

Hickson Family Recipes

Family Recipes
Collected Together BY

The Hickson Family



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CONTENTS

I	Breads and Breakfast	6
1	Breads	7
	Foccacia with Savory Olives	8
	Pizza Dough	9
2	Breakfast	10
	Baked French Toast Casserole with Maple Syrup	11
	Buttermilk Pancakes	12
II	Desserts and Drinks	13
3	Desserts	14
	Apple Cheese Crisp	15
	Apple-Oatmeal Crisp with Irish Whiskey Cream	16
	Bourbon Peach Cobbler	17
	Cheesecake	18
	Chocolate Chip Pie	19
	Chocolate Marshmallow Pie	20
	Chocolate Mousse	22
	Chocolate Pecan Pie	23

Christmas Trifle	24
Classic Pound Cake	26
Coffee Cake	27
Cream Cheese Frosting	28
Eggnog pound cake	29
French Chocolate Silk Pie	30
Ginger Pear Crisp	31
Glazed Pineapple	32
Graham Banana Pudding	33
Grandma's Doughnut Drops	34
Honey Spice Cake with Rum Glaze	35
Peanut Butter Kisses	36
Pear Spice Muffins	37
Pineapple Upside Down Cake	38
Pumpkin Cheesecake with Bourbon Spiked Cream	39
Raspberry Lemon Thumbprint Cookies	41
Snickerdoodles	42
Spice Molasses Cookies	43
Swedish Tea Ring	44
4 Drinks	45
Sangria	46
White Sangria	47
Snowtini	48
III Meats	49
5 Beef	50
Bracirole	51
Harris Teeter's Rancher Chuck Roast	52
Hawaiian Beef	53

Holiday Rib Roast	54
French Dip Sandwiches	55
6 Chicken	57
Karaage (Japanese Fried Chicken)	58
Chicken Enchiladas	59
Pollo Salsa Verde	60
Roman style Chicken	61
Chicken Marsala	62
Slow cooker Chicken Paprikash	63
7 Pork	64
Wonton Poppers	65
Asian Pork Tenderloin	66
Pork Egg Rolls with Sweet and Sour Sauce	67
Double Cut Pork Chops with Caramelized Onion Gravy and Pecan Glazed Sweet Potatoes	68
Pork Chops, Cabbage and Apples	70
Pulled Pork BBQ	71
Sugarcane Baked Ham with Spiced Apples and Pears	72
Sweet and Sour Sausage	73
Pancetta, White bean, and Chard Pot Pie	74
8 Seafood	76
Poke Bowls	77
Sushi Rice	78
Batter Fried Grouper Sandwiches	79
Jambalaya	80
Shrimp Boil	81
Shrimp Po'Bubba's	82

IV	Pasta and Pizzas	83
9	Pasta	84
	Chicken Orzo	85
	Creamy Cajun Pasta	86
	Fettuccine Alfredo	87
	Italian Baked Chicken and Pastina	88
	Lasagna	89
	Macaroni and 4 Cheeses	90
	Manicotti	92
	Penne a La Vodka Casserole	93
	Penne with Shrimp and Herbed Cream Sauce	94
	Spaghetti and Meatballs	95
10	Pizza	96
	Prosciutto and Arugula Pizza	97
	Stromboli	98
V	Soups, Salads, and Sauces	99
11	Soups	100
	Beef and Guinness Stew	101
	Roasted Pear-Butternut Soup with Crumbled Stilton	102
	Lasagna Soup	103
12	Sauces	104
	Pizza Sauce	105
	Bearnaise Sauce	106
	French Dressing	107
	Sweet and Sour Sauce	108

PART I




BREADS AND BREAKFAST

CHAPTER 1

BREADS



Foccacia with Savory Olives

 3.5 h
 30 m
 1 Portions




Preparation

- 1 In a small bowl, dissolve the sugar in the warm water. Sprinkle the yeast over the water and let stand for 10 minutes.
- 2 In the bowl of a mixer fitted with a paddle attachment, add 3 cups of the flour, the salt, 2 tablespoons of the olive oil and the yeast mixture.
- 3 Turn the mixer on low speed and slowly mix until the dough comes together.
- 4 Gradually add remaining flour. If the dough seems too wet, add up to $\frac{1}{4}$ cup more flour.
- 5 Place the dough into an oiled bowl, cover and let rise in a warm place, free from drafts for 3 hours.
- 6 Preheat the oven to 375 degrees.
- 7 Punch down the dough and transfer onto a lightly greased 9 by 13 inch baking sheet. Spread the dough to the edges of the baking sheet. Using your fingertips make dimples in the dough.
- 8 Drizzle the dough with the 2 tablespoons of the olive oil and sprinkle with the olives, almonds and savory.
- 9 Sprinkle lightly with salt and pepper. Then, bake for 30 to 35 minutes or until golden brown.
- 10 Drizzle with remaining 2 tablespoons of high quality olive oil.

Ingredients

1 $\frac{1}{2}$ cups warm water
1 tablespoon sugar
2 (1/4 ounce) packages active dry yeast
3 $\frac{1}{2}$ cups all purpose flour
2 teaspoons kosher salt
6 tablespoons extra-virgin olive oil, divided
1/3 cup black olives, sliced
 $\frac{1}{4}$ cup slivered or sliced almonds
2 tablespoons chopped fresh savory
Coarse sea salt and freshly ground pepper

Pizza Dough

 1.5 h
 2 Portions
 Bobby Flay

Preparation

- 1 Combine the bread flour, sugar, yeast and kosher salt in the bowl of a stand mixer and combine.
- 2 While the mixer is running, add the water and 2 tablespoons of the oil and beat until the dough forms into a ball. If the dough is sticky, add additional flour, 1 tablespoon at a time, until the dough comes together in a solid ball. If the dough is too dry, add additional water, 1 tablespoon at a time.
- 3 Scrape the dough onto a lightly floured surface and gently knead into a smooth, firm ball.
- 4 Grease a large bowl with the remaining 2 teaspoons olive oil, add the dough, cover the bowl with plastic wrap and put it in a warm area to let it double in size, about 1 hour.
- 5 Turn the dough out onto a lightly floured surface and divide it into 2 equal pieces. Cover each with a clean kitchen towel or plastic wrap and let them rest for 10 minutes.

Ingredients

3 1/2 to 4 cups bread flour
extra flour for rolling
1 teaspoon sugar
1 envelope instant dry yeast
2 teaspoons kosher salt
1 1/2 cups water, 110°F
2 tablespoons olive oil, plus 2 teaspoons

Hint




Using bread flour will give you a much crisper crust. If you can't find bread flour, you can substitute it with all-purpose flour which will give you a chewier crust.

CHAPTER 2

BREAKFAST



Baked French Toast Casserole with Maple Syrup

 1 h
 4-6 Portions
 Paula Dean

Preparation

- 1 Slice French bread into 20 slices, 1 inch each. Arrange slices in a generously buttered 9 by 13 inch flat baking dish in 2 rows, overlapping the slices.
- 2 In a large bowl, combine the eggs, half and half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly.
- 3 Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture between the slices.
- 4 If prepping, Cover with foil and refrigerate whenever you are ready (overnight works well).
- 5 When ready to make, preheat the oven to 350 degrees.
- 6 For the praline topping, combine all the ingredients in a medium bowl and blend well.
- 7 Spread the praline topping evenly over the bread and bake for 40 minutes until puffed and lightly golden.
- 8 Serve with maple syrup.



Ingredients

1 loaf French bread (13-16 ounces)
8 large eggs
2 cups half and half
1 cup milk
2 tablespoons granulated sugar
1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
Dash salt
Maple Syrup

Praline Topping:

2 sticks butter
1 cup packed brown sugar
1 cup chopped pecans
2 tablespoons light corn syrup
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground nutmeg

Buttermilk Pancakes

 20 m
 4-5 Portions

Preparation

- 1 Whisk the all-purpose flour, whole wheat flour, cream of tartar, baking soda, pumpkin pie spice and salt in a medium bowl.
- 2 Whisk the eggs, buttermilk, and sugar in a large bowl until foamy, then stir in the melted butter.
- 3 Add the flour mixture and stir until just combined. (The batter will be thick and okay if there is a few lumps)
- 4 Heat a large skillet over medium heat until hot. Brush lightly with vegetable oil.
- 5 Drop a heaping $\frac{1}{4}$ cup of batter into the skillet for each pancake (you can spread it out with the back of a spoon).
- 6 Cook until the bubbles on top burst and the edges until golden brown; about 4 minutes without being disturbed.
- 7 Flip and cook until golden brown 2 to 3 minutes.
- 8 Serve with butter and syrup.

Ingredients

1- $\frac{1}{2}$ cups all-purpose flour
 $\frac{1}{2}$ cup whole-wheat flour
1 tsp cream of tartar
1 tsp baking soda
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pumpkin pie spice
2 large eggs
1- $\frac{3}{4}$ cups buttermilk
2 tsp. sugar
4 tablespoons butter, melted

Hint

Add blueberries, chocolate chips, or other fruit to your liking in step 3.

PART II





DESSERTS AND DRINKS

CHAPTER 3

DESSERTS



Apple Cheese Crisp

-  30 m
-  30 m
-  4-6 Portions
-  Mom's blue ribbon recipe




Preparation

- 1 Sprinkle water and lemon juice over apples in baking dish or pie pan.
- 2 Combine flour, sugars, spices. Cut in butter until mixture is crumbly.
- 3 Add cheddar cheese and sprinkle over apples.
- 4 Bake 30 minutes at 350 degrees. Serve warm topped with ice cream or whipped cream

Ingredients

- 4 cups peeled, sliced apples
- 1 teaspoon water
- $\frac{1}{2}$ teaspoon lemon juice
- 1 cup flour
- $\frac{1}{2}$ cup brown sugar
- 2 tablespoons sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 1 stick butter
- 1 cup shredded cheddar cheese

Apple-Oatmeal Crisp with Irish Whiskey Cream

 1 h
 40 m
 4-6 Portions

Preparation

- 1 Peel, core, and slice the apples.
- 2 Preheat the oven to 375 degrees. Lightly butter an 11 by 7 inch baking pan and set aside.
- 3 In a large skillet, melt 3 tablespoons of butter over medium-high heat.
- 4 Add the apples, lemon juice, $\frac{1}{2}$ cup of the brown sugar and 1 tablespoon of the flour to the butter. Stir well and cook for 5 minutes.
- 5 Add the whiskey, cinnamon, cardamom and salt to the mixture, stir well and cook for 1 minute. Remove from the heat.
- 6 In a large bowl combine the remaining flour, oatmeal and remaining $\frac{1}{2}$ cup sugar.
- 7 Add the remaining 5 tablespoons of butter and mix well.
- 8 Put mixture in pan and bake about 35 to 40 minutes until crisp is golden.
- 9 Whip the cream until it begins to form soft peaks. Then, add the sugar and whiskey and beat until stiff peaks form.
- 10 Cover and chill the cream then seat hot with the Irish Whiskey cream.





Ingredients

1 stick cold unsalted butter (in pieces)
2 pounds Rome apples
2 tablespoons fresh lemon juice
1 cup packed light brown sugar
1 cup all purpose flour
2 tablespoons Irish Whiskey
1 teaspoons cinnamon
 $\frac{1}{4}$ teaspoon cardamom
Pinch salt
 $\frac{1}{4}$ cup Irish oatmeal
 $\frac{1}{4}$ cup toasted, chipped walnut pieces

Irish Whiskey Cream:

1 cup heavy cream
1 tablespoon sugar
2 tablespoons Irish whiskey

Bourbon Peach Cobbler

 1 h
 45 m
 3-5 Portions
 Tyler Florence





Preparation

- 1 Heat the oven to 375 degrees. Then, peel and slice the peaches to make 6-8 cups.
- 2 In a large bowl add the peaches, bourbon, $\frac{1}{4}$ cup sugar, cornstarch and cinnamon and mix well to coat the peaches evenly; set aside.
- 3 Prepare the dumplings: Into a bowl sift together the flour, $\frac{1}{2}$ cup sugar, baking powder and salt.
- 4 Cut 12 tablespoons (1-1/2 sticks) butter into small pieces. Add it to the flour mixture and cut it in with a pastry blender or your hands until the mixture looks like coarse bread crumbs.
- 5 Pour in the cream and mix just until the dough comes together. Don't overwork the dough; it should be slightly sticky but manageable.
- 6 In a 10 inch cast iron skillet over medium low heat, melt the remaining 4 tablespoons butter.
- 7 Add the peaches and cook gently until heated through about 5 minutes.
- 8 Drop the dough by tablespoonfuls over the warm peaches. There can be gaps, the dough will puff up and spread out as it bakes.
- 9 Brush the top with some heavy cream and sprinkle with some sugar; put it into the oven on a baking sheet to catch any drips.
- 10 Cook for 40 to 45 minutes until the top is browned and the fruit is bubbling.

Ingredients

8 peaches
 $\frac{1}{4}$ cup bourbon
 $\frac{3}{4}$ cup sugar, plus more for dusting
2 tablespoons corn starch
1 teaspoon ground cinnamon
1-1/2 cups all purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon kosher salt
16 tablespoons (2 sticks) cold unsalted butter
 $\frac{3}{4}$ cup heavy cream, plus more for brushing

Cheesecake

 1.2 h
 1 h
 3-4 Portions
 Tyler Florence

Preparation

- 1 Preheat oven to 325 degrees.
- 2 For Graham crust: toss graham cracker crumbs, butter, brown sugar and cinnamon together in bottom of 9 inch springform pan and press firmly into pan bottom.
- 3 In a mixer bowl, blend cream cheese with sugar until well blended.
- 4 Add eggs and next 5 ingredients and blend well, stir on low speed about 5 minutes until totally smooth.
- 5 Pour into springform pan and place in oven. Bake until just set, about 60 to 75 minutes.
- 6 Turn of the oven, open door and let cool in oven 1 hour before refrigerating 8 hours or preferably overnight.
- 7 Serve with desired topping.

Ingredients




Graham Crust:

1 $\frac{1}{2}$ cups graham cracker crumbs
5 tablespoons unsalted butter
 $\frac{1}{3}$ cup firmly packed brown sugar
Pinch ground cinnamon

Cheesecake Batter:

2 pounds cream cheese, softened
1 $\frac{1}{3}$ cups sugar
5 large eggs
2 teaspoons vanilla
1 tablespoon lemon juice
 $\frac{1}{4}$ teaspoon almond extract
 $\frac{3}{4}$ cup sour cream
 $\frac{3}{4}$ cup whipped cream

Chocolate Chip Pie

 40 m
 30 m
 4-5 Portions

Preparation

- 1 Preheat oven to 350 degrees. Grease 2 (9 inch) pie plates; set aside.
- 2 In a large bowl, sift together the flour, salt, baking soda and baking powder.
- 3 In the bowl of an electric mixer, cream together butter, brown sugar and granulated sugar.
- 4 Add the eggs, 1 at a time, beating until incorporated. Then beat in the vanilla.
- 5 Add flour mixture a little at a time and mix until fully combined.
- 6 Fold in the 3 cups chocolate chips and if desired the walnuts.
- 7 Divide the dough between the prepared pie plates and smooth the tops with a spatula.
- 8 Bake about 30 minutes or until pies are golden and slightly firm to the touch but still soft.
- 9 If the pies begin to darken too much before they are based through, over with foil and continue baking.
- 10 Let pies cool completely on a wire rack. While the pies cool, whip the cream and confectioners sugar until soft peaks form (tips curl).
- 11 Fold in the chocolate chips.
- 12 Refrigerate whipped cream until ready to use.
- 13 Spread the whipped cream over the pies and serve.

Ingredients




Pie:

2 $\frac{3}{4}$ cups all purpose flour
1 $\frac{1}{2}$ teaspoons salt
1 teaspoon baking soda
1 $\frac{1}{4}$ teaspoons baking powder
1 cup (2 sticks) unsalted butter, softened
1 $\frac{1}{2}$ cups packed brown sugar
 $\frac{1}{2}$ cup granulated sugar
3 large eggs
1 tablespoon vanilla extract
3 cups semisweet chocolate chips
2 cups chopped walnuts, optional

Whipped cream:

2 pints (4 cups) heavy cream
 $\frac{1}{4}$ cup confectioners sugar
 $\frac{1}{4}$ cup miniature semisweet chocolate chips

Chocolate Marshmallow Pie

 1 m
 15 m
 5-8 Portions

Preparation

1 Preheat the oven to 350 degrees. Roughly break up the graham crackers.

Make the crust:

2 Pulse the graham crackers and granulated sugar in a food processor until finely ground.

3 Add the melted butter and pulse a few times until combined. Press the mixture into the bottom and up the side of a 9 inch pie plate, making a thicker rim around the edge.

4 Bake until the top edge is firm and the bottom is dry about 15 minutes. Transfer to a rack and let cool completely.

Make the filling:

5 Melt the butter and chocolate in a medium saucepan over medium heat, stirring occasionally until smooth.

6 Transfer to a medium bowl and let mixture cool 5 minutes.

7 Whisk in the granulated sugar, eggs, vanilla and salt until smooth.

8 Whisk in the flour until combined. Then, pour the filling into the cooled crust.

9 Bake until the filling is set and a toothpick inserted into the center comes out clean, 35 to 40 minutes.

10 Transfer to a rack and let cool completely.

Make the topping.

11 Combine the heavy cream, marshmallow cream and confectioners sugar in a food processor and pulse, scraping down the processor until the mixture is thick.

Ingredients

For the crust:

12 whole chocolate graham crackers
3 tablespoons granulated sugar
1 stick unsalted butter, melted

For the filling:



1 stick unsalted butter
8 oz. milk chocolate, chopped
 $\frac{1}{2}$ cup granulated sugar
2 large eggs
2 tsp. Vanilla extract
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup flour

For the topping:

1 cup cold heavy cream
 $\frac{2}{3}$ cup marshmallow cream
1 tbsp. confectioners sugar
Shaved chocolate for topping

12 Spoon the topping onto the center of the pie. Top with shaved chocolate.

Chocolate Mousse

 2.5 h
 3 Portions




Preparation

- 1 Melt chocolate with a double boiler and then cool slightly.
- 2 Make a meringue using steps 3-5.
- 3 Beat egg yolks, lightly add flavorings and chocolate to egg yolks, stirring well.
- 4 Beat egg whites (at room temperature) and cream of tarter at high speed of an electric mixer until frothy.
- 5 Gradually add sugar, 1 tablespoon at a time beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- 6 Stir about $\frac{1}{4}$ of the meringue into chocolate mixture. Then, fold remaining meringue into chocolate mixture.
- 7 Beat whipping cream at medium speed of an electric mixer until soft peaks form. Then, Fold cream into chocolate mixture.
- 8 Cover and chill at least 2 hours.

Ingredients

3 eggs, separated
1 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon almond extract
4 (1 ounce) squares semisweet chocolate
 $\frac{1}{2}$ teaspoon cream of tarter
 $\frac{1}{2}$ cup sugar
1 cup whipping cream

Chocolate Pecan Pie

 20 m
 55 m
 4-5 Portions




Preparation

- 1 Fit piecrust into a 9 inch pieplate according to the package directions; fold edges under and crimp.
- 2 Sprinkle chopped pecans and chocolate morsels evenly onto piecrust; set aside.
- 3 Combine sugars, corn syrup, and bourbon in a large saucepan; bring to a boil over medium heat. Cook 3 minutes, stirring constantly.
- 4 Whisk together eggs and remaining ingredients (cornmeal, salt, butter, and vanilla).
- 5 Gradually stir about $\frac{1}{4}$ hot mixture into egg mixture (slowly do this).
- 6 Add the remaining hot mixture, stirring constantly. Then, pour filling into piecrust.
- 7 Bake at 325 degrees for 55 minutes, cool.

Ingredients

$\frac{1}{2}$ (15 ounce) refrigerated piecrusts
1 $\frac{1}{2}$ cups chopped pecans
1 cup semisweet chocolate morsels
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup firmly packed brown sugar
1 cup dark corn syrup
 $\frac{1}{4}$ cup bourbon
4 large eggs
2 teaspoons cornmeal
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup butter
2 teaspoons vanilla

Christmas Trifle

 4.5 h
 5-7 Portions
 Mom's recipe

Preparation

Filling:

1 Combine the milk, sugar and vanilla in a large heavy bottomed saucepan over medium-high heat. Whisk to dissolve the sugar.

2 When the mixture comes to a simmer after 5 minutes, take 1 cup of the milk and sugar mixture and add it to the yolks. Whisk to blend well.

3 Slowly add the yolks to the milk and sugar mixture in the saucepan, whisking constantly.

4 Cook over medium heat until it thickens slightly, 4 to 5 minutes, whisking occasionally.

5 Over medium heat, slowly add this mixture to the saucepan, whisking constantly for 1 minute. Using a wooden spoon, continue stirring for about 2 minutes.

6 Add the butter and stir until it is completely melted and the mixture has thickened to a custard, about 2 minutes.

7 Pour the mixture into a glass bowl. Cover with plastic wrap, pressing the wrap down on the surface of the custard to prevent a skin from forming.

8 Cool completely and chill for at least 4 hours.

To assemble the trifle:

9 Cut the cake into 1 inch cubed size pieces.

10 Beat the cream with an electric mixer on high speed for about 2 minutes.

11 Add the sugar and beat until a mixture is thick and forms soft peaks, 1 to 2 minutes. Set aside.

12 Beat the custard with a wire whisk until it is smooth. Set aside.

Ingredients

Filling:

1 pound cake (any flavor)

1 quart milk

2 cups sugar

1 teaspoon vanilla

10 large egg yolks, beaten

$\frac{1}{2}$ cup cornstarch (dissolved in water)

$\frac{1}{2}$ cup water

2 tablespoons unsalted butter

To assemble the trifle:

1 quart heavy cream




$\frac{1}{4}$ cup sugar

1 cup orange flavored liqueur (Grand Marnier)

4-6 pints fresh raspberries

- 13 Spread out the cubed pound cake evenly on a piece of parchment paper. Drizzle the orange liqueur over the pound cake.
- 14 Spread 1 cup of the cream filling on the bottom of a large, deep glass trifle bowl. Top with a layer of pound cake.
- 15 Arrange raspberries on top of the pound cake. Then, spread 2 cups of the cream on top of the raspberries. Top with more pound cake, then raspberries.
- 16 Spread another cup of the cream and top with the remaining pound cake and raspberries. Then, spread the remaining cream on top of the raspberries.
- 17 Mound the whipped cream evening over the top.
- 18 Serve immediately or keep chilled until ready to serve.

Classic Pound Cake

 20 m
 1.5 h
 4-5 Portions




Preparation

- 1 Preheat oven to 325 degrees.
- 2 Place flour, sugar, butter, milk, eggs and vanilla (in that order) in a 4 quart bowl of a heavy duty electric stand mixer.
- 3 Beat at low speed 1 minute, stopping to scrape down sides.
- 4 Beat at medium speed 2 minutes.
- 5 Pour unto a greased and floured 10 inch tube pan and smooth.
- 6 Bake for 1 hour and 30 minutes or until a long wooden pick inserted in center comes out clean.
- 7 Cool in plan on a wire rack 10 minutes. Remove from pan to wire rack and cool completely (about 1 hour).

Ingredients

4 cups all purpose flour
3 cups sugar
2 cups butter, softened
 $\frac{3}{4}$ cup milk
6 large eggs
2 teaspoons vanilla extract

Coffee Cake

 10 m
 1 h
 3-4 Portions

Preparation

- 1 Grease a tube pan with butter. Preheat oven 350 degrees.
- 2 Mix ingredients for 7 minutes.
- 3 Stir $\frac{1}{2}$ cup sugar, 2 teaspoons cinnamon and $\frac{1}{3}$ cup nuts. Sprinkle sugar mixture on bottom of pan.
- 4 Spoon batter alternating the sugar mixture.
- 5 Bake 55-60 minutes. Cool upright in pan.

Ingredients

1 box yellow cake mix
1 package instant butterscotch pudding
4 eggs
 $\frac{1}{2}$ cup oil
1 cup sour cream

Cream Cheese Frosting



10 m



3-4 Portions




Preparation

- 1 Cream butter & cream cheese, add sugar about $\frac{1}{2}$ cup at a time.
- 2 Add vanilla and milk.

Ingredients

4 tablespoons butter, room temperature
4 ounces cream cheese, room temperature
3 cups confectionery sugar, sifted
1 teaspoon vanilla
1 tablespoon milk

Eggnog pound cake

 30 m
 1 h
 4-5 Portions




Preparation

- 1 Preheat the oven to 350 degrees. Grease and flour a 9x5x3 inch loaf pan.
- 2 Combine the flour, baking powder, salt and spices in a small bowl.
- 3 Using an electric mixer on low speed, beat the sugar, butter, rum, vanilla, and egg yolks in a large bowl for 60 seconds, scraping the bowl frequently.
- 4 Increase the speed to high and beat for 5 minutes, scraping the bowl occasionally.
- 5 Reduce the speed to low and mix in one-third of the flour mixture, alternating with the milk until just combined.
- 6 Pour the batter into the prepared pan.
- 7 Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean.
- 8 Cool in the pan for 10 minutes, then remove from the pan and cool completely.

Ingredients

1 $\frac{3}{4}$ cups all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
1 cup sugar
 $\frac{1}{2}$ cup (1 stick) unsalted butter, softened
2 tablespoons dark rum
2 teaspoons vanilla
5 large egg yolks
 $\frac{3}{4}$ cup milk

French Chocolate Silk Pie

 20 m
 40 m
 3-5 Portions




Preparation

- 1 Preheat oven to 350 degrees.
- 2 In a saucepan melt butter and chocolate together over low heat.
- 3 In a medium bowl, whisk condensed milk with warm chocolate butter mixture.
- 4 Stir in cream, salt, eggs, vanilla and flour; whisk well to mix.
- 5 Spoon filling into baked crust and bake 35 to 40 minutes until edges of pie are lightly golden brown.
- 6 Serve warm or chilled with whipped cream, chocolate shavings, vanilla ice cream or hot fudge sauce.

Ingredients

1 prebaked 9 inch pastry shell
4 tablespoons unsalted butter
1 cup coarsely chopped semisweet chocolate
1 (14 ounce) can sweetened condensed milk
 $\frac{1}{2}$ cup half and half or light cream
Pinch of salt
2 large eggs
1 teaspoon vanilla
1 tablespoon flour

Ginger Pear Crisp

 15 m
 30 m
 4-6 Portions

Preparation

- 1 Preheat oven to 350 degrees. Toss first six ingredients together in a bowl and mix.
- 2 Pour into a buttered baking dish.
- 3 Using a fork combine the remaining six ingredients. Spoon topping across pears.
- 4 Bake for 30 minutes or until brown and bubbly.



Ingredients

6 pears, peeled and sliced
1 tablespoon finely chopped ginger
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup raisins
2 teaspoons cinnamon
2 tablespoons butter, cut into bits

Topping:

$\frac{1}{4}$ cup flour
 $\frac{3}{4}$ cup rolled oats
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup sugar
1 teaspoon cinnamon
6 tablespoons butter

Glazed Pineapple

 20 m
 4-6 Portions

Preparation

- 1 Mix melted butter, brown sugar, cinnamon, vanilla extract and rum in a bowl.
- 2 Slice a pineapple in half lengthwise (keeping the top attached), then cut each half into 3 long wedges; cut out the core.
- 3 Place 2 wedges on a sheet of foil; brush with the spiced butter and fold up. Repeat to make 2 more packets.
- 4 Grill over medium heat until the pineapple is soft and golden on the bottom, 15 to 20 minutes.

Ingredients

4 tablespoons melted butter
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon vanilla extract
Pinch of salt
Splash of rum

Graham Banana Pudding

🕒 6.5 h
🍽️ 3-5 Portions



Preparation

- 1 Whisk together first 5 ingredients in a saucepan over low heat; cook whisking constantly 8 to 10 minutes or until thickened.
- 2 Remove from heat; stir in butter and vanilla.
- 3 Layer 5 graham crackers, half of bananas, and half of pudding in a 13x9 inch dish. Repeat layers.
- 4 Cover pudding and chill 6 hours.
- 5 Beat whipping cream and 2 tablespoons sugar at medium speed with an electric mixer until soft peaks form. Spread over pudding.
- 6 Chill until ready to serve.

Ingredients

4 cups half & half
4 large egg yolks
1 $\frac{1}{2}$ cups sugar
 $\frac{1}{4}$ cup cornstarch
 $\frac{1}{4}$ teaspoon salt
3 tablespoons butter
2 teaspoons vanilla extract
1 (5 ounce) package graham crackers, divided
4 large ripe bananas, sliced and divided
2 cups whipping cream
2 tablespoons sugar

Grandma's Doughnut Drops

 10 m
 3-4 Portions





Preparation

- 1 Sift dry ingredients together.
- 2 Add egg, milk, oil and stir until smooth.
- 3 Drop dough by teaspoonful into hot oil.
- 4 Shake in cinnamon and sugar while warm.

Ingredients

2 cups flour
1/3 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon nutmeg
1 egg lightly beaten
 $\frac{3}{4}$ cup milk
3 tablespoons oil
Oil for fryer

Honey Spice Cake with Rum Glaze

 30 m
 55 m
 3-5 Portions
 Emeril




Preparation

- 1 Preheat oven to 350 degrees. Grease and flour 1 tube or bundt pan.
- 2 Sift the cake flour, baking power, baking soda, ginger, cinnamon, cloves and salt together, then sift again into a large bowl.
- 3 In another large bowl, beat the butter with an electric mixer on high speed until creamy.
- 4 Gradually add the honey and $\frac{1}{4}$ cup of the sugar to the butter and beat on high speed until well mixed, 2 to 4 minutes.
- 5 Beat in the egg yolks, 1 at a time. Beat on low and add the flour mixture in 3 parts, alternating with the yogurt in 2 parts.
- 6 Beat until smooth, scraping down the side of the bowl as necessary.
- 7 In another large bowl, beat the egg whites until soft peaks form.
- 8 Gradually add the remaining $\frac{1}{4}$ cup sugar, beating on high speed, until stiff.
- 9 Fold the egg whites into the batter. Then, pour the batter into the prepared pan and bake until a tester comes up clean 40 to 55 minutes.
- 10 Let the cake cool in the pan on a wire rack for 10 minutes and then invert the cake onto the rack and allow to cool completely.
- 11 In a small bowl combine the powdered sugar and rum and still to combine. Mixture should be a stiff glaze. If the glaze is too thick, thin with a bit of milk.
- 12 Using a spoon, drizzle the glaze all over the cake in a random pattern. Let the cake sit until the glaze has hardened. Then serve.

Ingredients

2 and $\frac{1}{3}$ cups sifted cake flour
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon ground ginger
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ sticks unsalted butter
 $\frac{2}{3}$ cup real honey
 $\frac{1}{2}$ cup sugar
3 large egg yolks
 $\frac{3}{4}$ cup plus 2 tablespoons plain yogurt
4 large egg whites
1 $\frac{1}{4}$ cups sifted powdered sugar
1 $\frac{1}{2}$ teaspoons rum

Peanut Butter Kisses

 30 m
 10 m
 4-6 Portions




Preparation

- 1 Heat oven to 375 degrees. Remove wrappers from chocolates.
- 2 Beat shortening and peanut butter in large bowl. Add 1/3 cup granulated sugar and brown sugar; beat until fluffy.
- 3 Add egg, milk and vanilla; beat well.
- 4 Stir together flour, baking soda and salt; gradually beat into mixture.
- 5 Shape dough into 1 inch balls. Roll in sugar, place on ungreased cookie sheet.
- 6 Bake 8 to 10 minutes or until lightly browned.
- 7 Immediately press a chocolate kiss into center of each cookie.
- 8 Remove from cookie sheet to wire rack. Cool completely.

Ingredients

48 Hershey's Kisses
 $\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ cup creamy peanut butter
 $\frac{1}{3}$ cup sugar
 $\frac{1}{3}$ cup packed light brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla
 $1\frac{1}{2}$ cups all purpose flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
Granulated sugar

Pear Spice Muffins

 30 m
 30 m
 3-4 Portions




Preparation

- 1 Preheat oven to 375 degrees. Grease the cups of a 12 muffin pan or line with baking cups.
- 2 Combine the flour, oats, brown sugar, baking powder and salt in a mixing bowl.
- 3 Using a pastry blender or your fingers, cut in the butter until the mixture resembles coarse crumbs. Set aside $\frac{3}{4}$ cup for the topping.
- 4 Stir in the cinnamon and allspice into the reserved topping.
- 5 Stir together the eggs, milk and grated pear in a small bowl.
- 6 Add the remaining dry ingredients all at once, stirring until just moist.
- 7 Divide the batter evenly among 12 muffin cups, filling each cup two thirds full.
- 8 Sprinkle the topping evenly over the batter; pat down gently to make it stick.
- 9 Bake for 25 to 30 minutes or until the tops spring back when lightly touched.
- 10 Remove the muffins from the pan immediately and cool on a wire rack.

Ingredients

2 cups all-purpose flour
1 cup quick rolling oats
1 cup firmly packed light brown sugar
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup (1 stick) unsalted butter
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground allspice
2 eggs, lightly beaten
1 cup milk
2 grated, peeled pears (1 cup)

Pineapple Upside Down Cake

 1.5 h
 40 m
 3-5 Portions




Preparation

- 1 Peel, core, and cube the pineapple. Preheat oven 350 degrees.
- 2 In a mixing bowl, toss the pineapple with 1 cup of sugar, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon nutmeg.
- 3 In a hot cast iron skillet, melt $\frac{1}{2}$ stick of butter. Then, caramelize the pineapple, about 3 to 5 minutes.
- 4 For the batter: In a mixing bowl, cream one cup of the butter and 1 $\frac{1}{2}$ cups of sugar.
- 5 Next, stir in the eggs one at a time.
- 6 Stir in the baking powder, baking soda, vanilla, $\frac{1}{2}$ teaspoon cinnamon, teaspoon nutmeg and milk.
- 7 Add the flour and mix well.
- 8 Pour the cake batter evenly over the pineapple.
- 9 Bake for about 40 minutes, or until the cake is golden brown and pulls away slightly from the edges of the skillet.
- 10 Cool for about 30 minutes, then invert over a large platter.

Ingredients

2 pounds of fresh pineapple
2 $\frac{1}{2}$ cups sugar
1 teaspoon ground cinnamon
1 teaspoon grated nutmeg
1 $\frac{1}{2}$ sticks butter, softened
1 teaspoon baking powder
1 teaspoon baking soda
Pinch of salt
2 whole eggs
1 teaspoon vanilla
1 cup milk
2 $\frac{1}{4}$ cups flour

Pumpkin Cheesecake with Bourbon Spiked Cream

 1 h
 1.25 h
 4-5 Portions

Preparation

Cake:

- 1 Preheat oven to 350 degrees.
- 2 Combine the crumb, ground pecans and butter together. Mix well and press into a 12 inch spring form pan.
- 3 In a food processor (or mixer) with the metal blade, mix the cream cheese until smooth.
- 4 Add the brown sugar and blend.
- 5 Add the eggs 1 at a time to thoroughly incorporate into the cheese mixture.
- 6 Add the heavy cream. Add the flour, salt, cinnamon and vanilla and blend until smooth.
- 7 Add the mashed pumpkin and blend until smooth.
- 8 Pour into the prepared pan. Bake 1 hour and 15 minutes or until the cake is set.
- 9 Remove from the oven and with a knife loosen the sides from the pan. This will prevent the cake from splitting down the center.
- 10 Completely cool the cake before cutting.
- 11 Combine the whipped cream and bourbon together, blend well. Garnish each piece of cake with the Bourbon Whipped cream and a drizzle of chocolate sauce.

Chocolate sauce:

Ingredients

Cake:





- 1 $\frac{1}{2}$ cups ginger snaps crushed into crumbs
- 1 cup ground pecan pieces
- 1 stick melted butter
- 2 lbs cream cheese, softened and cubed
- 1 cup light brown sugar
- 6 eggs
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup all purpose flour
- Pinch salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon vanilla
- 2 cups pumpkin puree
- 2 cups sweetened whipped cream
- Dash bourbon
- 1 cup warm semisweet chocolate sauce

Chocolate sauce:

- $\frac{3}{4}$ cup half & half
- 1 tablespoon butter
- $\frac{1}{2}$ pound semisweet chocolate chips
- $\frac{1}{4}$ teaspoon vanilla

- 12 Combine the half and half and butter in a small heavy bottomed saucepan over medium heat.
- 13 Heat the mixture until a thin paper like skin appears on the top. Do not boil.
- 14 Add the chocolate and vanilla and stir until the chocolate melts and the mixture is smooth.
- 15 Remove from the heat and let cool.

Raspberry Lemon Thumbprint Cookies

 40 m
 20 m
 3-4 Portions
 Emeril




Preparation

- 1 Preheat oven to 350 degrees. Lightly butter 2 large baking sheets
- 2 In a small bowl combine the jam and Chambord. Stir to combine.
- 3 In a medium bowl, combine the flour, baking powder and salt and whisk to blend.
- 4 In a large bowl using an electric mixer, beat the butter and sugar until light and creamy.
- 5 Beat in the egg yolks, lemon zest, lemon juice and vanilla.
- 6 Add the flour mixture in 2 additions and beat just until moist clumps form.
- 7 Gather the dough together into a ball.
- 8 Pinch off the dough to form 1 inch balls. Place on the prepared baking sheets, spacing 1 inch apart.
- 9 Use your floured index finger or $\frac{1}{2}$ teaspoon measuring spoon to create depressions in the center of each ball.
- 10 Fill each indentation with nearly $\frac{1}{2}$ teaspoon of the jam mixture.
- 11 Bake until golden brown (about 20 minutes).
- 12 Transfer the cookies to wire racks and cool completely.

Ingredients

$\frac{1}{2}$ cup raspberry jam
1 tablespoon Chambord
2 $\frac{1}{4}$ cups all purpose flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 sticks butter at room temperature
 $\frac{2}{3}$ cup sugar
2 large egg yolks
1 tablespoon finely grated lemon zest
1 tablespoon fresh lemon juice
1 teaspoon pure vanilla extract

Snickerdoodles

 30 m
 10 m
 3-4 Portions




Preparation

Ingredients

- 1 Make sure butter is unsalted and softened.
- 2 Preheat the oven to 350 degrees. Sift the flour, baking soda and nutmeg into a medium bowl.
- 3 Combine the butter, vanilla, brown sugar and 1 cup of the granulated sugar in a large bowl.
- 4 Using an electric mixer on high speed, beat until light and fluffy.
- 5 Add the eggs, one at a time, beating on medium speed after each addition.
- 6 Stir in the flour mixture.
- 7 Cover the bowl with plastic wrap and refrigerate for 30 minutes.
- 8 Stir together the remaining granulated sugar and the cinnamon in a small bowl.
- 9 Scoop the dough into level tablespoons and roll into balls.
- 10 Roll the dough balls in the cinnamon sugar, then arrange 3 inches apart on ungreased baking sheets.
- 11 Bake until the edges are golden 10 to 12 minutes. Cool on wire racks.

2 $\frac{1}{4}$ cups all purpose flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground nutmeg
 $\frac{1}{2}$ cup (1 stick) plus 1 tablespoon butter
1 teaspoon vanilla
 $\frac{1}{2}$ cup firmly packed light brown sugar
1 cup plus 1 tablespoon granulated sugar
2 large eggs
2 teaspoons ground cinnamon

Spice Molasses Cookies

 1.5 h
 10 m
 3-4 Portions




Preparation

- 1 Beat shortening at medium speed until fluffy.
- 2 Gradually add 1 cup sugar beating well.
- 3 Add egg and molasses, then mix well.
- 4 Combine flour and next 8 ingredients (baking powder, baking soda, salt, ginger, cinnamon, nutmeg, cloves, allspice). Then mix well.
- 5 Add $\frac{1}{4}$ of the flour mixture at a time to the creamed mixture beating until smooth.
- 6 Cover and chill 1 hour.
- 7 Shape dough into 1 inch balls and roll in additional sugar. Place 2 inches apart on cookie sheets.
- 8 Bake at 350 degrees for 9-11 minutes.

Ingredients

$\frac{3}{4}$ cup shortening
1 cup sugar
1 large egg
 $\frac{1}{4}$ cup molasses
2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon allspice

Swedish Tea Ring

 2.5 h
 25 m
 5-6 Portions

Preparation

- 1 For the dough, Scald milk (190 degrees). Soften yeast in lukewarm water (115 degrees).
- 2 Measure butter, sugar, and salt in mixing bowl. Add milk, stir until butter is melted. When the milk mixture is lukewarm, add yeast.
- 3 Add half of flour to mixture. Add more flour $\frac{1}{2}$ cup at a time.
- 4 Turn dough on floured board and allow to rest 10 minutes.
- 5 Knead the dough until smooth and satiny.
- 6 Shape dough and place in oiled bowl. Cover with towel – let rise out of draft (75 to 85 degrees) 1-1 $\frac{1}{2}$ to 2 hours.
- 7 Punch down dough – divide in half
- 8 Roll $\frac{1}{2}$ of dough into an oblong 9x8x1/4 inch thick.
- 9 Spoon dough with inside ingredients (sugars, cinnamon, nutmeg and raisins).
- 10 Roll dough lengthwise, jelly roll fashion. Seal edge firmly. Shape into ring and seal ends together by pinching dough.
- 11 Cut through ring with scissors to $\frac{1}{2}$ inch from middle in slices 1 inch wide.
- 12 Twist each slice slightly on its side. Brush with melted butter and cover. Let the dough rise until it doubles in size.
- 13 Bake at 375 degrees 25 minutes. Frost while warm with confectionery icing.

Ingredients

2 cups milk
1 package yeast
 $\frac{1}{4}$ cup water
2 tablespoons butter
2 tablespoons sugar
6 cups sifted flour
1 tablespoon melted butter
3 tablespoons butter
3 tablespoons brown sugar
1 tablespoon sugar
 $\frac{1}{4}$ tsp cinnamon
Dash nutmeg
 $\frac{1}{3}$ cup raisins

CHAPTER 4

DRINKS



Sangria



1 h



3-5 Portions

Preparation

- 1 Combine everything but the sparkling water in a large plastic container or glass pitchers.
- 2 Cover the container and chill completely in the fridge, 1 to 2 hours.
- 3 When ready to serve, add the sparkling water.

Ingredients

1 (750 ml) bottle red wine
 $\frac{1}{4}$ cup brandy
 $\frac{1}{4}$ cup orange liqueur (Grand Marnier)
2 tablespoons fresh lime juice
2 tablespoons fresh orange juice
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ orange, thinly sliced
 $\frac{1}{2}$ lemon, thinly sliced
1 apple cored and cut into wedges
1 (750 ml) bottle sparkling water, chilled

White Sangria



2 h



6-8 Portions

Preparation

- 1 Remove the pits of the apricot and peaches and slice into thin wedges.
- 2 Combine the wine, brandy, orange liqueur, pear juice, and sugar in a large pitcher and stir until the sugar has dissolved.
- 3 Add the fruit and stir well to combine.
- 4 Cover and refrigerate until well chilled, about 2 hours.
- 5 Stir in the Prosecco and serve the sangria in large wine glasses, over ice if desired.

Ingredients

- 2 (750 ml) bottles white Spanish wine
- $\frac{1}{2}$ cup Spanish brandy
- $\frac{1}{4}$ cup Spanish orange liqueur
- 1 cup pear juice
- $\frac{1}{2}$ cup superfine sugar
- $\frac{1}{2}$ cup sliced pear
- 2 apricots
- 2 peaches
- $\frac{1}{2}$ pound seedless white grapes
- 1 (750 ml) bottle Prosecco, chilled

Hint

A good Spanish wine could be Albarino (Galacia), Viura (Rioja), or Verdejo (Rueda)

Snowtini

🕒 15 m
🍷 3-4 Portions

Preparation

- 1 Place the martini glasses on a designated, flat shelf in the freezer for 10 minutes.
- 2 Use a serrated knife, cut shavings off the block of chocolate and reserve for later.
- 3 Fill a cocktail shaker with ice. Pour the vodka, chocolate liqueur and Irish cream over the ice. Put top on the shaker and shake firmly.
- 4 Carefully pull out the glasses from the freezer taking care not to get the finger marks on the body of the glass.
- 5 Pour into chilled glass. Garnish with chocolate shavings in the middle and serve.

Ingredients

1 ounce bittersweet chocolate
1 $\frac{1}{2}$ cups ice
3 ounces vanilla vodka
3 ounces chocolate liqueur (Godiva)
3 ounces Irish cream (Baileys)

PART III





MEATS

CHAPTER 5

BEEF



Bracirole

 30 m
 1.5 h
 4-6 Portions
 Giada De Laurentiis





Preparation

- 1 Chop the parsley leaves finely. Preheat the oven to 350 degrees.
- 2 Stir the first 5 ingredients (bread crumbs, garlic, Pecorino Romano, provolone, and parsley) in a medium bowl to blend. Stir in 2 tablespoons of the oil.
- 3 Season the mixture with salt and pepper and set aside.
- 4 Lay the flank steak flat on the work surface. Sprinkle the bread crumb mixture evenly over the steak to cover the top evenly.
- 5 Starting at 1 short end, roll up the steak as a jelly roll to enclose the filling completely.
- 6 Using butcher's twine, tie the steak roll to secure. Sprinkle the bracirole with salt and pepper.
- 7 Heat the remaining 2 tablespoons of oil in a heavy large ovenproof skillet over medium heat.
- 8 Add the bracirole and cook until browned on all sides, about 8 minutes.
- 9 Add the wine to the pan and bring to a boil.
- 10 Stir in the marinara sauce. Cover partially with foil and bake until the meat is almost tender, turning the bracirole and basting with the sauce every 30 minutes.
- 11 After 1 hour, uncover and continue baking until the meat is tender, about 30 minutes longer. The total cooking time should be about 1 $\frac{1}{2}$ hours.
- 12 Remove the bracirole from the sauce. Using a large sharp knife, cut the bracirole crosswise and diagonally into $\frac{1}{2}$ inch thick slices.
- 13 Transfer the slices to plates. Spoon the sauce over and serve.

Ingredients

$\frac{1}{2}$ cup dried Italian style bread crumbs
1 garlic clove, minced
 $\frac{2}{3}$ cup grated Pecorino Romano
 $\frac{1}{3}$ cup grated provolone
2 tablespoons fresh Italian parsley leaves
4 tablespoons olive oil
Salt and freshly ground pepper
1 (1 $\frac{1}{2}$ pound) flank steak
1 cup dry white wine
3 $\frac{1}{4}$ cups marinara sauce

Harris Teeter's Rancher Chuck Roast

 10 m
 1.5 h
 6-8 Portions
 Harris Teeter

Preparation

- 1 Preheat oven to 350 degrees. Place foil in baking dish.
- 2 Place roast in foil, add salt, pepper, garlic, parsley, and shallots, Italian herbs on top of the roast.
- 3 Lay the diced bacon strips over the herbs and seasonings.
- 4 Add 1 cup red wine and wrap foil around the roast tightly.
- 5 Roast for 1-1 $\frac{1}{2}$ hours.

Ingredients

3 pounds chuck roast
4 cloves garlic, minced
1 teaspoon kosher salt
2 teaspoons parsley
1 teaspoon ground black pepper
2 tablespoons shallots, minced
 $\frac{1}{2}$ teaspoon basil, chopped
 $\frac{1}{2}$ teaspoon thyme, chopped
 $\frac{1}{2}$ pound bacon, diced
 $\frac{1}{2}$ teaspoon oregano, chopped
1 cup red wine

Hawaiian Beef



15 m



2 h



3-4 Portions



Great Grandma McCollum





Preparation

- 1 Brown Meat.
- 2 Combine the rest of the ingredients and heat to make the sauce.
- 3 Bake the meat and sauce covered 350 degrees 2 hours or in the crockpot on low for several hours.

Ingredients

2-4 pounds stew meat or cubed chuck steak
1 $\frac{1}{2}$ tablespoon brown sugar
 $\frac{1}{2}$ teaspoon ginger
1 teaspoon dry mustard
 $\frac{1}{8}$ teaspoon pepper
1 cup tomato sauce
2 tablespoons lemon juice
 1 cup water
 1 bay leaf
1 chopped onion
1 can crushed pineapple

Holiday Rib Roast

-  15 m
-  2 h
-  3-4 Portions
-  Harris Teeter




Preparation

- 1 Rub rib roast with Worcestershire sauce.
- 2 Sprinkle salt and pepper over roast, be sure to cover entire piece of meat.
- 3 Fill aluminum pan with 2 to 3 inches of rock salt. Place roast in pan bone side down into the rock salt.
- 4 Pour remaining rock salt completely over roast, be sure to cover the entire piece of meat. Then, pour cup of water over salt.
- 5 Place in preheated 500 degree oven for 1 hour.
- 6 Turn oven down to 350 degrees and cook 20 minutes to the pound until done.
- 7 Remove from oven at the end of cooking cycle and let sit for 5 minutes.
- 8 To remove roast from rock salt it might be necessary to break salt with a kitchen hammer.

Ingredients

- 5 rib bone-in rib roast (6 to 8 pounds)
- 1 tablespoon Worcestershire sauce
- 10 to 12 pounds of rock salt
- 1 cup water
- Salt and pepper
- 1 large deep disposable aluminum pan

French Dip Sandwiches

 3 h
 1.25 h
 4-6 Portions

Preparation

Make the onion spread:

- 1 Heat the vegetable oil in a large skillet over medium low heat.
- 2 Add the onion and pinch of salt; cover and cook, stirring, until golden about 35 minutes.
- 3 Add the shallots and scallion whites; cover and cook stirring until browned about 25 more minutes.
- 4 Stir in scallion greens, then remove from the heat and let cool.
- 5 Chop the onion mixture and transfer to a bowl. Add the sour cream, mayonnaise, vinegar, Worcestershire sauce and 1 teaspoon salt.
- 6 Cover and refrigerate at least 2 hours and up to 1 day.

Make the beef for the sandwiches:

- 7 Mince the garlic, then sprinkle with 1 teaspoon salt and mash into a paste with the flat side of a large knife.
- 8 Transfer to a bowl; add the olive oil, celery salt, cayenne and $\frac{1}{2}$ teaspoon black pepper.
- 9 Cut small slits all over the beef with a knife, then use your fingers and push the garlic paste into the slits.
- 10 Cover, refrigerate at least 1 hour or overnight.
- 11 Preheat the oven to 425 degrees. Bring the beef to room temperature.
- 12 Sprinkle with 2 teaspoons salt and $\frac{1}{2}$ teaspoon pepper.

Ingredients

For the onion spread:

3 tablespoons vegetable oil
1 large onion, thinly sliced
kosher salt
6 medium shallots, thinly sliced
2 bunches scallions, chopped
1- $\frac{1}{2}$ cups sour cream
1 cup mayonnaise
2 teaspoons white wine vinegar
2 teaspoons Worcestershire sauce

For the sandwiches:

6 cloves garlic
kosher salt
1 teaspoon extra-virgin olive oil
 $\frac{1}{2}$ teaspoon celery salt
pinch of cayenne pepper
freshly ground black pepper
3-4 pound beef eye round roast
4 cups beef broth
2 stalks celery, roughly chopped
3 sprigs parsley
2 tablespoons butter
2 tablespoons flour
2 teaspoons dry sherry
6 6 inch Italian rolls
12 slices provolone cheese

13 Place on a rack in a roasting pan; add 1 cup broth, $\frac{1}{4}$ cup water, the celery, onion, parsley to the pan.

14 Roast 10 minutes, then reduce the oven temperature to 350 degrees and roast until thermometer inserted into the center of the beef registers 115 degrees about 60 minutes longer.

15 Transfer to a cutting board; let rest 20 minutes. Strain the pan juices; reserve.

Make the jus:

16 Melt the butter in a medium saucepan over medium heat. Add the flour and cook stirring 1 minute.

17 Whisk in the reserved pan juices and the remaining 3 cups broth and bring to a boil, whisking.

18 Remove the pan from the heat and stir in the sherry.

19 Split french rolls and put two pieces of provolone cheese on each roll — put in 350 degree oven until the cheese melts.

20 Brush the rolls with some of the onion spread. Thinly slice the beef against the grain.




21 Dunk the slices in the jus, then layer on the rolls. Serve the remaining jus in small bowls for dipping. Remaining onion spread can be used on chips as dip.

CHAPTER 6

CHICKEN



Karaage (Japanese Fried Chicken)

 2.5 h
 4-5 Portions
 Steve

This is the recipe shown on the Chicken Chapter page. Feel free to add whatever you want to your karaage bowl; bean sprouts, cabbage, and a soft boiled egg are all excellent additions. The recipe for sushi rice can be found on Page 78

Preparation

- 1 In a large bowl, combine the chicken, sake, sugar, soy sauce, ginger, and garlic. Mix well.
- 2 Cover the bowl with plastic and marinate for at least 2 hours (up to overnight) in the fridge.
- 3 Dredge the chicken with the egg and then the potato starch.
- 4 Heat the oil to 340°F. Fry the chicken until golden brown and fully cooked, 5-7 minutes. As each one cooks, set it on a drying grate to drip dry.
- 5 Serve in a bowl with warm rice and green onions.




Ingredients

1 lb skin-on chicken thigh, cubed
1 tablespoon sake
1 teaspoon sugar
2 tablespoons soy sauce
1 tablespoon ginger, grated
1 clove garlic, minced
1 egg, beaten
 $\frac{1}{2}$ cup potato starch
cooking oil, for frying
3 cups sushi rice
1 green onion

Hint

Use a meat thermometer when frying the chicken to make sure to get the perfect temperature. You don't want them to overcook!

Chicken Enchiladas

 40 m
 20 m
 4-6 Portions




Preparation

- 1 Melt butter in a large skillet over medium high heat, stirring often.
- 2 Add sliced onions and cook 20 minutes or until caramelized.
- 3 Reduce heat to low and add chopped chicken and next 4 ingredients, stirring until combined. Set aside.
- 4 Pulse chiles and next 5 ingredients in blender or food processor several times until combined.
- 5 Bring chile mixture and chicken broth to a boil in a saucepan over high heat; cook 5 minutes or until slightly thickened. (Mixture should be the consistency of a thin gravy.)
- 6 Remove from heat and stir in salsa.
- 7 Spread one third chile mixture evenly on bottom of a lightly greased 13 x 9 inch baking dish.
- 8 Spoon chicken mixture evenly down center of each tortilla; roll up and place seam side down in prepared baking dish.
- 9 Top with remaining chile mixture; sprinkle with cheese.
- 10 Bake at 375 degrees for 20 to 25 minutes or until bubbly.

Ingredients

2 tablespoons butter
2 onions, thinly sliced
2 cups chopped cooked chicken
 $\frac{1}{2}$ cup red pepper
8 ounces of cream cheese, cubed
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
4 (4.5 ounce) cans diced green chiles
1 small onion, chopped
2 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon sugar
1 (14-1/2 ounce) can chicken broth
 $\frac{1}{2}$ cup green verde salsa
10 (7 inch) flour tortillas
2 cups (8 ounces) shredded Mexican cheese

Pollo Salsa Verde

 2 h
 55 m
 6-8 Portions

Preparation

1 Place chicken in 9 inch by 12 inch glass baking dish. Squeeze limes over chicken and season to taste with fresh ground pepper and herbs. Marinate for 2 hours.

2 Preheat oven to 350 degrees. Bake chicken uncovered for 20 minutes.

3 Remove from oven and cover chicken evenly with $\frac{2}{3}$ cup salsa.

4 Cut tortillas into 1 inch strips.

5 Cover the top of the chicken with the strips into a checkerboard pattern, using only half the strips.

6 Spread another $\frac{2}{3}$ cup salsa and add another layer of tortillas in the same checkerboard pattern.

7 Cover the tortillas with $\frac{2}{3}$ cup sour cream and bake covered for 20 minutes.

8 Remove from the oven, add one cup of grated Monterey jack cheese evenly over the top of the tortillas.

9 Return to the oven and broil until the cheese turns golden brown (should be about 15 minutes).

10 Let stand 10 minutes before serving.

Ingredients

4 boneless chicken breasts (thin sliced)
2 medium limes
 $1\frac{1}{3}$ cup verde salsa
15 8 inch flour tortillas
 $\frac{3}{4}$ cup sour cream
1 cup grated Monterey jack cheese

Roman style Chicken



1.25 h



4-6 Portions



Giada De Laurentis edited by Mom




Preparation

- 1 Season the chicken with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper.
- 2 In a heavy large skillet, heat the olive oil over medium heat.
- 3 When the oil is hot, cook the chicken until browned on both sides.
- 4 Remove chicken from the pan and set aside – cover with foil or large bowl to keep hot.
- 5 Keeping the same pan over medium heat, add the peppers and prosciutto and cook until the peppers have browned and the prosciutto is crisp, about 5 minutes.
- 6 Add the garlic and cook for 1 minute.
- 7 Add the tomatoes, wine and herbs. Then, using a wooden spoon, scrape the browned bits off the bottom of the pan.
- 8 Return the chicken to the pan, add the stock and bring the mixture to a boil.
- 9 Reduce the heat and simmer covered, until the chicken is cooked through, about 20 to 30 minutes.
- 10 Meanwhile, cook the fettuccine and drain.
- 11 Add the fettuccine to a large pasta bowl. Add chicken over the top.
- 12 Sprinkle with fresh Parmesan cheese and chopped parsley leaves.

Ingredients

3 skinless chicken breast halves, with ribs
4 skinless chicken thighs with bones
 $1\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ teaspoon freshly ground black pepper
 $\frac{1}{4}$ cup olive oil
1 red bell pepper, sliced
1 yellow bell pepper, sliced
3 ounces prosciutto, chopped
2 cloves garlic, chopped
1 15 ounce can diced tomatoes
 $\frac{1}{2}$ cup white wine
1 tablespoon fresh thyme leaves
1 teaspoon fresh oregano leaves
 $\frac{1}{2}$ cup chicken broth
 $\frac{1}{4}$ cup chopped fresh parsley leaves
Fresh Parmesan cheese
1 box fettuccine

Chicken Marsala

 50 m
 4-6 Portions
 Mom



Preparation

- 1 If chicken isn't thinned already, beat thin with a meat mallet.
- 2 Heat olive oil in skillet over medium heat.
- 3 In a small bowl, beat egg and add milk. In another small bowl or small plate, add bread crumbs.
- 4 Dredge chicken in milk and egg mixture and coat with bread crumbs and put in skillet.
- 5 When brown (about 3 to 4 minutes), turn over another 3 to 4 minutes).
- 6 Remove chicken from pan and plate it.
- 7 Turn up heat to medium high and in skillet melt butter, add mushrooms and onion and cook until soft several minutes.
- 8 Add Marsala wine and rosemary.
- 9 Return chicken to pan, turn down heat back to medium, and cook a couple of minutes on each side.

Ingredients

1 pound thin chicken
 $\frac{3}{4}$ cup Italian bread crumbs
 $\frac{1}{2}$ cup milk
1 egg
8 ounces mushrooms
1 small onion, diced
2 tablespoons olive oil
2 tablespoons butter
1 cup Marsala
 $\frac{1}{2}$ tablespoon of rosemary

Slow cooker Chicken Paprikash

 8.5 h
 4-5 Portions

Preparation

- 1 Rinse chicken breasts and pat dry, then cut into $\frac{1}{2}$ inch strips.
- 2 In a bowl, combine the flour and chicken, tossing well to coat.
- 3 In a slow cooker, combine the chicken mixture, stock, mushrooms, onion, bell pepper, carrot, garlic, paprika, salt and pepper.
- 4 Cover and cook on low heat for 8 hours.
- 5 Just before serving, stir in the sour cream.
- 6 Serve with egg noodles, mashed potatoes, or orzo.

Ingredients





3 tablespoons all purpose flour
2 pounds boneless, skinless chicken breasts
1 $\frac{1}{4}$ cups chicken stock
8 ounces mushrooms, sliced
1 large onion, chopped
1 cup chopped red bell pepper
 $\frac{1}{2}$ cup shredded carrot
2 large garlic cloves, minced
2 tablespoons Hungarian sweet paprika
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 $\frac{1}{4}$ cups sour cream

CHAPTER 7

PORK



Wonton Poppers

 20 m
 15 m
 4-8 Portions
 Steve

Preparation

- 1 Dice the tomato, cilantro, bell pepper, and jalapeno and mix together.
- 2 Sprinkle the sausage with red pepper, salt, and pepper. Then brown it over medium-high heat.
- 3 Put each wonton into the holes in a cupcake or muffin tin (spray with oil if it isn't non-stick).
- 4 Put sausage and a sprinkle of cheese in each wonton before covering that with another wonton.
- 5 Sprinkle mixed vegetables from step 1 on top of top wonton before covering with even more cheese.
- 6 Bake for 10-15 minutes until wonton edges are golden brown. Then, serve with sliced avocado.




Ingredients

1 package wonton wrappers
1 Fresh jalapeno
1 lb ground pork
8 ounces Mexican or Colby jack cheese
2 tomatoes
1 green bell pepper
handful of cilantro
2 avocados
 $\frac{1}{2}$ tablespoon crushed red pepper
1 teaspoon salt
1 teaspoon pepper

Hint

This is the recipe shown on the Chicken Chapter page. Feel free to add whatever you want to the wontons to make your own spin on them. Cream cheese can also be used in these to cut the heat some.

Asian Pork Tenderloin

 1.1 h
 30 m
 5-6 Portions




Preparation

- 1 Combine all the ingredients except the tenderloins in a food processor and pulse several times to puree in order to make the marinade.
- 2 Put the tenderloins in a large plastic bag and pour in the marinade.
- 3 Seal the bag and refrigerate for 1 hour.
- 4 Preheat the oven to 400 degrees.
- 5 Heat a large nonstick skillet over high heat.
- 6 When the skillet is hot, add the tenderloins and sear, turning to ensure even browning, about 4 minutes.
- 7 Transfer to a oven safe dish oiled with olive oil and put in oven.
- 8 Cook for 30 minutes or until an instant-read thermometer reads 145 degrees.
- 9 Remove from the oven and let rest for 5 minutes, then serve.

Ingredients

$\frac{1}{2}$ cup soy sauce
 $\frac{1}{4}$ cup pineapple juice
 $\frac{1}{4}$ cup coarsely chopped green onions
 $\frac{1}{4}$ cup coarsely chopped shallots
2 tablespoons coarsely chopped fresh ginger
2 tablespoons honey
2 tablespoons rice wine vinegar
1 tablespoon essence
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
2 tablespoons chopped garlic
1 tablespoon sesame oil
1 tablespoon crushed red pepper
2 pork tenderloins (about 2 pounds)

Pork Egg Rolls with Sweet and Sour Sauce

 1 h
 20 Portions
 Emeril Lagasse

Preparation

1 Preheat the fryer. If not done already, peel, de-vein and chop shrimp and wash and pat down bean sprouts.

2 In a wok, heat the oil. When the oil is hot, add the pork. Season with salt and pepper. Stir fry for 3 minutes.

3 Add the onions and garlic, continue to cook for 2 minutes.

4 Add the bok choy and shrimp. and season with salt and pepper. Stir-fry for 1 minute. Season with the sesame oil, soy sauce, sake and sugar.

5 Add the sprouts and green onions and mix thoroughly. Remove from the heat and cool completely.

6 To assemble, spoon about $\frac{1}{4}$ cup of the filling in a rectangular shape on the center of each wrapper. Then, fold in the ends toward the center about $\frac{1}{4}$ inch.

7 Beginning at the bottom roll up the wrapper, like a jelly roll, using a little of the egg wash to seal the end tightly.

8 Repeat until all of the egg rolls are done.

9 Fry the egg rolls in batches until golden brown stirring occasionally for overall browning, about 2 to 3 minutes.s





10 Remove from the oil and drain on paper towels. Season with essence.

11 Serve warm with sweet and sour sauce.

Ingredients

2 tablespoons vegetable oil
1 pound ground pork
 $\frac{1}{2}$ cup minced onion
1 tablespoon chopped garlic
1 pound bok choy, shredded
 $\frac{1}{2}$ pound medium shrimp
1 tablespoon dark sesame oil
Soy sauce to taste
 $\frac{1}{4}$ cup sake (optional)
1 tablespoon sugar
1 pound fresh bean sprouts
 $\frac{1}{4}$ cup green onions, green part only
20 (6 inch) egg roll wrappers
1 egg beaten for egg wash
Oil for frying

Double Cut Pork Chops with Caramelized Onion Gravy and Pecan Glazed Sweet Potatoes

 1.25 h
 45 m
 8-12 Portions
 Emeril Lagasse

Preparation

Gravy:

- 1 In a small saucepan set over medium heat, add the butter.
- 2 Once melted, add the onions and sugar to the pan and sweat, stirring occasionally until wilted and well caramelized, about 18 to 20 minutes.
- 3 Add the garlic and thyme to the pan and sauté until fragrant, about 30 seconds.
- 4 Add the flour to the pan and stir to make a roux, about 2 to 3 minutes.
- 5 Add the chicken stock. Bring to a boil and reduce heat to a simmer for 15 minutes and season with the salt and pepper.

Sweet potatoes:

- 6 Wash the sweet potatoes and peel. Chop the sweet potatoes into 1 inch pieces and place in a roasting pan. Drizzle with the olive oil and season with the salt and pepper.
- 7 Place the potatoes in the oven and roast until tender about 30 minutes. Remove from the oven and set aside.
- 8 In a large 12 inch sauté pan, add the butter and brown sugar.
- 9 When the butter begins to boil with the sugar, add the pecans and the sweet potatoes.
- 10 Continue to cook, tossing occasionally, until the potatoes are well glazed, about 3 minutes.

Ingredients

Caramelized onion gravy:

2 tablespoons butter
3 cups thinly sliced onions
1 tablespoon light brown sugar
1 teaspoon garlic
1 teaspoon thyme leaves
2 tablespoons all-purpose flour
1 cup chicken stock
Salt & pepper

Pecan Glazed Sweet Potatoes:

1 $\frac{1}{2}$ pounds sweet potatoes
1 tablespoon olive oil
Salt and pepper
6 tablespoons butter
 $\frac{1}{2}$ cup light brown sugar
 $\frac{1}{2}$ cup pecans

Pork chops:

4 double cut bone in pork chops
1 tablespoon essence
2 teaspoons salt
2 tablespoons olive oil.

Pork chops:

- 11 Preheat the oven to 400 degrees. Set a large 12inch sauté pan over medium-high heat.
- 12 Add the olive oil to the pan and once hot, place the pork chops in the pan. Sear the pork chops until well caramelized about 5 minutes.
- 13 Turn over and sear on the second side for an additional 5 minutes.
- 14 Remove the pan from the stove top and place in the oven. Roast the pork chops until a thermometer reaches 150 degrees about 10 to 12 minutes for medium.
- 15 Remove the chops from the oven and serve with the glazed sweet potatoes and the caramelized onion gravy.
- 16 Garnish with chopped parsley.

Pork Chops, Cabbage and Apples



1 h



4-6 Portions

Preparation

- 1 Wash, peel, and slice the apple.
- 2 Combine 2 teaspoons paprika, 1 teaspoon fresh or $\frac{1}{2}$ teaspoon dried thyme, 1 teaspoon salt, 1 teaspoon pepper and 1 teaspoon fresh or $\frac{1}{2}$ teaspoon dried sage, rub evenly over pork chops.
- 3 Cook bacon slices in large, deep skillet over medium high heat 6 to 8 minutes or until crisp; remove bacon and drain on paper towels, reserving drippings in skillet.
- 4 Crumble bacon up when cool enough.
- 5 Cook pork in hot drippings 3 minutes on each side or until browned and done; remove pork from pan and keep warm.
- 6 Add cabbage, onions and apple to pan. Cover and reduce heat to medium; cook stirring occasionally 15 minutes or until cabbage begins to wilt.
- 7 Add tomato paste, beer, the crumbled bacon, 1 teaspoon paprika, 1 teaspoon fresh or $\frac{1}{2}$ teaspoon dried thyme, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper and 1 teaspoon fresh or $\frac{1}{2}$ teaspoon dried sage, stirring to loosen particles from bottom of skillet.
- 8 Cover and cook 15 minutes or until cabbage is tender and liquid is slightly thickened.
- 9 Add pork, and cook uncovered 5 minutes or until thoroughly heated.




Ingredients

3 teaspoons paprika
2 teaspoons fresh chopped thyme
2 teaspoons kosher salt
1 $\frac{1}{2}$ teaspoon fresh chopped sage
6 (1/2 inch thick) pork loin chops
2 bacon slices
1 head cabbage coarsely chopped
2 medium onions, thinly sliced
1 large Granny Smith apple
1 tablespoon tomato paste
1 (12 ounce) bottle lager beer

Hint

Instead of the fresh thyme, you can use 1 teaspoon dried thyme and instead of fresh sage, you can use 1 teaspoon dried sage.

Pulled Pork BBQ

 10 m
 8 h
 4-6 Portions




Preparation

- 1 Empty root beer at bottom on crock pot. Sprinkle BBQ rub on pork roast and put it crockpot.
- 2 Pour BBQ sauce on top of roast. Cook low for 8 hours or more.

Ingredients

1 can Root Beer
BBQ Rub
1/3 bottle of BBQ sauce
2 lbs pork roast (end piece)

Sugarcane Baked Ham with Spiced Apples and Pears

 45 m
 1.5 h
 10-12 Portions

Preparation

- 1 Preheat oven to 350 degrees. Line a shallow baking pan with parchment or waxed paper.
- 2 Cut the sugarcane sticks each into about 3 pieces then insert the sugarcane sticks into the ham at 3 to 4 inch intervals.
- 3 Tie the ham, using kitchen twine, horizontally and vertically, like a package to hold it together. Place it on a wire rack in the baking pan.
- 4 In a mixing bowl, combine all the glaze ingredients together except for the mustard and water; mix well.
- 5 In a small bowl, dissolve the mustard in the water, then add to the spice mixture; blend well.
- 6 Brush the entire ham with the glaze, coating it evenly.
- 7 Wash, core and halve the fruit. Place all around the ham.
- 8 Baste the ham a second time and baste the fruit with the glaze.
- 9 Bake for 45 minutes. Then baste the ham and fruit again. Bake another 45 minutes. Then remove the ham from the oven and let it rest for 5 minutes.
- 10 Remove and discard the string and swizzle sticks. Then serve the apples and pears on a platter with the ham.

Ingredients

12 sugarcane swizzle sticks
1 hickory smoked ham (no bone, cooked)
1 $\frac{1}{2}$ pound (~4) Granny Smith apples
1 $\frac{1}{2}$ pound (~4) Bartlett pears





Glaze:

1 cup firmly packed light brown sugar
1 cup Steens 100% Pure Cane Syrup
 $\frac{1}{2}$ cup dark molasses
 $\frac{1}{2}$ cup dark corn syrup
1/8 teaspoon freshly grated nutmeg
 $\frac{1}{4}$ teaspoon ground cloves
1/8 teaspoon ground allspice
 $\frac{1}{2}$ teaspoon ground cinnamon
1 teaspoon dried mustard
 $\frac{1}{4}$ cup water

Hint

The ham should be about 8-10 pounds and spiral sliced

Sweet and Sour Sausage

 35 m
 1-3 h
 4-5 Portions
 Aunt Zina



Preparation

- 1 Cut sausage in chunks. Boil $\frac{1}{2}$ hour.
- 2 Place boiled sausage in shallow baking dish. Add other ingredients.
- 3 Bake at 350 degrees for 1 hour or put all ingredients in crockpot and cook for approximately 3 hours on low.

Ingredients

2 pounds polish sausage
2 cups brown sugar
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{4}$ cup sweet pickle juice

Pancetta, White bean, and Chard Pot Pie

 2 h
 30 m
 4 Portions

Preparation

Make lids:

- 1 In a large, wide bowl, combine the flour and salt. Add the butter and, using a pastry blender, cut them up and into the flour mixture until it resembles little pebbles.
- 2 Keep breaking up the bits of butter until the texture is like uncooked couscous.
- 3 In a small dish, whisk together the sour cream, vinegar, and water, and combine it with the butter-flour mixture.
- 4 Using a flexible spatula, stir the wet and the dry together until a craggy dough forms. If needed, get your hands into the bowl to knead it a few times into one big ball.
- 5 Pat it into a flattish ball, wrap it in plastic wrap, and chill it in the fridge for 1 hour or up to 2 days (it will last a couple months in the freezer).

Make filling:

- 6 Heat 1 tablespoon olive oil over medium-high heat in a large, wide saucepan, and then add the pancetta.
- 7 Brown the pancetta, turning it frequently, so that it colors and crisps on all sides; this takes about 10 minutes. Remove it with a slotted spoon, and drain it on paper towels before transferring to a medium bowl.
- 8 Leave the heat on and the renderings in the pan. Then add an additional tablespoon of olive oil if needed and heat it until it is shimmering.
- 9 Add onions, carrot, celery, red pepper flakes, and a few pinches of salt, and cook over medium heat until the vegetables are softened and begin to take on color, about 7 to 8 minutes.

Ingredients

For the lid:

2 cups all-purpose flour
1/2 teaspoon table salt
13 tablespoons cold unsalted butter
6 tablespoons (90 grams) sour cream
1 tablespoon (15 ml) white wine vinegar
1/4 cup (60 ml) ice water
1 egg
1 tablespoon water

For the filling:

2 tablespoons (30 ml) olive oil
4 ounces 1/4-inch-diced pancetta
1 large or 2 small onions, finely chopped
1 large carrot, finely chopped
1 large stalk celery, finely chopped
Pinch of red pepper flakes
Salt and freshly ground black pepper
2 garlic cloves, minced
8-10 ounce Swiss chard
3 1/2 tablespoons butter
3 1/2 tablespoons all-purpose flour
3 1/2 cups chicken broth
2 cups cooked and drained white beans

- 10 Add the garlic, and cook for 1 minute more.
- 11 Thinly slice the chard, add, and cook until wilted, about 2 to 3 minutes. Season with the additional salt and freshly ground black pepper to taste.
- 12 Transfer all of the cooked vegetables to the bowl with the pancetta, and set aside.

Make sauce:

- 13 Wipe out the large saucepan; don't worry if any bits remain stuck to the bottom. Then melt the butter in the saucepan over medium-low heat.
- 14 Add the flour, and stir with a whisk until combined. Continue cooking for 2 minutes, stirring the whole time, until it begins to take on a little color.
- 15 Whisk in the broth, one ladleful at a time, mixing completely between additions. Once you've added one- third of the broth, you can begin to add the rest more quickly, two to three ladlefuls at a time.
- 16 Once all of the broth is added, stirring the whole time, bring the mixture to a boil and reduce it to a simmer.
- 17 Cook the sauce until it is thickened and gravylike, about 10 minutes. Season with salt and pepper.
- 18 Stir the white beans and reserved vegetables into the sauce.

Assemble and cook pot pies:

- 19 Preheat your oven to 375 degrees. Divide the filling between four ovenproof 2-cup bowls. (You'll have about 1 1/2 cups filling in each.)
- 20 Set the bowls on a baking pan. Divide the dough into four pieces, and roll it out into rounds that will cover your bowls with an overhang, or about 1 inch wider in diameter than your bowls.
- 21 Whisk the egg and tablespoon of water to make an egg wash and brush it lightly around the top rim of your bowls and drape the pastry over each, pressing gently to adhere it.
- 22 Brush the lids with egg wash, then cut small, decorative vents in each to help steam escape.
- 23 Bake until crust is lightly bronzed and filling is bubbling, about 30 to 35 minutes.

Hint




You can prepare most of this in advance and place in the fridge to ease cooking time.

CHAPTER 8

SEAFOOD



Poke Bowls

 20 m
 2 Portions
 Steve

Poke is a traditional Hawaiian dish made with raw tuna (sometimes other fish as well) and toppings. This can be a hard dish to make outside of the coast as good quality raw fish is hard to come by. Japanese grocery stores like Tomato are a good place to look for this. Alternatively, you can still use cooked fish. The picture in the Seafood Chapter introduction is a poke bowl with cooked octopus! The recipe for sushi rice can be found on Page 78

Preparation

- 1 Cut the fish into 1/2-inch cubes while preparing your sushi rice.
- 2 In a medium bowl, toss tuna with scallions, soy sauce, and sesame oil and sriracha.
- 3 Put rice in two bowls and then layer the tuna and avocado. Drizzle with spicy mayo to serve.



Ingredients

1/2 pound sushi grade tuna
1/4 cup sliced scallions
2 tablespoons soy sauce
1 teaspoon sesame oil
2 tablespoons sriracha mayo
1 cup sushi rice
1/2 medium avocado
2 sliced scallions

Hint

Sriracha mayo is also excellent in the Karaage bowl recipe and other rice dishes. It can be made by mixing 1 teaspoon sriracha with every tablespoon of mayonnaise. See the sushi rice recipe for more details on the rice.

Sushi Rice

 25 m
 3-4 Portions

Preparation

- 1 Rinse the rice in a strainer or colander until the water runs clear.
- 2 Combine with water in a medium saucepan. Bring to a boil, then reduce the heat to low, cover and cook for 20 minutes. Rice should be tender and water should be absorbed.
- 3 In a small saucepan, combine the rice vinegar, oil, sugar and salt. Cook over medium heat until the sugar dissolves.
- 4 Cool the mixture, then stir into the warm cooked rice. When you pour this in to the rice it will seem very wet. Keep stirring and the rice will dry as it cools.

Ingredients

2 cups glutinous white rice (sushi rice)
3 cups water
 $\frac{1}{2}$ cup rice vinegar
1 tablespoon vegetable oil
 $\frac{1}{4}$ cup sugar
1 teaspoon salt

Hint

You can also use a pressure cooker to easily prepare this and avoid the saucepan.

Batter Fried Grouper Sandwiches

 20 m
 4 Portions

Preparation

- 1 Combine first 4 ingredients in a shallow dish to make flour mixture (1 cup flour, $\frac{1}{4}$ cup cornstarch, 1 tablespoon garlic powder, $\frac{1}{2}$ teaspoon pepper).
- 2 Dredge grouper in flour mixture, dip in buttermilk and dredge in flour mixture again.
- 3 Heat fryer to 350 degrees. Fry fillets in hot oil 5 minutes or until golden; drain on paper towels.
- 4 Place each fillet on a bun and add desired toppings.

Ingredients

1 cup all purpose flour
 $\frac{1}{4}$ cup cornstarch
1 tablespoon garlic powder
 $\frac{1}{2}$ teaspoon pepper
4 (4 ounce) grouper fillets
 $\frac{1}{2}$ to $\frac{3}{4}$ cup buttermilk
4 onion sandwich buns, toasted
Oil for frying

Jambalaya

 20 m
 4 Portions

Preparation

- 1 If not already done, peel, devein, and chop the shrimp.
- 2 In a bowl combine the chopped shrimp, chicken and 1 tablespoon Creole seasoning and work in seasoning well. Set aside.
- 3 In a large saucepan heat oil over high heat with onion, pepper and celery; cook about 3 minutes.
- 4 Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth.
- 5 Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes.
- 6 When rice is just tender, add shrimp and chicken mixture as well as the sausage. Cook until meat is done, about 10 minutes more.
- 7 Season to taste with salt, pepper, and extra Creole seasoning.



Ingredients

12 medium shrimp
4 ounces chicken, diced
1 tablespoon Creole seasoning
2 tablespoons olive oil
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green bell pepper
 $\frac{1}{4}$ cup chopped celery
2 tablespoons chopped garlic
 $\frac{1}{2}$ cup chopped tomatoes
3 bay leaves
1 teaspoon worcestershire sauce
1 teaspoon hot sauce
 $\frac{3}{4}$ cup rice
3 cups chicken stock
5 ounces Andouille sausage, sliced
Salt and pepper

Hint

Buy the shrimp peeled, deveined, and chopped if you don't want to do it yourself.

Shrimp Boil

 40 m
 4-6 Portions



Preparation

- 1 Fill a large pot with about 2 quarts of water and bottle of beer.
- 2 Add salt and squeeze in lemon juice from the lemons. Then add the lemons halves, herbs, garlic and old bay.
- 3 Bring to a boil of medium high heat and simmer for 5 minutes to infuse the water with the aromatics.
- 4 Reduce the heat to medium low and put shrimp in. simmer, uncovered for 2 to 3 minutes or until shrimp are bright pink.
- 5 Drain then transfer to a bowl. Chill thoroughly and then peel.

Ingredients

1 bottle of beer (any kind)
2 teaspoons kosher salt
2 lemons, halved
3 bay leaves
1 handful of fresh thyme sprigs
1 head of garlic split horizontally
1 tablespoon old bay seasoning
2 pounds jumbo shrimp with shells

Shrimp Po'Bubba's

 40 m
 4-6 Portions

Preparation

- 1 For fry mix, mix ingredients together and store in an airtight container for up to 4 months.
- 2 If not already done, peel, devein, and butterfly the shrimp. Then lightly sprinkle with salt and pepper.
- 3 Heat Fryer to 350 degrees.
- 4 In a small bowl mix the eggs, $\frac{1}{4}$ cup water and hot sauce.
- 5 Place the fry mix in a shallow dish. Dip each shrimp in the egg mixture and then into the fry mix.
- 6 Place the shrimp in the fryer and fry until golden brown, about 2 minutes. Remove with a strainer and drain on paper towels for a minute.
- 7 Serve on toasted hoagie roll with whatever toppings are desired.

Ingredients

2 pounds uncooked shrimp
Salt and freshly ground black pepper
3 eggs
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup hot sauce
Oil for frying
2 cups fry mix (below)

Uncle Bubba's Fry Mix:

6 cups self-rising flour
1 cup cornmeal
1 teaspoon salt
1 teaspoon pepper

Hint

Buy the shrimp peeled and deveined if you don't want to do it yourself.

PART IV




PASTA AND PIZZAS

CHAPTER 9

PASTA



Chicken Orzo

 30 m
 4-6 Portions
 Steve




Preparation

- 1 Cook the orzo according to directions. While waiting, prepare the chicken as below.
- 2 Chop the chicken into $\frac{1}{2}$ inch cubes. Heat some oil on medium-high in a pan.
- 3 Season the chicken with the essence, paprika, salt and pepper, then cook in pan (around 5-7 minutes).
- 4 Strain the orzo with a fine strainer then return it to the pot and mix in the butter and minced garlic.
- 5 Add the chicken, spinach, mozzarella and feta to the past mixture and mix thoroughly.

Ingredients

2 tablespoons butter
1 box orzo
1lb boneless skinless chicken breast
1 cup feta cheese
1 cup shredded mozzarella cheese
2-3 cups spinach
2-3 cloves minced garlic
 $\frac{1}{2}$ tablespoon essence
1 teaspoon paprika
pinch of salt and pepper

Creamy Cajun Pasta

 45 m
 4-6 Portions
 Steve

Preparation

- 1 Cook linguine al dente. While waiting, chop up chicken and bacon into chunks.
- 2 Place chicken, bacon, and Cajun seasoning in a bowl and toss to coat.
- 3 In a large skillet over medium heat, sauté chicken and bacon in butter or margarine until chicken is tender, about 5 to 7 minutes.
- 4 Reduce heat and add green onion, heavy cream, tomatoes, basil, salt, minced garlic, black pepper and heat through.
- 5 Pour over hot linguine and toss with Parmesan cheese.

Ingredients

2 boneless skinless chicken breast
 $\frac{1}{2}$ pound bacon
12-16 ounces linguine
4 teaspoons Cajun seasoning
4 tablespoons butter
1 thinly sliced green onion
1 cup heavy whipping cream
4 tablespoons chopped sun-dried tomatoes
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon ground black pepper
1 minced garlic clove

Fettuccine Alfredo

 20 m
 4-6 Portions
 Mom's





Preparation

- 1 Cook fettuccine according to package directions, strain.
- 2 Melt butter in a heavy saucepan over low heat, add flour whisk for 2 minutes to make a white roux. Gradually add half and half and water, cook over medium heat, stirring constantly until mixture is thickened and bubbly. This makes the Béchamel sauce.
- 3 Stir in Parmesan cheese, and remaining ingredients. Toss with fettuccine. Serve immediately.

Ingredients

6 ounces fettuccine, uncooked
 $\frac{1}{4}$ cup butter
2 tablespoons flour
 $\frac{1}{2}$ cup half and half
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup freshly grated Parmesan cheese
2 teaspoons parsley flakes
 $\frac{1}{2}$ teaspoon coarsely ground pepper
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon essence
1 glove garlic, minced

Italian Baked Chicken and Pastina

 40 m
 30 m
 4-6 Portions
 Giada De Laurentis with changes by Mom

Preparation

- 1 Preheat oven to 400 degrees. Use $\frac{1}{2}$ tablespoon of the butter to butter a 8x8x2 inch baking dish.
- 2 Bring a medium pot of salted water to a boil over high heat. Add the pasta and cook until tender, stirring occasionally about 7-8 minutes.
- 3 Drain pasta into a large mixing bowl.
- 4 Meanwhile put the olive oil in a medium sauté pan over medium heat. Add the chicken and cook for 3 minutes.
- 5 Add the onion and garlic, stirring to combine and cook until the onions are soft and the chicken cooked through, about 5 minutes more.
- 6 Put the chicken mixture into the bowl with the cooked pasta. Add the canned tomatoes, mozzarella cheese, parsley, salt and pepper.
- 7 Stir to combine. Then, place the mixture in the buttered baking dish.
- 8 Sprinkle the bread crumbs and parmesan cheese over the top of the pasta mixture. Dot the top with small bits of 1 tablespoon of the butter.
- 9 Bake until the top is golden brown, about 30 minutes.




Ingredients

2 cups pastina pasta (or any small pasta)
2 tablespoons olive oil
1 cup cubed chicken breast
 $\frac{1}{2}$ cup diced onion
1 clove garlic, minced
2 (14.5 ounce) cans diced tomatoes
2 cups shredded mozzarella
 $\frac{1}{4}$ cup chopped fresh flat leaf parsley
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon fresh ground pepper
 $\frac{1}{4}$ cup bread crumbs
 $\frac{1}{4}$ cup grated parmesan
 $1\frac{1}{2}$ tablespoon butter

Hint

Mom recommends using Delmonte diced tomatoes with garlic, basil and olive oil and putting them in the blender to chop them up into more of a sauce.

Lasagna

 1 h
 45 m
 4-6 Portions





Preparation

- 1 In a 5 quart dutch oven over high heat, cook ground beef and onion until pan juices evaporate and beef is browned.
- 2 Add tomatoes, their liquid and next 8 ingredients (tomato paste, sugar, salt, oregano, thyme, red pepper, garlic, and bay leaf).
- 3 Heat mixture to boiling, stirring to break up tomatoes. Reduce heat to low, cover and simmer 30 minutes, stirring mixture occasionally.
- 4 Discard bay leaf. Tilt pan and spoon off any fat which accumulates on top of sauce.
- 5 Cook lasagna noodles as label directs; drain well in colander.
- 6 In 13x9 inch baking dish, arrange half of drained lasagna noodles overlapping to fit.
- 7 Preheat oven to 375 degrees.
- 8 In a small bowl with spoon, combine eggs and ricotta cheese and spoon one half of this mixture over lasagna noodles in baking dish.
- 9 Sprinkle with one half mozzarella; top with one half sauce. Repeat layers. Bake in oven 45 minutes.
- 10 Remove from oven and let stand 10 minutes before serving.

Ingredients

1 pound ground beef
1 small onion, diced
1 28 ounce can tomatoes
1 12 ounce can tomato paste
1 tablespoon sugar
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon thyme
 $\frac{1}{2}$ teaspoon crushed red pepper
1 garlic glove
1 bay leaf
16 ounce lasagna noodles
2 eggs
15 ounce ricotta cheese
16 ounce shredded mozzarella cheese

Macaroni and 4 Cheeses

 40 m
 40 m
 5-7 Portions
 Emeril Lagasse

Preparation

- 1 Grate fontina, gruyere cheese, cheddar, and parmigiano-reggiano (keep 4 ounces of this separate).
- 2 In large bowl combine remaining parmesan cheese (4.5 ounces), cheddar, fontina, and gruyere.
- 3 Boil pot of water, cook macaroni as directed – drain in colander and return the macaroni to the pot.
- 4 Add 2 tablespoons butter and fresh chopped garlic to the macaroni and stir to combine.
- 5 In a separate pot, heat 4 tablespoons butter and melt then add flour and cook 3 minutes whisking until a white roux develops.
- 6 Stir in half & half little by little – 4 to 5 minutes until it begins to get thick, creating a béchamel sauce.
- 7 Season béchamel sauce with salt, pepper and hot sauce and add 4 ounces of grated parmesan that was set aside. Stir until cheese is melted and smooth
- 8 Add béchamel sauce to the macaroni and stir until well combined.
- 9 Using the remaining tablespoon of butter, grease a 3 quart baking dish or casserole and preheat oven to 350 degrees.
- 10 Place one-third of the macaroni in the bottom of the prepared baking dish. Top with one-third of the mixed cheeses.
- 11 Top with another third of the macaroni and another third of the cheese mixture.
- 12 Repeat with the remaining macaroni and cheese mixture. Sprinkle the bread crumbs and essence over the top.
- 13 Bake for 30 to 45 minutes or until the macaroni and cheese is bubbly and hot and the top is golden brown. Remove from the oven and let sit 5 minutes before serving.

Ingredients

7 tablespoons butter
4 tablespoons flour
2 cups half & half
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon red hot sauce
8-1/2 ounces graded parmigiano-reggiano
1 pound elbow macaroni
 $\frac{1}{2}$ teaspoon minced garlic
4 ounces grated cheddar cheese
4 ounces grated fontina cheese
4 ounces grated gruyere cheese
 $\frac{1}{4}$ cup fresh bread crumbs
 $\frac{1}{2}$ teaspoon essence




A red L-shaped line, consisting of a vertical segment on the left and a horizontal segment on top, framing the 'Hint' section.

Hint

Make sure to use good quality cheese, especially the parmesan and cheddar, I like to use a good white cheddar. Gruyere can be substituted with other high quality swiss cheeses and fontina can be substituted as well according to taste.

For lobster mac and cheese, add $1\frac{1}{2}$ to 2 lbs of cooked lobster meat (or any other type of meat can be added).

Manicotti

 1 h
 30 m
 4-5 Portions





Preparation

Ingredients

- 1 Prepare marinara sauce (add meat if desired).

Sauce
 1 cup all purpose flour
 4 eggs
 1 tablespoon oil
 1 teaspoon salt
 1 cup water
 2 cups ricotta cheese
 2 tablespoons grated parmesan cheese
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 2 eggs
 8 ounces mozzarella cheese, coarsely shredded
- 2 For manicotti noodles, in a small bowl with mixer at low speed, blend flour, eggs, oil, salt and water at medium speed, beat 1 minute.
- 3 Lightly brush 7 inch skillet with oil. Over medium high heat, heat skillet.
- 4 Pour in about 2 tablespoons batter; tip pan to coat bottom evenly with batter. Cook until the top is set and dry and underside lightly browned, about 30 seconds. Lift noodle onto waxed paper. Repeat.
- 5 Spoon $\frac{1}{3}$ of hot sauce evenly into 1 $15 \frac{1}{2}$ by $10 \frac{1}{2}$ inch roasting pan.
- 6 In medium bowl, mix ricotta cheese, Parmesan cheese, salt, pepper, and eggs until well blended.
- 7 Add mozzarella and stir. Then preheat oven to 375 degrees.
- 8 Spoon heaping tablespoon of cheese mixture down center of each noodle.
- 9 Fold noodle edges over cheese to form manicotti. Arrange filled noodle seam side down in roasting pan.
- 10 Spoon remaining sauce over noodles. Bake 30 minutes or until sauce is hot and bubbly.

Penne a La Vodka Casserole

 1 h
 45 m
 5-7 Portions
 Emeril





Preparation

- 1 Preheat oven to 350 degrees. Then cut sausages crosswise into 1 inch slices.
- 2 Heat 2 tablespoons extra virgin olive oil in large skillet over high heat. Add the sausage and cook stirring until browned, 4 to 5 minutes.
- 3 Add the onions, $\frac{3}{4}$ teaspoon salt and the black pepper.
- 4 Cook, stirring occasionally until the onions are just soft about 4 minutes.
- 5 Add the basil and garlic and cook, stirring for 2 minutes. Then Add the vodka and tomatoes, reduce the heat to medium-low and simmer, uncovered stirring occasionally for 40 minutes.
- 6 Add the essence and heavy cream, stir to mix and simmer for 5 minutes. Then, remove from the heat.
- 7 To cook the pasta, combine 4 quarts water, the 1 tablespoon olive oil and the remaining 1 teaspoon of salt in the large pot over high heat. Bring to the boil, add the pasta and cook 14-15 minutes.
- 8 Remove from the heat and drain well. Combine half of the ricotta cheese and half of the Parmigiano-Reggiano with the remaining 2 tablespoons extra-virgin olive oil in a large mixing bowl.
- 9 Add the pasta and toss to coat evenly. Add the sausage mixture and mix well. Add the remaining Parmigiano-Reggiano and mix well.
- 10 Transfer the mixture to a 9 by 13 inch baking dish. Sprinkle with the mozzarella and bake until bubbly and golden about 45 minutes.
- 11 Remove from the oven. Serve warm.

Ingredients

4 tablespoons extra virgin olive oil
1 pound sweet Italian sausage
1 pound hot Italian sausage
4 cups thinly sliced onions
1 $\frac{3}{4}$ = teaspoons salt
 $\frac{3}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{4}$ cup thinly sliced fresh basil leaves
1 tablespoon minced garlic
 $\frac{1}{2}$ cup vodka
2 (16 ounce) cans crushed tomatoes w/ juice
1 teaspoon essence
 $\frac{1}{2}$ cup heavy cream
1 tablespoon olive oil
1 pound penne pasta
15 ounces ricotta
1 cup grated parmigiano-reggiano
1 $\frac{1}{2}$ cups grated mozzarella

Penne with Shrimp and Herbed Cream Sauce

 1 h
 45 m
 5-7 Portions
 Giada De Laurentis




Preparation

- 1 Bring to a large pot of salted water to a boil over high heat. Add the pasta and cook until tender. Then drain the pasta and set aside.
- 2 In a large skillet, heat the oil over medium high heat. Add the shrimp, garlic, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper.
- 3 Cook, stirring frequently until the shrimp turn pink and are cooked through, about 3 minutes.
- 4 Using a slotted spoon, remove the shrimp from the pan and set aside.
- 5 Add the tomatoes, $\frac{1}{4}$ cup basil, $\frac{1}{4}$ cup parsley and the red pepper flakes. Cook for 2 minutes, stirring constantly.
- 6 Add the wine, clam juice, and heavy cream. Bring the mixture to a boil.
- 7 Reduce the heat to medium-low and simmer for 7 to 8 minutes until the sauce thickens.
- 8 Add $\frac{1}{4}$ cup of the Parmesan, the cooked shrimp, the cooked pasta and the remaining herbs. Toss together until all ingredients are coated.
- 9 Season to taste with extra salt and pepper. Then, transfer the pasta to a large serving bowl. Sprinkle with the remaining cheese and serve.

Ingredients

1 pound penne pasta
 $\frac{1}{4}$ cup olive oil
1 pound medium shrimp, peeled/deveined
4 cloves garlic, minced
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 (15 ounce can) chopped tomatoes
 $\frac{1}{2}$ cup chopped fresh basil leaves
 $\frac{1}{2}$ cup chopped fresh flat leaf parsley
 $\frac{1}{4}$ teaspoon crushed red pepper flakes
1 cup white wine
 $\frac{1}{3}$ cup clam juice
 $\frac{3}{4}$ cup whipping cream
 $\frac{1}{2}$ cup grated Parmesan

Spaghetti and Meatballs

 40 m
 4-5 Portions
 Steve

Preparation

- 1 Place a large pot of water (sprinkled with salt) to boil. When it boils, add pasta and cook to al dente.
- 2 In a bowl, mix sausage, Worcestershire, egg, white onion, bread crumbs, cheese, garlic, salt and pepper.
- 3 Hand roll meat into 1 1/2 inch medium-sized meatballs.
- 4 Heat a small amount of oil in a large sauce pan up to medium-high. Then add the meatballs and, turning them to brown all sides.
- 5 Make the sauce on the meatballs by adding oil, crushed pepper, garlic and finely chopped onion. Saute 5 to 7 minutes, until onion bits are soft.
- 6 Add the beef stock, wine, crushed tomatoes, and herbs. Bring to a simmer and cook on low covered for about 20 minutes.
- 7 Drain pasta and serve hot with a ladle of the sauce with some meatballs and grated cheese.

Ingredients

1 pound spaghetti
sprinkle of salt

For the Meatballs:

1 pound ground Italian sausage
1/2 chopped white onion
2 teaspoons Worcestershire sauce
1 egg, beaten
1/2 cup Italian bread crumbs
1/4 cup grated Parmesan
2 cloves garlic, chopped
Salt and pepper

For the sauce:

2 tablespoons extra-virgin olive oil
1/2 teaspoon paprika
4 cloves garlic, crushed or chopped
1 small onion, finely chopped
1/2 cup beef stock
1/2 cup red wine
1 (28-ounce) can crushed tomatoes
A handful chopped flat-leaf parsley
10 leaves fresh basil leaves

Hint





For a smoother sauce, you can pulse blend the sauce ingredients before cooking.

CHAPTER 10

PIZZA



Prosciutto and Arugula Pizza

 20 m
 10 m
 1 Portions
 Steve

Add one of the following cheeses to your mozzarella for an easy flavor twist:

- Asiago
- Cheddar
- Feta
- Fontina
- Gouda
- Gorgonzola
- Parmesan
- Provolone
- Romano

Preparation

- 1 Preheat oven to 450°. While waiting, spread the sauce over the crust leaving a small border.
- 2 Thinly slice mozzarella and spread evenly over sauce.
- 3 Bake pizza for 10 minutes or until bottom is lightly browned and cheese is melted then pull it out to let it cool.
- 4 Cut the prosciutto into $\frac{1}{2}$ inch strips and place on warm pizza.
- 5 Toss the arugula with the olive oil and then evenly spread over pizza.

Ingredients





Pizza dough
 $\frac{1}{2}$ cup pizza sauce
 4 ounces fresh mozzarella cheese
 2 ounces very thinly sliced prosciutto
 $\frac{1}{2}$ tablespoon extra virgin olive oil
 $1\frac{1}{3}$ cups baby arugula

You can modify this pizza recipe for any toppings you like.

Hint

You can use store bought dough or the Pizza dough from Page 9. Same with the pizza sauce in Page 105

Stromboli

-  15 m
-  20 m
-  2-4 Portions
-  Mom with changes by Steve

Preparation

- 1 Brown Italian sausage. You can optionally add sliced onions and cook until soft or just add the onions in later with the rest of the ingredients.
- 2 Chop up the bell pepper, onion, and black olives (as well as whatever other ingredients you desire).
- 3 Roll dough into a rectangle. Add Italian sausage, pepperoni, onions, bell peppers, and black olives. Then sprinkle cheeses evenly over top.
- 4 Roll up the dough lengthwise into a jelly roll. Fold over the edges and pinch all seals.
- 5 Lay Stromboli on rectangle plan seal side down after lightly coating the pan with butter or oil.
- 6 Cook 375 degrees for 20-25 minutes depending on dough type.
- 7 Heat sauce and serve with Stromboli.

Ingredients

- Pizza dough
- 1 jar marinara or fresh sauce
- Italian sausage
- $\frac{1}{2}$ white onion
- $\frac{1}{2}$ bell pepper
- Pepperoni
- Black olives
- 1 cup shredded Mozzarella cheese
- 1 cup shredded Cheddar or Asiago cheese
- Handful of Feta cheese
- Anything you like on pizza

You can modify this pizza recipe for any toppings you like.

Hint

You can use store bought dough or the Pizza dough from Page 9. Same with the pizza sauce in Page 105

PART V




SOUPS, SALADS, AND SAUCES

CHAPTER 11

SOUPS



Beef and Guinness Stew

 35 m
 3 h
 4-6 Portions




Preparation

- 1 Trim the meat of any fat or gristle and cut into 2 inch cubes. Toss beef with 1 tablespoon of the oil.
- 2 In a small bowl, season the flour with salt, pepper and cayenne. Toss meat with seasoned flour.
- 3 Heat remaining 2 tablespoons oil in a large skillet over high heat. Brown the meat on all sides.
- 4 Dissolve the tomato puree into 4 tablespoons of water, mixing well.
- 5 Reduce the heat, add the onions, crushed garlic and tomato puree to the skillet, cover and cook gently for 5 minutes.
- 6 Transfer the contents of the skillet to a casserole and pour half of the Guinness into the skillet.
- 7 Bring Guinness to a boil and stir to dissolve the caramelized meat juices on the pan.
- 8 Pour over the meat, along with the remaining Guinness. Add the carrots and thyme.
- 9 Stir and adjust seasonings. Cover the casserole and simmer over low heat or in a 300 degree oven until the meat is tender 2 to 3 hours.
- 10 Garnish the beef with parsley.

Ingredients

2 pounds stewing beef
3 tablespoons oil
2 tablespoons flour
Salt and freshly ground black pepper
Pinch of cayenne
2 large onions, coarsely chopped
1 garlic clove, crushed
2 tablespoons tomato puree
1 $\frac{1}{4}$ cups Guinness
2 cups largely diced carrots
Sprig of fresh thyme
Chopped parsley, for garnish

Roasted Pear-Butternut Soup with Crumbled Stilton

 40 m
 55 m
 4-6 Portions



Preparation

- 1 Preheat oven to 400 degrees. Then peel, core, and quarter the pears.
- 2 De-seed the butternut squash, peel and cut it into 2 inch chunks.
- 3 Take only the pale green and white parts of the leek, half lengthwise, slice and washed thoroughly.
- 4 Combine pears, squash, tomatoes, leek, garlic, oil, $\frac{1}{4}$ teaspoon salt and pepper in a large bowl; toss to coat.
- 5 Spread the mixture evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
- 6 Place half the vegetables and 2 cups broth in a blender, puree until smooth. Transfer to a large saucepan.
- 7 Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining $\frac{1}{4}$ teaspoon salt.
- 8 Cook the soup over medium low heat, stirring until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives.

Ingredients

2 ripe pears
2 pounds butternut squash
2 medium tomatoes, cored and quartered
1 large leek
2 cloves garlic crushed
2 tablespoons extra-virgin olive oil
 $\frac{1}{2}$ teaspoon salt
Freshly ground pepper
4 cups vegetable broth
 $\frac{2}{3}$ cup crumbled Stilton or blue cheese
1 tablespoon thinly sliced fresh chives

Lasagna Soup

 50 m
 4 Portions

Preparation

- 1 Bring a large pot of salted water to a boil. While waiting, break lasagna noodles into pieces.
- 2 Add the noodles and cook as the label directs. Drain, drizzle with the olive oil and toss.
- 3 Heat 1 tablespoon olive oil in a large dutch oven or heavy bottomed pot over medium high heat.
- 4 Add the onion and cook stirring until softened about 4 minutes.
- 5 Add the sausage, garlic and oregano and cook, stirring and breaking up the sausage with a wooden spoon until the sausage is browned, about 3 minutes.
- 6 Add the tomato paste and cook stirring until darkened about 2 minutes.
- 7 Add the chicken broth, tomatoes, and 1 cup water, cover and bring to a simmer.
- 8 Uncover and cook until slightly reduced about 10 minutes.
- 9 Stir in the noodles, basil, parmesan and heavy cream, simmer 2 more minutes.
- 10 Divide the soup among bowls. Top with ricotta and sliced basil.

Ingredients




Kosher salt
8 ounces lasagna noodles (about 10 noodles)
1 tablespoon extra virgin olive oil
1 onion, chopped
 $\frac{1}{2}$ pound sweet Italian sausage, casing removed
3 cloves garlic, chopped
1 teaspoon dried oregano
2 tablespoons tomato paste
4 cups low sodium chicken broth
1 15 ounce can crushed tomatoes
 $\frac{1}{2}$ cup chopped fresh basil
Extra basil leaves for topping
 $\frac{1}{3}$ cup grated parmesan cheese
 $\frac{1}{4}$ cup heavy cream or half and half
Ricotta cheese for topping

CHAPTER 12

SAUCES



Pizza Sauce

 40 m
 2 Portions
 Steve

Preparation

- 1 Lightly pulse blend the crushed tomatoes, tomato paste, sugar, salt, basil, oregano, some freshly cracked pepper (10-15 cranks of a pepper mill), and a pinch of red pepper flakes to combine.
- 2 Add the olive oil and garlic to a sauce pot and cook over medium heat for 1-2 minutes, or just until the garlic is soft and fragrant.
- 3 Add the blended mixture to the oil in the sauce pot and mix together.
- 4 Cover the pot, allow to come to a simmer, then reduce the heat to low and let simmer for 15 to 30 minutes.

Ingredients

2 tablespoons olive oil
1 clove garlic, minced
28 oz. can crushed tomatoes
6 oz. can tomato paste
 $\frac{1}{2}$ tablespoon sugar
 $\frac{3}{4}$ teaspoon salt
1 teaspoon basil
 $\frac{1}{2}$ teaspoon dried oregano
Freshly cracked pepper
Pinch crushed red pepper

Bearnaise Sauce



20 m



2-3 Portions

Preparation

- 1 Bring the first 5 ingredients to a boil over medium high heat (white wine vinegar, white wine, peppercorns, shallots, and tarragon), and cook whisking constantly until mixture is reduced to 1 tablespoon.
- 2 Remove from heat and whisk in water and next 3 ingredients (egg yolks, salt, and red pepper).
- 3 Cook over low heat, whisking constantly, about 4 minutes or until pale yellow. Remove from heat.
- 4 Add butter in slow, steady stream, whisking constantly until thickened.
- 5 Pour sauce through a wire mesh strainer into a bowl, discarding shallot.
- 6 Stir in parsley and serve warm with steak.

Ingredients

- 3 tablespoons white wine vinegar
- 3 tablespoons dry white wine
- 10 peppercorns, crushed
- 3 shallots, finely chopped
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon water
- 3 egg yolks
- $\frac{1}{4}$ teaspoon salt
- Pinch of ground red pepper
- $\frac{3}{4}$ cup unsalted butter, melted and cooled
- 1 tablespoon chopped fresh parsley

French Dressing



55 m



2-3 Portions



Grandma



Preparation

- 1 Beat all ingredients except oil for 3 minutes, then slowly add oil while beating. Beat 3 more minutes.

Ingredients

- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup sugar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 cup olive oil

Sweet and Sour Sauce

 15 m
 4-5 Portions

Preparation

- 1** Heat the oil in a small saucepan over medium high heat. When hot, add the onions and cook, stirring until softened about 2 minutes.
- 2** Add the ginger and cook, stirring constantly for 30 seconds.
- 3** Stir in the pineapple, vinegar, ketchup, chili garlic sauce and the sugar.
- 4** Bring the sauce to a simmer and cook stirring for 3 minutes.
- 5** In a small bowl, whisk together the chicken broth and cornstarch until smooth. Add to the sauce mixture and bring to a boil.
- 6** Cook for 1 minute, remove from the heat and cool slightly.

Ingredients

1 tablespoon vegetable oil
 $\frac{1}{2}$ medium onion, chopped
 $\frac{1}{2}$ teaspoon grated ginger
 $\frac{1}{4}$ cup finely diced pineapple
 $\frac{1}{3}$ cup rice vinegar
 $\frac{1}{4}$ cup ketchup
2 tablespoons chili garlic sauce
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup chicken broth
2 teaspoons cornstarch