

Patrick's Cookbook

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Chapter I

DESSERTS AND SNACKS

Canned Cherries with Light Syrup

Ingredients

Cherries	10#	Vinegar	½ cup
Bottled lemon juice	2½ cups	Canning jars/lids/bands (quart)	7
Sugar	5 cups		
Water	25 cups		

Instructions

1. **Prepare the equipment:** Sterilize 7 quart jars and an equal number of lids and bands in boiling water. Check the pressure canner for proper operation, including the seal and vent.
2. **Prepare the cherries:** Wash and pit **10# of cherries**. Prepare a solution with **2½ cups of bottled lemon juice** and **10+ cups of water**. Soak the cherries for **10 minutes** to help preserve their color and flavor.
3. **Prepare the syrup:** Combine **5 cups of sugar** with **10 cups of water** in a large saucepan. Heat at **medium-high** until the sugar is completely dissolved, **stirring occasionally** to prevent sticking.
4. **Pack the jars:** Evenly distribute the prepared cherries into the sterilized jars. Pour the **hot syrup** over the **cherries**, ensuring each jar is filled while leaving approximately **one inch of headspace**. Use a non-metallic spatula to gently stir inside the jars to **remove any trapped air bubbles**.
5. **Place lids:** Wet a clean lint-free with **vinegar** to clean and dry the jar rims. Apply lids and rings, then tighten lightly with fingertips. (Always use new lids!)
6. **Process in canner:** Place the filled jars on the rack inside the pressure canner. Add water as per the canner's instructions, usually around 2-3 inches. Secure the lid and heat until steam flows freely from the vent. Continue to **vent for 10 minutes**, then close the vent and attach the pressure regulator weight. Process the jars at **10-15 pounds of pressure** (adjusted for altitude) for **10 minutes**.
7. **Cool down and store:** Turn off the heat and let the pressure canner **cool naturally** until the pressure gauge reads zero. Carefully remove the jars using a jar lifter and place them on a towel or cooling rack, avoiding drafty areas. After 12-24 hours, check that each jar is sealed by pressing the center of the lid; it should not flex up or down. Label the jars with the canning date and store in a cool, dark place.

Holiday Spice Cake

Ingredients

All-purpose flour 1½ cups	Salt ½ tsp.
Sugar 1 cup	Vegetable oil 2/3 cup
Light brown sugar ¼ cup	Applesauce 1/3 cup
Baking powder 1 tsp.	Eggs 2
Cocoa powder 1 Tbsp.	Mexican Vanilla 1 tsp.
Ground cinnamon 1 Tbsp.	Powdered sugar for dusting
Ground ginger 2 tsp.		
Ground nutmeg ½ tsp.		
Ground allspice ¼ tsp.		

Directions

Preheat oven to $350^{\circ}F$

1. In a medium bowl, whisk together **sugar**, **brown sugar**, **flour**, **baking powder**, **salt**, **cocoa powder**, **cinnamon**, **ginger**, **nutmeg**, and **allspice**.
2. In a large bowl, beat **vegetable oil**, **applesauce**, **eggs**, and **vanilla extract** until well combined.
3. Add dry ingredients to wet ingredients and stir until just blended.
4. Pour batter into a buttered and floured 9×5-inch loaf pan, smoothing the top with a spatula.
5. Bake until golden and a toothpick inserted into the center comes out clean, about *40-45 minutes*.
6. Cool in pan for *10 minutes*, then unmold onto a wire rack to cool completely.
7. Dust with **powdered sugar** before serving.

Kettle Corn

This recipe is for a 3 quart stir-type popcorn maker.

Ingredients

Popcorn	1/3 cup.	Mexican Vanilla	1/4 tsp.
Coconut Oil	2 Tbsp.	Butter	1/2 Tbsp.
Turbinado Sugar	3 Tbsp.	Salt	1/4-1/2 tsp.

Directions

1. Add **oil** and **vanilla** to popcorn maker plate.
2. Sprinkle in **popcorn** and **sugar**.
3. Thinly slice butter and place on dripping shelf.
4. Turn on popcorn maker.
5. Two or three times during popping, gently shake the popcorn maker side to side to dislodge stuck kernels. **TAKE CARE!**
6. When the pops slow to every 3 seconds, quickly turn off power and transfer popcorn to a large bowl.
7. Salt to taste.

Peanut Butter Cookies

Ingredients

Peanut butter (creamy)	1¼ cups	Baking soda	1 tsp.
Eggs, large	2	Mexican vanilla	1 tsp.
Sugar	1 cup	Salt	1 tsp.
Granulated sugar (for rolling)	¼ cup		

Directions

Preheat oven to $350^{\circ}F$ — Bring **peanut butter** and **eggs** to room temperature — Line baking sheets with parchment paper — Place **rolling sugar** in shallow dish

1. In a large bowl, combine room temperature **peanut butter**, **eggs**, **sugar**, **baking soda**, **Mexican vanilla**, and **salt** until well mixed and smooth.
2. Cover bowl and chill dough for *15 minutes* to make it easier to handle.
3. Using a $1\frac{3}{4}$ " cookie scoop or rounded tablespoon, portion dough into balls.
4. Roll each ball in **granulated sugar** until completely coated.
5. Place sugared balls on prepared baking sheets, spacing 2 inches apart.
6. Press each cookie with a fork twice, creating a crisscross pattern on top. If fork sticks to dough, dip it in the **rolling sugar** between cookies.
7. Bake for *12-13 minutes* until edges are lightly golden but centers still appear soft. If baking two sheets at once, rotate their positions halfway through baking.
8. Let cookies cool on baking sheet for *5 minutes* before transferring to a wire rack to cool completely.

Equipment Required

- Large mixing bowl
- 1¾" cookie scoop or tablespoon measure
- Baking sheets
- Parchment paper
- Measuring cups and spoons
- Fork for creating pattern
- Shallow dish for rolling sugar
- Wire cooling rack
- Rubber spatula

Mise en Place

- Remove **peanut butter** and **eggs** from refrigerator *1 hour* before starting
- Line baking sheets with parchment
- Measure all ingredients before beginning
- Set up sugar rolling station

Ingredient Tips

- Use commercial creamy peanut butter (like JIF or Skippy) rather than natural style
- Room temperature **peanut butter** creates a smoother dough
- For extra crunch, use coarse sugar for rolling
- Mexican vanilla adds depth, but pure vanilla extract can substitute

Preparation Tips

- Don't skip the *15 minute* chill time - it makes the dough easier to handle
- Keep cookie size consistent for even baking
- Press fork just deep enough to create pattern without flattening cookies too much
- Cookies will appear slightly underbaked when done but will set as they cool

Make Ahead & Storage

- Dough can be chilled up to *24 hours*
- Baked cookies keep in airtight container for *5 days*
- Freeze baked cookies up to *3 months*
- Freeze portioned dough balls up to *3 months* - roll in sugar after thawing

Serving Suggestions

- Best served at room temperature
- Excellent with cold milk or hot coffee
- Crumble over vanilla ice cream
- Pack in lunch boxes or cookie tins
- Use as base for ice cream sandwiches

Pumpkin Pie

Ingredients

Frozen Pie Crusts	2	Milk	½ cup
Cream Cheese	8 oz.	Butter (melted)	¼ cup
Canned Pumpkin	2 cups	Vanilla Extract	1 tsp.
Sugar	1 cup	Cinnamon, ground	½ tsp.
Salt	¼ tsp.	Ginger, ground	½ tsp.
1 egg, plus 2 yolks	3 eggs	Whipped Cream	1 cup
Heavy Cream	½ cup		

Directions

Preheat Oven to 350°F — Thaw **pie crusts** about **15 minutes** at room temperature — Lightly beat eggs

Pie Crusts

1. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell to the edges with dried beans.
2. Bake the **pie crusts** at **350°F** for **10 minutes**, then remove the beans and foil and bake for another **5-10 minutes** until dried and beginning to color. Keep warm.

Filling

1. In a large mixing bowl beat the **cream cheese** with a hand mixer.
2. Add the **pumpkin**, then beat until combined.
3. Add the **sugar** and **salt**, then beat until combined.
4. Add the **eggs and yolks**, **milk**, **cream**, and **butter**, then beat until combined.
5. Add the **vanilla**, **cinnamon**, and **ginger**, then beat until combined.
6. Pour the filling into the pie crusts and loosely wrap the edges with aluminum foil to prevent burning.
7. Bake for **40 minutes** at **350°F**
8. Remove foil from edges and bake for **10 minutes**, or until the center is set.
9. Cool on a wire rack until room temperature. Slice and serve topped with **whipped cream**.

Rice Krispies Treats

Ingredients

Salted butter (Kerrygold) 6 Tbsp
Small marshmallows 16 oz bag
Mexican vanilla extract 1 tsp
Rice Krispies cereal 6 cups

Directions

Use a **large pot** — Line a 9"×9" **baking dish** with parchment paper

1. In the pot, melt **butter** over *medium-low* heat.
2. Add all but 1 cup of **marshmallows** to the melted butter.
3. Reduce heat to *low* and stir continuously until **marshmallows** are completely melted.
4. Remove from heat, add **vanilla extract** and stir to combine.
5. Add **Rice Krispies cereal** and remaining 1 cup **marshmallows**, stirring until well combined.
6. Pour the mixture into the prepared **baking dish**, spreading it evenly.
7. Allow to cool for 1 *hour* before cutting into squares.
8. Store at room temperature away from light and heat.

Note: These treats taste best after 2 days.

Sweet and Saltines

Ingredients

Saltine crackers	2-3 sleeves	Lindt milk chocolate bars	8 oz
Kerrygold butter	2 sticks (1 cup)	Crushed nuts or pretzels	¼ cup
Light brown sugar	1 cup	Cooking spray	as needed

Directions

Preheat oven to $425^{\circ}F$ — Line a large cookie sheet with foil and **cooking spray** — Prepare a second large cookie sheet with crushed ice — Crush **nuts** and/or **pretzels** — Break apart candy bars into 1" pieces — Have a candy thermometer ready

1. Arrange **saltine crackers** in a single layer, salt side down, on the prepared sheet.
2. In a medium saucepan, combine **butter** and **brown sugar**.
3. Heat the mixture over medium heat, stirring constantly until the butter is completely melted and the sugar is dissolved.
4. Once the mixture starts to bubble, stop stirring and let it cook undisturbed. Cook until it reaches $285^{\circ}F$ (soft-crack stage) on a candy thermometer, about *3-5 minutes*. Watch for visual cues: the caramel should be a deep golden brown color and have a smooth, glossy appearance. You may see wisps of smoke starting to form.
5. Immediately remove from heat and pour evenly over the arranged **crackers**. Work quickly as the caramel will start to set.
6. Bake for *3-5 minutes* until the caramel is bubbly all over. Watch carefully.
7. Remove from oven and quickly arrange **chocolate** over the top.
8. Wait about *1 minute*, then spread the melted chocolate evenly.
9. Sprinkle crushed **nuts** and/or **pretzels** over the melted chocolate.
10. To cool quickly, place the hot cookie sheet with the crackers on top of the ice-filled sheet. For faster setting, place in the freezer if possible.
11. Once cold but not frozen, break into pieces.
12. Store in an airtight container.

Chapter 2

ENTREES



Beef Pot Roast

Beef Pot Roast is a classic comfort food, perfect for a hearty family meal. This recipe combines tender beef with flavorful vegetables and a rich broth, slow-cooked to perfection.

Ingredients

Beef chuck roast	3-4 lbs	Red wine	½ cup
Onion, large	1	Worcestershire sauce	2 Tbsp.
Garlic cloves	6	Tomato paste	3 Tbsp.
Carrots	4	Dried thyme	1 Tbsp.
Potatoes, Yukon Gold	4	Dried rosemary	1 Tbsp.
Celery stalks	2	Bay leaves	2
Mushrooms	½ lb	Onion powder	1 tsp
Beef broth	1 cup	Garlic powder	1 tsp
		Salt	2 tsp
		Black Pepper, ground	1 tsp

Directions

Season the **beef roast** generously with **salt**, **pepper**, **onion powder**, and **garlic powder** — Slice the **onions** — Mince the **garlic** — Peel and cut the **carrots** into chunks — Cut the **potatoes** into chunks — Chop the **celery** — Slice the **mushrooms**

1. Heat a large skillet over medium-high heat and sear the **beef** on all sides until browned.
2. Place the sliced **onions**, minced **garlic**, **carrots**, **potatoes**, **celery**, and **mushrooms** in the crock pot.
3. In a separate bowl, whisk together the **beef broth**, **red wine**, **Worcestershire sauce**, **tomato paste**, **dried thyme**, **dried rosemary**, then add **bay leaves**.
4. Pour the mixture over the vegetables in the crock pot.
5. Place the seared **beef roast** on top of the vegetables.
6. Cover the crock pot and cook on **low heat for 8-10 hours** or on **high heat for 4-6 hours**, until the beef is tender and easily shreds with a fork.
7. Once cooked, remove the **beef** from the crock pot and let it rest for a few minutes before slicing or shredding.
8. Serve the beef pot roast with the vegetables and drizzle with broth.

Boeuf Bourguignon

Ingredients

Chuck roast	4 lbs.	Tomato paste	2 Tbsp.
Thick-cut bacon	8 oz.	Unsalted butter	6 Tbsp.
Cremini mushrooms	16 oz.	All-purpose flour	1/3 cup
Pearl onions, frozen	16 oz.	Fresh thyme	8 sprigs
Yellow onions	2 large	Fresh parsley	1 bunch
Carrots	4 large	Bay leaves	2
Celery stalks	3	Black peppercorns	1 Tbsp.
Shallots	2 medium	MSG	¼ tsp.
Garlic cloves	8	Kosher salt	2 Tbsp.
Burgundy wine	750 ml	Black pepper, ground	1 Tbsp.
Cognac	¼ cup		
Beef Better Than Bouillon	2 Tbsp.		
Water	2 cups		

Directions

Salt **beef** 24 hours ahead — Bring **beef** to room temperature 2 hours before cooking — Preheat oven to 300°F — Cut **beef** into 2½-inch pieces — Dice **bacon** into ½-inch lardons — Prepare mirepoix: dice **onions**, **carrots**, **celery** — Mince **shallots** — Crush **garlic** cloves lightly — Quarter **mushrooms** if large — Make bouquet garni with **thyme**, **parsley** stems, **bay leaves**, **peppercorns** — Dissolve **Better Than Bouillon** in *hot water*

1. Start with cold Dutch oven. Add **bacon**, turn to medium-low heat, render until crisp (*12-15 minutes*). Remove with slotted spoon.
2. Increase heat to medium-high. Working in batches, brown **beef** until deeply caramelized (*4-5 minutes* per side). Transfer to bowl.
3. Lower heat to medium. Add half the **wine**, scrape fond. Strain liquid into separate pot, reserve.
4. Return Dutch oven to medium heat. Add 2 Tbsp **butter**, **onions**, **carrots**, **celery**, **shallots**, and **MSG**. Cook until onions are translucent (*8-10 minutes*).
5. Add **garlic**, cook *1 minute*. Add **tomato paste**, cook until darkened (*2-3 minutes*).
6. Add **cognac**, reduce until nearly dry. Add **flour**, cook (*2 minutes*).
7. Return **beef**, **bacon**, reserved wine liquid, remaining **wine**, and **bouillon mixture**. Add bouquet garni. Bring to simmer.
8. Cover, transfer to oven. Braise until meat reaches 195°F , about *2½-3 hours*. Check liquid level hourly.

9. Meanwhile, blanch **pearl onions** in boiling water (*1 minute*). Shock in ice bath, peel.
10. In large skillet, sauté **mushrooms** in 2 Tbsp **butter** until golden (*8-10 minutes*). Set aside.
11. Brown **pearl onions** in same skillet with remaining **butter** until caramelized (*5-6 minutes*).
12. When meat is tender, remove from oven. Transfer **beef** pieces to bowl. Strain sauce into clean pot, pressing solids.
13. Reduce sauce until slightly thickened. Meanwhile, make beurre manié: knead 2 Tbsp each softened **butter** and **flour**.
14. Whisk beurre manié into simmering sauce in small pieces until desired consistency. Return **beef**, add **mushrooms** and **pearl onions**.
15. Simmer gently *5 minutes*. Adjust seasoning with **salt** and **pepper**. Rest *20 minutes*.
16. Garnish with chopped **parsley**. Serve with crusty bread or buttered egg noodles.

Equipment Required

- 7-8 quart enameled cast iron Dutch oven
- 12-inch heavy-bottom skillet
- Fine-mesh strainer
- 2-quart saucepan (for reducing wine)
- Digital instant-read thermometer
- Kitchen twine and cheesecloth (for bouquet garni)
- Large mixing bowls (3-4)
- Heavy cutting board
- Sharp chef's knife
- Kitchen spider or slotted spoon
- Wooden spoons and whisks
- Measuring cups and spoons
- Large plate lined with paper towels

Mise en Place

- Season **beef** *24 hours* ahead, store uncovered in refrigerator
- Remove **beef** *2 hours* before cooking
- Open **wine** to breathe *1 hour* before cooking
- Prepare bouquet garni in cheesecloth, tie securely
- Cut all vegetables before beginning
- Have additional hot **stock** ready
- Soften butter for *beurre manié* ahead of time

Ingredient Tips

- Choose well-marbled **chuck roast**, preferably center-cut
- Use young red Burgundy (Pinot Noir) or Côtes du Rhône
- Select slab **bacon** for even lardons
- **Better Than Bouillon** must be "Roasted Beef Base"
- European-style **butter** (82% butterfat) preferred
- Fresh **herbs** only - dried will muddy the sauce
- Choose small **cremini mushrooms** for even cooking

Preparation Tips

- Cut **beef** against grain in equal sizes for even cooking
- Pat **beef** thoroughly dry before browning
- Cold start for **bacon** ensures proper rendering

- Never crowd pan when browning - pieces should not touch
- Dark fond is crucial - but watch carefully to prevent burning
- Skim surface fat during braising every *30 minutes*
- Test several pieces of **meat** for doneness
- Sauce should coat the back of a spoon when finished

Make Ahead & Storage

- Improves if made *1-2 days* ahead
- Cool completely before refrigerating
- Remove solidified fat cap before reheating
- Reheat gently at *300°F* for *30-45 minutes*
- Add hot stock if needed during reheating
- Can freeze up to *3 months* in airtight container
- Thaw completely in refrigerator before reheating

Troubleshooting

- If sauce is too thin: make additional *beurre manié*
- If sauce breaks: whisk in cold **butter** piece by piece
- If meat is tough: continue cooking, check every *15 minutes*
- If fond is too dark: deglaze immediately with **wine**
- If sauce is too acidic: add a pinch of sugar
- If seasoning is flat: add **MSG** in small increments

Serving Suggestions

- Rest *20-30 minutes* before serving
- Traditional: egg noodles or pommes mousseline
- Crusty baguette for sauce
- Serve same **wine** used in cooking
- Garnish with fresh **parsley** and extra **pearl onions**
- Simple green salad with vinaigrette to balance

Breakfast Burritos

Ingredients

Breakfast sausage	16-24 oz.	Salt	1 tsp.
Bell pepper	1	Black pepper	½ tsp.
Onion	1	Ground mustard	¼ tsp.
Green chilis	1 (6oz.) can	MSG	¼ tsp.
Eggs	12	Cooking oil (or spray)	1 tsp.
Milk	1 ½ cups	Frozen tater tots	30 oz.
Sour cream	¾ cup	Tortillas, burrito size	12-16
		Shredded cheese	3-4 cups

Directions

Preheat oven to 350°F — Dice **bell peppers** and **onions** — Drain **chilis**

1. Cook the **breakfast sausage**, **bell peppers**, **onions**, and **chilis**, over medium heat, crumbling the sausage until cooked through. Drain grease.
2. Whisk together the **eggs**, **milk**, **sour cream**, **salt**, **black pepper**, **ground mustard**, **MSG** and until smooth.
3. Lightly grease a 9"×13" baking pan with **oil or cooking spray**. Place the **tater tots** in the bottom of the pan.
4. Sprinkle the cooked **sausage** mixture over the **tater tots** in the prepared pan. Pour the **egg** mixture evenly over the top.
5. Bake at 350°F for 30 minutes covered, then 30-45 minutes uncovered until set.
6. If freezing, let the casserole cool to room temperature. Scoop about ½ cup of the casserole onto each **tortilla**, sprinkle with **cheese**, fold the sides, and roll up into a burrito.
7. To freeze, wrap burritos in parchment paper or plastic wrap, and place in a freezer bag. Reheat in the microwave or oven as desired.

Breakfast Burritos (Easy Mode)

These Easy Breakfast Burritos are perfect for busy mornings, combining classic breakfast flavors in a convenient handheld meal. They can be prepped quickly and are freezable for grab-and-go breakfasts, requiring just two minutes in the microwave to reheat.

Ingredients

Vegetable oil	3 tbsp	Pepper	½ tsp
Hash brown potatoes	4 cups	Salt	½ tsp
Breakfast sausage,	1 lb.	Cheddar and/or Jack Cheese	2 cups
Eggs	8	Flour tortillas	12
Chopped Green Chiles	1 can		

Directions

1. Heat 2 tablespoons **oil** in a nonstick skillet. Add **hash browns**, press down lightly, and cook without moving for 7 minutes. Drizzle with remaining **oil**, turn, and cook until browned and hot.
2. Beat **eggs**, **green chiles**, **salt**, and **pepper** in a bowl. Cook **sausage** in the skillet until browned, then stir in **egg** mixture and cook until scrambled.
3. To assemble burritos, spoon a line of **hash browns** down the center of each **tortilla**. Top with **cheese** and **egg** mixture.
4. Roll up each **tortilla** tightly to secure the filling. Serve immediately, or follow freezing instructions.
5. To freeze, wrap each burrito in foil and store in a freezer bag for up to 1 month. To reheat, wrap in a damp paper towel and microwave until heated through.

Cheesy Bacon Hash Brown Casserole

Ingredients

Frozen hash browns, thawed	30 oz.	Sliced mushrooms	8 oz. can
Cream of chicken soup	10.5 oz. can	Sun-dried tomatoes	½ cup
Sour cream	1¾ cups	Garlic powder	1 tsp.
Butter, melted	½ cup	Onion powder	1 tsp.
Onion, diced	¾ cup	Black pepper	½ tsp.
Sharp cheddar cheese	2 cups	Cayenne pepper (<i>optional</i>)	¼ tsp.
Gruyère cheese	1 cup	Potato chips, crushed	2 cups
Bacon, cooked & crumbled	1 lb.		

Directions

Preheat oven to **350°F**— Grease a 9x13 inch baking dish — Thaw and pat dry **hash browns** — Dice **onion** — Shred **cheddar** and **Gruyère** cheese — Cook and crumble **bacon** — Drain and chop **mushrooms** — Crush **potato chips**

1. Rehydrate **sun-dried tomatoes** in hot water for *10 minutes*, then drain and chop.
2. In a large bowl, mix **hash browns**, **cream of chicken soup**, **sour cream**, melted **butter**, diced **onion**, 1½ cups **cheddar cheese**, **Gruyère cheese**, ¾ of the crumbled **bacon**, chopped **mushrooms**, chopped **sun-dried tomatoes**, **garlic powder**, **onion powder**, **black pepper**, and **cayenne pepper** (if using).
3. Spread the mixture evenly in the prepared baking dish.
4. Top with remaining ½ cup **cheddar cheese** and crushed **potato chips**.
5. Bake for *50-55 minutes* until golden brown and bubbly.
6. Remove from oven and sprinkle remaining **bacon** on top.
7. Let cool for *5-10 minutes* before serving.

Chicken Broccoli Rice Casserole (Gluten-Free)

Ingredients

Long-grain white rice	2 cups	Canned mushrooms	8 oz. can
Chicken broth (for rice)	3 cups	Diced green chiles	4 oz. can
Cooked chicken, diced	1 lb.	Dried thyme	1 tsp.
Broccoli florets	8 oz.	Paprika	1 tsp.
Sharp cheddar cheese	8 oz.	MSG	½ tsp.
Cream cheese, softened	6 oz.	Garlic powder	½ tsp.
Onion, medium	1	Onion powder	½ tsp.
Garlic cloves	6-8	Ground nutmeg	¼ tsp.
Butter	4 Tbsp.	Salt	1 tsp.
Gluten-free flour	¼ cup	Black pepper	½ tsp.
Milk	2 cups		
Chicken broth	1 cup		

Directions

Preheat oven to 350°F — Grease a 9x13 inch baking dish — Shred **sharp cheddar** — Dice **onion** — Mince **garlic** — Cut **broccoli** into florets — Drain **mushrooms** — Soften **cream cheese** at room temperature

1. Cook **rice** using **chicken broth** instead of water according to package directions.
2. While rice cooks, bring a pot of salted water to boil. Blanch **broccoli florets** for *2 minutes*, then immediately transfer to an ice bath. Drain well.
3. In a large saucepan, melt **butter** over medium heat. Add diced **onion** and cook until translucent, about *5 minutes*. Add minced **garlic** and drained **mushrooms**, cooking for another *2-3 minutes*.
4. Sprinkle **gluten-free flour** over the butter mixture and cook, stirring constantly, for *1-2 minutes*.
5. Gradually whisk in **milk** and **chicken broth**. Add **cream cheese** and stir until melted. Add **thyme**, **paprika**, **MSG**, **garlic powder**, **onion powder**, **nutmeg**, **salt**, and **pepper**. Simmer, stirring frequently, until sauce thickens, about *5 minutes*.
6. In a large bowl, combine cooked **rice**, blanched **broccoli**, diced **chicken**, **green chiles**, and sauce. Mix well.
7. Transfer mixture to prepared baking dish. Top with shredded **sharp cheddar**.
8. Bake for *25-30 minutes* until bubbly and cheese is melted.
9. Let stand for *5-10 minutes* before serving.

Equipment Required

- 9x13 inch baking dish
- Large saucepan for sauce
- Medium pot for rice
- Large pot for blanching broccoli
- Large mixing bowl
- Colander or strainer
- Box grater for cheese
- Whisk
- Measuring cups and spoons
- Cutting board and sharp knife
- Wooden spoon or spatula
- Bowl for ice bath

Mise en Place

- Bring **cream cheese** to room temperature *1 hour* before starting
- Dice chicken if not already prepared
- Cut broccoli into uniform florets for even cooking
- Measure all ingredients before starting the sauce
- Have ice bath ready before blanching **broccoli**

Ingredient Tips

- Use a 1:1 gluten-free flour blend for best results
- Sharp or extra-sharp cheddar provides the best flavor
- Fresh broccoli is preferred over frozen for better texture
- Rotisserie chicken works well for convenience
- Full-fat dairy products yield the creamiest sauce
- Use mild **green chiles** for flavor without heat

Preparation Tips

- Don't skip blanching the **broccoli** - it ensures perfect texture
- Cook **rice** slightly al dente as it will continue cooking in the casserole
- Whisk sauce continuously to prevent lumps
- Let **cream cheese** fully soften for smooth incorporation
- If sauce is too thick, thin with additional warm **broth**
- Taste and adjust seasonings before adding to casserole

Make Ahead & Storage

- Can be assembled up to *24 hours* ahead and refrigerated
- If made ahead, bring to room temperature for *30 minutes* before baking
- Add extra **broth** if mixture seems dry after refrigeration
- Leftovers keep for *3-4 days* in refrigerator
- Reheat covered at *350°F* until warm, about *20 minutes*
- Can be frozen for up to *3 months*; thaw overnight in refrigerator

Serving Suggestions

- Serve with a crisp green salad
- Top with extra shredded **cheese** if desired
- Garnish with fresh parsley or chives
- Add crushed gluten-free crackers on top for extra crunch
- Pairs well with additional steamed vegetables
- Consider serving with gluten-free garlic bread

Chicken-Broccoli-Rice Casserole

Ingredients

Long-grain white rice	2 cups	Garlic powder	2 tsp
Chicken breasts	2 lbs	Onion powder	2 tsp
Mixed vegetables, frozen	16 oz	Smoked paprika	1 tsp
Mushrooms, sliced, canned	4 oz	Hot paprika	¼ tsp
Cream of chicken soup	10 oz	Salt	1 tsp
Sour cream	½ cup	Black pepper	½ tsp
Chicken broth	¼ cup	Olive oil	2 Tbsp
Cheddar cheese, shredded	8 oz	French fried onions	1½ cups
Parmesan cheese, grated	½ cup		

Directions

Preheat oven to 375°F — Grease a 9x13 inch baking dish — Cut raw **chicken** into small pieces — Drain **canned mushrooms**

1. Cook **rice**. Once done, fluff with a fork and set aside.
2. In a large skillet, heat **olive oil** over medium-high heat. Add cubed **chicken** and cook for *5–7 minutes*, stirring occasionally, until lightly browned but not fully cooked. Remove from heat.
3. In a large bowl, whisk together **cream of chicken soup**, **sour cream**, and **chicken broth**. Add **garlic powder**, **onion powder**, **dried thyme**, **salt**, and **black pepper**. Mix well.
4. Add the cooked **rice**, frozen **mixed vegetables** (no need to thaw), drained **canned mushrooms**, and partially cooked **chicken** to the bowl with the sauce. Gently fold everything together until well combined.
5. Transfer half of the mixture to the prepared baking dish. Sprinkle with 1 cup of **cheddar cheese**.
6. Add the remaining mixture on top and sprinkle with the remaining **cheddar cheese** and **Parmesan cheese**.
7. Top with **French fried onions**.
8. Cover the dish with aluminum foil and bake for *30 minutes*.
9. Remove foil and bake for an additional *10–15 minutes*, until the casserole is bubbly, the cheese is melted, and the French fried onions are golden brown.
10. Remove from oven and let stand for *5–10 minutes* before serving.

Coq au Riesling

Ingredients

Chicken thighs, bone-in	2½-3 lbs	Fresh parsley	2 sprigs
Thick-cut bacon	6 oz	Bay leaves	2
Riesling wine	2 cups	Better than Bouillon, chicken	1½ tsp
Leeks	4 medium	Water	1½ cups
Cremini mushrooms	8 oz	Heavy cream	½ cup
Butter	½ cup	Egg yolk	1
Garlic head	1 whole	All-purpose flour	1 Tbsp
Fresh thyme	2 sprigs	Salt and black pepper	to taste

Directions

Cut **garlic** head in half horizontally — Clean **leeks** thoroughly and slice into ½" rounds — Quarter **mushrooms** — Dice **thick-cut bacon** into ¼" pieces — Chop **parsley** for garnish — Mix **Better than Bouillon** with **hot water** until dissolved.

1. In a large bowl, combine **chicken thighs**, halved **garlic head**, 1 sprig **thyme**, 1 sprig **parsley**, 1 **bay leaf**, and 1 tsp **salt**. Pour in **Riesling**. Cover and refrigerate for up to *12 hours*.
2. When ready to cook, remove **chicken** from marinade and pat dry. Reserve the **wine marinade**.
3. Melt ¼ of the **butter** in a large Dutch oven over medium-high heat. Cook diced **bacon** until golden. Remove with a slotted spoon.
4. Add another ¼ of **butter**, then cook **leeks** with a pinch of **salt** until soft, about *5 minutes*. Remove to bacon bowl.
5. Add another ¼ of **butter** and cook **mushrooms** until golden. Remove to same bowl.
6. Melt remaining **butter**. Season **chicken** with **salt** and **pepper**, then brown on all sides until deep golden, about *8-10 minutes*.
7. Remove **chicken**. Lower heat and stir **flour** into pan drippings. Cook for *2 minutes*, then add reserved **wine marinade** and **bouillon mixture**, scraping bottom of pan.
8. Return **chicken** to pot. Simmer covered for *90 minutes*, until meat is very tender.
9. Remove **chicken**. Whisk **cream** and **egg yolk** in a small bowl. Off heat, whisk into sauce. Return to low heat and cook until thickened.
10. Add back **bacon**, **leeks**, **mushrooms**, and **chicken**. Warm through gently. Garnish with chopped **parsley**.

Extreme Mac and Cheese

Ingredients

Salt 1 Tbsp.	Ham, diced 8 oz.
Small elbow macaroni 1 lb.	Black pepper, ground ½ tsp.
Sharp cheddar cheese 8 oz.	Mustard, ground ½ tsp.
Pepper jack cheese 8 oz.		
Butter ¼ cup		
Cheddar cheese soup 3 (10¾ oz.) cans		
Milk 2 cups		

Directions

Preheat oven to 375°F — Grate **sharp cheddar** and **pepper jack** cheese

1. Bring a large pot of water to boil, add **salt**.
2. Cook **macaroni** in boiling water until al-dente.
3. Reserve 1 cup of pasta water and drain.
4. Return **macaroni** to pot, add **butter** and stir until coated.
5. Mix in **cheddar cheese soup**, pasta water, **milk**, **black pepper**, **ground mustard**, **ham**, and ½ of the grated **cheese mixture**.
6. Transfer mixture to a 9×13 dish, spread evenly.
7. Top with remaining shredded **cheese**.
8. Bake for *20-25 minutes* or until cheese is golden.

Hatch Green Chile Chicken Enchiladas

Ingredients

Chicken breasts	2 lbs	Heavy cream	1 cup
Hatch green chiles	2 cups	Chicken broth	1 cup
Onion, diced	1 medium	All-purpose flour	¼ cup
Garlic cloves, minced	3	Butter	¼ cup
Cilantro, chopped	¼ cup	Vegetable oil	2 Tbsp
Lime juice	2 Tbsp	Ground cumin	2 tsp
Corn tortillas	12 (6-inch)	Dried oregano	1 tsp
Monterey Jack cheese	1 pound	Salt	1 tsp
Sour cream	1 cup	Black pepper	½ tsp

Roasted Hatch Green Chiles

Preheat air fryer to *400°F*

1. Wash and dry the **Hatch green chiles**.
2. Place **chiles** in the air fryer basket in a single layer, leaving space between each chile.
3. Air fry at *400°F* for *5-7 minutes*, then flip and cook for another *5-7 minutes* until the skin is blistered and charred.
4. Remove from the air fryer and place in a bowl covered with plastic wrap to steam for *10-15 minutes*.
5. Once cooled, peel off the skin, remove seeds, and chop the **chiles**.

(Continue with enchilada recipe...)

Hatch Green Chile Chicken Enchiladas

Preheat oven to 350°F — Grease a 9x13 inch baking dish — Shred **Monterey Jack cheese** — Dice **onion** — Mince **garlic** — Chop **cilantro** — Juice **lime**

1. In a large skillet, heat **vegetable oil** over medium-high heat. Season **chicken breasts** with **salt** and **pepper**, then cook until golden brown and cooked through, about *6-8 minutes* per side. Remove from heat, let cool, then shred the **chicken**.
2. In the same skillet, sauté **onions** until translucent, about *5 minutes*. Add **garlic** and cook for another *minute*. Add 1 cup of chopped **roasted Hatch green chiles**, **cumin**, and **oregano**. Cook for *2-3 minutes* until fragrant.
3. Add shredded **chicken** to the skillet and mix well. Season with **salt** and **pepper** to taste. Set aside.
4. In a saucepan, melt **butter** over medium heat. Whisk in **flour** and cook for *1-2 minutes*. Gradually whisk in **chicken broth**, **heavy cream**, and **sour cream**. Bring to a simmer and cook until thickened, about *5 minutes*. Stir in remaining 1 cup of **roasted Hatch green chiles**, **lime juice**, and **cilantro**. Season with **salt** and **pepper** to taste.
5. Warm **corn tortillas** in the microwave or on a griddle until pliable. Dip each **tortilla** in the sauce, then fill with the **chicken** mixture and some **Monterey Jack cheese**. Roll up and place seam-side down in the prepared baking dish.
6. Pour the remaining sauce over the **enchiladas** and sprinkle with remaining **Monterey Jack cheese**.
7. Bake for *25-30 minutes*, until the **cheese** is melted and bubbly.
8. Garnish with additional **cilantro**, if desired. Serve hot with your favorite sides like **Mexican rice**, **refried beans**, or a fresh salad.

King Ranch Casserole

Ingredients

Chicken, boneless	2 lbs	White pepper	¼ tsp.
Water	2 cups	Ground nutmeg	1/8 tsp.
Mexican spice mix	3 Tbsp.	MSG	½ tsp.
Caldo de tomate bouillon	1 Tbsp.	Lard	2 Tbsp. + 1 tsp.
Better Than Bouillon - Chicken . . .	1 Tbsp.	Onion	1 large
Butter	4 Tbsp.	Bell pepper	1
Flour	¼ cup	Ro-Tel	10-14 oz. can
Heavy cream	1½ cups	Corn tortillas, medium	14
Chicken broth	1 cup	Sharp cheddar cheese	16 oz.
Fresh mushrooms	8 oz.		
Garlic cloves	4-6		
Onion powder	1 tsp.		

Directions

Preheat oven to $375^{\circ}F$ — Quarter **corn tortillas** — Grease a 9x13 inch baking dish with 1 tsp **lard** — Dice **onion**, **bell pepper**, and **mushrooms** — Mince **garlic** — Shred **cheese** — Butterfly cut chicken breasts or thighs — Heat 2 cups of **water**

1. Mix **hot water**, **bouillon**, **caldo de tomate**, and **Mexican spice mix**.
2. Add the **broth** and **chicken** to a pressure cooker (*e.g.* Instant Pot).
3. Cook on *high* pressure for *6 minutes*, then allow for natural release for *5 minutes*.
4. Remove the **chicken** and shred it in a large bowl. Reserve 1 cup of the **cooking broth**.
5. In a large saucepan, melt **butter** over medium heat. Add **mushrooms** and cook until they release their moisture, about *5 minutes*. Add **garlic** and cook for *1 minute*.
6. Sprinkle **flour** over the mushroom mixture and cook, stirring constantly, for *2 minutes*.
7. Gradually whisk in **heavy cream** and 1 cup **chicken broth**. Add **onion powder**, **white pepper**, **ground nutmeg**, and **MSG**. Simmer, stirring frequently, until thickened, about *5 minutes*. Set sauce aside.
8. In a large skillet, melt 2 Tbsp **lard** over medium heat. Sauté **onion** and **bell pepper** for *5 minutes*.
9. Raise heat to *high* and lightly scorch the **onion** and **bell pepper** for *1-2 minutes*.
10. Reduce heat to *medium*. Add **cream sauce**, **Ro-Tel**, and reserved **cooking broth**. Stir to combine.

11. Bring to a simmer, reduce heat to *medium-low*, and stir occasionally for *5 minutes*.
12. Add the **shredded chicken** to the sauce and stir to coat evenly. Remove from heat.
13. Layer ingredients in the prepared baking dish:
 - 1/3 of the **tortilla quarters**
 - 1/2 of the **chicken mixture**
 - 1/3 of the **shredded cheese**

Repeat layers, then top with remaining **tortillas** and **cheese**.

14. Bake uncovered for *30-35 minutes* until bubbly and cheese is melted.
15. Let stand for *10 minutes* before serving.

Equipment Required

- Pressure cooker or Instant Pot
- 9x13 inch baking dish
- Large skillet (12-inch preferred)
- Large saucepan for cream sauce
- Large mixing bowl for chicken
- Medium bowl for cheese
- Measuring cups and spoons
- Whisk
- Wooden spoon or spatula
- Sharp knife and cutting board
- Box grater for cheese
- Colander (optional, for draining Ro-Tel)

Mise en Place

- Bring **cream** to room temperature
- Cut and prep all vegetables before starting
- Have all measured ingredients ready before beginning the sauce
- Shred cheese while chicken cooks
- Quarter tortillas before starting assembly

Ingredient Tips

- Use cup4cup or King Arthur Measure for Measure gluten-free flour for best roux results
- Fresh cremini mushrooms provide better flavor than white button
- Extra-sharp cheddar adds more depth of flavor
- If **Mexican spice mix** unavailable, combine equal parts ground cumin, chili powder, and paprika
- Authentic **lard** makes a difference - avoid hydrogenated versions

Preparation Tips

- Cook roux until it smells nutty but watch carefully as gluten-free flour can burn quickly
- Don't skip scorching the vegetables - it adds essential flavor
- Press excess moisture from mushrooms while cooking for better sauce texture
- Keep sauce warm until assembly to maintain proper consistency
- Warm tortillas slightly before cutting to prevent cracking

Make Ahead & Storage

- Chicken can be cooked and shredded up to *2 days* ahead
- Complete sauce up to *24 hours* in advance
- Assembled casserole can be refrigerated up to *24 hours* before baking
- If made ahead, add *10 minutes* to baking time
- Leftovers keep for *3 days*; reheat covered at *350°F*

Serving Suggestions

- Serve with Mexican rice and refried beans
- Garnish with diced avocado and fresh cilantro
- Offer sour cream and hot sauce on the side
- Can be frozen in individual portions for *2 months*

Korean BBQ Drumsticks (Slow Cooker)

Ingredients

Gochujang ½ cup	Black pepper ½ tsp.
Soy sauce 6 Tbsp.	Chicken drumsticks 12-14
Honey 4 Tbsp.	Sesame seeds 2 Tbsp.
Brown sugar 6 Tbsp.	Green onions, sliced 4
Garlic, minced 8 cloves		
Fresh ginger, grated 2 Tbsp.		
Sesame oil 2 Tbsp.		
Rice vinegar 2 Tbsp.		
Mirin 4 Tbsp.		

Directions

Mince **garlic** — Grate **ginger** — Slice **green onions** — Pat dry **drumsticks**

1. Combine all sauce ingredients (**gochujang** through **black pepper**) in a medium bowl. Mix thoroughly and divide: 2/3 for marinade, 1/3 for basting (store separately).
2. Place **drumsticks** in a large container, pour marinade portion over chicken. Cover and refrigerate for *2-4 hours*.
3. Transfer **drumsticks** to slow cooker, discarding used marinade. Cook on *LOW* for *6-8 hours* or *HIGH* for *3-4 hours* until internal temperature reaches *165°F*.
4. Preheat air fryer to *400°F*. Working in batches of 4-6, brush **drumsticks** with reserved sauce and air fry *3-5 minutes* until crispy, brushing again halfway through. Keep finished batches warm at *200°F*.
5. Garnish with **sesame seeds** and **green onions**. Serve immediately while crispy.

Chapter 3

SAUCES AND SEASONINGS



Mexican Spice Blend

*This Mexican Spice Blend is inspired by Tex-Mex and northern Mexican cuisine. It combines smoky, spicy, and earthy notes to create a versatile seasoning mix. **Makes 1 cup.***

Ingredients

Black pepper, ground	1 tsp
Cayenne pepper	¼ tsp
Chili powder	4 tsp
Chipotle powder	1 tsp
Cinnamon, ground	1 tsp
Cloves, ground	½ tsp
Coriander, ground	2 Tbsp
Cumin, ground	4 Tbsp
Garlic powder	2 tsp
Mexican oregano	2 tsp
Onion powder	2 tsp
Paprika, smoked	2 Tbsp

Thai Peanut Sauce

Ingredients

Garlic cloves	2	Turbinado sugar	½ cup
Lime	1	Tamarind paste	2 Tbsp.
Creamy peanut butter	¾ cup	Water	½ cup
Thai red curry paste	2-4 Tbsp.	Salt	to taste
Coconut milk	13.5 oz. can		

Directions

Mince **garlic** — Juice **lime**

1. In a medium saucepan, whisk together **coconut milk**, **peanut butter**, **curry paste**, **turbinado sugar**, **tamarind paste**, **water**, minced **garlic**, and **lime juice**.
2. Heat over medium-low heat, whisking constantly until smooth and well combined, about *5 minutes*.
3. Taste and adjust seasoning with **salt**, additional **curry paste** for heat, or **turbinado sugar** for sweetness.
4. Store in an airtight container in the refrigerator for up to *1 week*. Reheat gently before serving, adding water if needed to thin.

Makes approximately *2½ cups*

Note: Adjust **curry paste** amount based on desired spice level.

Serve as a dipping sauce for spring rolls, satay, or toss with noodles and vegetables.

Chapter 4

SIDES



Cheesy Sausage Balls

Ingredients

Ground sausage	16 oz.	Garlic salt	1 tsp.
Cheddar cheese, shredded	16 oz.	Onion flakes	1 tsp.
Italian cheese blend	4 oz.	Parsley flakes	1 tsp.
Bisquick	3 cups		

Directions

Preheat oven to $350^{\circ}F$ – Line a large baking sheet with parchment paper

1. Using hands, mix all ingredients together thoroughly until well combined.
2. Roll mixture into 1½-inch balls and place 1 inch apart on baking sheet.
3. Bake for *15 minutes*, then turn and continue baking for *8-12 minutes* until cooked through.
4. Let stand for *5 minutes* before eating.
5. Store refrigerated in a sealed container.

Deviled Eggs

Ingredients

Eggs	10	Salt	¼ tsp.
Mayonnaise	1/3 cup	Sugar	¼ tsp.
Dijon mustard	1½ tsp.	Garlic powder	½ tsp.
White wine vinegar	1¼ tsp.	Smoked paprika	½ tsp.
Dried dill weed	¾ tsp.		

Directions

Bring **eggs** to room temperature — Prepare ice bath

1. Cook **eggs** in Instant Pot on high pressure for *5 minutes*. Natural release for *4 minutes*, then transfer to ice bath. Peel eggs.
2. Slice **eggs** lengthwise and remove yolks to a mixing bowl.
3. Combine **egg yolks, mayonnaise, dijon mustard, white wine vinegar, dried dill weed, salt, sugar, and garlic powder**. Mix until smooth.
4. Transfer filling to a gallon zip bag and snip a small corner off. Pipe filling into **egg whites**.
5. Garnish with **smoked paprika** and serve.

Fried Rice

Ingredients

Canola oil	3 Tbsp.	Soy sauce	3 Tbsp.
Sesame oil	2 Tbsp.	Fish sauce	2 tsp.
Cooked parboiled rice, cold	6 cups	Hoisin sauce (<i>optional</i>)	1 tsp.
Onion, finely diced	1/3 cup	Sesame seeds	1 Tbsp.
Carrot, finely grated	1/3 cup	Scallions, diced	1/3 cup
Garlic, minced	3 cloves		
Ginger, finely grated	1 tsp.		
Eggs	2		
Frozen peas	¾ cup		

Directions

1-2 days ahead: Prepare Uncle Ben's parboiled rice, rinse and cook according to rice maker instructions — Finely dice **onion** — Grate **carrot** and **ginger** — Mince **garlic** — Dice **scallions** — Scramble **eggs**

1. Combine **soy sauce**, **fish sauce**, **hoisin sauce**, and **sesame seeds** in a small bowl
2. Heat large high-walled frying pan or wok on *High*.
3. Add **canola oil** and heat for *30 seconds*.
4. Add **rice** to pan and stir thoroughly. Pan should be hot enough that rice makes popping sounds.
5. Stir **rice** every *30 seconds* for about *5 minutes* until moisture is reduced and rice begins to change color.
6. Create an empty circle in center of pan and add **onion**, **carrot**, **garlic**, and **ginger**.
7. Add 1 Tbsp. **sesame oil** to vegetables in pan.
8. Cook and stir vegetables carefully for *1 minute*, avoiding combining with rice.
9. Stir contents of pan thoroughly.
10. Create an empty circle in center of pan and add scrambled **eggs**.
11. Add remaining 1 Tbsp. **sesame oil** to eggs.
12. Cook, stir, and chop eggs carefully for about *1 minute* until set, avoiding combining with rice.
13. Stir contents of pan thoroughly.
14. Add **peas** and stir thoroughly.

15. Add prepared sauce mixture and stir thoroughly.
16. Cook for about *1 minute*, stirring frequently.
17. Add **scallions** and stir thoroughly.
18. Remove from heat and serve hot.

Gluten-Free Holiday Stuffing

Ingredients

G.F. bread, cubed	1 lb. (8-10 cups)	Dried rosemary	1 tsp.
Sage breakfast sausage	1 lb.	Dried thyme	2 tsp.
Butter	8 Tbsp.	Dried parsley	1 Tbsp.
Onions, medium	2	Ground nutmeg	1/8 tsp.
Celery stalks	4	Chicken broth	2-3 cups
Garlic cloves	3	Eggs	2 large
Dried sage	2 tsp.	Kosher salt	1½ tsp.
		Black pepper	1 tsp.

Directions

Preheat oven to 250°F for bread, then 350°F for baking — Cut **bread** into ½-inch cubes — Dice **onions** and **celery** — Mince **garlic** — Beat **eggs** — Grease a 9x13 inch baking dish — Melt 4 Tbsp. **butter** for bread cubes, remaining for vegetables

1. Toss **bread cubes** with 4 Tbsp. melted **butter**, then spread on a baking sheet and toast at 250°F for *45-60 minutes*, stirring every *15 minutes*, until golden and dry. Let cool.
2. Brown **sausage** over medium heat until cooked through, breaking into small crumbles. Remove with slotted spoon and set aside.
3. In the same pan, melt remaining 4 Tbsp. **butter**. Add **onions** and **celery**, cooking until softened, about *8-10 minutes*. Add **garlic** and cook for *1 minute* more.
4. In a large bowl, combine toasted **bread**, cooked **sausage**, sautéed vegetables, **dried sage**, **dried rosemary**, **dried thyme**, **dried parsley**, and **ground nutmeg**.
5. Gradually add **chicken broth**, stirring gently until bread is evenly moist but not soggy. Mix in beaten **eggs**, 1½ tsp. **kosher salt**, and 1 tsp. **black pepper**. Taste and adjust seasoning if needed - the mixture should taste slightly saltier than you'd expect, as the flavors will mellow during baking.
6. Transfer to prepared baking dish. Cover with foil and bake at 350°F for *30 minutes*.
7. Uncover and bake for additional *15-20 minutes* until top is golden brown and crispy.
8. Let rest for *10 minutes* before serving.

Equipment Required

- 9x13 inch baking dish
- Large rimmed baking sheet for toasting bread
- Large skillet or sauté pan
- Large mixing bowl (at least 6-quart capacity)
- Medium bowl for beaten eggs
- Measuring cups and spoons
- Sharp knife and cutting board
- Wooden spoon or spatula
- Aluminum foil
- Slotted spoon
- Timer

Mise en Place

- Measure and prepare all ingredients before starting
- Bring refrigerated ingredients to room temperature
- Dice vegetables and measure herbs

Ingredient and Preparation Tips

- Choose hearty gluten-free bread varieties for best texture
- Use high-quality bulk **sage sausage** from a butcher

- Fresh herbs can be substituted at triple the quantity
- Cut bread into uniform ½-inch cubes for even toasting
- Add **broth** gradually - absorption varies by bread type
- Test seasoning before adding **eggs**, then fold gently to maintain texture
- European-style butter provides richer flavor

Make Ahead & Storage

- Toast bread up to *3 days* ahead; store in airtight container
- Assemble up to *24 hours* before baking
- Bring refrigerated stuffing to room temperature for *30 minutes*
- Add extra **broth** if needed after refrigeration
- Leftovers keep *3 days*; reheat covered at *350°F* for *20 minutes*

Serving Suggestions

- Serve alongside turkey or chicken
- Can be baked inside poultry or separately
- Garnish with fresh sage and extra gravy
- Transform leftovers into breakfast waffles
- Optional: top with toasted gluten-free breadcrumbs for extra crunch

Green Bean Casserole

Ingredients

Green beans, fresh	1½ lbs	Cheddar cheese, shredded	1 cup
Butter	½ cup	Salt	1 tsp
Mushrooms, fresh	½ lb	Black pepper	1 tsp
Onion, small	1	French-fried onions	2 cups
All-purpose flour	¼ cup		
Whole milk	1½ cups		
Sour cream	1 cup		

Directions

Preheat oven to 350°F — Trim **green beans** — Slice **mushrooms** — Chop **onion** — Shred **cheddar cheese** — Grease a 2½-quart baking dish

1. Bring a large pot of water to a boil. Add **green beans** and blanch for *5 minutes*. Drain and immediately plunge into ice water. Drain again.
2. In a large skillet, melt **butter** over medium heat. Add **mushrooms** and **onion**; cook for *5 minutes*, until tender.
3. Stir in **flour** and cook for *2 minutes*, stirring constantly.
4. Gradually stir in **milk** and cook for *2-3 minutes*, until mixture thickens.
5. Stir in **sour cream**, **cheese**, **salt**, **pepper**, and blanched **green beans**.
6. Transfer mixture to prepared baking dish. Bake for *25 minutes*.
7. Sprinkle evenly with **French-fried onions**. Bake for *15 minutes* longer, until hot and bubbly.

Lime and Cilantro Rice

Ingredients

Long-grain white rice	2 cups	Lime zest	1 lime
Chicken broth	3 cups	Cilantro, fresh	½ cup
Olive oil	2 Tbsp.	Butter	2 Tbsp.
Onion, small	1	Jalapeño (optional)	1 Tbsp.
Garlic cloves	3		
Salt	1 tsp.		
Lime juice, fresh	¼ cup		

Directions

Rinse **rice** until water runs clear — Finely dice **onion** — Mince **garlic** — Zest and juice **limes** — Finely chop **cilantro** — If using, finely dice **jalapeño**

1. Heat **olive oil** in a medium saucepan over medium heat. Sauté **onion** for 2-3 minutes until translucent.
2. Add **garlic** (and optional **jalapeño**) and cook for 30 seconds until fragrant.
3. Add rinsed **rice** to the pan and stir to coat with oil. Toast for about 2 minutes, stirring frequently.
4. Transfer rice mixture to rice cooker. Add **chicken broth** to appropriate fill line. Stir gently to combine.
5. Close lid and cook on standard white rice setting until cycle is complete.
6. Once done, let rice sit for an additional 5-10 minutes with the lid closed.
7. Open lid and fluff rice with a fork. Add **lime juice**, **lime zest**, chopped **cilantro**, and **butter**. Fold gently until well combined and butter is melted.
8. Taste and adjust seasoning, if needed, with salt, lime juice, or cilantro to preference.

Mexican Rice

Ingredients

Long grain rice	2 cups	Mexican spice mix	1 Tbsp.
Lard	1 Tbsp.	Hot water	2 cups
Better Than Bouillon, chicken	1 Tbsp.	Ro-Tel tomatoes and chilis	10 oz. can
Caldo de tomate	1 Tbsp.		

Directions

Prepare rice cooker

1. Brown **rice** in a pan with **lard** until lightly toasted.
2. In a separate bowl, combine **hot water**, **Better Than Bouillon**, **caldo de tomate**, and **Mexican spice mix** to create broth.
3. Add browned **rice**, **Ro-Tel tomatoes**, and prepared **broth** to rice cooker to appropriate fill line.
4. Cook on standard rice setting. When done, fluff rice with fork before serving.

Roasted Asparagus with Lemon-Garlic Butter Sauce

Ingredients

Asparagus, fresh	8 oz.	Garlic cloves	2
Olive oil	1½ Tbsp.	Dried parsley	1 tsp.
Lemon	1	Dried minced onion	½ tsp.
Lemon zest	1½ tsp.	Chicken broth	3 Tbsp.
Lemon juice	2 Tbsp.	Cornstarch	1 Tbsp.
Dried thyme	½ tsp.	Water	2 Tbsp.
Salt	½ tsp.		
Black pepper	¼ tsp.		
Butter	2½ Tbsp.		

Roasted Asparagus

Preheat oven to 400°F — Trim woody ends from **asparagus** — Mince **garlic** — Zest and juice **lemon** to yield 1½ tsp. zest and 2 Tbsp. juice — Mix 1 Tbsp. **cornstarch** with 2 Tbsp. cold **water** to make slurry

1. Place trimmed **asparagus** on a baking sheet. Drizzle with 1½ Tbsp. **olive oil** and sprinkle with ½ tsp. **dried thyme**, 1½ tsp. **lemon zest**, ½ tsp. **salt**, and ¼ tsp. **black pepper**. Toss to coat evenly.
2. Arrange **asparagus** in a single layer and roast for *30-40 minutes* until tender-crisp and lightly browned.

Lemon-Garlic Butter Sauce

1. While **asparagus** roasts, melt 2½ Tbsp. **butter** in a small saucepan over medium-low heat.
2. Add minced **garlic**, 1 tsp. **dried parsley**, and ½ tsp. **dried minced onion**.
3. Cook for *1-2 minutes* until garlic is fragrant.
4. Add 3 Tbsp. **chicken broth** and 2 Tbsp. **lemon juice**. Bring to a gentle simmer.
5. While whisking constantly, slowly pour the cornstarch slurry into the simmering sauce.
6. Continue whisking and simmer for *2-3 minutes* until sauce is thickened and no longer cloudy.
7. Season with additional **salt** to taste. Remove from heat.
8. Pour warm sauce over roasted **asparagus** and serve immediately.

Spam Musubi

Ingredients

Spam, low salt	1 (12 oz.) can	Nori sheets	4
Soy sauce, low salt	¼ cup	Kewpie mayonnaise	½ cup
Mirin	1/3 cup	Sriracha sauce	1½ Tbsp.
Brown sugar	2 Tbsp.	Toasted sesame oil	1 tsp.
Sake	2 Tbsp.	Neutral oil	2 Tbsp.
Sushi rice, cooked	3 cups	Toasted sesame seeds	1 Tbsp.

Directions

*Using a musubi mold and spam slicer will be helpful — Cook **rice** — Slice **Spam** into 10-12 even pieces — Cut **nori sheets** into thirds*

1. For the sriracha mayo:
 - (a) Combine and mix **Kewpie mayonnaise**, **Sriracha**, and **sesame oil**, in a small bowl
 - (b) Refrigerate until needed
2. Heat **oil** in a pan over medium heat. Working in batches if needed, fry **Spam** slices for *2-3 minutes* per side until browned and crispy.
3. In a small bowl, whisk together **soy sauce**, **mirin**, **brown sugar**, and **sake**.
4. Add sauce mixture to pan with **Spam** and swirl to coat evenly. Simmer for *5 minutes* until liquid is nearly absorbed.
5. Using a musubi mold, layer ingredients as follows:
 - Place a strip of **nori** on work surface
 - Press **rice** (*¼ cup*) into mold on center of **nori**
 - Add 1 piece of glazed **Spam**
 - Top with *1 teaspoon* sriracha mayo and sprinkle with furikake (or toasted sesame seeds)
6. Slide mold off musubi and fold **nori** ends up and over to seal, using a drop of water to secure.
7. Serve immediately or wrap individually in plastic wrap. Store in refrigerator for up to *5 days*.

Spinach and Artichoke Dip

Ingredients

Artichoke hearts	2 (14 oz.) cans	Mozzarella, shredded	8 oz.
Spinach (fresh)	10 oz.	Salt	½ tsp.
Cream cheese, softened	8 oz.	Black pepper	½ tsp.
Mayonnaise	½ cup	Red pepper flakes	½ tsp.
Sour cream	½ cup	MSG	¼ tsp.
Garlic cloves	3		
Parmesan, grated	4 oz.		

Directions

Preheat oven to $375^{\circ}F$ — Drain and chop **artichoke hearts** — Rough chop **fresh spinach** — Mince **garlic**

1. In a large bowl, combine softened **cream cheese**, **mayonnaise**, and **sour cream** until smooth.
2. Mix in minced **garlic**, **salt**, **black pepper**, **red pepper flakes**, and **MSG**.
3. Fold in chopped **artichoke hearts**, chopped **spinach**, **Parmesan**, and half of **mozzarella**.
4. Transfer mixture to a 2-quart baking dish and top with remaining **mozzarella**.
5. Bake for *30-35 minutes* until bubbly and golden brown on top.
6. Let rest for *5-10 minutes* before serving.

Equipment Required

- 2-quart baking dish (ceramic or glass)
- Large mixing bowl (for combining ingredients)
- Medium bowl (for cheese)
- Cutting board and sharp knife
- Measuring cups and spoons
- Rubber spatula or wooden spoon
- Garlic press (optional)
- Colander (for draining artichokes)

Preparation Tips

- Rough chop spinach and artichokes for better texture - avoid fine chopping
- Don't overmix after adding **spinach** and **artichokes** to maintain texture
- Press **garlic** just before mixing to maximize flavor
- For best browning, add final layer of **mozzarella** just before baking
- If top browns too quickly, cover loosely with foil

Mise en Place

- Remove **cream cheese** from refrigerator at least *1 hour* before starting
- Drain **artichoke hearts** thoroughly before chopping
- Grate cheeses while **cream cheese** is softening
- Have all ingredients measured and ready before assembly

Make Ahead & Storage

- Can be assembled up to *24 hours* in advance and refrigerated
- If made ahead, bring to room temperature for *30 minutes* before baking
- Leftovers can be refrigerated for up to *3 days*
- Reheat in *350°F* oven until warm, about *15-20 minutes*

Ingredient Tips

- Use artichoke hearts packed in water rather than marinated varieties
- Fresh spinach provides better texture than frozen, but if using frozen, thaw and squeeze out all excess moisture
- Full-fat dairy products yield the best texture and flavor
- For extra flavor, add a pinch of cayenne or increase **red pepper flakes**

Serving Suggestions

- Serve with toasted baguette slices, crackers, or fresh vegetables
- For best texture, allow to cool slightly before serving
- Garnish with fresh cracked pepper or chopped parsley if desired
- Pairs well with a crisp white wine or light beer

Chapter 5

SOUPS



Hungarian Mushroom Soup

Ingredients

Unsalted butter	8 Tbsp.	All-purpose flour	6 Tbsp.
Onions, medium	2	Sour cream	1 cup
Mushrooms	2 lbs.	Fresh parsley	½ cup
Chicken broth	6 cups	Lemon juice	4 tsp.
Soy sauce	2 Tbsp.	MSG	¼ tsp.
Hungarian hot paprika	1 tsp.	Salt	1 tsp.
Hungarian sweet paprika	4 tsp.	Black pepper	½ tsp.
Dried dill weed	4 tsp.		
Milk	2 cups		

Directions

Chop **onions** (4 cups) — Slice **mushrooms** — Chop **parsley**

1. Melt **butter** in a large pot (5+ Qt.) over medium heat.
2. Add **onions** and cook, stirring until softened, about 5 minutes.
3. Add **mushrooms** and sauté for 5 more minutes.
4. Stir in **chicken broth**, **soy sauce**, **hot paprika**, **sweet paprika**, and **dried dill weed**.
5. Reduce heat to low, cover, and simmer for 15 minutes.
6. Whisk **milk** and **flour** together in a separate bowl; stir into soup until blended.
7. Cover and simmer for 15 more minutes, stirring occasionally.
8. Add **sour cream**, **parsley**, **lemon juice**, **salt**, **MSG**, and **black pepper**.
9. Stir over low heat until warmed through, about 3 to 5 minutes.
10. Serve immediately.

Italian Sausage Soup

Ingredients

Sweet Italian sausage	1 lb	Tomato sauce, unsalted	12 oz. can
Hot Italian sausage	1 lb	Diced tomatoes w/basil & garlic .	24 oz. can
Onion, large	1	Chicken broth	12-14 cups
Garlic bulbs, minced	2	Italian herb mix	1 tsp
Carrots, chopped	3	Basil	1 tsp
Celery stalks, chopped	3	Parsley	3 Tbsp
Russet potatoes, chopped	3	Bay leaves	3
Zucchini, chopped	1	Oregano	½ tsp
Frozen vegetables (stir fry mix)	1 lb	Sugar	1 Tbsp
Mushrooms, sliced	12 oz. can	Onion salt	1 tsp
		MSG (<i>optional</i>)	1 tsp

Directions

Chop **onion**, **carrots**, **celery**, **potatoes**, and **zucchini** — Mince **garlic** — Drain **mushrooms**

1. Brown **meat** into small chunks.
2. Combine all ingredients in a large stock pot.
3. Bring to a boil, reduce heat and simmer covered for *30 minutes*.
4. Stir occasionally and vigorously to thicken broth.
5. For canning: process at *15 pounds* for *90 minutes*.

Add 1-2 cups of water per quart when reheating.

Tuscan Zuppa Soup

Ingredients

Italian sausage	1 lb.	Cannellini beans	1 (15 oz.) can
Onion, medium	1	Heavy cream	1 cup
Garlic	4-6 cloves	Salt	½ tsp.
White wine (<i>optional</i>)	¼ cup	Pepper	¼ tsp.
Kale	1 bunch	Red pepper flakes	¼ tsp.
Potatoes, large	3-4	MSG (<i>optional</i>)	¼ tsp.
Chicken broth	8 cups		

Directions

Dice **onion** — Mince **garlic** — Dice **potatoes** into ¼in. pieces — Remove stems from **kale** and tear leaves into bite sized pieces

1. Brown the **Italian sausage** over medium heat until fully cooked. Remove and set aside, retaining drippings in the pot.
2. Sauté **onions** in the same pot until translucent, then add **garlic** and cook for an additional minute.
3. Deglaze the pan with **white wine**.
4. Return **sausage** to the pot along with **chicken broth** and **potatoes**. Bring to a boil, then simmer until potatoes are tender, stirring occasionally, about **10-15 minutes**.
5. Stir in **kale** and **cannellini beans** (do not drain). Simmer until kale is wilted, about **5 minutes**.
6. Stir in **heavy cream**. Season with **salt**, **pepper**, **red pepper flakes**, and **MSG** to taste.