery with the leaves (or celery seed)  
Fresh parsley (optional)  
0.5 large onion (coarsely chopped with skin on)  
0.5 t whole cloves  
0.5 t ground mustard

Place the ham in a large pot and add just enough water to cover it. Add the celery leaves, parsley, onions, cloves, and mustard. Bring to a boil and let simmer for 20 to 30 minutes per pound.

### **BREAKFAST CASSEROLE**

8 eggs  
0.75 c milk  
1 c grated cheese (I use cheddar)  
1 c cooked sausage (or ham, bacon, broccoli, or anything you want!)  
Salt and pepper, to taste

Whip eggs and milk. Add seasonings and rest of ingredients. Grease casserole dish. Bake at 350 F for 15 to 20 minutes until set. Serves 4.

## **BREAKFAST TACOS**

4 yellow corn tortilla shells (about 9" diameter)  
3 eggs  
1 T Chorizo  
2 T onions, chopped  
2 T Poblano (or green bell) pepper, chopped  
2 T tomatoes, chopped  
0.5 avocado, chopped  
4 T shredded cheddar cheese  
Cholula hot sauce

Chop some onions, Poblano peppers, tomatoes, cilantro, and avocado. Lightly brown the tortillas on both sides. In a clean pan, heat the Chorizo until it is quite malleable and covers the pan as lubrication for the eggs. Crack the eggs directly in the pan, and lightly scramble them. Place eggs in the tortilla shells, and add hot sauce, shredded cheddar cheese, onion, pepper, tomato, and avocado. Yields two servings (of two tacos each).

### **BRUSCHETTA AL POMODORO**

4 Roma tomatoes, diced  
2 garlic cloves, chopped  
1 garlic clove, cut in half  
Salt and pepper (to taste)  
10 fresh basil leaves, chopped  
4 T extra virgin olive oil  
8 slices crusty Italian bread  
Extra virgin olive oil (to drizzle)

Combine tomatoes and garlic in mixing bowl. Season with salt and pepper (to taste). Add 0.5 of basil and 4 T olive oil. Drizzle both sides of bread with olive oil and grill lightly on both sides. Rub grilled bread with garlic and top with tomato mixture. Garnish with remaining basil. Serves 4.

## **BUFFALO WINGS**

12 chicken wings  
0.5 c olive oil  
Salt and pepper

Preheat oven to 350F. Separate the chicken wings into its three parts: wing tips, wingette, and drumette. You now have Buffalo wings. Discard the wing tip or use for chicken stock. Place the Buffalo wings in a parchment covered baking tray and generously season them with salt and pepper. Drizzle some olive oil and rub it all over the Buffalo wings. Bake for 35 to 45 minutes until brown and crispy. If more crispiness or browning is desired, broil for a few minutes at the end. Toss into a bowl with ~0.5 c Buffalo wing sauce and let sit for a few minutes.

### **BUTTER FRIED POTATOES (PMM RÔTIES DANS LE BEURRE)**

2 small potatoes  
0.5 T butter  
1 t rosemary  
1 clove garlic  
Salt (to taste)

First, don't worry about trying to figure out what Pmm stands for. It's a Canadian thing. And it's hardly a pronounceable "word." But you can try by closing your mouth, closing the flow to your nose (so you can't exhale) by closing the back of your throat, then releasing it quickly as you hum. So basically it's like a hum with a click at the beginning that sounds somewhat like a "P." Told you it was a Canadian thing.

Sauté the garlic in butter for about a minute. Add the potatoes and sprinkle with rosemary and salt (to taste). How easy is that? Yields enough for 2.

### **CABBAGE ROLLS (CIGARES AU CHOUX)**

For the stuffing:

6 cabbage leaves  
1 lb ground beef  
0.25 c onions, chopped  
0.25 c uncooked rice  
0.5 t salt  
1 egg, beaten  
0.25 c water

For the sauce:

3 c tomato juice (or V8)  
1 T lemon juice  
0.25 c brown sugar  
1 t salt  
0.25 t pepper  
1 pinch ground hot pepper  
1 clove garlic

Blanch the cabbage leaves to soften them: in a large pot, bring water to a boil and put leaves in for two minutes. Pull them out and rinse in cold water. An alternative method is to put a whole cabbage in the freezer for four hrs (no need to blanch). Mix the stuffing ingredients together in a bowl. Make six cigar shapes out of the stuffing. Put the stuffing on the cabbage leaves and roll, tucking the ends in. Put them in a casserole dish. Mix together the sauce ingredients and pour onto the cabbage rolls. Place in a 325F oven for 1.5 to 2 hrs.



## **CARNE ADOVADA**

1 T vegetable oil  
3 # pork butt or pork shoulder, well-trimmed of fat and cut into 1" pieces  
2 onions, chopped  
6 cloves garlic, chopped  
2 t salt  
1 T masa harina (corn flour)  
0.5 t freshly ground pepper  
1 c (8 oz) ground dried New Mexican red chiles  
6 c water or broth

Grind the chiles. I start by removing the stem and most of the seeds and membrane inside the dried chiles. The chiles then go in a food processor to get them broken down to smaller chunks, and then in an old coffee bean grinder to get them almost down to a powder.

Preheat oven to 350F. Heat a large pot (I prefer a dutch oven) over medium heat. Once the pot is hot, add the oil. When the oil is hot, add the pork pieces to brown them. Add only enough pork so the pieces are in a single layer and don't touch each other (you will likely need to do this in batches). The pork should sizzle the second it touches the pot (if it doesn't, remove it and wait for the pot to heat up). Cook the pork, undisturbed, until each piece is well-browned on one side, about 3 minutes. Turn and brown on all sides. Transfer the pork to a large bowl or plate and repeat with remaining batches as needed.

When all the pork is browned and set aside, add the onions, garlic, and salt to the pot. Cook, stirring frequently, until the onions are soft, about 3 minutes. Sprinkle the onions with masa or flour and pepper, and cook, stirring, until the raw flavor of the masa or flour cooks off (if you use flour it will smell a bit like pie crust), about 3 minutes. Add the ground chile and stir to combine. Add 4 cups of water and bring to a boil.

In a blender, whirl the chile mixture until smooth. You may want to do this in batches depending on the size of your blender. Return the chile mixture to the pot. Add another 1 cup of water and the browned pork. Bring everything to a boil, cover, transfer to the oven, and bake for 1 hour.

Take the pot out of the oven and stir the stew after the first hour. Add an additional 1 cup of water to the pot if the stew seems dry. Cover the pot and return it to the oven to bake until the pork falls apart when you try to cut it with a fork (and the sauce is thick), about 1 more hour. Serve the chile hot with some avocado and yellow corn tortillas.

### **CHICKEN/TURKEY POT PIE**

0.5 cup finely chopped onions  
1 T green pepper (if desired)  
2 T olive oil  
2 small cans Campbell's Healthy Request cream of chicken  
0.5 cup milk  
2 cups cooked chicken or turkey cut pieces  
0.75 cup cooked vegetables (such as peas and carrots, if desired)  
0.5 t salt  
1 pinch pepper  
1 egg yolk (for top)  
1 T milk (for top)  
1 pie crust recipe

Preheat oven to 425F. On medium-high heat, sauté onions and green pepper in olive oil until tender. Add other ingredients. Pour into bottom of pie crust and cover with top of remaining pie crust. Beat egg yolk with 1 T milk in cup and brush mixture on top of pie crust. Bake in oven 20 to 25 minutes or until crust is golden brown.

### **CHICKEN MASSAMAN CURRY**

2 14-oz. cans coconut milk  
2 to 5 T Massaman curry paste  
1 T fish sauce  
1.5 T brown sugar (to taste)  
1 cup chicken breast, cut into cubes  
0.5 cup carrots, sliced  
1 large potato, chunked  
0.5 cup onion, chunked  
0.25 t cardamom  
0.25 cup unsalted roasted peanuts  
Jasmine rice

In a wok, bring half a can of the coconut milk to a boil until the oil has surfaced. Add curry paste and stir-fry until fragrant. Add the fish sauce, cardamom, brown sugar, potatoes, and 1 can of the coconut milk. Reduce heat, cover, and let simmer for 5 minutes. Add the chicken, onions, carrots, and peanuts; cover and let simmer for about 15 minutes until tender. Add the remaining coconut milk and simmer briefly. Simultaneously prepare some jasmine rice as per package directions. Serves 2.

### **CHICKEN PANANG CURRY**

2 14-oz. cans coconut milk  
2 to 5 T Panang curry paste  
1 T fish sauce  
1 T garlic, chopped  
0.5 t brown sugar (to taste)  
1 cup chicken breast, cut into cubes  
0.5 cup carrots, sliced  
0.5 cup red and green peppers, sliced  
0.5 cup snow peas (or sugar snap peas)  
4 oz. (0.5 can) bamboo shoots  
3 kaffir lime leaves, julienned  
Jasmine rice

In a wok, bring half a can of the coconut milk to a boil until the oil has surfaced. Add curry paste and stir-fry until fragrant. Add the fish sauce, garlic, brown sugar, 1 can of the coconut milk, chicken, and vegetables. Reduce heat, cover, and let simmer for about 20 minutes. Add the remaining coconut milk and kaffir lime leaves and simmer briefly. Simultaneously prepare some jasmine rice as per package directions. Serves 2.

### **CHICKEN QUESADILLAS**

3 to 4 skinless and boneless chicken breasts  
8 flour tortillas (7 to 8")  
Salsa roja (enchilada sauce)  
Grated cheddar and mozzarella cheese

Boil the chicken until done. Cut into thin strips. Drop some salsa roja with a spoon on one tortilla. Add the sliced chicken breast, cheese and a little more (1 t) salsa roja. Cover with another tortilla. Grill quesadilla in a lightly oiled or buttered pan until lightly browned. Turn over and do the same to other side. The best way to do this is to cover the pan with another pan, and then flip both pans at the same time to turn the quesadilla over. Serve with rice (with chicken stock to flavor) and salsa or guacamole. Serves 4. (Note: once chicken is boiled, it can then be grilled).

## **CHICKEN TAQUITOS**

2 chicken breasts  
Salt and pepper  
1 packet of taco seasoning  
6 oz cream cheese  
0.25 c water  
1.5 c shredded cheddar cheese  
11 flour tortillas

Place the chicken breasts in a slow cooker. Add salt and pepper, taco seasoning, cream cheese, and water. Cook on high for 4 to 6 hours. When done, shred the chicken in the slow cooker. Then add the shredded cheddar cheese.

Meanwhile, grease a pan. Put the chicken mixture in flour tortillas. Roll the filled tortillas and place in the greased pan. Spray the taquitos with cooking spray and bake at 400F for 8 to 12 min.

### **CHICKEN YELLOW CURRY**

2 14-oz. cans coconut milk  
1 to 3 T yellow curry paste  
1 T fish sauce  
1 T brown sugar  
1.5 t salt  
1 cup chicken breast, cut into cubes  
1 large potato, cut into cubes  
0.5 cup carrots, sliced  
Jasmine rice

In a wok, bring half a can of the coconut milk to a boil until the oil has surfaced. Add curry paste and stir-fry until fragrant. Add the fish sauce, brown sugar, salt, potatoes, and 1 can of the coconut milk. Reduce heat, cover, and let simmer for 5 minutes. Add the chicken and carrots; cover and let simmer for about 15 minutes until tender. Add the remaining coconut milk and simmer briefly. Simultaneously prepare some jasmine rice as per package directions. Serves 2.

## CHILI

3.5# ground chuck  
1# ground pork  
0.5 c meat drippings  
1 c onion, minced  
4 cloves garlic, minced  
12 oz dark beer  
1 c tomato paste  
1 c water  
0.5 c beef stock  
3 T chili powder  
2 T ground cumin  
2 t Mexican oregano  
2 t smoked paprika  
1 t ground coriander  
1 t unsweetened cocoa powder  
2 T hot sauce  
2 T cornmeal  
2 T flour  
1 can kidney beans, with liquid (optional)

In a large soup pot over medium heat, cook and stir the ground chuck and ground pork until the meat is browned (~15 min), breaking the meat into crumbles as it cooks. Drain off the excess grease, reserving about 0.5 c, and cook and stir the onion and garlic until they begin to brown( ~10 min). Stir in the dark beer, tomato paste, water, beef stock, chili powder, cumin, oregano, smoked paprika, coriander seed, cocoa powder, hot sauce, cornmeal, flour, and kidney beans (optional) until thoroughly combined. Bring to a boil. Reduce heat to low and simmer, stirring occasionally, for 4 to 8 hours.

Note: Remove meat drippings and add another 12 oz dark beer instead. Also remove the flour and cornmeal so the chili is more liquid.



### **CHILI (WENDY'S)**

2 lbs. ground beef  
1 29-oz. can tomato sauce  
1 29-oz. can kidney beans (with liquid)  
1 29-oz. can pinto beans (with liquid)  
1 cup diced onion (1 medium onion)  
0.5 cup diced green chilies (2 chilies)  
0.25 cup diced celery (1 stalk)  
3 medium tomatoes, chopped  
2 to 3 t cumin powder  
3 T chili powder  
1.5 t black pepper (2 t for spicier)  
2 t salt  
2 cups water

For even spicier chili:

1 T cayenne pepper + 1 t black pepper OR 5 to 6 sliced jalapeño peppers

Brown ground beef in skillet over medium heat. Drain off the fat. In a large pot, combine the beef and remaining ingredients and bring to a simmer over low heat. Cook, stirring every 15 minutes for 2 to 3 hours. Top with shredded cheddar cheese. Yields 12 servings.

Note: try topped with chopped onions.

Note: wrap the chilies in gauze for the taste without the heat.

### **COCHON BUTCHER'S BOUDIN (NEW ORLEANS)**

2 lbs. boneless pork shoulder, cut in 1" cubes  
0.5 lb. pork liver, cut in 1" cubes  
1 small onion, chopped  
2 celery stalks, chopped  
1 poblano chile, chopped  
3 jalapeños, chopped  
6 garlic cloves, coarsely chopped  
4 T Kosher salt  
1 T ground black pepper  
1 T ground white pepper  
0.5 t curing salt (Prague powder #1)  
1 t cayenne  
1 t chili powder  
7 cups cooked white rice  
1 cup chopped fresh parsley  
1 cup chopped scallions  
4 to 6 feet sausage casings, rinsed (optional)

Combine pork, liver, vegetables and seasonings in a bowl. Cover, refrigerate and marinate for 1 hour or overnight. Place mixture in a large pot and cover the meat with water (by 1 to 2 inches). Bring to a boil, reduce heat, and simmer until the meat is tender, about 1 hour and 45 minutes.

Remove pot from the heat and strain, reserving the liquid. Allow the mixture to cool slightly, then put the solids through a meat grinder set on coarse grind (or chop with a knife).

Place the meat in a large bowl. With a wooden spoon or rubber spatula, mix in the rice, parsley, scallions and the reserved cooking liquid. Stir vigorously for 5 minutes. Mixture will look very wet, and it's spicy, but after poaching, the rice absorbs the moisture and much of the spice.

At this point, you can feed the sausage into the casings. Poach the links gently in hot (not bubbling) water for about 10 minutes, then serve. Alternatively, use the mixture as stuffing for chicken, or roll it into boudin balls, dredge in bread crumbs, and fry in hot oil until golden brown. Yields 4 lbs.

Note: to eat fresh, hot, poached boudin, bite into the link and use your teeth and fingers to pull the meat gently out of its soft casing (the casings are eaten only when the boudin is grilled or smoked, and they become crisp).

## **CRAWFISH STUFFED PASTA SHELLS**

For the shells:

2 # crawfish tails, chopped  
1 box jumbo pasta shells  
0.25 # butter  
1 c onions, minced  
0.5 c green bell peppers, minced  
0.5 c red bell peppers, minced  
3 T garlic, minced  
4 T Worcestershire sauce  
2 T Louisiana hot sauce  
Salt, to taste  
Creole seasoning, to taste  
2 eggs, beaten  
0.5 c Parmesan cheese, grated  
1 c Italian bread crumbs

For the sauce (or, just use canned Alfredo sauce or pasta sauce):

2 cans cream of shrimp soup  
0.5 c white wine

Preheat oven to 350F. Boil pasta according to package directions until al dente and set aside. Be careful not to overcook or pasta shells will fall apart. In a medium saucepan, melt the butter over medium-high heat. Add the onions and bell peppers. Saute 1 to 2 minutes or until wilted. Stir in the garlic and crawfish tails and heat thoroughly. Blend in the Worcestershire sauce, hot sauce, salt, and Creole seasoning. Remove from heat and allow to cool. Add eggs to crawfish mixture. Fold in Parmesan cheese and bread crumbs. Stuff each pasta shell with an equal amount of crawfish stuffing. Place shells in a 9"x13" baking pan. Cover with your favorite pasta sauce or alfredo. If desired, create a sauce by blending 2 cans cream of shrimp soup with 0.5 c white wine. Bake 15 to 20 minutes or until stuffing is completely heated.

## **CRISPY SALMON WITH NEW POTATOES**

4 thick salmon fillets w/ skin on  
10 small new potatoes  
4 green onions (sliced)  
Classic vinaigrette  
Cilantro (coarsely chopped)  
1 clove garlic (crushed and diced)  
Olive oil  
Salt and pepper (to taste)

Cut the cherry tomatoes in half and place in a bowl. Lightly season with salt, pepper, garlic, and olive oil. Place on a parchment lined baking sheet and cook at 350F for about 45 minutes or until the tomatoes are shriveled.

Remove skin from the potatoes and boil until fork tender. Heat some olive oil in a pan and briefly “fry” the potatoes. Crush the potatoes lightly with the back of a fork so that the olive oil is absorbed. Add the green onions and season lightly with salt and pepper. Pour a good amount of classic vinaigrette and mix. Finally, add the cilantro and lightly toss.

Place salmon skin-side-up on a cutting board and bend so that skin curves outward. Make 0.5 inch cuts about 0.25 inches apart on the skin. The closer they are, the crispier the skin will be. Season with salt, making sure to get some in the slits. You can also add thyme, rosemary or basil. Glaze with olive oil. Place skin-side-down in a pan containing olive oil that's just started to smoke. Press down to make sure that the entire skin is in contact with the pan. Season with salt and don't touch it! Once the salmon has cooked to about 0.66 of the way up the side (about 4.5 to 5 minutes), turn it over for a few minutes. Take off the heat, turn the salmon back over and leave it resting on its skin. Place the potatoes on a plate, the tomatoes surrounding them, and the salmon on top, skin-side-up. Glaze with classic vinaigrette and serve.

### **CROQUETTES DE JAMBON (HAM FRITTERS)**

1 cup ground cooked ham  
Pepper and salt (to taste)  
2 cups mashed potatoes (unsalted)  
Shake 'N Bake (plain) or bread crumbs

Prepare mashed potatoes as per recipe, but use no salt and no milk (unless croquettes can't be rolled). Mix mashed potatoes, ham, salt and pepper. Shape into balls, patties, cigars or whatever you like! Use your imagination! Cover with Shake 'N Bake (see directions on box). Bake at 400F on baking pan until brown.

## **CUBAN SANDWICHES**

1 pork shoulder (Boston butt)  
1 mojo marinade recipe  
Cuban bread  
Slices of ham  
Swiss cheese  
Dill pickles

### Marinade:

4 c orange juice  
2 c water  
0.5 c rice vinegar  
0.5 c spiced rum  
0.5 c kosher salt  
0.25 c brown sugar  
1 head of garlic, minced (or crushed)  
2 stems fresh oregano, diced  
2 stems fresh rosemary, diced  
2 stems fresh thyme, diced  
2 stems fresh sage, diced  
3 bay leaves

Remove a good bit of the top fat of the pork shoulder. Score the remaining top fat.

In a bowl, whisk the marinade and pour over the pork shoulder, fully submerging it. Cover and refrigerate for at least 12 hours.

When done, remove the marinated pork shoulder and pat dry. Pour the mojo marinade on top of the pork and give it a “shoulder” rub. Cover and refrigerate for at least two hours.

Place the roast on a wire rack on a rimmed baking sheet. Baste with the mojo marinade at the bottom of the baking sheet. Roast at 350F for about 2.5 hours, until the internal temp is 165F.

To serve, toast the inside of some Cuban bread in a pan with melted butter. Fry some sliced ham.

Place slices of roast pork on the toasted sandwich bread. Top with two slices of ham, two slices of Swiss cheese, and three thin slices of dill pickles. On the other half of the bread, smear some yellow mustard. Smear the top with soft butter, add some in a pan, and press the sandwich with another pan. Once nicely toasted, remove and slice on the diagonal.

## **EGG BURGERS**

4 eggs, scrambled  
4 hamburger buns  
Butter (to taste)

Grill the hamburger buns on the stove (or grill) until crusty and light brown. Place scrambled eggs on bun with a little butter. Yields 4 egg burgers.

### **EGG SALAD SANDWICH (MOM'S)**

12 jumbo eggs  
0.25 cup onions, finely chopped  
0.25 cup celery, finely chopped  
Salt and pepper (to taste)  
Mayonnaise (enough to hold mixture together, about 2 T)

Put eggs in a pot, add water to cover eggs and boil for 10 minutes. Remove from heat and discard boiling water. Add cold water (with ice) to the pot to cover eggs and let stand about 5 minutes. Peel eggs and mash them with a fork or in blender. Add onions, celery, salt and pepper, and mayonnaise. Mix well. Spread mixture on bread. Best if refrigerated a couple of hours before serving. Makes about 10 sandwiches (using 1 loaf of bread).



## **FAJITA PIZZA**

2 large burrito tortillas  
Pizza sauce  
Pizza toppings

Preheat oven to 450F. Spoon some pizza sauce on a burrito shell, top with your favorite toppings, cheese and bake until cheese begins to brown.

### **FIESTA CHICKEN**

0.5 cup green onions  
Butter (to sauté green onions)  
2 cups crushed goldfish crackers  
2 cups Mexican cheese (cheddar, mozzarella, jack)  
0.5 pint whipped cream  
4 skinless and boneless chicken breasts

Preheat oven to 350F. Sauté green onions in butter until transparent. Add cheese and cream. Crush goldfish crackers until consistency of thick sand and coat the chicken. Place chicken in baking dish and coat with onion-cheese-cream sauce. Bake for 45 minutes.

### **FRENCH BREAD PIZZA**

Spaghetti (or tomato) sauce  
Mozzarella cheese  
Pepperoni (and other toppings if desired)  
Olives stuffed with jalapeños and garlic (optional)  
1 loaf French bread (thicker than a baguette)

Cut the French bread at an angle into 0.75"-thick slices. Broil in the oven until very light brown. Spread spaghetti sauce on top of each piece of bread, and add the cheese, pepperoni, olives (if desired) and other selected toppings. Broil until cheese melts and begins to brown around the edges.

## **FRENCH POTATO GRATIN DAUPHINOISE**

1 garlic clove, halved  
2 T butter  
1.5 c whole milk (or half-and-half)  
1.5 c heavy cream  
1 egg  
1 cup shredded Emmenthaler, Gruyère, or Comté cheese (about 3.5 oz)  
1.5 t salt  
0.5 t freshly ground black pepper  
0.25 t grated nutmeg  
2.5 # Yukon Gold potatoes, peeled, thinly sliced, rinsed, and patted dry

Preheat the oven to 350F. Rub the inside of a 9"x12" baking dish with the garlic clove. Use 1 T of the butter to grease the dish.

Heat the milk and 0.75 of the cream in a large conventional saucepan until bubbles just begin to appear around the edge of the pan.

In a medium bowl, beat the egg lightly. Gradually whisk in the hot creamy milk in a thin stream to temper the egg. Add 0.75 c of the cheese, return to the saucepan, and cook over medium heat, stirring, for 3 to 4 minutes to melt the cheese. Season with salt, pepper, and nutmeg.

Add the potato slices to the sauce and stir to coat. Make sure that they are fully coated, so work with a few potatoes at a time. Transfer to the buttered gratin and spread out in an even layer (this is important!). Sprinkle the remaining 0.75 c of the cheese on top and dot with the remaining 1 T butter. Set in the oven, raise the heat to 400F, and bake for 1 hour.

When done, transfer the dish to a wooden surface or a folded towel to prevent cracking; let cool for 15 minutes. Loosen the sides of the dish with a flat knife and, brush the top of the gratin with the remaining 0.75 c heavy cream. Return the dish to the oven to bake for 15 minutes. Turn off the heat and let the gratin finish browning in the receding heat for 30 minutes longer.

## **FRIED TURKEY**

13 to 18 lb Turkey (thawed)  
3 to 4 gals. peanut oil  
1 lb. salt  
1 lb. brown sugar  
6 quarts hot water  
5 lbs. ice

In a construction-style cooler, mix the salt and brown sugar into the hot water. Let cool for 15 to 30 minutes; then add the ice. Prep the turkey (remove innards) and place in the cooler. Cover and let sit for 8 to 16 hours. Heat the oil (in a turkey fryer) to 250F. While the oil is heating, remove the turkey from the cooler, and pat completely dry with paper towels. Lower the turkey into the 250F oil, and continue to heat the oil on high heat until the temperature reaches 350F (about 20 minutes). Lower the heat to maintain this temperature. Once the turkey is half cooked, the oil temperature will want to rise quickly. Make sure to monitor this and reduce the heat as necessary. After ~30 minutes, check the temperature of the turkey. The goal is to have the turkey's breast temperature (away from the bone) at 151F. At this point, let the turkey hang and drain for at least 30 minutes to let the carry-over increase the turkey's temperature to 161F. Carve and serve.

### **FROGMORE STEW (LOW COUNTRY BOIL)**

1.5 # shrimp (~0.33 # per person)  
10 small red potatoes (~2 per person)  
1.25 # sausage (~0.25# per person), cut into 1" pieces  
3 ears corn (~0.66 ear per person), shucked and cut into thirds  
1 large onion  
Old Bay seasoning  
3 bay leaves  
Salt (to taste)  
1 can of cheap lager

Fill a large pot half full of water and start bring to a boil. Feel free to add a can of cheap beer to the boil. When the water is warm, add salt until briny; then add a generous portion of Old Bay and bay leaves. Cover the pot and bring to a boil.

Meanwhile, half or quarter the potatoes and onion (depending on size). Once the pot comes to a boil, crack the lid and place your nose next to the opening (but not close enough to get burned) and sniff. If you sneeze, the Old Bay is perfect. If your nose tickles, it's still good (but I'd add more). Once the water is right, add the potatoes and onion, then cover and boil for 10 minutes. Add the sausage, and cover and boil for 5 to 6 more minutes. If you use hot sausage and want some of the hot pepper grease to get in the mix, let the sausage go a little longer.

Add the corn, and cover and boil for 5 more minutes. Add the shrimp, cover for about 3 minutes, then remove cover and watch the shrimp. When they start turning pinky-orange and float to the top, they are ready. This can take a couple of minutes more depending on your stove, pot, and the amount of other stuff you have in the pot. I also stir it a little to make sure all are done.

Drain the water and serve on table spread with newspaper (or in bowls). Feeds ~4.

## **GARLIC BREAD**

1 baguette French bread  
5 medium cloves garlic, chopped or crushed  
1 stick butter  
1 t oregano

Cut bread into 0.5" to 0.75" slices. Broil bread in oven on both sides until very light brown. Melt butter and garlic in microwave. Add oregano, mix well, and put in microwave for another 10 seconds. Mix again. Spoon garlic-butter mixture on bread slices making sure there is enough garlic bits on each slice and that the melted butter covers each slice. Broil again until garlic-butter mixture slightly boils and bread is golden brown.

### **Version 2:**

1 baguette French bread  
Garlic cloves from 40 cloves and a chicken recipe  
Oregano

Similar to above, but instead brush garlic infused oil from 40 cloves and a chicken recipe onto toasted bread. Then crush and brush a clove of garlic (also from the 40 cloves and a chicken recipe) on each piece. Sprinkle a little oregano on each piece.

### **GARLIC SPAGHETTI**

1 lb. spaghetti noodles  
0.5 cup onions, diced  
3 cloves garlic, minced  
1 T olive oil  
1 t oregano  
1 can clams or shrimp (optional)

Boil spaghetti noodles until "al dente". Cook onions and garlic in olive oil until tender. Once pasta is done, add garlic, onions, olive oil and oregano. If needed, add more olive oil. (Note: add clams or shrimp if desired; clams may require less olive oil).



## **GRILLED FISH TACOS**

1 medium red onion, thinly sliced  
0.5 c cider vinegar  
0.25 c sugar  
Salt  
7 T fresh lime juice  
0.5-1 c cilantro, chopped  
Olive oil  
1.25# (1" thick) skinless Mahi Mahi, halibut, cod, or other tender fish  
1 c sour cream (or crema)  
1-3 T taco seasoning  
5 radishes  
1 to 2 firm-ripe avocados  
12 corn tortillas (yellow preferred)  
0.5 cabbage, thinly sliced

Heat the vinegar, sugar, and 0.5 t salt in a saucepan until the sugar has dissolved. Remove from heat and stir in the onion. Let stand for ~30 min.

Meanwhile, stir 4 T lime juice together with 0.25 c cilantro, oil, and 0.5 t salt. Add fish and toss to coat, then marinate at room temp for ~15 min.

Meanwhile, whisk together the sour cream, 0.5 t salt, 3 T lime juice, and taco seasoning to make the sauce.

Thinly slice the radishes. Halve, pit, and peel the avocados, then cut into slices.

Grill the fish until browned and cooked through but tender. Meanwhile, lightly grill or steam the corn tortillas (the best way is to wrap the tortillas in foil and warm, turning once).

Drain the onions.

To setup, place a tortilla on a plate. Add a bit of the cabbage, marinated onions, and fish. Top with some sauce, avocados, radishes, and cilantro.

## GUMBO

0.75 c olive oil  
1.5 c flour  
1 large onion, chopped  
1 t garlic, minced  
2 c Andouille sausage, sliced in chunks  
2 to 3 lbs chicken (including the gizzards), cut into small parts  
2.5 T Worcestershire sauce  
1.5 t Louisiana hot sauce  
2.5 t salt  
4 c water  
4 c Sauterne white wine  
File powder

In a cast iron dutch oven, combine oil and flour on medium heat. Stir the mixture constantly and slowly until it browns (like chocolate). When the roux is done, add the onion. Once the onion has cooked clear, add the garlic, and then whisk in the water. Increase the heat a little to let the mixture simmer. Next, stir in the Worcestershire sauce, hot sauce, and add the Andouille sausage. Now add the chicken. Finally, add the wine and salt. Stir together and cook until the chicken is falling off the bone.

Let cool and refrigerate overnight. When ready to serve, bring to a boil and let simmer for an hour. Serve it with hot cooked rice and file powder (optional).

## **GUMBO (CHUCK'S)**

4 to 5 chicken thighs (skin on and bone in)  
1 to 1.5 # smoked sausage (like Andouille or a quality substitute), sliced to 0.25" to 0.5" thick  
2 T oil  
2 T garlic, minced  
0.5 c oil  
0.5 c flour  
1 medium onion, chopped  
2 bell peppers, chopped  
4 to 5 stalks celery, chopped  
3 bay leaves  
6 to 9 cups liquid (such as homemade chicken stock)  
1 t cayenne pepper (more or less to taste)  
0.5 t file powder (optional, to thicken)  
parsley, for garnish (fresh is preferred, but dried is OK)

Dust the chicken thighs with Creole seasoning. Begin with a pot large enough to hold 3 quarts (12 cups) of liquid. Start by browning the chicken thighs in 2 T oil over medium high heat (about 10 minutes). Remove to a plate. Brown sausage in the chicken bits and left over oil. Remove to a plate.

Add 0.5 c oil to the pot and stir to heat (you'll be stirring for the next 45 minutes to an hour, so get comfy). Reduce heat to medium and slowly whisk in the 0.5 c flour and stir constantly to form the roux. The roux is done when it has the color of milk chocolate. I've given up on occasion at the chocolate milk stage and the gumbo REALLY lacks flavor. It's important to commit to milk chocolate – that's where you get the best flavor. Things get warm at this stage because there's very little in the pot to dissipate the heat, so depending on your tolerance to pain, you can use an oven mitt to hold the whisk. Also, any left over chicken bits may cause the whisk to catch, causing splashing of the extremely hot oil-flour mixture, so be careful!

After roux hits the milk chocolate stage, add the onion, peppers, and celery at the same time. You can nudge the heat back up to medium high and sweat the vegetables until the onions begin to turn pale (about 5 to 8 minutes). Add the bay leaves and the sausage, and cook for five minutes.

Add the liquid and bring to a boil. Then, add the chicken. Drop the temp to medium low and simmer (uncovered) for four hours, stirring occasionally.

Remove the chicken, any chicken skin that may have separated, and any bones or cartilage tips that may have separated. De-bone the chicken meat and shred (discarding the bones, skin, and cartilage). Return the chicken to the pot and simmer (uncovered) for another 2 hours.

45 minutes before serving, prep a couple of cups of rice (typically 25 minutes to steam). If adding shrimp or okra to the gumbo (sacrilege!), do it now. 5 minutes before serving, add the file powder and stir.

Serve hot over rice with parsley to garnish

### **HASSELBACK CHICKEN**

2 boneless chicken breasts  
4 oz pepper jack cheese, sliced into 0.25" slices  
0.5 c cooked spinach (or thawed from frozen)  
1 T seasoned bread crumbs  
0.5 T Cajun seasoning  
Salt and pepper, to taste

Preheat oven to 350F. Make slits into each breast about 0.75" apart, being careful not to cut all the way through. Season the chicken with salt and pepper, then stuff each slit with a slice of cheese and some spinach. Combine the bread crumbs and Cajun seasoning, and sprinkle evenly over the chicken. Place each breast onto its own lightly greased sheet of aluminum foil. It helps to shape each sheet into a small bowl so the juices are contained. Bake for 30 minutes or until the chicken is cooked through.

## **JAMBALAYA**

1 # chicken breast  
1 # Andouille sausage  
1 large onion  
1 large bell pepper  
1 28-oz can diced tomatoes  
3 cloves of garlic  
2 c chicken broth  
1 t Creole seasoning  
1 t thyme  
1 t oregano  
1 # shrimp  
1.75 c rice

Add all of the ingredients (except the shrimp and rice) and cook in a crock pot on low for five hours.

When done, add the shrimp and rice and cook on high for 30 minutes.

### **KELLY'S KICKIN' POZOLE**

2 fresh poblano chili peppers  
8 slices thick cut bacon, chopped  
1 # pork loin, cut into 0.5" cubes  
1 onion, diced  
10 cloves garlic, minced  
3 jalapeño peppers, seeded and diced  
1 t dried Mexican oregano  
2 t ground cumin  
1 t New Mexico (or ancho) chili powder  
0.5 t cayenne pepper  
1/2 t kosher salt  
1 bunch cilantro, chopped  
8 cups chicken stock  
1 (14.5 ounce) can medium or hot red enchilada sauce (I prefer Hatch brand)  
2 (29 ounce) cans white hominy, rinsed and drained

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Place the poblano chiles cut-side-down onto the baking sheet. Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to sweat as they cool, about 20 minutes. Once cool, remove the skins and discard. Dice the chiles.

Cook and stir the bacon in a large pot over medium heat until it has released its fat and is beginning to crisp, about 5 minutes. Drain the bacon on a paper towel-lined plate, and discard all but ~2 T of bacon grease from the pot. Increase the heat to medium-high, and add the pork loin cubes. Cook, stirring occasionally until browned on all sides, about 5 minutes. Remove the pork from the pot, and reduce the heat to medium. Stir in the onion and garlic; cook and stir until the onion has softened and is beginning to turn brown, about 5 minutes.

Stir the roasted poblano chiles, jalapeño peppers, oregano, cumin, New Mexico chili powder, cayenne pepper, salt, and cilantro into the onions; cook for 1 minute. Pour in the chicken stock and enchilada sauce. Stir in the bacon and pork cubes, and bring to a simmer over medium-high heat. Reduce heat to medium-low, cover, and simmer 1 hour. Stir in the hominy, recover, and continue cooking 1 hour more until the pork is very tender.

Garnish with sliced radishes, avocado, and crema.

## **LASAGNA**

1 lb. (20 pieces) Lasagna noodles  
1 "Spaghetti Sauce" recipe  
1 lb. grated mozzarella cheese

Boil the noodles until "al dente". Place some spaghetti sauce on the bottom of a casserole dish. Place a layer of noodles, then some spaghetti sauce and finally some grated mozzarella cheese (not completely covering the sauce). Continue layering more noodles, sauce and cheese for a total of 4 to 5 layers. The final layer of cheese should cover the top fairly well. Place in a 350F oven for 30 to 35 minutes (45 minutes if cold), until lasagna is boiling and center is hot (poke with a knife to check).

### **LATIN STYLE TOMATO AND ONION SALAD**

3 medium tomatoes  
1 medium white onion  
Salt and pepper

Cut the onions into thin but long slices. Put in a bowl, add water to completely cover them and sprinkle liberally with salt. Mix and let sit for 15 minutes. Drain the onions and repeat once or twice more with more water and salt. This process helps to reduce their strength and draws the liquid out. Cut the tomatoes into chunks and place in a bowl. Add the drained onions, salt and pepper (to taste), and mix. Refrigerate for at least 2 hours (overnight is better). Serves 4.



### **LEMON PEPPER BAKED FLOUNDER**

2 # flounder filets  
2 T grated lemon rind  
1 T extra virgin olive oil  
1.25 t black peppercorns, crushed  
0.5 t salt  
2 garlic cloves, minced

Preheat oven to 425F. Combine the lemon rind, olive oil, peppercorns, salt, and garlic. Place filets on a parchment paper covered baking tray and rub the mixture evenly over them. Bake for 8 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges is desired.

## **LOBSTER MAC AND CHEESE**

0.5 lb. cavatappi or elbow macaroni  
2 cups milk  
4 T unsalted butter  
0.25 cup all-purpose flour  
6 oz. (2 cups grated) Gruyere cheese  
4 oz. (1 cup grated) extra sharp cheddar cheese  
0.25 t black pepper  
0.25 t nutmeg  
1.5 t Kosher salt  
0.75 lbs. cooked lobster meat  
0.75 cups white bread crumbs (2 to 3 slices w/out crust)  
Vegetable oil

Preheat oven to 375F. Cook pasta "al dente" in boiling salt water with a drizzle of vegetable oil. Drain well. Meanwhile, heat the milk in a small saucepan, but don't boil. In a large pot, melt 3 T of butter and whisk in the flour. Cook on low heat for about 2 minutes, stirring with a whisk. Still whisking, add the hot milk and cook for a minute or two more until thickened and smooth. Off the heat, stir in the cheeses, salt, pepper, and nutmeg. Add the cooked macaroni and lobster and stir well. Place in individual gratin dishes. In a small pan, melt the remaining 1 T of butter. Add the bread crumbs and combine off the heat. Sprinkle the crumbs on top of the mac and cheese. Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is well browned on the top. Serves 3 to 4.

Note: I've tried snow crab instead of lobster and it's great!

## **MAC AND CHEESE**

10.5 oz dried penne rigate or macaroni  
0.33 pt heavy cream  
3.5 oz strong cheddar cheese, grated  
3.5 oz Gorgonzola cheese, cut into small chunks  
0.5 t paprika  
2 mozzarella balls (not buffalo mozzarella), drained and cut into chunks  
3 egg yolks  
5.3 oz frozen peas, defrosted  
3.5 oz Parmesan cheese, grated  
Salt, to taste

Preheat the oven to 400F. Cook the pasta in boiling water with a bit of salt until al dente, stirring every minute or so. To get the al dente perfect bite, cook the pasta for 1 minute less than indicated in the packet instructions. Drain and return the pasta to the same pan. Away from the heat, pour in the cream, along with the cheddar and Gorgonzola cheeses, then put the saucepan back over a very low heat. With a wooden spoon, mix the ingredients together for ~30 seconds. Take the pan off the heat again and add the paprika, mozzarella, egg yolks, peas, and half of the Parmesan cheese. Season with a little salt and stir everything together for ~30 seconds. Pour the pasta into a 10" round ovenproof dish (or similar sized rectangular one) with sides at least 2" deep. Sprinkle the top with the remaining Parmesan (and optionally sprinkle a little more paprika). Bake in the middle of the oven for ~20 minutes until it is bubbling and blistering on top. Leave the macaroni to rest out of the oven for 3 minutes before serving.

## **MASHED POTATOES**

4 large potatoes  
1 small onion, chopped  
1.5 t butter  
Salt (to taste)

Peel and cut potatoes into chunks. Boil with salt and onion until very tender. Mix potatoes, onion, and butter with mixer until smooth (no chunks). Add milk if necessary, a little at a time.

## **MEAT LOAF**

2 lbs ground beef  
1 envelope Lipton's Beefy onion soup  
1 egg beaten  
0.5 cup ketchup  
0.5 cup bread crumbs  
Pepper (to taste)

Preheat oven to 350F. Mix all ingredients together and shape into a loaf. If too thin, add more bread crumbs. Put on a baking pan and bake for an hour (30 minutes in the microwave) until meat is cooked. Serve with ketchup or tomato sauce. (Note: if texture seems too wet, add more bread crumbs but don't let it become too dry).

### **MEDITERRANEAN ROASTED LEG OF LAMB WITH RED WINE SAUCE**

1 6# leg of lamb (with bone)  
1 t fresh rosemary, minced  
2 cloves garlic  
1 t olive oil  
6 sprigs rosemary  
2 c dry red wine  
1.5 T cornstarch  
Salt and pepper

Preheat oven to 400F. Unroll roast, trim fat, then spread minced rosemary, salt, and garlic. Reroll the roast and secure well with heavy string. Sprinkle with salt and pepper, and drizzle with olive oil. Secure rosemary sprigs under the string. Place the roast on the rack of a broiler/roasting pan, insert meat thermometer into the thickest portion, and bake for 1 hour. Increase temp to 425F and bake 20 more min or until thermometer registers 140F (medium rare) to 155F (medium). I prefer 145F. Place roast on a platter, cover with foil, and let stand 10 min. Remove string and rosemary sprigs before slicing.

Remove rack from pan. Add 0.5 c wine to the rack and scrape to loosen the brown bits. Add this to a saucepan and 1 c wine. Bring to a boil and cook for 5 min. While this occurs, in a bowl combine 0.5 c wine and the cornstarch. Add to the saucepan along with salt. Return to a boil and cook for 1 min or until thick, stirring constantly. If necessary, salt to taste. Serve with the lamb.

## **MEXICAN CASSEROLE**

1 lb. lean ground beef, browned  
1 can condensed cream of mushroom soup  
1 can condensed cream of chicken soup  
1 cup enchilada sauce, mild  
1 cup milk  
1 4-oz. can chopped green Chile peppers  
1 bag (medium) Doritos, coarsely crushed  
Salt and pepper (to taste)  
Shredded Mexican cheeses (cheddar, mozzarella, jack)

Preheat oven to 350F. Mix ground beef, soups, enchilada sauce, milk, peppers, and approx. 0.75 of the crushed Doritos together. Top with remaining crushed Doritos and shredded cheese. Bake for 25 minutes. Serves 6.

### **MONSTER CHICKEN FAJITA CRUNCH WRAP**

3 mixed bell peppers, sliced  
2 red onions, sliced  
4 chicken breasts, cut into chunks or strips  
0.5 T paprika  
0.5 T cumin  
0.5 t cayenne  
1 t garlic powder  
0.5 T salt  
3 T olive oil  
7 large fajita tortilla wraps  
2 c cheddar cheese  
2 handfuls of Doritos or tortilla chips  
0.25 c green onions  
0.25 c cilantro

Place the peppers, onions, and chicken in a bowl. Add paprika, cumin, cayenne, garlic powder, salt, and olive oil. Mix, place in a roasting pan, and bake at 425F for 20-30 min. Remove from the oven. Rub some oil in a large skillet (or use Pam). Line five fajita tortilla wraps around the edge of the skillet, leaving a decent hole in the center. Cover the hole with a sixth fajita tortilla wrap (this one can be a bit smaller). Sprinkle 1 c of the cheddar cheese and about half of the pepper/onion/chicken mix. Add the tortilla chips or Doritos and the remaining pepper/onion/chicken mix. Sprinkle the green onions, cilantro, and the remaining cheddar cheese. Cover the skillet with the remaining fajita tortilla wrap and fold the five outer wraps over the top. Press down for a bit so that they stay in place. Bake at 375F for 30 min.



## **MONTREAL SMOKED MEAT**

For the cure:

- 1 c Kosher salt
- 3 T ground black pepper
- 3 T ground coriander
- 1 T pink salt (Prague Powder #1)
- 1 T sugar
- 1 t ground bay leaf
- 1 t ground cloves
- 1 whole brisket, around 12-14 pounds, fat cap trimmed to ~0.25"

For the rub:

- 3 T coarsely ground black pepper
- 1 T ground coriander
- 1 T paprika
- 1 T garlic powder
- 1 T onion powder
- 1 t dill weed
- 1 t ground mustard
- 1 t celery seed
- 0.5 t crushed red pepper

On day T-11:

To make the cure, in a small bowl mix together the salt, pink salt (Prague Powder #1), black pepper, coriander, sugar, bay leaf, and cloves (this is best done with a whisk). Coat the entire brisket and place in an extra-large resealable plastic bag. Place in the coldest part of the refrigerator and cure for 9 days, flipping the brisket twice a day.

On day T-2:

On the 10th day, remove the brisket from the bag and wash as much cure off as possible under cold running water. Place the brisket in a large container (e.g., a cooler), fill with water, and let soak for at least two hours (three hours is best), replacing the water every 30 minutes. Remove from the water and pat dry with paper towels. To make the rub, mix together the black pepper, coriander, paprika, garlic powder, onion powder, dill weed, ground mustard, celery seed, and crushed red pepper in a small bowl (again, this is best done with a whisk). Coat the entire brisket with the rub, wrap in aluminum foil, and refrigerate overnight.

On day T-1:

Smoke the brisket for 4 to 5 hours at 250F. Wrap the brisket in aluminum foil and place in the oven at 250F for another 4 to 6 hours (target internal temperature is 165F). Let cool to room temperature and refrigerate overnight.

On devour day:

Unwrap the brisket and transfer it to large roasting pan with a v-rack (or similar). Fill with ~0.5" of water and place in the oven at 250F for 3 to 5 hours (target internal temperature is ~180-185F). Check the tenderness with a toothpick. Transfer the brisket to a cutting board and let cool slightly. Slice against the grain and serve on lightly toasted Montreal (or Brooklyn) rye with mustard.

### **Version 2**

- 1 beef brisket (3 to 7 lb)
- 1 gal. water
- 6 oz. Kosher salt
- 2 oz. Prague powder (#1)
- 2 oz. powdered dextrose (corn sugar)
- 2.5 oz. (+4 T) pickling spices\*, divided
- Rye bread (for serving)
- Yellow mustard (for serving)

Trim the brisket of most of the fat (or to your level of fattiness). In a container, add the water and dry ingredients. Mix well. Place the brisket (fat side down) in the container. Make sure to completely submerge it with the brine (place a bowl upside down on the brisket to keep it weighed down) and leave in the refrigerator for about 5 days (at least 4). Remove the meat from the brine, rinse, and rub with 4 T pickling spices (lightly crushed). Place the meat in a smoker for 2 hours at 250F with maple wood chips. Remove from the smoker and place in a pan with 2 cups of water or apple juice. Wrap with

aluminum foil and bake in the oven for 3 hours at 250F (or until the internal temperature gets to 200F). Remove from the oven, slice, and enjoy with rye bread and mustard.

\*or Montreal spices

## **NEW ORLEANS BBQ SHRIMP**

(see [http://www.mrbsbistro.com/recipes\\_shrimp.php](http://www.mrbsbistro.com/recipes_shrimp.php))

16 jumbo shrimp (12 per pound, about 1 1/2 pounds), with heads and unpeeled  
2 T fresh lemon juice (about 2 lemons)  
2 t ground black pepper  
2 t cracked black pepper  
2 t Creole seasoning  
1 t minced garlic  
0.5 c Worcestershire sauce  
3 sticks cold unsalted butter, cubed  
French bread as accompaniment

In large skillet combine shrimp, lemon juice, black peppers, Creole seasoning, garlic and Worcestershire. Cook over moderately high heat, tossing and moving shrimp until they turn pink, about 1 minute on each side.

Reduce heat to moderate and stir in the butter, a few cubes at a time, stirring constantly (but gently). Add more only when the butter is melted.

Remove skillet from heat. Place shrimp in a bowl and pour sauce over top.

Serve with crispy French bread for dipping. Yields enough for 2.

### **OVEN ROASTED CHERRY TOMATOES WITH MOZZARELLA**

1 lb. cherry tomatoes  
2 T olive oil  
1 clove garlic (crushed and diced)  
Salt and pepper  
2 sprigs fresh thyme  
Fresh mozzarella

Preheat oven to 350F. Halve the tomatoes in a bowl. Add olive oil, salt, pepper, garlic, and thyme. Toss and place on parchment lined baking sheet. Roast for 45 minutes or until shriveled. Sprinkle on some fresh mozzarella.

### **PAN SEARED SIRLOIN STRIP**

2 sirloin strip steaks  
Sesame oil  
1 T butter  
Salt and pepper (to taste)

Take the steaks out of the refrigerator a few hours prior to cooking so that they are at room temperature. Heat a pan large enough to fit both steaks with extra room to spare. When the pan is hot enough, add some sesame oil; the oil should smoke slightly. Generously salt and pepper both sides of the steaks and place in the hot pan. Cook for 2.5 minutes and turn the steaks. Add a few chunks of butter to the pan and coat the steaks when melted. Cook for about another 2.5 minutes (for medium-rare) to about 3 minutes (for medium). The key is not to keep turning the steaks! Medium-rare steak feels like the inside of your palm near the thumb or like your cheek; medium steak feels like the outside of our palm near the thumb or like your chin; well-done (toast) feels like the edge of your palm and wrist or like your forehead. When done, remove from the pan and place on a plate to rest for 3 minutes. Spoon a bit of the butter/oil over the steaks prior to resting. Once rested, serve as is or sliced (at an angle on the short side), but make sure that the slices are not too thin or the steaks will cool too quickly.

Note: goes rather well with stuffed crabs.

### **PARMESAN CRUSTED BAKED FLOUNDER**

2 # flounder filets  
Salt and pepper  
0.75 c grated Parmesan cheese  
0.5 c coarse fresh bread crumbs  
4 T unsalted butter, melted  
2 T extra virgin olive oil

Preheat oven to 425F. In a large baking dish, generously season the flounder filets with salt and pepper. Mix the parmesan with the bread crumbs, melted butter, and olive oil. Sprinkle over the filets. Bake for 15 minutes, or until the fish is cooked and the topping is golden brown. Let stand for 5 minutes before serving. Serve with dirty rice and roasted asparagus.

## **PEPPER TUNA**

1 part peanut oil  
0.5 part sesame oil  
1 sushi grade tuna  
Sesame seeds  
Fresh ground pepper  
Ponzu sauce  
Green onions

Cut tuna into pieces 1.5" by 2.5" square and as long as possible. Season with a good amount of pepper and sesame seeds. Sear in the peanut/sesame oil combination on high heat for about 10 to 30 seconds on each side so that the edges are seared but the center is raw. Slice tuna into 0.25" slices and plate. Pour a nice amount of Ponzu sauce on top of the tuna, and sprinkle some green onions.

### **PERFECT SOFT-BOILED EGGS (JAMES BOND'S)**

Extra large eggs

Boil enough water to completely cover eggs. Poke a hole on one side of each egg. Boil for 4.5 minutes. Remove from water quickly and let sit for about 1 min before eating. It helps to take the eggs out in the order you put them in. To help with this, you can number them with a Sharpie marker.



## **PORK BELLY**

(With some help from <https://randomlyedible.com/tag/pork-belly/>)

5 # fresh pork belly, skin on  
1 t Prague powder #1 (pink salt)  
0.25 c Kosher salt (or 0.125 c table salt)  
0.25 c brown sugar, packed  
0.25 c maple syrup

You will also need a 2.5 gallon jumbo ziploc bag.

Rinse the pork belly with cold water, pat dry with paper towels, and put it in the 2.5 gallon jumbo ziploc bag. Whisk together all of the dry ingredients in a small bowl. Note that Kosher salt measures differently than table salt does. A good general rule is that you should double the measure when using Kosher instead of table salt – or halve it when going the other way. If you want your bacon a little on the salty side, allow the measuring cup to heap a little bit; otherwise, make sure it's a level scoop. Dump the dry ingredients into the ziploc bag right onto the belly and add the maple syrup as well.

Seal the bag and rub the ingredients around until the belly is completely covered. You might be thinking that it's a pain to try and rub the ingredients on inside the bag – and you would be correct. You might also think that it would be a better idea to apply the rub before putting the belly in the bag – and you would be wrong. Remember that it's important to apply exactly the correct amount of cure to the meat; if we rub the cure on first, we're going to lose a good amount on our hands and on our working surface (meaning the bacon will turn out under-cured). Applying the rub inside the bag also helps ensure the correct saltiness (and maple-y-ness) of the finished product. It only takes an extra minute or two, so stop complaining and get to work.

Once the belly is covered, lay it flat in the refrigerator and let the cure do its thing. Every day or two, flip the belly over and give it a pat and a rub to help make sure the cure is distributed evenly.

After about a week (say 1 day per pound), your bacon is cured. Remove the cured belly from the ziploc bag, rinse it thoroughly, and pat it dry with paper towels. Some people recommend letting it hang dry in the fridge for as long as two or three days in order to form a magical barrier-like thing called a pellicle that somehow simultaneously holds in juices, allows for even cooking, and makes smoke flavor “soak in better.” Gently warming your cured belly in a 100 F oven for an hour is supposed to do the same thing. I have never beheld the forming of this mystical meat coating myself, but I'm not about to argue with an entire Internet full of other self-titled experts who say it's for real. Personally I don't bother with pellicle summoning (or whatever the activity is called), and my bacon still rocks. Do it if you feel it's a worthwhile step; otherwise, don't. Your call.

Smoke the belly, as slowly as possible, until the internal temperature reaches 150 F. Set the smoker temperature to 200 F (or as close as you can get it), use apple wood chunks or chips, and smoke the cured belly skin side up. Once the belly reaches an internal temperature of 150 to 155 F, remove it from the smoker and allow it to cool. Remove the skin while it's still warm and stick it in the freezer for later use. That salty, smoky pig skin has all sorts of fabulous uses (e.g., chitlins, flavoring soups and beans, etc), so definitely don't just throw it away.

What you do from here is now completely up to you. You can slice your bacon, cut it into chunks and give it away to friends, freeze it, chop it into bits and make lardons, use it as a pillow, etc. In my opinion, the very best option is to slice some of it up and make BLT sandwiches for dinner while you decide what to do with the rest. There are no bounds to what you and your bacon can accomplish together. I like to slice it super thick (like 1.5”) and smoke that for another few hours. This will render the fat nicely, and the bacon will literally melt in your mouth. Slice into chunks and place on a bed of sauteed kale (with garlic) – then drizzle on some honey.

### **PORK FRIED RICE**

0.25 c carrots, diced  
0.25 c peas  
2 green onions, sliced  
1 c cooked rice  
1 c cooked pork, diced  
1.5 T soy sauce  
Garlic powder, salt, and pepper (to taste)  
1 pinch ginger powder (optional)  
2 eggs  
0.25 c cilantro

Sautee the carrots and peas in olive oil until crisp-tender. Add most of the green onions (reserving a few for garnish), rice, pork, soy sauce, garlic powder, salt, pepper, and ginger powder; stir. Push the rice to the side, add a bit of olive oil and cook the eggs until scrambled. Mix everything together, and add the cilantro and reserved green onions right before serving.

## **PORK LOIN STEW**

1 2 lb. pork loin roast  
5 oz. bottle of steak sauce (A1)  
1 packet of onion soup mix  
1 can of cream of mushroom soup  
Red-skinned potatoes, cut into chunks  
Baby carrots  
Celery  
Mushrooms, sliced (optional)  
Onions, cut into chunks

Preheat oven to 400F. Line a baking dish with aluminum foil and place roast in center of dish. Sprinkle packet of onion soup mix on top of roast. Pour steak sauce on top of soup mix, followed by the cream of mushroom soup (do not add water). Place vegetables around the roast. Cover with aluminum foil and bake until center of roast is no longer pink, or until the roast comes apart easily when probed with a knife or fork. This usually takes approx. 1 to 1.5 hours.

## **PRIME RIB**

5 # prime rib  
4 cloves garlic, smashed and peeled  
3 sprigs fresh rosemary  
1 stick butter

For the au jus:

3 T butter  
2 shallots, finely chopped  
2 cloves garlic, minced  
1.25 c ruby port  
4 c beef stock  
Salt and pepper (to taste)

For the horseradish sauce:

1 c sour cream  
0.25 c prepared horseradish  
1 T dijon mustard  
1 T fresh chives, chopped  
Salt and pepper, to taste

Prepare the horseradish sauce ahead of time by mixing all of the ingredients. Refrigerate for at least 2 hours. Take it out 30 minutes before serving the prime rib.

In a saucepan, saute the garlic and rosemary in the butter. Place the prime rib and the butter sauce in a foodsaver bag and vacuum seal. Sous vide the prime rib at 135F for 6 to 7 hours. Remove from the bag and let rest for 15 minutes. Place in a 400F oven for 15 to 20 minutes until browned on the outside. Let rest for 15 minutes.

Make the au jus by first melting 2T of the the butter. Then, saute the shallots and garlic until soft and tender (about 4 minutes). Pour in the contents of the sous vide bag after cooking the prime rib, port and beef stock and simmer for about 30 minutes – until you have about 2 cups of au jus. Whisk in the remaining 1 T of the butter.

## QUICHE

1 savory pie dough recipe  
6 large eggs  
2 cups half and half or heavy cream  
0.5 t oregano  
0.5 t basil  
0.75 t salt  
Pepper (to taste)  
Parmesan (or ricotta) cheese, shredded  
2 large leeks (sliced)  
4 to 5 green onions (sliced)  
8 small broccoli heads, steamed until a little crunchy (optional)  
Extra sharp cheddar cheese, shredded

Pre-bake the dough by covering it with aluminum foil, weighing it down with beans or pie weights, and baking in a 425F oven for about 20 minutes. Thoroughly mix the eggs, half and half (or cream), oregano, basil, salt, and pepper in a sealable container (like an old Gatorade bottle). Sauté leeks and green onions in a little vegetable oil. Roll dough into an oiled quiche pan. Coat bottom thinly with shredded Parmesan cheese or ricotta cheese. Sprinkle on leeks, green onions, broccoli (optional), and cheese. Slowly pour the egg mixture until it nears the top edge of the dough. Bake for 20 to 25 minutes at 425F; the quiche should jiggle slightly when shaken and have some resistance to the touch in the center. Let cool for a few minutes prior to slicing. Serve on a bed of mixed greens with a light drizzle of clear Italian or clear Caesar dressing.

Note: try different fillings like ham, spinach, yellow/orange/green bell peppers, onions, sliced tomatoes, etc. Remember, less is more. You can also try substituting the cheddar cheese with something like Swiss cheese or Gouda. You can also omit the Parmesan or ricotta, but it helps to keep the dough from soaking up liquids from the filling. Also, don't over-bake the quiche or it won't be soft and moist.

### **Potato and onion version:**

4 medium potatoes  
1 onion, thinly sliced  
1 T whole grain mustard

Preheat oven to 375F. Peel and thinly slice the potatoes. In a frying pan, melt some butter; add the potatoes and turn until they are coated. Cover and cook for 5 minutes over low heat. Remove and drain on paper towels. Layer the potatoes in the quiche dough in an overlapping pattern with the onion. Finish with more onions on top. Prepare the egg mixture as above except without the oregano and basil and with the added whole grain mustard. Slowly pour the egg mixture until it nears the top. Bake for 45 minutes or until golden brown.

### **RAGOUT DE BOULETTES (MEATBALL STEW)**

1.5 lbs. ground beef  
0.5 lb. ground pork  
0.75 cup finely chopped onions  
1 garlic glove finely chopped  
1 t allspice  
2 t salt  
A pinch of pepper  
4 cups water

Mix ingredients together well. Shape into small balls without pressing too hard if you want them to be tender. Roll balls in all-purpose flour and brown well in olive oil in pan on medium heat. When done, put aside. To 0.33 cup of brown flour\* add enough water to get a smooth and creamy but thick consistency. In large pot, bring water to a boil and gradually incorporate the brown flour, mixing consistently with a whisk, and let it boil until it thickens (if it takes too long to thicken, more than 3 minutes, you need more flour; if it gets too thick, add more water). While the sauce is still boiling, drop balls and simmer for another 30 minutes or so until balls are done.

\*To prepare the brown flour, brown flour on top of the stove by putting it in a pan on medium-high heat (faster way) or in oven at 350F. Either way, you'll have to stir the flour frequently so it browns evenly until the flour becomes a light brown color (somewhat like ground ginger).

## **ROASTED ASPARAGUS WITH HOLLANDAISE**

2 lbs fresh asparagus  
Salt and pepper  
Hollandaise sauce  
Olive oil

Preheat oven to 400F. Break off the tough ends of the asparagus and, if thick, peel them a bit. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 15 to 20 minutes until tender but still crisp.

### **ROASTED GARLIC PASTA SALAD (JOHANNE'S)**

1 head of garlic  
Salt and pepper (to taste)  
6 T olive oil  
Lemon juice (or lime juice or vinegar)  
Cooked pasta  
Black olives  
Cilantro  
Asiago cheese (or mozzarella or Parmesan)

Take the head of garlic (do not peel or separate the cloves) and cut in half horizontally between the top and the bottom. On each half, put a little salt and 2 T of olive oil and wrap in aluminum foil. Place in an oven preheated at 325F for at least 25 minutes. Note: it can go in the oven with anything else like chicken or even a cake, and it will not give a bad taste to anything else.

For the vinaigrette: squeeze out the tender pulp of the garlic clove and stir with the lemon juice, lime juice, or vinegar. Add salt and pepper (to taste). Gradually whisk in 2 T of olive oil by dribbles in a slow, steady stream. When serving, drizzle over the cooked pasta (you can mix it in if desired). A tip for the pasta: when cooked "al dente", do not rinse under water; instead, drain the pasta and drizzle a little olive oil and toss together. When ready to serve, add the vinaigrette, cilantro, black olives, cheese.



### **ROASTED MEDLEY OF WINTER ROOT VEGETABLES**

0.5 # parsnips, peeled and cut into 2x0.5" sticks  
3 to 4 carrots, peeled and cut into 2x0.5" sticks  
2 medium turnips, peeled and cut into large wedges  
3 medium beets, peeled and cut into large (0.75") cubes  
10 to 12 cloves garlic  
12 to 15 small white boiling onions, peeled  
3 sprigs fresh rosemary or thyme, or some herbes de provence  
3 small bay leaves  
4 T oil  
Salt and pepper, to taste

Heat oven to 400F. Dump the vegetables in a large bown, toss in the herbs, and drizzle on the oil. Season with salt and pepper, and toss to coat. Place the vegetables in a roasting pan (in a single layer). Roast, tossing with a spatula a few times, until the vegetables are tender and browned in spots (~ 50 min). To keep the vegetables separate while roasting, dump each in a separate ziploc bag, add the herbs and oil, and mix.

## **SCOTCH EGGS**

8 eggs  
21 oz Italian sausage  
A pinch of cayenne (if desired)  
A pinch of nutmeg (if desired)  
0.25 t mustard powder  
0.5 c flour  
1 c Panko bread crumbs  
Oil (for frying)

Steam six of the eggs in a covered saucepan with a little water in it (to cover the eggs about a quarter of the way). Cool the eggs quickly afterwards and peel them under running water. Make sure to dry the eggs thoroughly using a paper towel. Combine the sausage, cayenne (if desired), nutmeg (if desired), and mustard powder in a bowl.

Have a bowl of water ready to help wrap the eggs in the sausage mix. Place 3.5 oz of sausage mix shaped like an egg on some plastic wrap. Fold the plastic wrap over the sausage mixture and flatten to ~0.25". Unfold the plastic wrap and place one egg on the flattened sausage mixture. Using the plastic wrap, wrap the sausage mixture around the egg as best as possible. Remove the plastic wrap. Dipping your fingers in water, slowly press the sausage mixture fully around the egg, making sure that the sausage mixture is even in thickness all over the egg (~0.25"). Repeat for the remaining five eggs.

Heat enough oil to cover the eggs to 350F. Put the flour in a bowl, two beaten eggs in another bowl, and the Panko bread crumbs in a third bowl. Using the wet hand/dry hand method (i.e., one hand touches the eggs, while the other helps cover the eggs in flour and bread crumbs), first roll the eggs in the flour, then dip them in the beaten eggs, and finally roll them in the bread crumbs.

Fry three eggs at a time in 350F oil for six to seven minutes. Transfer to a paper towel to drain. Serve with mustard aioli (half mayo, half Dijon mustard, with a pinch of cayenne sprinkled on top). Yields six Scotch eggs.

Feel free to refrigerate the eggs prior to frying (e.g., if you wish to make them a day earlier). If so, fry for an additional minute. Also note that frying just cooks the sausage and warms the egg. The steaming process should cook the egg yolk to the desired consistency.

### **Version 2:**

7 large eggs  
1 lb ground sausage  
1 bunch green onions  
2 cloves garlic, minced  
1 T mustard  
Salt and pepper, to taste  
Flour  
Seasoned bread crumbs  
Vegetable oil (for frying)

Preheat oven to 400F. Bring a medium pot of water to a boil. Add five eggs and boil for four minutes. Remove from heat and immediately transfer eggs to an ice water bath to cool (this will prevent the eggs from cooking further and will ensure a nice soft boiled egg). Combine sausage, green onions, garlic, mustard, salt, and pepper. Peel the cooled eggs and roll in flour. Press out the sausage mixture into patties and wrap around the floured eggs. Whisk the remaining two eggs together to form an egg wash. Roll your sausage-wrapped eggs in flour, then egg wash, and finish in the seasoned bread crumbs. Heat oil to 300F and fry each egg for about three minutes, until browned on all sides. Transfer eggs to a baking tray and finish cooking in a preheated oven at 400F for five minutes.

### **SHEPHERD'S PIE**

2 lbs ground beef  
1 envelope Lipton's Beefy Onion soup  
Pepper (to taste)  
1 15.25-oz. can corn kernels  
1 15.25-oz. can corn cream style  
4 cups mashed potatoes

On medium-high heat, brown meat in olive oil, drain and put back in pan. Add soup mix and pepper (add a little water if too dry), and let it simmer until potatoes are ready (cook potatoes with salt (to taste)). When done, add butter and mash, and add salt and pepper (to taste). In oven-proof dish, put the meat at bottom, then the corn mixture, and finally the mashed potatoes. To decorate top and to give great taste, sprinkle Mrs. Dash seasoning. Put in 350F oven 30 minutes or until hot.

### **SHRIMP BECHAMEL SAUCE OVER CRAB CAKES**

3 T unsalted butter  
3 T all purpose flour  
0.25 c chopped green onion  
1 c half-and-half slightly warmed (or 0.5 c whipping cream and 0.5 c half-and-half)  
2 t white pepper  
Salt  
1.5 c total cooked shrimp or crawfish tails

In a heavy sauce pan, melt butter over medium heat. Gradually whisk in flour and incorporate well. Stir constantly until a blonde colored roux forms, and add the green onion stirring well. Slowly stir in the warm half-and-half (whipping cream) and keep stirring until sauce begins to bubble lightly and thicken. Reduce heat to low, add the seafood and seasonings, and barely simmer for 5 min. Spoon over crab cakes.

### **SIMPLE BUT SUCCULENT SALMON**

Salmon fillets

Remove all skin from fillets and loosely wrap in aluminum foil. Grill until meat flakes off when poked with a fork.

### **SPAGHETTI BROCCOLI**

1 can cream of broccoli soup  
0.5 soup can of milk  
Spaghetti noodles (for 4 people)  
Extra broccoli florets (0.5 cup or to taste)

Boil spaghetti noodles until "al dente". While noodles are cooking, combine cream of broccoli soup and milk, and heat over medium-high heat until hot (this mixture should be thick like a sauce rather than thin like soup). Add broccoli to the soup, mix to coat the broccoli, and pour on top of the noodles when they are done. Mix to completely cover the noodles (or not) and serve. Serves 4. (Note: can substitute fettuccine for spaghetti).

### **SPICY HEART ATTACK SHRIMP**

2 lbs raw shell-on or tail-on shrimp  
1 lb butter  
0.25 cup olive oil  
4 cloves garlic, minced and crushed  
1 T rosemary  
1 t basil  
1 t thyme  
1 t oregano  
2 t cayenne pepper (up to 2 T for pretty spicy)  
1 t black pepper  
2 bay leaves  
1 T paprika  
2 t fresh lemon or lime juice  
Salt, (to taste) (I use about 1 to 2 t)  
Crusty French bread (baguette)

Melt the butter in an oven safe pan. Add olive oil and all seasonings (minus the lemon/lime juice) and simmer for 10 minutes on low heat. Turn off the heat and let the seasoning mix rest for 20 to 30 minutes to let the flavors blend. Preheat the oven to 450F during this time.

Bring the mixture back to a boil and add the lemon/lime juice and the shrimp. Stir until the shrimp just turn pink and place in the oven uncovered for 25 minutes (for shell-on shrimp) or 15 minutes (for shell-off shrimp). Remove from oven and let cool for 10 minutes or until no longer too hot to handle with your hands.

Serve in a bowl with some of the broth and a nice chunk of crusty bread. Peel and eat with your hands and sop up all that great flavor with the bread!

### **ST. PATTY'S DAY CORNED BEEF**

3 large carrots, peeled and cut into matchstick pieces  
8 baby red potatoes, quartered  
1 onion, peeled and cut into bite-sized pieces  
3.5 c water  
4 # corned beef brisket with spice packet  
6 oz beer  
0.5 head cabbage, coarsely chopped

Place the carrots, potatoes, and onion into the bottom of a slow cooker. Pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices, cover, and set the cooker on high. Cook for about 8 hours. An hour before serving, stir in the cabbage and cook for one more hour.



## **TACOS AL PASTOR**

6 # pork butt, cut into large chunks  
3 poblano peppers, cut into strips  
3 green bell peppers, cut into strips  
3 jalapeno peppers, cut into strips  
3 onions, chopped  
1 head garlic, chopped  
1 bunch of cilantro  
1 T thyme  
1 T oregano  
2 qts chicken stock  
1 can sweetened condensed milk  
1 can crushed pineapple  
3 bay leaves  
1 T ginger powder  
3 T cumin  
2 T chipotle powder  
2-3 dried Guajillo chiles  
1 T turmeric  
12 tortillas (yellow corn preferred)  
Queso fresco (or crema)  
A few limes  
1 cucumber, chopped  
1-2 avocados

Preheat oven to 375F. Season the pork with salt and pepper. Sear in a large saucepan with olive oil. In a skillet, sweat the peppers, onions, garlic, and some of the cilantro with the thyme and oregano. Add them to the saucepan with the chicken stock, condensed milk, crushed pineapple, some of the cilantro, bay leaves, ginger powder, cumin, chipotle powder, Guajillo chiles, and turmeric. Braise in the oven, uncovered, for 1.5 hours. Turn the pork and give the liquid a stir. Increase oven temp to 400F to finish evaporating the liquid. The remaining rendered fat will essentially fry the pork and give it an amazing caramelized flavor and crispy texture.

Meanwhile, grill or steam the tortillas.

Serve on tortillas with cucumbers, queso fresco (or crema), fresh cilantro, lime juice, and avocado slices.

## TAMALES

Pork and chicken (boil the meat with salt, garlic, and onion)

Maseca flour

Butter or shortening

Salt

Dried chile peppers

Tomatoes

Garlic

Mulato chile peppers

Pasilla chile peppers

Ground cloves

Cinnamon

Chocolate powder

1 bottle of Mole

Sugar

To make the corn filling:

Mix the Maseca flour with water so that it is not too watery. Add salt and butter.

To make the sauce:

Boil the tomatoes. Remove the seeds from the dried chile peppers, and liquefy the tomatoes and chile peppers. Add salt to taste.

To make the mole:

Remove the seeds from the Pasilla and Mulato chile peppers. In a skillet, fry the peppers with a little oil. Add the cloves and cinnamon (enough so that it flavors the mole but doesn't make it bitter). Add a little meat broth to liquefy the peppers, and add additional cloves and cinnamon to taste.

To make the dried chile sauce:

Bad translation?: The casserole is empty chili seasoning and should be seasoned once the bottle is empty mole to be tested is consistent mole of salt is very spicy and if you made the chocolate is dissolved in chilli and if you like I made sugar.

## **TANDOORI LAMB CHOPS**

1 qt whole milk yogurt (or Greek yogurt)  
2 racks of lamb (~0.5 # each)  
0.5 t saffron threads  
1 to 3 T warm water  
6 cloves garlic, coarsely chopped  
2" fresh ginger, peeled and coarsely chopped  
3 T heavy cream  
3 T lemon juice  
1.5 t kosher salt  
1 t ground coriander  
0.5 t ground cumin  
0.5 t ground turmeric  
0.5 t black pepper  
0.5 t cayenne pepper  
1 to 2 drops orange food coloring (optional)  
3 T melted butter  
Red onion rings, for serving  
Lemon wedges  
Cilantro leaves, for garnish

Drain the yogurt in a strainer lined with cheesecloth in the refrigerator for at least 4 hours to overnight (or use Greek yogurt).

Cut the lamb chops into double-thick cuts. Remove the extra bone from each.

With your fingers, crumble the saffron into a small bowl. Add 1 T warm water and let stand for 5 min. Grind the garlic and ginger into a paste. You may need to add a spoonful or two of warm water. Place the soaked saffron, garlic and ginger paste, drained yogurt, cream, lemon juice, salt, coriander, cumin, turmeric, pepper, cayenne, and food coloring in a mixing bowl. Stir to mix. Spoon over the lamb chops, turning them over to coat both sides. Let the chops marinate, covered, in the refrigerator for 4 to 12 hours.

Grill over hot coals on a very hot grill. Cook for 4 to 6 min per side (for medium at 160F internal temp). Baste the chops with melted butter after turning.

When done, let the chops rest for 3 min, then serve with onion rings, lemon wedges, and sprinkle with cilantro.

## **THANKSGIVING TURKEY**

Turkey  
Olive oil  
Poultry seasoning  
Salt (if the seasoning lacks it)  
Onions  
Celery stalks

Empty the turkey of its innards. Place an onion and several celery stalks inside and seal the turkey. Rub it with olive oil and cover it with the poultry seasoning. If the seasoning has no salt, make sure to pour some salt on the turkey before the seasoning. Bake covered with aluminum foil at 350F for 20 minutes per pound. Uncover the last 30 minutes to lightly brown the turkey. Baste with its juices every 45 minutes.

## TOURTIÈRE (MEAT PIE)

- 1 lb. ground beef
- 0.33 lb. ground pork
- 0.75 cup finely chopped onions
- 1 clove garlic, finely chopped
- 1 t allspice
- 1 t salt
- A pinch of pepper
- 1 egg yolk (for top)
- 1 T milk (for top)
- 1 pie crust recipe

On medium-high heat, brown meat in olive oil, drain and put aside. Sauté onions in olive oil until tender, then add garlic. Add meat and remaining ingredients. Simmer 20 minutes. Pour into pie crust. Beat egg yolk with milk in a cup and brush mixture on top of pie crust. Bake in oven at 425F for 20 to 25 minutes or until crust is golden brown.

### **Version 2\*:**

- 4 lbs. ground pork
- 2 onions, finely chopped
- 1 clove garlic, finely chopped
- 2 t allspice
- 3 cups cold water
- Salt and pepper (to taste)
- 3 pie crust recipes

Mix ingredients in a saucepan and simmer for 45 minutes after slightly boiling. Preheat oven to 350F and bake for 35 to 45 minutes. Makes 3 pies.

### **VEGETABLE RED CURRY**

2 14-oz. cans coconut milk  
2 to 6 T red curry paste  
1 T fish sauce  
1 T brown sugar  
4 oz. (0.5 cans) bamboo shoots  
0.5 cup carrots, sliced  
0.5 cup red and green peppers, sliced  
0.5 cup snow peas (or sugar snap peas)  
Jasmine rice

In a wok, bring half a can of the coconut milk to a boil until the oil has surfaced. Add curry paste and stir-fry until fragrant. Add the fish sauce, brown sugar, vegetables, and 1 can of the coconut milk. Reduce heat, cover, and let simmer for 20 minutes. Add the remaining coconut milk and simmer briefly. Simultaneously prepare some jasmine rice as per package directions. Serves 2.

### **VOL-AU-VENTS (FILLED PUFF PASTRY SHELLS)**

0.5 cup finely chopped onions  
1 T green pepper (if desired)  
2 T olive oil  
1 can cream of celery or tomato soup  
0.5 cup milk  
2 cups cooked chicken or turkey cut pieces  
0.75 cup cooked vegetables (if desired)  
0.5 t salt  
1 pinch pepper  
Vol-au-Vent or Pepperidge Farm pastry shells

Bake the Vol-au-Vent or pastry shells by following directions on the package. On medium-high heat, sauté onions and green pepper in olive oil until tender. Add other ingredients (vegetables are better on the side than in the sauce). Pour into pastry shells and cover with top. (Note: can substitute shrimp or crab for chicken and turkey; tomato soup would be better for shrimp or crab, and cream of celery for chicken and turkey).

# DESSERTS



### **APPLE CRISP**

6 medium apples  
0.25 cup sugar  
0.25 cup butter (4 T)  
0.5 cup flour  
0.75 cup brown sugar

Peel and slice apples. Put in buttered dish. Spread sugar on top. Add butter, flour and brown sugar, and put on apples. Bake 30 minutes at 350F until golden brown. Yields enough for 6.

## **APPLE PIE**

1 pie crust recipe  
5 to 6 medium apples, peeled and sliced  
0.5 to 0.75 cup sugar (depending on the apples)  
Butter  
Cinnamon and nutmeg (to taste)  
1 T milk (for top)  
1 egg yolk (for top)

Preheat oven to 425F. Place pie crust bottom in a pie plate. Mix apples, sugar (I prefer raw Turbinado sugar) and spices in a large bowl. Taste and adjust sugar and spices until satisfied. This is cooking, so experiment! Pour apples in the pie plate and top with four or five butter morsels. Cover with pie crust top (it helps if you rub some egg wash where the top and bottom meet in order to form a good seal). Make ridges all around the edge with the back of a knife, cut a few slits on top, brush with mixture of milk and egg yolk, and bake for 15 minutes. Reduce heat to 350F and bake for approximately 30 minutes or until apples are cooked (check with a fork).

A note on the apples: the best are the most tart; that tends to play well with the sugar and spices. My favorite are apples from Quebec in Canada (e.g., Paula Red). They're so tart that they almost suck the saliva out of your mouth; yummy! Around here the best I can get are McIntosh apples. Granny Smith are a distant second.

A note on the spices: I love nutmeg. So I typically do a 50/50 split on the nutmeg and cinnamon. I think the tartness of the apples combined with the sugar, cinnamon and especially the nutmeg is \*awesome\*!

### **APPLESAUCE FRUITCAKE**

1 cup (2 sticks) butter, at room temperature  
2 cups sugar  
2 eggs at room temperature  
2 t vanilla  
2 cups pitted dates, chopped coarse  
3 cups applesauce  
2 cups walnuts, chopped coarse  
2 cups raisins  
2 cups mixed candied fruit, chopped coarse  
0.5 t salt  
1 t ground cinnamon  
0.5 t ground cloves  
1 T baking soda  
4 cups flour

Cream butter and sugar together. Beat in the eggs one at a time along with vanilla. Add remaining ingredients and blend until all incorporated. Divide batter among 3 greased loaf pans approx. 8x4x3" each. Bake in preheated 350F oven for 1 hour 15m or until toothpick inserted in middle comes out clean. Remove to cooling rack. When cool enough to handle, remove loaves from pans and cool completely on rack. Wrap in plastic wrap and keep in refrigerator.

### **APRICOT GLAZE**

120ml (0.5) cup apricot preserves  
30ml (2 T) water

In a small saucepan, heat the apricot preserves with the water until the mixture boils and thickens. Strain to remove any lumps and let cool to room temperature before using. Refrigerate any leftover glaze.

### **BANANA MUFFINS/BREAD**

2.5 cups flour  
0.5 cup oil  
3 t baking powder  
1 cup sugar  
0.5 t baking soda  
3 large eggs  
1 t salt  
3 to 4 mashed bananas

Combine all ingredients. Bake at 350F (for bread bake for about 50 minutes; for muffins bake for about 25 minutes).  
Yields 12 to 18 muffins.

## **BANANAS FOSTER**

0.25 cup butter  
1 cup brown sugar  
1 t cinnamon  
3 bananas, cut in half and then halved longways  
0.5 cup rum (dark is best)

In a large pan, melt the butter over medium-low heat. Add the brown sugar and stir until fully combined. Add 0.25 cup of rum and raise the heat to medium. Once the mixture begins to bubble, add the bananas and turn over a few times to coat them thoroughly. Cook for about a minute or two. Add the remaining 0.25 cup of rum, turn the heat to medium-high and light it by either tilting the pan or using a lighter. Once the flame goes out, sprinkle the cinnamon over the bananas. Serve two banana pieces (half a banana) next to a scoop of vanilla ice cream and drizzle a bit of the mixture on top. Serves 6.

### **BISCUITS FRIGIDAIRE (REFRIGERATOR COOKIES)**

1 cup butter  
1.5 cups brown sugar  
2 eggs  
3 cups flour  
0.25 t salt  
1 t baking powder  
1 t vanilla extract  
0.5+ cup chopped nuts

Soften butter. Add brown sugar and mix until light. Beat eggs until light and add to the butter and brown sugar. Sift flour and add salt and baking powder. Add to first mix and add vanilla extract. Add nuts and mix with a spoon. Make into cylinders of about 1.5" diameter and wrap in wax paper. Put in refrigerator until firm (about 3 hours; or 30 minutes in the freezer). Cut in thin slices and bake at 350F for 15 to 20 minutes.

## **BLUEBERRY COBBLER**

1.25 c all purpose flour  
0.5 c sugar  
0.25 t salt  
1.5 t baking powder  
0.75 c whole milk  
0.3 c butter, melted  
2 c fresh blueberries  
0.3 c sugar  
1 t vanilla extract

Add flour, 0.5 c sugar, salt, and baking powder to a mixing bowl. Stir to combine. Add in milk and butter. Stir to combine.

Spread batter into a greased 8-inch square baking pan. Sprinkle blueberries evenly over batter. Sprinkle with 0.3 c sugar and drizzle with vanilla. Bake at 350F for 40 to 45 min or until a toothpick comes out clean.

Serve plain or with ice cream on top.



### **BLUEBERRY PIE (FRESH)**

0.75 c white sugar  
3 T cornstarch  
0.25 t salt  
0.5 t ground cinnamon  
4 c fresh blueberries  
1 pie crust recipe

Preheat oven to 425F. Mix sugar, cornstarch, salt, and cinnamon. Sprinkle over the blueberries. Line a 9" pie dish with one pie crust. Pour the berry mixture into the crust and dot with butter. Cut the remaining pastry into strips and make a lattice top. Bake on the lower oven shelf for about 50 min or until crust is golden brown.

## **BLUEBERRY YOGURT TOPPED ANGEL FOOD CAKE**

Angel food cake  
Blueberry yogurt  
Fresh blueberries

Make the angel food cake (from scratch or a mix). Cut into 0.75"-thick slices. Cover with blueberry yogurt and fresh blueberries.

## **CHERRY CRISP**

1 21-oz. can cherry pie filling  
0.5 t almond extract  
Ice cream or whipped cream  
1 t ground cinnamon  
3 T butter, softened  
0.5 cup chopped walnuts  
0.25 cup flaked coconut (optional)

### Topping:

0.5 cup flour  
0.5 cup packed brown sugar

Heat oven to 350F. Pour cherry filling into ungreased 8x8x2" pan. Stir in almond extract. In medium bowl, stir flour, brown sugar and cinnamon together. Add butter and stir with fork until mixture is crumbly. Stir in walnuts and coconut. Sprinkle mixture over cherry pie filling. Bake 25 minutes or until golden brown and filling is bubbly. Serve warm. Top with ice cream or whipped cream.

### **CHERRY/BLUEBERRY PIE**

1 pie crust recipe  
1 can cherry (or blueberry) pie filling  
Sugar (if needed)  
1 T milk (for top)  
1 egg yolk (for top)

Preheat oven to 425F. Add sugar to pie filling if desired. Pour into pie crust and cover with pie crust top. Brush with mixture of milk and egg yolk. Bake until crust is golden brown.

### **CHOCOLATE FUDGE**

2 cups sugar  
0.5 cup milk  
2 T cornstarch  
2 T corn syrup  
2 T cocoa  
2 T butter

Mix ingredients and boil for 3 minutes. Remove from heat and mix until thick consistency. Pour in buttered dish.

## **CHOCOLATE MOUSSE**

5 oz. bittersweet chocolate (70% cacao)  
2 T unsalted butter  
3 eggs, separated  
1 T vanilla extract  
1 cup heavy whipping cream  
2 T sugar

Over a double boiler, melt chocolate and butter. It's best to heat the water to a boil, turn off the heat, and then place the chocolate over the steaming water. Let the chocolate cool before adding and combining the egg yolks with a spatula. Mix in the vanilla extract. Beat the cream until almost to medium peaks and sprinkle the sugar over it. Continue beating until medium peaks and fold in to the chocolate mixture. Beat the egg whites to soft peaks. Take a small amount of the beaten egg whites and mix in (not fold) to the mousse in order to bring the two to a similar consistency. Fold in the remaining egg whites. Place in individual cups and let cool for a few hours. Yields 4 cups.

## **CHOCOLATE PUDDING**

1 cup sugar  
1.5 t vanilla extract  
0.75 cup cornstarch  
9 T cocoa powder  
0.75 t salt  
3 T vegetable oil  
6 cups milk  
1 pie crust recipe (optional)

Mix all ingredients except milk in large pot. Put on burner and cook at medium-low heat. Immediately add milk about 2 cups at a time, mixing with a whisk until the mixture thickens. Make sure to continually mix thoroughly. Once it is a creamy (but not too thick) consistency, remove from heat and let cool for 5 minutes. Mix the pudding again and pour into cups (or 2 pie crust bottoms=1 pie crust recipe). Yields 12 servings or 2 chocolate pies.

### **CINNAMON ROLLS (FROM MIDDLE SCHOOL HOME ECONOMICS)**

0.33 cup shortening  
2.5 t baking powder  
0.25 cup sugar  
2 cups flour  
0.5 t salt  
0.66 cup water (approx.)  
2 T melted butter

#### **CINNAMON-SUGAR MIXTURE:**

1 T cinnamon  
0.25 cup sugar

#### **ICING:**

0.75 cup powdered sugar  
2 T water

Make the cinnamon-sugar mixture by mixing the cinnamon and sugar in a custard cup or bowl. Preheat oven to 450F. Cut shortening into baking powder, flour, sugar, salt with pastry blender or food processor until paste resembles fine crumbs. Stir in just enough water so dough leaves side of bowl and rounds up into a ball. Turn dough onto lightly floured surface and knead 10 times. Roll into 0.5"-thick rectangle. Brush with melted butter and then sprinkle with cinnamon-sugar mixture. Roll lengthwise (jelly roll fashion) and cut into 1" slices. Placed on greased cookie sheet and bake for 10 to 12 minutes. Let cool 3 to 5 minutes. Make icing by mixing powdered sugar and water in a bowl. Spread on icing.



### **CONGO BARS**

2.5 cups self-rising flour  
2 cups light brown sugar  
3 eggs  
1 cup vegetable oil  
6 oz. chocolate chips  
6 oz. peanut butter chips

Preheat oven to 350F. Stir flour and sugar mashing out lumps. Add eggs and oil and mix well. Add chips and bake 25 to 30 minutes. Let cool before cutting.

## CRÈME BRÛLÉE

2 cups whipping cream  
1 t vanilla extract  
4 egg yolks  
0.33 cup sugar  
Turbinado (raw) sugar (topping)

Preheat oven to 325F. In a saucepan, add the heavy cream and vanilla extract and scald to about 140F. You will see steam rising from the cream when it is ready. In a bowl, whisk the egg yolks with the sugar very well until they are creamy. When the cream is ready, whisk a little of it into the egg and sugar mixture to temper the eggs. Pour the remaining cream into the bowl and stir thoroughly but try not to add too much air into the mixture. Remove the air bubbles with a torch or a small ladle if necessary. Let sit for about 10 minutes so that the air in the mixture can escape. This helps prevent uneven baking. Place ramekin dishes in a pan on top of a wet towel or parchment paper. Strain the creme with a small handheld strainer while filling each ramekin almost to the top. Add boiling water to the pan (before adding the last ramekin) so that it is filled halfway to the top of the ramekins. Bake for 30 to 35 minutes until the creme jiggles like jell-o but is not brown on top (the color should remain pretty much the same). Remove and cool for 15 minutes; then place in the refrigerator for at least 4 hours until completely chilled.

When ready to eat pour some Turbinado (raw) sugar to completely cover each ramekin. Remove excess sugar by shaking the ramekins; then clean the edges. Using the torch about 2 to 3 inches away, scorch the top of each creme until golden brown. Wait for about 10 seconds and continue until one or two dark burn spots appear. This gives a nice bitter and smoky hint to the creme. Wait a few minutes and serve. Yields 4 to 5 servings.

### **Version 2\*:**

6 egg yolks, chilled  
6 T sugar  
1.5 cups whipping cream, chilled  
4 T sugar, for topping

Preheat oven to 275F. Adjust oven rack to center position. Butter six (0.5 cup) custard cups and set them into a glass baking dish. If cooking custards in metal pan, cover the bottom of pan with layer of newspaper to ensure an even temperature on the bottom.

In large bowl, beat egg yolks until slightly thickened. Add sugar and mix until dissolved; mix in cream, then pour mixture into prepared custard cups. Bring water for water bath to light simmer on top of stove; carefully pour hot water into baking pan to come half-way to the sides of the custard cups. NOTE: the most common mistake people make in baking custard is not putting enough water in the hot-water bath. The water should come up to the level of the custard inside the cups. You must protect your custard from the heat.

Bake approx. 45 minutes or until set around the edges but still loose in the center. The cooking time will vary depending on the size of the custard cup, but begin checking at 30 minutes and check back regularly. When the center of the custard is just set, it will jiggle a little when shaken; that's when you can remove it from the oven.

Remove from oven and leave custard cups in water bath until cooled to room temperature. Remove cups from water bath, cover with plastic wrap and refrigerate at least 2 hrs. or up to 2 days.

When ready to serve, sprinkle approx. 2 t of remaining sugar over each crème brûlée. For best results, use a small hand-held torch. Hold torch 4 to 5" from the sugar, maintaining a slow and even motion. Stop torching just before the desired degree of doneness is reached, as the sugar will continue to cook for a few seconds after flame has been removed. Another way of doing it: place crème brûlées 6" below the broiler for 4 to 6 minutes or until sugar bubbles and turns golden brown. Refrigerate at least 10 minutes before serving. Serve within 1 hr. as topping will deteriorate.

## **DAINTY CAKE**

Bottom:

1 cup flour

0.5 cup butter

mix well and put in 9x9x2" pan. Bake at 350F for 10 minutes

Top:

2 eggs

1 cup brown sugar

1 cup chopped nuts

0.5 t vanilla extract

0.5 cup coconut

2 T flour

1 t baking powder

Put on baked bottom and bake another 15 to 20 minutes. Ice with chocolate icing.

## **FRAISIER**

1 genoise (to fill the molds twice)  
Sugar syrup (with a little Kirsch)  
Medium-sized strawberries  
Mousseline cream (lightly flavored with Kirsch)  
Almond paste (colored if desired)

Once the genoise is cool, cut two pieces to fit each mold you are using. Cans with top and bottom cut off can function as molds. Place the molds with a single sheet of genoise on the bottom on a sheet pan covered with parchment paper. Make sure that the side facing up is the rougher side of the genoise. Brush a good coat of sugar syrup (with a little Kirsch) on the genoise. Spread a thin coating of mousseline cream (butter based). Add strawberries around the border (cut in half). Add whole and cut strawberries on the remainder of the genoise. Make sure it is completely covered and that the genoise can hardly be seen. Spread mousseline cream so that the strawberries are completely covered. Make sure to fill in the empty space in between the strawberries completely. Cover with the second genoise, rough side up. Brush a good coat of sugar syrup (with Kirsch). Spread a think layer of mousseline cream and cover with colored almond paste rolled very thin. Freeze for 2 hours or refrigerate for at least 4 hours and enjoy! To remove from the mold, run a knife around the edges and separate the fraisier from the mold.

## **FRUIT SALAD**

1 15-oz. can peaches  
1 15-oz. can pears  
1 15-oz. can pineapple  
2 apples  
1 cup red grapes  
1 cup green grapes  
3 to 4 kiwi  
2 cups strawberries (in season)  
1 pink grapefruit  
2 seedless oranges  
0.5 cantaloupe (optional)  
2 cups watermelon (optional)  
A few Maraschino cherries (with 3 T of their juice)

Fresh fruits are recommended for all but the peaches, pears, and pineapple. Cut all fruits into small to medium chunks. Add the acidic fruits first (grapefruits, oranges, pineapple, etc). This will prevent the apples from turning brown when they're added to the salad. When using canned fruits, make sure the juices are added as well. At the end, add a few Maraschino cherries with some of their juice. When all fruits and their juices have been incorporated, and if the salad is not juicy enough, add a water-sugar syrup mixture (mix 0.5 cup sugar with 1 cup of water at room temperature until sugar is completely dissolved; taste first before adding to the salad). If desired, add a little bit of Malibu rum (2 T). Serve chilled.

## **FRUIT TARTS**

1 tart shell  
1 mousseline cream recipe  
A variety of fruits  
Apricot glaze

Make use of a large zip lock style bag to pipe the cream into the tart shell. Fill one with the mousseline cream and squeeze it to a bottom corner. Spin the bag to seal, and snip off the corner to your desired size (I like a 0.75" opening). Pipe into the tart shell until it's about 0.75 of the way to the top. Smooth with a spatula.

Cut the fruit into chunks and place into the cream. I typically place strawberries on the edge of the tart, followed by pineapple, kiwi, mandarin oranges, blackberries, blueberries, and raspberries. Be creative! Brush apricot glaze over the fruit. Everything can be glazed except for the raspberries, so you may want to glaze before putting them on the tart.

### **GALETTE AU SIROP (MOLASSES GALETTE)**

0.5 cup shortening  
1 cup sugar  
1 cup molasses  
2 eggs  
1 cup milk  
4.5 cups flour  
4 t baking powder  
1 t salt

Preheat oven to 425F. Mix all the liquid ingredients well. In another bowl, mix the flour, baking powder and salt. Mix this in with the liquid mixture half-at-a-time. Drop on cookie sheet in 2 T spoonfuls and bake for 12 to 15 minutes.

### **GATEAU BLANC (POUND CAKE)**

2 cups all-purpose flour  
3 t baking powder  
0.5 t salt  
0.5 cup shortening  
1.25 cup sugar  
2 eggs  
1 t vanilla extract  
1 cup milk

Heat oven to 350F, grease and lightly flour cake pan. Mix flour, baking powder and salt in bowl. In another bowl beat shortening until smooth. Add sugar gradually and mix well. Add eggs and vanilla and mix well until smooth. Add other dry ingredients alternating with milk (do not over-mix). Pour into cake pan and bake for about 50 to 60 minutes or until toothpick comes out dry. Let cake cool down for about 10 minutes in pan before taking cake off of pan.

Icing:

1 cup 10x powdered sugar  
0.5 stick butter at room temperature

Add milk 1 T at a time

#### **Version 2\*:**

1.75 cups flour  
1 T baking powder  
0.5 t salt  
0.5 cup butter  
1 cup sugar  
2 eggs  
1 t vanilla extract  
0.75 cup milk

Preheat oven to 350F. Mix flour, baking powder, and salt. Put aside. In a small bowl, mix butter, sugar, eggs, and vanilla extract until light and fluffy (about 6 minutes). Pour into a large bowl and gradually incorporate mixed dry ingredients alternating with the milk (start and end with dry ingredients). Pour batter into two greased and floured 8" round molds. Bake for 30 to 35 minutes or until the top no longer shows a finger imprint. Let cool 10 minutes before removing from molds. Let cool completely before adding icing.



## **JUMBO MOLASSES COOKIES**

1.5 cups butter-flavored shortening  
2 cups sugar  
0.5 cup molasses  
2 eggs  
4 cups flour  
1 T + 1 t baking soda  
1 t cinnamon  
0.5 t salt  
0.5 t ground cloves  
0.5 t ginger  
Sugar to roll into

In a large mixing bowl, cream the shortening and sugar. Add molasses and eggs; mix well. Combine flour, baking soda, cinnamon, salt, cloves, and ginger; gradually add to creamed mixture. Cover and refrigerate for 1 to 2 hours. Shape 0.25 cupful of dough into balls; roll in sugar. Place four cookies on a greased baking sheet at a time. Bake at 350F for 18 to 20 minutes or until edges are set. These are better slightly "under-done." Remove to wire racks to cool. Yields 1.75 dozen.

### **LEMON PUDDING**

2 T butter  
1.25 cup sugar  
4 eggs  
2 lemons  
0.5 cup flour  
2 cups milk

Défaire butter. Add sugar, flour, lemon juice, and egg yolks beaten with milk. Fold beaten egg whites to the first mix. Pour in a buttered dish and bake at 350F for 55 to 60 minutes.

## **MAPLE MOUSSE**

1 cup maple syrup  
1 envelope gelatin  
3 T water  
3 egg yolks  
2 cups heavy whipping cream  
1 T coffee liqueur (optional)

In a cup, sprinkle the gelatin in the water. Let rest 5 minutes. Warm the maple syrup in a double boiler until hot. Off the heat, add the gelatin to the syrup and completely dissolve. In a bowl, beat the egg yolks until light and creamy. While whisking, add a little of the maple syrup to temper the eggs. Once the egg mixture is sufficiently heated, pour into the maple syrup and mix well. Let cool, stirring occasionally, until the mixture just begins to thicken (not yet gelatinous). Beat the cream to medium peaks (with the coffee liqueur if desired) and fold into the cooled syrup mixture. Pour into serving dishes and refrigerate for at least 2 hours. Garnish with small fruits or grilled almonds. Yields 6 to 8 servings.

## **MOUSSELINE CREAM**

240 ml (1 cup) whole milk  
2 egg yolks  
40 g (1.33 oz.) granulated sugar  
30 g (1 oz.) cornstarch  
A splash of vanilla extract  
180 ml (0.75 cup) heavy whipping cream

In a saucepan, scald the milk over medium heat (until it's about 140 F). Meanwhile, whisk the egg yolks, sugar and cornstarch thoroughly until the texture is light and creamy. Temper the egg mixture by gradually adding a little of the hot milk while stirring. Stir in the remaining milk then put the mixture back in the saucepan and heat until it thickens, stirring continuously. Off the heat, stir in the vanilla extract. Transfer to a bowl, cover with plastic wrap placed directly on the cream, let cool to room temperature, and place in refrigerator for up to two days. When ready to use, whip the pastry cream well to remove any chunks. Then whip the heavy whipping cream to medium-heavy peaks and fold it into the cold pastry cream.

### **Version 2:**

400 ml milk  
200 g sugar  
2 eggs (+ 1 yolk)  
60 g cornstarch (sifted)  
200 g butter (softened)  
35 g Kirsch

Heat the milk with half the sugar in a pan over medium heat. Meanwhile, combine eggs (+ yolk), remaining sugar and cornstarch and mix until well combined. Gradually add the hot milk. Put the mixture back in the pan and cook, stirring continuously, until it thickens. Remove from heat and whisk in half the butter. Once cool, whisk in the remaining butter until almost fluffy, then add the Kirsch and whisk until incorporated.

Note: I use this version for the fraiser.

### **Version 3\*:**

1.25 cups whole milk  
0.5 vanilla bean, split lengthwise  
3 large egg yolks  
0.25 cup sugar  
0.125 cup all-purpose flour  
2 T cornstarch

In a medium-sized stainless steel bowl, mix the sugar and egg yolks together with a wooden spoon. Never let the mixture sit too long or you will get pieces of egg forming. Sift the flour and cornstarch together and then add to the egg mixture, mixing until you get a smooth paste. Set aside. Meanwhile, in a saucepan combine the milk and split vanilla bean on medium heat until boiling. The milk will foam up to the top of pan when done, so watch carefully. Remove from heat and add slowly to egg mixture, whisking constantly to prevent curdling. If you get a few pieces of egg (curdling) in the mixture, pour through a strainer. Remove vanilla bean, scrape out seeds, and add the seeds to the egg mixture. The vanilla bean can be dried and placed in your sugar bowl to give the sugar a vanilla flavor. This sugar can then be used in baking where you would like a vanilla-flavored sugar, e.g. pies, cakes, cookies. Place the egg mixture back into a medium saucepan and cook over medium heat until boiling, whisking constantly. When it boils, whisk mixture constantly for another 30 to 60 seconds until it becomes very thick and it is hard to stir. Remove from heat and immediately whisk in the liqueur (if using). Pour into a clean bowl and immediately cover the surface with plastic wrap to prevent a crust from forming. Cool. If not using right away refrigerate until needed, up to 3 days. Beat before using to get rid of any lumps that may have formed.

Note: whip 0.25 to 0.5 cup heavy whipping cream into cold pastry cream to make mousseline cream.

### **PAIN D'ÉPICE (SPICE CAKE)**

2 cups flour  
1 t baking soda  
0.5 t salt  
1 t ginger  
1 t cinnamon  
0.5 t ground clove  
0.5 cup brown sugar  
0.75 cup molasses  
0.5 cup shortening, melted  
2 eggs, well beaten  
2 T vinegar and boiling water to make 1 cup

Mix flour, baking soda, salt and spices together. Beat brown sugar, molasses and shortening in beaten eggs. Add dry ingredients and beat until homogeneous. Add water and vinegar and mix until just combined. Pour into 9x9x2" pan. Bake at 350F for about 45 minutes.

### **PEANUT BUTTER COOKIES**

0.5 cup butter  
0.5 t salt  
0.5 cup brown sugar  
0.5 t baking soda  
0.5 cup sugar  
1 cup flour  
1 egg  
0.5 t vanilla extract  
0.5 cup peanut butter

Preheat oven to 350F. Mix butter until creamy. Add the brown sugar and sugar and mix well. Add the egg, peanut butter, salt and baking soda. Mix well. Add the flour and mix until incorporated. Add the vanilla extract and mix. Drop in teaspoonfuls on a greased cookie sheet. Squash them with a fork dipped in flour. Put in oven for 10 to 12 minutes. Yields 4.5 to 5 dozen.

## **RHUBARD PIE**

1 pie crust recipe  
3.25 lb. rhubarb, trimmed and chopped  
250 g powdered sugar  
0.5 t ground cinnamon  
2.5 T cornstarch  
30 g unsalted butter, cubed  
1 egg, lightly beaten  
Icing sugar (to dust)

Put the rhubarb, sugar, cinnamon, and 2 T water in a saucepan; stir over low heat until the sugar is dissolved. Cover and simmer for 5 to 8 minutes, stirring occasionally, until the rhubarb is tender. Mix the cornstarch with 0.25 c water and add to the pan. Bring to a boil, stirring, until thickened. Allow to cool.

Place a baking tray in the oven and preheat to 350F. Spoon the rhubarb mix into the pie pan, put a few chunks of butter on top and cover with the pie top. Slit the top, brush with egg wash and bake on the hot tray for 35 to 40 minutes until golden brown. Dust with icing sugar to serve.

## **RICE PUDDING**

1.75 cups water  
0.5 cup Uncle Ben's converted rice  
0.5 cup sugar  
1.5 t cornstarch  
2 cups milk  
1 T butter  
1 t vanilla extract  
2 eggs, beaten

Bring water to a boil in medium saucepan. Stir in rice. Cover tightly and simmer 25 minutes or until rice is very tender and most of the water is absorbed. Combine sugar and cornstarch. Add to rice with milk, mix well. Bring to a boil, stirring constantly. Boil 1 minute. Remove from heat. Stir in butter and vanilla. Add small amount of hot pudding to beaten eggs. Blend egg mixture with remaining pudding in saucepan. Cook over medium heat, stirring constantly, until pudding starts to bubble. Remove from heat and let cool down (about 5 minutes). Stir mixture before pouring into individual dessert cups. Sprinkle cinnamon on top and cover with Saran Wrap. Let it cool down some more, and then put in refrigerator. Yields 4 to 6 servings. (Note: recipe can be doubled).



### **ROCHERS AUX RAISINS (RAISIN ROCKS)**

2.25 to 2.5 cups flour  
0.5 cup butter (0.25 lb.)  
1 t baking soda  
0.5 cup sour milk (add 1.5 t vinegar)  
1 t salt  
0.5 cup molasses  
0.5 t ground clove  
1 cup dry raisins (optional)  
1 t cinnamon  
0.5+ cup chopped walnuts  
0.5 t nutmeg  
1 egg  
0.5 cup sugar

Sift flour and dry ingredients together (without sugar). Knead butter until light consistency. Add sugar, molasses and egg and mix well. Add dry ingredients and sour milk alternatively. Add dry raisins and nuts. Drop spoonfuls on ungreased cookie sheet. Bake 10 to 12 minutes at 400F.

### **SPONGE CANDY (HONEY)**

1 cup corn syrup  
1 cup honey  
1 cup brown sugar  
1 cup water  
1 T white vinegar  
2 t white vanilla  
4 t baking soda

In a high-sided cooking pot, melt corn syrup, honey and brown sugar on low heat while stirring in a figure-eight motion. Add water and vinegar and heat to 300F. As the mixture boils, regularly clean the sides of the pot with a brush dipped in cold water so the sugar doesn't stick to the sides. When the mixture reaches 300F, add the vanilla. Then add the baking soda, all in one shot, and stir rapidly to get air into the mixture; it will rise and turn pale in color. Pour into a mold or on a baking sheet. Cool down and cut into pieces.

### **SPONGE CANDY (SUGAR)**

1 cup sugar  
1 cup corn syrup  
4 t baking soda

In a high-sided cooking pot, melt sugar and corn syrup on low heat while stirring in a figure-eight motion. Heat to 300F. As the mixture boils, regularly clean the sides of the pot with a brush dipped in cold water so the sugar doesn't stick to the sides. When the mixture reaches 300F, add the baking soda, all in one shot, and stir rapidly to get air into the mixture; it will rise and turn pale in color. Pour into a mold or on a baking sheet. Cool down and cut into pieces.

## **SUGAR PIE**

1 cup brown sugar (or maple sugar)  
0.33 cup 10% cream (or whole milk)  
A drop of vanilla extract  
3 T butter  
1 T milk (for top)  
1 egg yolk (for top)  
1 pie crust recipe

Preheat oven to 425F. Mix all ingredients except butter and pour in bottom of pie crust. Top with butter morsels. Cover with pie crust top and brush with mixture of milk and egg yolk. Bake until crust is golden brown.

Note: when storing in the refrigerator, cover with paper towels and wax paper.

### **Version 2\*:**

1 cup brown sugar  
3 T flour  
1 cup heavy cream  
1 t vanilla extract  
1 pie crust recipe

Place brown sugar, flour, and cream into a sauce pan. Turn the heat to medium and bring the mixture to a boil, stirring constantly. Boil for 2 minutes, remove from heat and stir in vanilla extract. Preheat oven to 375F. Line an 8" pie plate with half of the pastry and pour the filling into the shell. Place the remaining crust on top and crimp the edges to seal. Cut some vents in the top and bake for 40 to 45 minutes.

Note: when storing in the refrigerator, cover with paper towels and wax paper.

### **Version 3 (Canadian version)\*:**

1.5 cups brown sugar  
2 T all-purpose flour  
1/8 t salt  
1 t vanilla extract  
0.33 cup half & half

Combine brown sugar, flour and salt in mixing bowl. Pick out and discard any hard particles of brown sugar. Sprinkle mixture evenly over bottom of pie crust. Add vanilla and half & half on top of mixture but do not mix. Cover with another pie crust. Brush a mixture of beaten egg and milk on top. Bake at 350F until dough is golden brown (approx. 30 minutes)

Note: when storing in the refrigerator, cover with paper towels and wax paper.

### **SUGAR SYRUP (KIRSCH FLAVORED)**

100 ml water  
125 g sugar  
25 g Kirsch

In a saucepan, dissolve the sugar in water over low heat . Increase heat and let the mixture come to a boil (make sure the sugar is completely dissolved before boiling) . Boil for exactly 1 minute . When first dissolving the sugar in the water, a gray froth often floats to the surface . Remove this froth as soon as it boils with a pastry brush or skimmer dipped in cold water (will need to be done several times) . Add the Kirsch. Can keep for 10 to 15 days at room temperature.

### **THIN AND CRISPY CHOCOLATE CHIP COOKIES**

2 c light brown sugar, packed  
1.75 c (3.5 sticks) unsalted butter at room temperature  
1.5 c sugar  
3 eggs  
1 T vanilla extract  
2.25 c flour  
1.5 t salt  
0.75 t baking soda  
12 oz. dark chocolate chips, flat

In a mixer, cream the brown sugar, sugar and butter until pale and fluffy (about 5 minutes). Add the eggs, one at a time, until incorporated. Mix in 0.33 c water and the vanilla extract.

In a separate bowl, whisk the flour, salt and baking soda. Add to the butter mixture and quickly incorporate on slow speed. Fold in the chocolate chips.

Scoop the dough (about 50 g balls) onto a parchment paper lined cookie sheet. Put only four on each cookie sheet, well separated. Freeze for an hour. Preheat oven to 375F. Bake for 15 minutes until golden brown, rotating halfway through. Remove from the oven and cool.

Note: This is a great dough to freeze. Spoon as much dough as you can on each cookie sheet and freeze for an hour. Transfer the dough balls to a zip-loc bag and keep in the freezer until desired.

## TIRAMISU

1 sponge cake (10 to 12" diameter, 3" tall)  
3 oz. strong coffee (espresso)  
3 oz. brandy or rum  
1.5 lb. Mascarpone or cream cheese at room temp  
1.5 cups powdered sugar  
Cocoa powder, unsweetened

Cut across middle of sponge cake to form two disks (about 1 to 1.5" thick). Blend the coffee and liqueur together. Sprinkle the bottom half of the cake with the coffee-liqueur blend (enough to flavor it strongly), but don't saturate the cake to the point of collapse. Mix the cream cheese or Mascarpone with the sugar, and beat until sugar is completely dissolved and cheese is light and spreadable. Cover the bottom half of the cake with half of the cheese mixture, in a fairly thick layer. Set the second half of the cake on the bottom half and repeat the process (sprinkle the coffee-liqueur blend and spread the remaining cheese mixture). Put cocoa powder in a wire strainer and coat top layer of cheese completely. Refrigerate at least 2 hours before cutting and serving.

Note: the Mascarpone/sugar mixture is still too cheesy for me. I need to find a way of reducing that.

# NOTES

## ABBREVIATIONS

t = teaspoon(s)  
T = tablespoon(s)  
c = cup(s)  
m = minute(s)  
F = Fahrenheit  
# = pound(s)

## YEAST

fresh yeast = compressed yeast

1 package active dry yeast = 2.25 t = 0.25 oz. = 7 g

1 package fresh yeast = 0.6 oz. = 17 g

instant yeast \* 1.25 = active dry yeast needed (by weight) or 1 t instant yeast = 1.25 t active dry yeast

active dry yeast \* 0.67 = instant yeast needed (by weight) or 1 t active dry yeast = 0.75 t instant yeast

fresh yeast \* 0.32 = instant yeast needed (by weight) or 1 T (about 21 g) fresh yeast = 2t instant yeast

fresh yeast \* 0.41 = active dry yeast needed (by weight)

active dry yeast \* 2.42 = fresh yeast needed (by weight)

## HERBS

1 t dry herbs = 1 T fresh herbs (1:3 ratio)

## STEAK DONENESS

rare steak = 120F to 130F

medium-rare steak = 130F to 145F

medium steak = 145F to 155F

toast = 155F and up

## BUTTER

1 stick butter = 0.5 cups = 4 oz. = 0.25 lb. = 113.4 g. = 8 T

## SALT CONVERSION CHART

table salt	kosher salt	sea salt
0.25 t	0.25 t	0.25 t
1 t	1.25 t	1 t
1 T	1 T + 0.75 t	1 T + 0.25 t
0.25 cup	0.25 cup + 1 T	0.25 cup + 1 t
0.5 cup	0.5 cup + 2 T	0.5 cup + 2 t
0.75 cup	0.75 cup + 3 T	0.75 cup + 1 T
1 cup	1.25 cups	1 cup + 4 t
2 cups	2.5 cups	2 cups + 2 T

## SOUS VIDE

steak (like filet or ribeye) → aim for 136F for 1.5 to 2 hours; season the steaks with salt and pepper (and perhaps some garlic powder) before vacuum sealing them

fish (like salmon or flounder) → aim for 122F for 45 minutes (which pasteurizes the fish); season with salt and pepper (and perhaps some lemons) before vacuum sealing them

soft boiled eggs → aim for 167F for 15 minutes; then remove and chill in an ice water bath; they can be refrigerated and reheated at 140F for 30 minutes

## TODO

Graisse de roti

Tarte au lard (sucre)

Pate de foie gras





# CHANGELOG

2009-02-25

first “new” version

2009-05-18

added recipe for vegetable red curry  
added recipe for Sirpa's tapenade  
added recipe for Sirpa's hummus  
fixed font inconsistencies  
modified untried recipes

2009-05-25

added recipe for chicken yellow curry  
added recipe for chicken Panang curry  
fixed some incorrect quantity measurements

2009-07-11

added notes on herb conversion  
added notes on no-knead bread recipe

2009-07-23

modified kickass salsa recipe (several quantities and the use of canned Roma tomatoes)

2009-07-24

added Yolanda's shrimp cocktail recipe

2009-07-31

added temperatures for steak “doneness”

2009-08-09

added pizza sauce recipe  
added no-knead pizza dough recipe

2009-09-07

modified jalapeño cheese soup recipe (to yield a smaller quantity and cleaned up the method a bit)  
modified Outback Steakhouse Caesar dressing recipe (to not use mayonnaise)  
modified Olive Garden Italian dressing recipe (to a more “authentic” recipe)  
removed Olive Garden pasta e fagioli soup recipe  
modified Wendy's chili recipe (cleaned up the method a bit)  
removed pear and almond brown betty recipe

2009-09-08

added pan seared sirloin strip recipe  
added vegetable Massaman curry recipe  
modified chicken Panang curry recipe (better way to prepare the curry)  
modified chicken yellow curry recipe (better way to prepare the curry)  
modified vegetable red curry recipe (better way to prepare the curry)

2009-09-13

added quiche recipe

2009-10-12

added Janusz's croissant recipe  
added butter quantity equivalents

2009-10-18

added lobster mac and cheese recipe  
added 40 cloves and a chicken recipe

2009-10-19

modified quiche recipe  
modified French onion soup recipe  
modified John G's jalapeño cheese soup

2009-10-20

modified pizza sauce recipe  
modified/added to garlic bread recipe

2009-10-24

modified lobster mac and cheese recipe  
modified kickass salsa recipe  
modified tapenade recipe  
modified tiramisu recipe  
modified 40 cloves and a chicken recipe  
modified no-knead pizza dough recipe  
removed olive paste recipe  
added cilantro pesto recipe

2009-10-25

modified croissant dough recipe

2009-11-15

added classic vinaigrette recipe  
added crispy salmon recipe  
added oven roasted cherry tomatoes recipe  
added creme brulee recipe (version 2)

2009-11-19

added salt conversion table

2009-11-21

added vegetable soup recipe  
added boiled ham recipe

2009-11-22

added mousseline cream recipes  
added apricot glaze recipe

2009-11-29

modified kickass salsa recipe  
modified tapenade recipe  
modified quiche recipe  
modified fried turkey recipe  
modified creme brulee recipe  
modified mousseline cream recipe  
added chocolate mousse recipe

2009-12-04

modified mousseline cream recipe  
modified choux pastry recipe  
added puff pastry dough recipe (including baking process for Napoleons and vol-au-vents)

2009-12-12

added genoise recipe  
added sugar syrup (Kirsch flavored) recipe  
added fraiser recipe  
modified mousseline cream recipe

2010-02-10

added ponzu sauce recipe  
added pepper tuna recipe

2010-06-06  
added baby back ribs recipe  
added rib rub recipe  
added Vermont pig candy recipe  
added Kansas City style BBQ sauce recipe  
added BBQ beans recipe

2010-06-21  
added Olive Garden's spinach and artichoke dip recipe  
added alfredo sauce recipe  
added saffron sauce recipe  
added pesto sauce recipe  
added cream of tomato and basil soup recipe  
added bruschetta al pomodoro recipe

2010-06-26  
modified saffron sauce recipe

2010-07-21  
added Hollandaise sauce recipe  
added roasted asparagus with Hollandaise recipe

2010-07-28  
added bananas foster recipe

2010-07-29  
added Montreal smoked meat recipe  
added St. Hubert BBQ poutine sauce recipe  
added St. Hubert BBQ traditional coleslaw recipe

2010-07-31  
added sponge candy recipes  
added ginger beer recipe  
added Cochon Butcher's boudin recipe

2010-08-01  
modified kickass salsa recipe  
modified quiche recipe

2010-08-12  
added latin style tomato and onion salad  
added fruit tart recipe  
modified pate sucree recipe  
modified mousseline cream recipe  
modified apricot glaze recipe  
modified no-knead bread recipe

2010-08-17  
added fajita pizza recipe  
added coleslaw recipe

2010-09-08  
added spicy heart attack shrimp recipe

2010-12-06  
modified apple pie recipe  
modified cream of tomato and basil recipe

2010-12-29  
modified creme brulee recipe  
removed St. Hubert BBQ traditional coleslaw recipe  
added table of contents and links

added maple mousse recipe  
added banana muffins/bread recipe

2011-02-04

added New England clam chowder recipe  
added Japanese onion soup recipe

2011-03-13

added bacon and whole egg phyllo pie recipe  
added rhubarb pie recipe  
added potato and onion quiche recipe

2011-05-16

added black bean soup recipe

2011-05-18

added egg salad sandwich recipe

2011-05-19

modified format to include a single recipe per page  
added a table of contents for all recipes in their categories (with links)  
modified notes

2011-06-08

modified coleslaw recipe

2011-06-22

added Claussen pickle recipe  
modified Montreal smoked meat recipe

2011-06-27

modified perfect soft-boiled eggs recipe  
added Montreal spices recipe

2011-10-02

modified strawberry jam recipe  
added beef stew recipe  
added beef stock recipe  
added chicken stock recipe  
added thin and crispy chocolate chip cookie recipe

2011-11-06:

modified Claussen pickle recipe

2011-12-10

added Bernaise sauce recipe

2012-02-26

modified bacon and whole egg phyllo pie recipe

2012-08-01

added Kansas City style bbq sauce recipe (version 2)

2012-08-06

modified Alfredo sauce recipe  
modified jalapeño cheese soup recipe  
modified Kansas City style bbq sauce recipe  
modified rye bread recipe  
modified 40 cloves and a chicken recipe  
modified baby back ribs recipe  
modified quiche recipe  
modified Montreal smoked meat recipe

modified crème brulee recipe

2012-11-22

modified turkey pot pie recipe  
modified boiled ham recipe

2012-11-24

added Asian salmon recipe  
added crunchy noodle salad recipe

2012-12-09

added broccoli cheese soup recipe

2013-01-27

modified broccoli cheese soup recipe  
added chili powder recipe  
added chili recipe  
added sandwich vinaigrette recipe

2013-02-10

added Buffalo wing recipe  
added Buffalo wing sauce recipe  
added parmesan crusted baked flounder recipe  
added lemon pepper baked flounder recipe  
added jalapeño cheese soup recipe and made it the default

2013-02-28

added pork fried rice recipe

2014-01-20

added teriyaki sauce recipe

2014-02-02

added carne adovada recipe  
added tandoori lamb chops recipe  
added dale's steak sauce recipe

2014-11-27

added breakfast taco recipe  
updated Montreal smoked meat recipe  
modified kickass salsa recipe  
added tamales recipe

2014-12-18

added memphis style bbq sauce  
added rib rub version 2

2015-01-03

modified Montreal smoked meat recipe

2015-01-07

added mac and cheese recipe

2015-08-07

added cabbage rolls recipe

2015-09-20

modified bbq beans recipe  
added hasselback chicken recipe  
added scotch eggs recipe

2016-01-24

modified bbq beans recipe

2017-07-24

added scotch eggs recipe (version 2)

2018-01-02

modified tourtiere recipe

added black-eyed peas and collard greens recipe

added split pea soup recipe

added perfect hard boiled eggs recipe

2019-02-23

checked recipes for errors and updated many with recent notes

removed several older recipes that have either been replaced or that weren't all that good to begin with

added some notes regarding sous vide

2019-03-01

added several new recipes (breakfast casserole, shrimp bechamel over crab cakes, blueberry cobbler, and fresh blueberry pie)